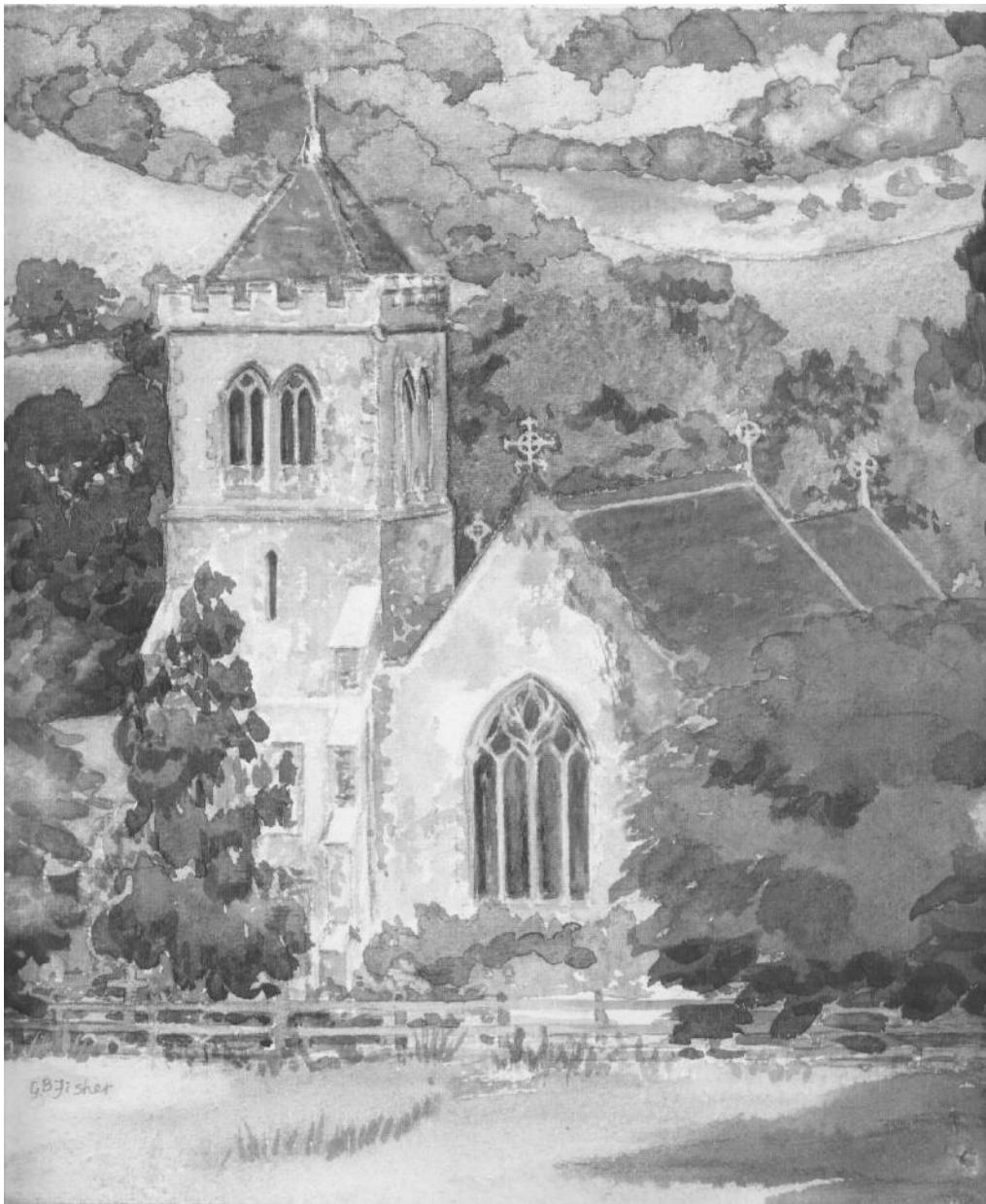


Outlook

Hughenden Parish Magazine
St Michael and All Angels



October 2010

Welcome

The fact that you are reading these words suggests that you are a new reader of this magazine. Either you are a newcomer to this area or you are a visitor.

If you are a visitor, we hope that you have enjoyed your visit to our church; that you have found it interesting, instructive and conducive to prayer. If you are going to be here at one of our regular service times, we hope that you will join us in the worship of God and we ask that you take our greetings back to your own church.

If you are new to this Parish, we bid you welcome and invite you to join us and share in the fellowship of God's family in Hughenden. This magazine gives details of the regular times of worship here. We hope that you will find something to meet your spiritual needs. The printed word is cold and remote and we would like to make personal contact with you, so please leave your name and address in the box at the back of the church.

Whoever you are who reads these words, may God bless you, sustain you and protect you, your family and friends, now and always.

Outlook

Editorial team

Helen Byrne
Sylvia Clark
Geraldine Geers

Printing

Norman Pulley and
team

Front cover picture

Detail from a water -
colour painting by
Geraldine Fisher.

October 2010



Dear Readers,

'Oh no' I cried, or words to that effect! I'd just finished putting together this October magazine and was faced with the worst scenario, not quite enough material to make it a 28 page edition but also not feeling able to edit away any of the excellent articles I had received. However, a few conversations later and I was able to complete the 28 pages so my thanks to those few who gave me ideas to make it possible. It is always pleasing to receive such a wide variety of articles and therefore produce such a varied and interesting magazine, please do continue to keep your articles coming in.

I mentioned my dilemma to Sister Debbie Orriss C.A. who is the Town Centre Evangelist for High Wycombe and she directed me to a poem about 'Taking Risks' which I have reproduced on page 22. I hope you enjoy the poem as much as I did. It certainly made me stop and think about stepping outside of the comfort zones I've built up around me. Although it can make us vulnerable in all sorts of ways, it is I think important we do step out in faith and take risks.

Don't forget that Sunday 10 October is our Gift Day, when all contributions however big or small are so gratefully received. You can read more about where your gift can be allocated on page 10 and some further information to help you make your decision.

