

# *Outlook*

Hughenden Parish Magazine  
St Michael and All Angels



*March Hares*

***March 2015***

## **Welcome to Your Church**

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.

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

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### **Outlook**

#### **Editorial team**

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#### **Printing**

#### **Front cover picture**

Parish Website:  
[www.hughendenparishchurch.org.uk](http://www.hughendenparishchurch.org.uk)

**March 2015**



**Dear Readers**

15th March is the date, this year, for Mothering Sunday, the day on which children of all ages will be giving cards and gifts to their mothers, or the person they look on as their mother, and those of us who no longer have our Mother's with us can take the opportunity to remember them in other ways.

Of course originally Mothering Sunday (not Mother's Day, that's the US celebration in May) was the day when domestic servants were given a day off to visit their mother church, usually with their mothers and other family members. It was often the only time that whole families could gather together, since on other days they were prevented by conflicting working hours; and servants were not given free days on other occasions. Children and young people who were "in service" would often pick wild flowers along the way to place in the church or give to their mothers, which started the tradition of giving flowers and/or gifts to mothers on Mothering Sunday.

On checking dictionary definitions for the word 'family' I found one that read "*a group of persons who form a household under one head, including parents, children **and servants***". This reminded me that any group of people who care for one another, whether related or not, can form a 'family unit', as happens within our Church and House-groups and also, of course, within the 'family of God'.

One reflection of how much St. Michael's is a 'family' can be found in the number of entries in the magazine this month where parishioners are offering thanks for love shown to them.

**Jane and Bob Tucker, Editors**

## From the Vicarage - March 2015

At the end of my letter last month I talked briefly about the mindfulness course that I did last autumn. I thought that some might find it interesting if I expanded on this a little.

Mindfulness seems to be a bit of a phenomena at the moment. To quote the back cover of the practice work book.

'Mindfulness is based on mindfulness-based cognitive therapy (MBCT). Co-developed by Professor Mark Williams of Oxford University, MBCT is recommended by the UK's National Institute for Health and Clinical Excellence and is as effective as drugs for preventing depression. but, more importantly, it also works for the rest of us who aren't depressed but who are struggling to keep up with the constant demands of the modern world.'



So why did I take this course? Firstly my prayer life was not as it should have been and I was looking for a way to reconnect with something that hadn't been available to me for a long

time. I had been finding structured prayer more and more difficult, and large chunks of liturgy had been more of a hindrance than a help to me. I wondered whether doing the mindfulness course might help me root myself in a place of stillness, when most of the time my mind was rushing off to the next distraction?

Secondly, for all sorts of reasons that I will not go into now I had been finding that increasingly anxiety had become an almost constant companion to me. Something had to change.

As I stated in my last letter I encountered mindfulness at the Diocesan Clergy Conference in Swanwick in Derbyshire last March at a taster session and wondered if it might help?

I won't write extensively here what the course involves except that it is based around a series of simple meditations that are designed to help notice ones thought patterns as they happen. All of us face real and difficult situations of course, but so often these are made much worse by the way we think. I love the quote by Mark Twain "I've had a lot of worries in my life, most of which never happened." I really relate to

that. As a consequence of starting these meditations I have found myself noticing my thoughts and where they might be leading, if these have been negative and destructive, I have begun to realise that simply noticing them seems to then disarm them!



Mindfulness is not in itself a spiritual discipline. It involves a series of simple meditations that begin to train the mind to notice. As I said in my last letter, Mark Williams who has pioneered this method is himself an Anglican priest and honorary canon of Christ Church Cathedral. However he remains spiritually neutral about mindfulness itself. It did not take me long though to realise that cultivating mental discipline in mindfulness meditation had enormous potential as an aid to prayer. Alongside the mindfulness course book I also read a book by Martin Laird, OSA (order of St Augustine) 'Into the Silent Land, the Practice of Contemplation'. I realised that there were many parallels with mindfulness practice and what I will call 'practicing the presence

of God' based on contemplative prayer. This is a wonderful little book and one I will return to again.