As I type, we are enjoying some very late seasonal sunshine but no doubt by the time you read this we will be putting on the heating especially for some chilly mornings and evenings. Please spare a thought for the homeless as the colder days and nights approach. I have included an article on page 7 from the Wycombe Winter Night Shelter about the continued work they do throughout the whole year, providing a very much needed drop in several nights a week.

Helen Byrne
Editor

From The Vicarage October 2010

Readers of these letters will know that sometimes I take the opportunity to reflect upon something that is going on in the world. The problem with that of course is that by the time this letter is read the issue is yesterday's news.

Which is true of the threat of a small church in Florida to burn 500 copies of the Koran on the 9th anniversary of the attacks on the World Trade Center and the Pentagon. Thankfully the threat was not carried out, but I would like to comment on the mentality that lies behind it which alas is alive and kicking in our world. Ironically the Church concerned is called the Dove World Outreach Centre. The Dove of course is both a christian symbol for the Holy Spirit and a world symbol for peace - not exactly the symbol one would associate with such an obviously inflammatory threat!



The threat was born of a total lack of wisdom and one senses that the Pastor of the Church, Terry Jones, found himself way out of his depth as he eventually sought to back

down by saying that the action was 'on hold'. At the time the President of the United States pointed out (I am so glad that he agreed with me!) that to carry this action through would have acted as the greatest aid to recruitment to the Taliban. Though the action did not take place, damage had already been done, as even the threat of burning the Koran fueled another fire, that of Islamic militancy.

It beggars belief that a christian church should even think of such an action. It is the product of a nasty kind of fundamentalism that preaches hatred and stupidity and has nothing to do with the wisdom of Jesus who gave people the Golden Rule, 'do to others as you would have them do to you'. The Pastor of the Dove World Outreach Center (it pains me that such a name should be given to a christian church even contemplating such a hateful action) stated that he wanted to send a 'clear message to the radical elements of Islam'. I wonder whether Pastor Terry Jones expected then to get a clear message back? Let us hope

that Pastor Jones (or any one else) does not go ahead with such foolhardy action in the future. Setting fire to copies of the Koran would be like someone standing by a glowing bonfire and pouring petrol on it, and then being surprised when a violent flash back resulted.

Jesus said hard things to the religious leaders of his day, he uncovered their hypocrisy and their exclusivity. He acted in anger when he saw the cynical exploitation that was taking place at very centre of Jewish life and worship, the Temple in Jerusalem. But when the authorities came to arrest him and Peter reacted by cutting off the ear of one of the high priests servants, it was Peter that got the sharp end of Jesus' tongue, 'those who live by the sword will die by the sword'. There is nothing meek or mild about Jesus and christians today are called to follow his lead and make a tough stand against evil, wherever we see it. But we don't respond to evil by threatening to do what is essentially evil. For example, I believe that it is right that organisations such as Open Doors and the Barnabas Fund should highlight the plight of persecuted

Christians, many of whom live in the more extreme Muslim states, but one does not then go on to retaliate by attacking muslims or restrict their freedoms in our own culture, that is not the Christian way, and it is certainly not the Christian way to threaten to desecrate another's sacred texts - no good could ever possibly come from that.

One of the problems with Pastor Jones of course is that his identity as a christian is probably bound up with his particular outlook as an American (I suspect that he didn't vote Democrat!) and he has confused the two. It is highly likely that he would have seen the attacks on America nine years ago as in some way an attack on Christianity. Muslim extremism makes the same mistake, believing that America and her allies represent the Christian world. This impression would not have been helped when the then President George W Bush made the idiotic remark about the war on Terror that it was a new 'crusade' - much damage has been done by that slip of the tongue. As I said at the beginning, this



Open Doors

Serving persecuted **Christians** worldwide

threat is now yesterday's news, however, it is yet another example of the dangerous stupidity of fundamentalist religion of whatever kind that seems to be such a part of our world at the moment. The world has much that is hateful in it. It is a tragedy that a christian

church should have even contemplated adding to it.

Simon

Ed's note: please do have a look at the article on page 18 regarding the Open-Door petition for Rights to Believe

Open Deanery Meeting

There will be an open Wycombe Deanery Meeting at 7.30pm on Monday 1 November. Canon Guy Wilkinson, The Archbishop of Canterbury's Interfaith Adviser will be coming over from Lambeth Palace to share his thoughts with us on cooperation between people of different faiths. All are very welcome to attend.

Venue: The Oakley Hall, 8 Castle Street, High Wycombe HP13 6RF

Contact me in the All Saints' Parish Office 01494 527526 or email allsaintsofficehw@ukgateway.net if you require any further information.

Helen Byrne

News from 'Christians in the Community'

There will be a united service in St. Michael's and All Angels on Sunday 17 October at 6pm. The guest speaker will be from the charity ROPE.

Norma Clarke

The Lectionary – October 2010

		Readers		
		8am	9am	10.30am
3rd	18th Sunday after Trinity Habbakkuk 1, 1-4 & 2, 1-4 2 Timothy 1, 1-14 Luke 17, 5-10 Evensong: Psalms 142 Nehemiah 5, 1-13 John 9	V Stattersfield P Hynard Celebrant	A Sykes A McBarnett Celebrant	H Byrne
10th	19th Sunday after Trinity 2 Kings 5, 1-3 & 7-15c 2 Timothy 2, 8-15 Luke 17, 11-19 Psalm at 9 am: 111 Evensong: Psalm 144 Nehemiah 6, 1-16 John 15, 12-end	J Wilson C Carter Celebrant	L Stallwood - S Brice	L Comley S Cole Celebrant
17th	20th Sunday after Trinity Genesis 32, 22-31 1 Timothy 2, 1-7 Luke 18, 1-8 Evensong: (of St Luke) Psalms 33 Hosea 6, 1-3 2 Timothy 3, 10-end	S Cole A Stacey Celebrant	D Godfrey C Tyrer Celebrant	Informal Service
24th	Last Sunday after Trinity Jeremiah 14, 7-10 & 19-end 2 Timothy 4, 6-8 & 16-18 Luke 18, 9-14 Psalm at 9 am: 84 Evensong: Psalms 119, 1-16 Ecclesiastes 11 & 12 2 Timothy 2, 1-7	A Jaycock N Chalk Celebrant	D Griffiths - S Badrick	T Sackville J Sackville Celebrant