All this has led to a radical change in the way I do things. I am cultivating a new daily pattern, although this is not possible on some days, Sundays for instance! When I come home from walking the dog, I will settle down to read the lectionary set readings for the day (in this I have kept in touch with morning prayer) do about 20 minutes of mindfulness meditation as a way of finding stillness, and then move into prayer, thanksgiving, intercession and then back into silence and contemplation, usually at this point using a verse from scripture. This is like finding a place of 'retreat' every day that I do this. I have a much deeper sense of the value of stillness and how refreshing to mind body and soul stillness truly is. I have begun to notice thought patterns and where they lead. There is also a shift to living in the moment, to an understanding that to be a fully functioning human, 'being' is as important as 'doing'. Most importantly I have discovered a longing for God which I have not had for a long time. I have discovered, especially in the Psalms a rich repository of

spiritual wisdom that encourages coming before God and waiting. There is one verse that has become a real anchor to me 'For God alone, O my soul, wait in silence, for my hope is from him.' (Psalm 62: 5) I return to this time and again and am deeply enriched by it.



Some will of course say 'well that's all very well for you, you have the privilege of walking the dog and then coming home to meditate and pray!' That is a fair charge and one which I will answer. Firstly the most important thing I can do is pray, and realising that is so important. I would say this though of any Christian, if we are not actively seeking to connect with God in prayer, then God becomes distant, and whilst our faith might be good news in principal, in practice we start to wonder what difference it makes? It is true this is something I can do as I am not grappling with the daily commute. However one of the exercises in mindfulness practice is the three minute meditation. It does what it says on the tin, in three minutes! It is a very useful

stress busting tool. Also these meditations can be done on bus or train, as can reflective prayer of course.

I feel like a novice at a new turn in the journey. What I can say is that I miss these meditations and the prayer which follows if I don't do them and am hugely enriched and find a balance when I do. Although I am still mugged sometimes by very negative thoughts I feel that I am acquiring some tools to deal with them. I sense a warming up in my enthusiasm once again for the things of God, rather important for a vicar!

If anything I have written resonates with anyone, as I said in my last letter, I would be willing to form a group to go through the mindfulness course again and also explore how it might be useful as part of our spiritual journey as Christians. In reality I don't think I will be able now to do this before a planned trip to New Zealand in April to connect with our youngest daughter. However it might be possible to do something from May onwards.

I realise this is not for everyone, However it has helped me and is helping me. It just might help you too, so if you are interested please let me know.

**Simon**

## **From the Curate's House - February 2015**

... Audible sighs of relief and whoops of celebration can be heard from within!

15<sup>th</sup> February 2015 has been a date etched on my mind for the last three and a half years. The 15<sup>th</sup> February 2015 being the very final date that I must submit my 'Ministerial Development Folder' by in order to complete my 'Curacy' (training post).

I arrived at St. Michael's in July 2011 as a fresh new curate, with a very empty folder. For the past three and a half years I have been continually adding pieces of work to act as evidence of learning. The final piece of the jigsaw was my 'final year ministerial project' - a reflective write up of the 'village day projects from 2014'. This piece of work was marked and returned to me at the beginning of the month so my folder was actually submitted a week early!

As I write, this folder is being assessed. All being well, by the time you read this I should have received a letter from Bishop Alan saying 'it is done!' - or words to that effect.

So, what next?

I am delighted that Simon and the PCC have agreed for me to continue at St. Michael's in the role of 'Associate Minister', working together with them.

I will be celebrating this move from Curate to Associate Minister on Sunday 22<sup>nd</sup> March. This is the day of the Annual Parochial Church Meeting - where the 9am congregation and 10.45am congregation come together for a 10am start - so we can celebrate together!

Whilst I am no longer officially 'in training' I acknowledge that we are all lifelong learners. This then is not the end, but the beginning of another exciting journey.

**Revd. Helen Peters**

# **Congratulations Helen!!!**

## What do we do at..... JC Club

JC club meet during the 10:45 service every week except the first Sunday of the month. JC club is our Sunday morning group for those in school years 1 – 5. We all start off in the service and then after the first song we leave the adults to go and have fun together. We head off up to Church house and get the boring but important(!) stuff (the register) out of the way. Then we play some games – this is a great chance for the children to start winning their fabadooos – points that can be exchanged for prizes at the end of the session! After we are all warmed up we take some time to worship God through song with the children selecting which they would like to sing from our vast array. If you have ever been to a family service you will know that in JC club we LOVE our actions songs. We then take some time to explore the bible in new and exciting ways. We typically will follow a series for a whole term – previous themes have been: Old Testament stories, Psalms, Jesus' miracles. We will have a look at a bit of the bible, using activities and games to find out what it is talking about and then say 'so what does this mean for us today?'. This helps us to work together and talk about how what the bible says is still important for all of us today. We end our time together with a space for response and reflection on what we have heard during the morning. The final session of every term we celebrate with a party – food, fun and friends being a great way to relax and enjoy each other's company after busy terms at school.



**Bex**

## Reports for the APCM Booklet

If you have already sent in a report, thank you. If not, it's now getting late! The meeting is on March 22<sup>nd</sup> and the booklet needs to be available before then so that people can read it. Short reports are welcome and I am happy to type for anyone who would like me to do that. And apologies to anyone who had trouble with the email address in last month's Outlook as it was incorrect.

Beryl Doran, PCC Secretary  
Email: [hughendenpcc@gmail.org](mailto:hughendenpcc@gmail.org)



# Thank You

The High Wycombe and District Branch of the Multiple Sclerosis Society held their annual Ploughman's Lunch on Wednesday 19th February in Hughenden Village Hall and raised a total of £547.00, which is a fantastic amount.

We would like to take this opportunity to thank everyone who came along and supported our event, it is very much appreciated.

All the money raised will be used to help people with MS in the High Wycombe area.

**Kind Regards Belinda Peddle Secretary**

High Wycombe & District Branch - MS Society 01494 443917

The Multiple Sclerosis Society is a registered charity in England and Wales (1139257) and Scotland (SC041990), and a company limited by guarantee (07451571).



## **Thank you from the Progressive Supranuclear Palsy Association**

I am writing to thank you for your kind donation of £460 raised by serving Winter Warmers at Hughenden Church House in memory of Dickie Dauncey. The PSPA relies solely on voluntary donations and for this we are truly grateful. I have written personally to thank those who completed a donation envelope.

The money you donated will go directly towards helping those living with PSP and CBD, be through funding our Specialist Care Advisors, holding more Local Groups and Helpline Information Services of funding search into causes, treatments and eventually a cure for both these conditions.

Thank you again for your support  
Gail Cheesman, Community & Events Fundraiser



## Mothers' Union AGM

The AGM, postponed from the previous week due to snowy weather, took place on Tuesday 10<sup>th</sup> February. Simon took the chair and the meeting opened with a hymn and readings. Sara Badrick then led prayers on the Mothers' Union theme for this year, 'United in Prayer. One of the lovely verses she read was from a hymn:

*Reach out and touch the Lord as he goes by.  
You'll find He's not too busy to hear your heart's cry.  
He's passing by this moment, your needs to supply;  
Reach out and touch the Lord as he goes by.*

Louise Murphy was enrolled into the membership and was welcomed by all present. The meeting then took the usual form, ie apologies then approval of Minutes of the last AGM. Shirley Brown and Kay Kennedy stepped down from the Committee, both being warmly thanked for doing so much over the years and always being willing to help. Block re-election of the remaining Committee and new Committee member Kathy Faulkner, then followed.

Susan Devereux had resigned as Treasurer after seven years' service and Jane Tucker was elected in her place. Susan was sincerely thanked for her work. She then gave the Treasurer's Report showing that Hughenden MU's giving for various Mothers' Union projects over the year had been substantial. She said that in addition to baptism gifts which are given to each child Christened in our church, cards would be given to couples getting married, so that they would be aware of the Mothers' Union and the support it gives to couples and families.

Reports from various sections of the MU were given; **Baptism Support** (20 children in 15 services); young children at school had baptism explained to them using the baptism cube given by the MU; **Garden** - Arthur was thanked for mowing the lawn in the MU Garden; **Social Outreach** - cards and gifts are sent for bereavement, particular birthdays, illness, celebrations, etc and visits made; **Tiny Tots** – most of

the mothers and toddlers in the Toddlers Group now attend the Tiny Tots service on the third Thursday of the month, led by Helen Peters assisted by some MU members, at which there are craft activities linked to the theme of the week, songs, cakes, etc. The Crib Service on Christmas Eve was very much enjoyed. A number of children have now been brought for baptism, following links with Tiny Tots. **Women's Refuge** - contributions of nightwear, underwear, gift tokens, toiletries, etc were given at the December meeting, adding to the items given during the year by MU and members of the church. Donations were needed more than ever due to cutbacks in funding. At present there was a need for towels and single duvet covers. **Correspondent** - much material is received from Mary Sumner House and also from the Diocesan office in Oxford. The Spring Meeting will be held at Benson on 4<sup>th</sup> March.