31st 4th Sunday before Advent

Isaiah 1, 10-18

2 Thessalonians 1

Luke 19, 1-10

Psalm at 9 am: 32

Evensong: (of All Saints')

Psalms 1, 5

Ecclesiasticus 44, 1-15

Revelation 19, 6-10

J Dauncey

J Kendell

Celebrant

J Smit

-

H Farrar-Hockley

A Dean

Mat. Dean

Celebrant

Art Fellowship

Come and join a creative group, bring your own work or start from scratch, learn something new - experiment! explore! share your thoughts, discoveries and ideas with others in a friendly, welcoming atmosphere, where everyone counts and there is the recognition that we can learn from each other. All abilities welcome just turn up on Tuesday afternoon at Church House from 1pm to 4pm.



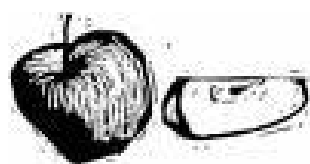
Bob Stone

The High Wycombe and District Branch of the MS Society

The High Wycombe and District Branch of the MS Society are holding a Ploughman's Lunch and Mini Bazaar on Saturday 6 November at Hughenden Valley Village Hall.

The doors will open at 12pm, the lunches will be served at 12.30pm and will cost £5. There will be a raffle, tombola, cake stall, book stall and a Bric-a-Brac stall.

All the proceeds raised on the day will be used to help people with MS in the local area.



Belinda Peddle
Secretary

High Wycombe & District Branch - MS Society

The Wycombe Winter Night Shelter

The Wycombe Winter Night Shelter is run by Wycombe Churches with 200+ volunteers from over 50 churches in the area. They join forces over the winter months to provide homeless people with a roof, acceptance, companionship, two meals and a warm bed each evening as well as ongoing help towards finding more permanent accommodation and resolving some of their individual problems – God's love in action.....

Throughout the rest of the year they also run drop-ins, where those living on the margins can come and have a hot meal, enjoy some friendly company, and get any support or advice that they need. Currently there are two drop-ins each week, on a Tuesday and Thursday evening, run by staff and volunteers.

We are always looking for more people to join our volunteer teams. For more information call 01494 447699 or pop into St. Andrew Bookshop and Coffee Shop on Castle Street and ask for someone from the Night Shelter. We are working to rebuild lives - we would love you to join us!

.....

Tiny Tots Informal Service

3rd Wednesday every month at 1.45 pm

All are welcome at this service in church where we have

A story, some songs, toys, tea and squash.

Do come.

The next service is on 20 October



For details contact Nicky Fairbairn on 01494 520359

Branding

.....

The word 'aerobics' was invented when the gym instructors got together and said: "If we're going to charge £20 an hour, we can't call it Jumping Up and Down."

HARVEST-HOME

After the harvest we walk at will
through stubble-fields
harsh to boot and paw;
a universe of freedom
strangely touched with awe.
Day after day I went the straight and narrow way,
by well-trodden track,
down footpath, over style.
Now for a while
I walk where wheat will grow;
I go as I please.
We sow and we reap,
live life and then sleep;
and none of us knows the burden of that sleep,
nor what harvest-home of dreams it keeps.
Speak of immortality to most men, they turn away;
preferring, it seems, the certitude,
the servitude of time.
But here in mid-field,
away from plans and schemes
and rigid paths of daily obligation,
I seem to sense a subtle intimation,
persuaded by analogy with fields,
that after all the sowing
and the growing
and the gathering of fruits,
We shall walk free.



Ron Cretchley 5.9.87

www.thinkingpoet.co.uk

Prayer workshop

Those who came to the review day way back in January might well be wondering what came of some of the ideas. At the time, one theme emerged which seemed to be louder than anything else. People wanted to be better equipped in their prayer life. This actually ties in to the Diocesan 'Living Faith' initiative which begins with 'sustaining the sacred centre'. This might seem like a rather introspective thing when we were seeking to engage with the challenge of mission, but I was struck on the day that Martin Cavender led when he said 'when people are praying, others come running'. On my Sabbatical I stayed in a monastery in Scotland. I had a conversation with the guest master who said that he believed that because of the life of prayer in the monastery, miracles happened in the guest house!



So we have been trying to plan a 'prayer workshop' in the autumn, to be led by Martin Cavender and a team. All was going well, and a really good programme was being thought out, However, and through absolutely no fault of anyone, we have suffered from diary clash and so no suitable autumn date could be found. I am very eager that this event should happen as I believe that it will benefit all who come, so regrettably we are having to postpone the event until the New Year. The same thing actually happened when we invited Martin Cavender to come to St Michael's last autumn, he eventually managed to come but not until January!

I am sorry to keep waiting those who have made some enquiry about prayer. On reflection it might actually be better to wait until the New Year when less is going on, we do tend to think that we have to cram everything into the Autumn, and anyway..... all good things come to those who wait!



Simon

Gift Day - 10 October 2010

This year we have again decided to hold a gift day and ask our congregations if they would like to contribute to one or other (or both) of two ventures that we really do need to raise money for. The first is our 'in house' project, this is the refurbishment of Church Cottage which has had absolutely nothing done to it for 30 years. This is going to cost in the order of £15,000 - £20,000. However we believe that when we ask for money for a Hughenden church project it is right and proper to give people the option of giving to another outside project which we support.

Over the years we have been increasing our support to the Ebenezer Children's Centre and we would like to give to this. A small part of the money raised will be used to fund a visit from David Kemp to Uganda to visit the center and advise Pastor Samson about future work. Please read the article below about the Children's Centre and our ongoing support for more details.

Ebenezer Update

You will see from Simon's note above that our Gift Day this year is to be a choice between the Church Cottage Renovation Project and the Ebenezer Children's Centre. We thought it sensible therefore to give you an update on what is happening so that you are informed of the present situation.