The General Report was given by Sara who thanked the Committee for their work in the absence of a leader. She mentioned that MU had had a presence in various areas – the crèche, Tiny Tots service, Teddy Bears' Picnic, Christmas Unwrapped, Easter Eggsplained, etc. They had also given support in a number of cases where there was a need. Speakers at meetings were very varied, the coffee mornings had been very popular and the Ploughman's Lunch had raised a considerable amount for MU work.

Simon added his thanks and said that Hughenden MU was an active branch; a being and doing shop; a branch that serves, loves and gives. It always answered when the Vicar rang up! It showed a very important ministry of hospitality and dedication. He thanked everyone for all that was done and added that it was great to see younger members joining. The meeting closed with a hymn chosen by Simon and everyone joined in the Grace.

On March 1<sup>st</sup> MU will be running the Winter Warmers Soup Lunch from 12 noon to 3pm in Church House and on March 3<sup>rd</sup> Judy Wilson will be our speaker at 7.30pm, her talk being called 'I really wanted to go to sea'! Do join us.

**Sylvia Clark**

# Make a Mother's Day

**Mothers' UNION**  
Christian care for families

A mother will change the world for  
her family, help give her that chance



"I thank God for  
Mothers' Union who  
helped me learn to  
read and write"

This Mothering Sunday we will give thanks for the great job mums do, giving their all to nurture and support our families. But we remember that for many facing adversity, providing for their loved ones isn't easy.

But Mothers' Union's **Make a Mother's Day** campaign offers a unique opportunity to not only thank or remember your mother but also help a mother in need create a better life for her family and herself. Mothers like Rebecca, from South Sudan, who joined our Literacy and Financial Education Programme.

Having learnt just how important education is, she is now determined to make sure her children stay in school because it gives them opportunities they wouldn't otherwise have. Now she can read, Rebecca realises that, before, she could have made bad mistakes in giving medicine to her children. But now she is able to ensure they get the right treatment.

**This will literally save lives!**

Mothers' Union also helped Rebecca start a business making and selling ice cream and juice. The income is providing a better life for her family.



**A gift of £15 can help people like Rebecca learn to read and write, start businesses and save with their communities to overcome poverty.**

Support our **Make a Mother's Day** campaign and give the gifts of training and support to mothers in over 80 countries, helping them to overcome hardships and lift those around them to new heights.

To find out more or donate visit  
[www.makeamothersday.org](http://www.makeamothersday.org)



## A Thank you from Swanage

Just a very sincere thank you to everyone at Hughenden Church, who so kindly sent me cards and letters when our dear son Tim died so suddenly and traumatically. It meant so much to me to receive your love, and I shall read them all again.

When, at the age of seven, Tim was hit by a careless speeding car while on a zebra crossing with his brother, sister and an adult friend, he was knocked unconscious and sustained a fractured skull and brain injuries resulting in Post - Traumatic Temporal Lobe Epilepsy. Tim had coped with this so bravely and uncomplainingly for 41 years, plus putting up with the horrible side effects of the essential daily medication. He managed to obtain O levels, A levels, a Maths Education degree at University, travelling alone to many countries, holding down employment, helping many people in all sorts of ways, and playing his part in church and community life. Tim was a dearly loved son, brother and generous uncle to his 8 nephews and nieces.

Very sadly, Tim had a fatal major epileptic seizure during the night while staying down here with me for a few weeks from his home in Spennymoor, County Durham, and I found him the next morning on the floor dead, a most traumatic agony! Tim had a strong Christian faith, and after his father's death the previous year, he always read the Bible notes to me each evening when staying, following in his father's footsteps. Now his soul has followed John to Jesus, to his new, promised Eternal Life in Heaven, and we thank God for all he was to us, while grieving for him deeply.