Pastor Samson faces two main issues – firstly ensuring that he can more efficiently manage the finances of the centre on a day to day basis and therefore avoid having to make emergency appeals and secondly how to secure vocational training for the older children with a view to them becoming financially independent.

David Kemp, who used to live in North Dean, has significant experience in organising projects in Uganda and has kindly agreed to visit the Children's Centre to assess the current situation, advise Samson on the Centre's finances and research and make recommendations on potential projects for the older children. On his

return he will then brief us on his findings so we can plan how to best support the Centre in the future.

The good news is that through a couple of donations (and the gift aid attributable to them) the majority of David's expenses for the trip have now been met. The bulk of any money raised through our Gift Day will therefore be used directly for the Centre. Our gifts are of vital importance as Hughenden is one of the Centre's main sources of support. Two sponsors (not from Hughenden) who were sponsoring eight children between them have currently had to withdraw their support, which is a huge drop in income, so our giving has become even more crucial.

We hope and pray that David's trip to Ebenezer is the start of a phase where we can help Samson to plan more for the mid and long term rather than the hand to mouth existence he has had to cope with recently. This will in turn mean that our support becomes even more effective.

We therefore ask you to prayerfully consider your giving on Gift Day and obviously if you have any questions please don't hesitate to give Rita Pulley a call on 01494 563470. There will be more information about the Children's Centre in the Mission Task Group Newsletter which is due out shortly (you may even have read it before this!)

**With grateful thanks
Anne Dean & Rita Pulley**

The Creeping Signs of Old Age!

The vicar called the other day and said, 'At your age you should be thinking of the hereafter'. I told him, 'Oh, I do. No matter where I am, in the lounge or upstairs, in the kitchen or the garage, I ask myself 'Now what am I here after?'

Sent to Outlook by Alan Peacegood

Floodlighting Dedications

My apologies to Derek and Brenda Lynch that due to an Administrator's error, their floodlighting dedication was omitted from the September magazine. The dedication was:

19 – 25 September Brenda and Derek Lynch are remembering with much love their son James, particularly on 20 September, his anniversary.

Dedications received too late for the September magazine were for:

12 – 18 September John and Gloria Holmes are giving thanks for 50 years of happy marriage as they celebrate their Golden Wedding on 17 September.

12 – 18 September Eileen and John Swift and Andrew wish John Badrick a very happy 70th birthday on 14 September.

There are no dedications yet for October.

If you have a special occasion to mark, why don't you dedicate the flood-lighting? Your dedication can be for anything within reason, remembering loved ones, birthdays, anniversaries, weddings, new babies - or just for the joy of being alive!

Lin Smit

Editing the Outlook Magazine

Following on from the article in the September edition of 'Outlook', I am pleased to report that we have one couple who have come forward and are considering helping with the editing, but we do very much still need two or three more people to come forward if the magazine is to successfully continue into 2011. All the current editor's telephone numbers are listed on the inside back cover, so please give us a call if you can help.

Helen Byrne

THE WILDER SIDE

Don't believe everything that you read in the papers! My favourite nature writer, Simon Barnes, rejoices in his third brood of swallows, but deplores the dearth of House Martins. To day's 'Times' reports the crash in the numbers of Blue Tits at feeders. All I can say is – 'Come to Hughenden!!'

A friend rings up: "Is it unusual for my House Martins to have three broods?" "Not uncommon" I reply. A few days later – 29 August – leaving the church after the '9 o'clock' I am startled and amazed by a swarm of birds leaving the south facing church roof. They fly around and resettle. Again, they all take off and flash around only to land again for a few moments. They were hard to count but I estimated about 50 – 60 young House Martins warming up for the flight to Africa. As for the Blue Tits, as mentioned last month, I cannot remember them being so numerous. Twenty to twenty-five at a time in all parts of the garden; 6 on the seed holder, 8 on the nuts, 4 in the bird bath and a few in flight. Chuck in 4 Coal Tits and 8 Great Tits and there is plenty to watch, but no sign of those 2 Marsh Tits again.

It has been a good year for butterflies when the sun has shone. Not all the white ones are Small or Large Whites; some are Green-veined Whites. A 'First' for the garden was a Brown Argus; it is not very distinctive but it gave me good long views for a confident identification. There have been a few swept-winged Skippers (species uncertain), plenty of Commas, Brimstones, Common Blues, Small Tortoiseshells and Peacocks but only a couple of Red Admirals and Speckled Woods. All very enjoyable.

Darrell Hamley



HOUSE MARTINS
29 Aug

CHARITY AUCTION

To raise funds for the restoration of Church House, a 12th century building belonging to Hughenden Parish Church and other Church Projects

Saturday 13 November 2010

At Hughenden Village Hall

Viewings from 10.00am on day of sale - Sale starts at 2.00pm

Lots include antique furniture, event tickets, other general sale items and promises

Bar & Refreshments throughout the day with light lunches from 12.00 noon



If you have items for the sale or are able to make a promise – Call 01494 564434

The 'English Occasion'!

On 16 August, as part of the Social and Outreach group's programme, a barbecue lunch and mini-quiz was held in our garden in Boss Lane.

Despite very mixed weather during the week and after much praying for an improvement by the weekend, Sunday 16th turned out to be a perfect summer's day with warm sunshine. Church members from all services, plus friends and neighbours, made up the almost fifty people who arrived and settled themselves at various tables around the garden. (Many thanks to our neighbours for the loan of tables, chairs, sun umbrellas and car parking spaces.)



Quiz sheets were given out and brains engaged as the aroma of sizzling sausages, barbecued to perfection by Brian and son-in-law Ian, buoyed up by one or two bottles of 'London Pride', wafted overhead. Plates were soon filled with a selection of meats and salads and the conversation flowed while Frank did a sterling job with

his patent 'wasp despatcher', patrolling among tables protecting the diners from these unwelcome intruders.



Later there were the desserts - treacle tart and tarte au citron proving very popular, with a variety of other puds also going down well.

The light-hearted quiz was won by Simon and Cath and their friends from Devon (team 'Devons Above') while the occupants of two other tables shared second prize.

A big thank you to those who made salads and/or desserts and to the helpers on the day, including members of our own family from Woodley who thoroughly enjoyed themselves, declaring it a 'very English Occasion'. The sum of £65 was donated from this event towards the church's giving for the Pakistan Flood Appeal. Thank you to all who came and made it a lovely afternoon.

Brian and Sylvia Clark

Wycombe Women's Aid

Wycombe Women's Aid provides support to women and children experiencing the effects of domestic violence by offering safe, temporary and emergency accommodation as well as practical and emotional support. This is achieved using an equal opportunities approach incorporated in a women centred philosophy.



Throughout the year Mothers' Union collects items such as toiletries, toothpaste and brushes, new towels and face cloths, tea and coffee and gift vouchers. We like to make a special effort at Christmas time and would ask you please to supply any of these items. As it is a refuge, no alcohol or candles are permitted.

There will be a box at the back of church throughout the coming weeks in which to collect these items. You can also drop them off at my home, tel 01494 437355 any time. The last date I will be accepting gifts will be Tuesday 7 December at our Mothers' Union Advent Service at 8pm in Church House.

Andrea Samuel

Mothers' Union

After the long summer break we gathered together in Church House for our monthly meeting. It began with a small Service and then the important notices.

After the initial disappointment that Mr Andrew White of Beechdean Dairy was unable to give the talk on 'From Cow to Customer', we were very pleased to welcome Mrs Mary Spooner. She had been at school with Jane Eastgate and still remains a firm friend. She gallantly stepped in at the last moment to give a talk on the 23rd Psalm. We have all heard and sung Psalm 23 many times I'm sure, without really taking on board the significance of these words. Line by line she brought it to life for all to understand. With the aid of some props – a fine cloth of the universe, a sheep, a snake and two delightful dogs she explained this fine work in detail. It certainly was food for thought. Never will we say Psalm 23 again without really feeling the presence of the Lord. A very emotional and inspiring talk. We look forward to seeing Mrs Mary Spooner again and I urge you all to come and listen to this delightful speaker. She sent us home with a real glow in our hearts.



Please remember our next meeting will be 5 October - a daytime visit to Wycliffe Bible Translators at Horsleys Green. All are welcome. Please contact Kay Kennedy for more details on 01494 529579.

Shirley Brown

**The LORD *is* my shepherd; I shall not want.
He makes me to lie down in green pastures;
He leads me beside the still waters.**

**He restores my soul; He leads me in the paths of righteousness
For His name's sake.**

**Yea, though I walk through the valley of the shadow of death, I will
fear no evil; For You *are* with me;**

Your rod and Your staff, they comfort me.

You prepare a table before me in the presence of my enemies;

You anoint my head with oil; My cup runs over.

**Surely goodness and mercy shall follow me All the days of my life;
And I will dwell in the house of the LORD Forever**

Right to Believe

DEFAMATION OF RELIGIONS AT THE UNITED NATIONS: a threat to religious liberty

This year the Organisation of the Islamic Conference (OIC), linking 57 countries with majority or significant Muslim populations, will once again introduce the Defamation of Religions Resolution in the United Nations.

It allows governments the power to determine which religious views can and can't be expressed in their country, and it gives the state the right to punish those who express 'unacceptable' religious views as they see fit. So, in effect, it makes persecution legal.

It aims to criminalise words or actions deemed to be against a particular religion, especially Islam. It has the effect of providing international legitimacy for national laws that punish blasphemy or otherwise ban criticism of a religion. It is due to be voted on in the UN General Assembly at the end of this year.

Incredibly, many countries have backed this resolution in the past, but some are now changing their minds. This year, there is a real possibility it could be defeated. And you can help. It's time to draw a line in the sand. Add your signature to Open Doors' petition and join thousands of others across the world. The petition can be signed online - www.opendoors.org - click 'right to believe'

October Recipe

Beef casserole with citrus and wine flavours

Ingredients for six people (approx)

3 – 4 large stewing steak slices

1 orange

1 lemon

½ pint red cooking wine

1½ pints beef stock (you can use any OXO type cube)

½ lb mushrooms, more if wanted

2 large sticks of celery

1 red pepper
4 carrots
2 Beef size tomatoes or a small tin of tomatoes
1 small parsnip
2 large onions or several baby onions
1 pkt new potatoes – enough for 6
2 courgettes
some fresh mixed herbs or teaspoon dried herbs
Flat teaspoon of cinnamon or mace powder
Pepper and salt and 1 crushed garlic (optional)
Some dumplings (shop bought or homemade)
2 tablespoons of olive or sunflower oil
You will need a good size oven pot and lid



Method

Prepare the meat by chopping up into about 1 inch sized lumps, removing as much gristle as possible. Place in a dish with the red wine to marinade while you prepare the rest of the ingredients. Make up the beef stock and then cut the lemon and orange in halves and squeeze out the juice, grating some of the peel of each on the finest grater into the juice.

Peel the carrots, parsnips and onions into small pieces about ½ inch and cut the courgettes in ½ inch circles and chop in half or quarters depending on how big they are. Take the extra stringy bits off the celery and chop up in ¼ inch thick bits. If the mushrooms are large, cut them up into similar size pieces or just halve them if they are small. Cut up the red pepper in to strips ½ inch long, discarding any seeds and centre cone. Chop any fresh herbs and sprinkle over veg., or if using dried herbs, sprinkle with the spices over the meat.

Heat the oil in a large saucepan, use a draining spoon to lift out the meat from the wine and then stir in to the oil to just cook very lightly then remove to the oven pot. Put all the vegetables in and toss for a minute and place in pot with the meat. Tip in the remaining wine, lemon and orange juice, beef stock and tomatoes.

Place in a preheated oven at about 130°C or equivalent heats of F° and gas and cook for about 3-4 hours. Check half way through to make sure it hasn't dried out and add a little boiling water if necessary. Serve with the freshly cooked new potatoes, use salt and

pepper as required and a little butter. If making dumplings yourself, use the recipe on the packet of suet – they always give you one for them.

I think that after all the salads and summer recipes we have had over the recent months, it is really nice to have a rich warming casserole for the winter months ahead. I've tried this own made up recipe on my son and husband recently and they thoroughly enjoyed it. It is worth making the large quantity as it freezes well and can be divided up into suitable containers for your freezer. I'm going to send this recipe into a competition put out by Morrisons, I'm hoping it might stand a chance of winning, so wish me luck!

Ann Way

Good Companions

Our September meeting was principally concerned with the club's A.G.M. The year was reviewed, the accounts presented and approved, with a vote of thanks to treasurer Stan Cole and examiner John Veysey. After discussion on the floor it was decided, in view of the ever increasing cost of speakers and entertainers as well as a slight fall in membership, to make sure we remain with sufficient reserve funds by increasing the annual subscription to £15.

The existing officers and committee continue in post.

A motion was proposed by Sheila Veysey and passed unanimously with acclamation congratulating our long serving secretary Pam Herman on attaining her eightieth birthday, Our best wishes and thanks for the many years of looking after our activities go without saying. It is also appropriate to thank Sheila who has also for some considerable time ensured that all members get at least one card on their birthdays.

Following the end of formalities we then had our wits tested with a quiz identifying the names of confectionary products.

A bring and buy plant and produce sale raised £15 towards funds and the afternoon concluded with the customary raffle.

Michael Harris



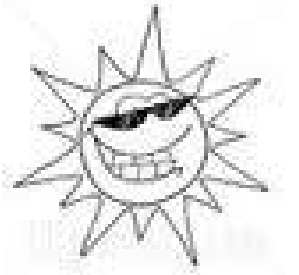
Dates for your diary – Sundays in October

- 3 Oct 10.30 am - CRECHE and all children in
All-Age Harvest Festival Family Service
- 10 Oct 10.30 am - CRECHE and all children to J C Clubs
- 17 Oct 10.30 am - CRECHE and all children to J C Clubs
- 24 Oct 10.30 am - CRECHE and all children to J C Clubs
- 31 Oct 10.30 am - CRECHE and all children to J C Clubs

Fun in the Sun

It certainly turned out to be a really successful and fun afternoon for everyone. 61 children and many parents turned up to this event at the church on Saturday 18 September, organised by the Youth Task Group. They enjoyed a bouncy castle, face painting, mask and badge making, a treasure hunt and refreshments and also went away with a goodie bag. We'd like to thank all the leaders and helpers who helped make the afternoon happen and also the Mothers Union who served the refreshments. And of course the sun shone too!

Following on from its success, we hope to repeat another similar event next year.



Helen Byrne
Youth Co-ordinator

Apples

The children were lined up in the cafeteria of a Catholic elementary school for lunch. At the head of the table was a large pile of apples. A nun had posted a note on the apply tray, "Take only ONE. God is watching." At the other end of the table was a large pile of chocolate chip cakes, next to which, in a child's handwriting, was a sign, "Take all you want. God is watching the apples."

Only a person who risks is free

By Author Unknown

To laugh is to risk appearing the fool.

To weep is to risk appearing sentimental.

To reach for another is to risk involvement.

To expose your ideas, your dreams,
before a crowd is to risk their loss.

To love is to risk not being loved in return.

To live is to risk dying.

To believe is to risk despair.

To try is to risk failure.

But risks must be taken,

because the greatest hazard in life is to risk nothing.

The people who risk nothing, do nothing,
have nothing, are nothing.

They may avoid suffering and sorrow,

but they cannot learn, feel, change, grow, love, live.

Chained by their attitudes they are slaves;

They have forfeited their freedom.

Only a person who risks is free

Friendship Morning Needs Your Help!

We need more helpers urgently!

Requirements: You need to enjoy meeting people.

You need to be in a position to pick people up and bring them to Friendship.

You need to be prepared to learn how to use the dishwasher, with assistance.

We are all very friendly and it's not arduous. Please give me a ring HW 565108. Our next meeting is on Thursday 14 October.

Thank you - Judith Camplisson

Valley Wives September Notes

Margaret chaired our September meeting and along with the announcements she read a letter to us from Jill who was away taking a disabled lady on a canal holiday.

Our popular speaker Mrs Barbara Owen was welcomed on her return visit, and the title of her talk was 'No time on your hands'. She passed on to us a favourite saying of the College Head where she trained as a Home Economics teacher, which was that her idea of 'heaven' was 'good organisation with a minute to spare'.

Very humorously and without any notes she highlighted many tips and practical ways of saving time. Among them we were advised to concentrate our minds on getting tasks done, not leaving some to finish another day. Do it now - often the thought of doing a job wastes more time than doing it. Worrying also wastes time because it 'may never happen'. A well organised kitchen can save a great deal of time, e.g. things used frequently should be easily accessible and others used less frequently on a top shelf. Avoid awkward and unnecessary movements by working methodically from left to right. A good habit is not to put things down, but put them away. Above all, do not make an obsession of housework, there are so many more important things to do. Mrs Owen gave us many further interesting and amusing ideas. Doreen proposed the vote of thanks for a very practical, helpful and entertaining talk.



Our next meeting on 1 October is our 44th AGM. Nominations for new committee members are invited. Please bring to this meeting a £4 wrapped gift, cutlery and a glass.

Joan Steel

Coffee Rota (after the 10.30am service)

Oct	3	Elaine Morley/Jessica Wilson
	10	Jessica Wilson/Cerys Seys Llewellyn
	17	Cerys Seys Llewellyn/Georgina Russell
	24	Georgina Russell/Shirley Brown
	31	Julie Smith/Angela Calper



Creche Rota

Oct	3	Ann Long / Lucy Rippon / Lyndsey Robinson
	10	Helen Collins / Eleanor Telling / Claire Toller
	17	Pam Felix / Vicki Mitchell / Anne Smalley
	24	Nickie Marsh / Angela Aze / Kirstie Brewer
	31	Sylvia Clark /Anna Pedrette /Nia Sherrington

Communicants

August

Sundays

1 st	28	+	41	=	69
8 th	38	+	58	=	96
15 th	32	+	35	=	67
22 nd	31	+	53	=	84
29 th	40	+	70	=	110

Weekdays

6 th	Transfiguration	21
24 th	St Bartholomew	4

It should be noted that communicant numbers do not reflect the total number of worshippers at our three morning services; and, even at services of Holy Communion, there are almost always non-communicants.

From the Parish Registers

Holy Baptisms

On Sunday 5 September:

Macey Ann, daughter of Thomas and Kirstie Brewer from Widmer End

Oliver William, son of Darren and Fay Blundy of Valley Road, Hughenden Valley.

Holy Matrimony

On Friday 20 August:
Rhys David Joyce to Melinda Zoe Lennard



On Saturday 21 August:
David John Bennett to Gillian Elizabeth Harman

On Friday 27 August:
Ross Peter Edward Kemp to Stacey Patricia Baldwin

On Saturday 28 August:
Alan Roy Messenger to Christina Hopkins

On Saturday 11 September:
Leigh David Anthony Castle to Sian Louise Rutland

The Departed

Gordon William Albert Lloyd (aged 87)
Hilda Helen Lacey (aged 95)

Exercise for the Over Sixties

Begin by standing on a comfortable surface where you have plenty of room at each side. With a 5 lb potato sack in each hand extend your arms straight out from your sides and then hold them there as long as you can. Try to reach a full minute and then relax.

Each day you'll find you can hold this position for just a bit longer. After a few weeks, move up to 10 lb potato sacks. Then try 50 lb sacks and eventually try to get to where you can lift a 100 lb bag in each hand and hold your arms out straight for more than a full minute (I'm at this level).

After you feel confident at that level, put a potato in each bag!

Sent to Outlook by Alan Peacegood

All in the month of : OCTOBER

It was.... 200 years ago: - on 8 Oct 1810 that James Wilson Marshall, the American carpenter who discovered gold in California, was born. His find sparked the 1849 gold rush.

175 years ago: - on 14 Oct 1835 that four schoolteachers in Wheeling, Virginia, USA, were charged with illegally teaching blacks to read.

150 years ago: - on 17 Oct 1860 that the first British Open golf championship was held at Prestwick Golf Club, Scotland.

100 years ago: - on 30 Oct 1910 that Henri Dunant, Swiss founder of the Red Cross and the international Young Men's Christian Association (YMCA) died. His ideas formed the basis of the Geneva Convention.

75 years ago: - on 20 Oct 1935 that The Long March ended. Chinese Communist leader Mao Zedong and 8,000 followers arrived in Yan'an after a year-long march.

50 years ago: - on 21 Oct 1960 that Britain launched its first nuclear submarine, HMS Dreadnought.

40 years ago: - on 9 Oct 1970 that Cambodia declared itself the Khmer Republic.

30 years ago: - on 3 Oct 1980 that The Housing Act came into effect in Britain, giving more than five million council tenants the right to buy their houses.

Also 30 years ago: - on 10 Oct 1980 that Margaret Thatcher gave a memorable and defiant speech at the Conservative Party conference in Brighton, saying: 'The lady's not for turning!'

Also 30 years ago: - on 17 Oct 1980 that the Queen made the first state visit to the Vatican by a British monarch.

20 years ago: - on 3 Oct 1990 that East and West Germany were reunited as the Federal Republic of Germany.

Also 20 years ago: - on 8 Oct 1990 that Britain joined the European Exchange Rate Mechanism (ERM).

Calendar for October 2010

Fri	1	7.30 am	Morning Prayer: Church
Sat	2	7.30 am	Morning Prayer: Church
		12.30 pm	Wedding: Andrew Goddard and Natalie Reed
		7.30 pm	Harvest Barn Dance
Sun	3		Eighteenth Sunday after Trinity - Harvest Festival
		8.00 am	Holy Communion (Book of Common Prayer)
		9.00 am	Sung Communion
		10.30 am	All Age Family Service
		6.00 pm	Evensong (Book of Common Prayer) (no sermon)
Mon	4	7.30 am	Morning Prayer: Church
		10.15 am	Ladies' Daytime Fellowship and Bible Study
		7.30 pm	Mothers' Union Parenting Course: Church House
Tue	5	7.45 am	Morning Prayer: Church
			Mothers' Union morning visit to the Wycliffe Centre, Horsley Green
		1.00 pm	Art Fellowship: Church House.
		7.30 pm	Bellringing Practice: Belltower
Wed	6	7.30 am	Morning Prayer: Church
		7.30 pm	Alpha Course: Church House
		7.45 pm	Choir Practice: Church
Thu	7	7.45 am	Morning Prayer: Church
Fri	8	7.30 am	Morning Prayer: Church
Sat	9	7.30 am	Morning Prayer: Church
Sun	10		Nineteenth Sunday after Trinity – Gift Day
		8.00 am	Holy Communion (said)
		9.00 am	Mattins (Book of Common Prayer)
		10.30 am	Family Communion with JC club
		6.00 pm	Evensong (Book of Common Prayer) (no sermon)
		6.15 pm	Come Close
Mon	11	7.30 am	Morning Prayer: Church
		10.15 am	Ladies' Daytime Fellowship and Bible Study
		7.30 pm	Mothers' Union Parenting Course: Church House
Tue	12	7.45 am	Morning Prayer: Church
		1.00 pm	Art Fellowship: Church House.
		7.30 pm	Bellringing Practice: Belltower
Wed	13	7.30 am	Morning Prayer: Church
		7.30 pm	Alpha Course: Church House
		7.45 pm	Choir Practice: Church
Thu	14	7.45 am	Morning Prayer: Church
		10.30 am	Friendship Morning: Church House
Fri	15	7.30 am	Morning Prayer: Church
Sat	16	7.30 am	Morning Prayer: Church
			Church challenges/quiz and games night - The Harrow
Sun	17		Twentieth Sunday after Trinity
		8.00 am	Holy Communion (said)
		9.00 am	Sung Communion
		10.30 am	Informal Family Service with JC Club
			Last Church House Teas of 2010
		6.00 pm	Evensong (Book of Common Prayer) (no sermon)
		7.00 pm	Prayer Hour
Mon	18		Luke the Evangelist
		7.30 am	Morning Prayer: Church
		10.00 am	Holy Communion: Church (30 mins)
		10.15 am	Ladies' Daytime Fellowship and Bible Study
		7.30 pm	Mothers' Union Parenting Course: Church House

Tue	19	7.45 am	Morning Prayer: Church
		1.00 pm	Art Fellowship: Church House.
		7.30 pm	Bellringing Practice: Belltower
Wed	20	7.30 am	Morning Prayer: Church
		1.45 pm	Tiny Tots' Service: Church
		7.45 pm	Choir Practice: Church
Thu	21	7.45 am	Morning Prayer: Church
		8.00 pm	Parochial Church Council Meeting: Church House
Fri	22	7.30 am	Morning Prayer: Church
Sat	23	7.30 am	Morning Prayer: Church
Sun	24		Last Sunday after Trinity
		8.00 am	Holy Communion (said)
		9.00 am	Mattins (Book of Common Prayer)
		10.30 am	Family Communion with JC club
		2.48 pm	Free Concert in Church by Piggots' a capella choir
		6.00 pm	Evensong (Book of Common Prayer) (no sermon)
		7.00 pm	Prayer Hour
Mon	25	7.30 am	Morning Prayer: Church
		10.15 am	Ladies' Daytime Fellowship and Bible Study
		7.30 pm	Mothers' Union Parenting Course: Church House
Tue	26	7.45 am	Morning Prayer: Church
		10.30 am	Mothers' Union Coffee Morning: Church House
		1.00 pm	Art Fellowship: Church House.
		7.30 pm	Bellringing Practice: Belltower
Wed	27	7.30 am	Morning Prayer: Church
		7.45 pm	Choir Practice: Church
Thu	28		Simon and Jude, Apostles
		7.45 am	Morning Prayer: Church
		10.00am	Holy Communion: Church (30 mins)
Fri	29	7.30 am	Morning Prayer: Church
Sat	30	7.30 am	Morning Prayer: Church
Sun	31		Fourth Sunday before Advent
		8.00 am	Holy Communion (said)
		9.00 am	Mattins (Book of Common Prayer)
		10.30 am	Family Communion with JC club
		4.00pm	Service of Commemoration and Thanksgiving
		6.00 pm	Evensong (Book of Common Prayer) (no sermon)

Meetings and Organisations

Housegroups Weekdays – see weekly notices sheet for details

CYFA (School Years 10+) 8.00pm Alternate Sundays – please phone Mike Dean (463376) for details

November Issue of Outlook

Outlook is published on the 28th of each month, except in July and December. The editor for the November 2010 issue is Sylvia Clark. Items for inclusion should reach the Editor by e-mail at mag@hughendenparishchurch.org.uk or be delivered to 'Faité', Boss Lane, Hughenden Valley by 15 October please.

Who's Who at St Michael & All Angels

VICAR	Rev. Simon Cronk	563439
NON STIPENDIARY PRIEST	Rev. Fred Friend	563168
LICENSED LAY MINISTER	Bill Geers	562423
CHURCHWARDENS	Andrew Sykes Brian Clark	563018 562801
PARISH CLERK & VERGER	Arthur Johnson	521471
PARISH ADMINISTRATOR	Lin Smit	462094
CHURCH NOTICES/WEBSITE	Ben Brice	445899
PCC LAY VICE CHAIRMAN	Derek Godfrey	565956
PCC SECRETARY	Penny Austin	529596
PCC ASSISTANT SECRETARY	Anne Dean	463376
PCC TREASURER	Mike Morgan	514252
PCC ASSISTANT TREASURER	David Cornwall	714718
PLANNED GIVING SECRETARIES	David & Joyce Cornwall	714718
TASK GROUP LEADERS: WORSHIP	Simon Cronk	563439
PASTORAL SUPPORT	Anne Dean	463376
YOUTH	Mike Dean Jane Tucker Norma Clarke (Administrator) Helen Byrne (Co-ordinator)	463376 534989 563116 564342
MISSION	Peter Toller	551415
OUTREACH & SOCIAL	Frank Hawkins	565050
ALPHA COURSE - ADMINISTRATOR	Diane Hawkins	565050
ELECTORAL ROLL OFFICER	David Cornwall	714718
DEANERY SYNOD REPRESENTATIVES	Bill Geers Arthur Johnson Lin Smit	562423 521471 462094
ORGANIST AND CHOIRMASTER	Neil Brice	445899
WORSHIP LEADER	Tony Sackville	446035
AV AND SOUND SYSTEM	Frank Hawkins	565050
SERVERS	Andrew Cole	442191
MOTHERS' UNION	Barbara Willson	713770
CAPTAIN OF BELLRINGERS	David Cornwall	714718
HOSPITAL VISITING CO-ORDINATOR	Sara Badrick	534275
VALLEY WIVES	Jill Graves	563813
CRECHE ROTA	Claire Toller	551415
CHRISTIANS IN THE COMMUNITY	Norma Clarke	563116
FRIENDSHIP MORNING	Judith Camplisson	565108
CHURCH HOUSE TEAS BOOKINGS	Lin Smit Kay Kennedy	462094 529579
CHURCH COFFEE ROTA	Sylvia Clark	562801
CHURCH FLOWERS	Jean Godfrey	522198
CHURCH BOOKSTALL	Bill and Geraldine Geers	562423
CHURCH HOUSE BOOKINGS	Parish Administrator	462094
HUGHENDEN VILLAGE HALL	Christine Powell	565942
NAPHILL VILLAGE HALL	Pam Smith	563364
OUTLOOK MAGAZINE EDITORS	Sylvia Clark Helen Byrne Geraldine Geers	562801 564342 562423
MAGAZINE PRINTING	Norman Pulley & Team	563470
MAGAZINE DISTRIBUTION	John Babb	563342

St Michael and All Angels

Hughenden

Our Mission is

To enable all to follow Jesus Christ

Grant us, Lord,

faith to believe

and strength to do Thy will.

Amen.