Thank you to everyone who showed Tim friendship and understanding when we all worshipped and worked at St Michael's Church for those ten years, and when he was in the CYFA group there. You all enriched his life, and I thank God for you.

**Jane Eastgate.**

## 24/7 Prayer for Wycombe



First of all there's news from Dorcas on their Christmas Project. Thanks to the wonderful response they had to their plea for reading and colouring books, pencils, puzzles, games and paints, not to mention the financial donations they received, Dorcas were able to fill 372 gift bags for children aged 0-12 years old who live in the local area in very underprivileged and difficult circumstances. When Jo Preston delivered the Dorcas laundry towards the end of January, she intimated that they had received 16 referrals for that particular week and that they were going to be kept busy dealing with those. Jo and her team thank all those who donated towards the Christmas Project and who send clothes. Usually when she collects the finished laundry there are two extra bags of clothes prepared ready for sorting including some really lovely hand knitted garments and baby blankets.

Around the middle of February they have planned to set up a Dorcas prayer chain. I will be contacting the co-ordinator to ask for full details so if you are interested in becoming involved please contact me so that I can forward the details to you.

I made a visit to the One Can Trust at the Big Yellow Box and managed a quick chat with Cristina, who was busy organizing the delivery of bags of groceries. I had hoped to find out a little more about the other community projects they had set up. Unfortunately the Community Choir had to be dropped last April owing to lack of support and the One Can Grow project is on hold at the moment but I hope to hear from her in a few weeks with an update. The Hope Cafe in the Micklefield area is still running and I am hoping to make a visit in the not too distant future.

During Harvest and Christmas the foodbank was inundated with generous donations, which they expect to last for a couple of months. They have a daily stream of donations coming from all areas of the community, churches, schools, businesses and individuals and they are keen to harvest all that energy into new projects dealing with poverty. During 2014 the One Can Trust

provided 3056 food parcels to those in great need and since 2011 they have provided 6052 food parcels; which shows how the need has increased during the last four years.

Around the middle of November WHC organized a sponsored 'Sleep-out' in which 45 supporters took part. They braved the elements and spent the night in cardboard boxes in an area of the Eden Shopping Centre. An amazing amount of over £20,000 was raised creating a huge boost to the finances enabling WHC to continue supporting the homeless in Wycombe. The 8<sup>th</sup> Night Shelter has been running since 2<sup>nd</sup> January and will continue until the end of this month. Homelessness is increasing rapidly, not only for single people but families too; creating a huge challenge for WHC staff and volunteers. Help is always needed both financially and in kind. There is an updated list on their website if you have any clothes, household goods, toiletries or shelf food you would like to donate. Storage space is limited so please contact their office before taking anything in. Prayer is always needed and in February's Prayer Points there was a specific request to pray for housing availability and current landlords.

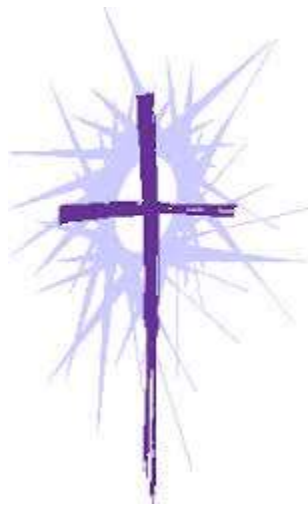
Our promised prayer day this month is Thursday, March 12<sup>th</sup>, from 8.00 am to Friday 8.00 am. The prayer space will be set up in the North Room as usual and tea/coffee facilities will be laid out if you would like a hot drink whilst you are there or before you leave. You will find the sign-up sheet and Prayer Points on the table at the back of the Church from the beginning of the month. Prayerfully consider signing up for an hour, or part of an hour if that's all you can manage, bringing these and all the other ministries taking place in Wycombe before God.

**Yvonne Cook**

## **Thank You**

"Rex and Mary thank everyone for their prayers which have been a wonderful support for us. All the medical staff who have looked after Rex have been quite dedicated, also the Mothers Union and our so kind neighbours."

**Mary and Rex Harris**



# FREE LENT COURSE

## CHRISTIAN FAITH, CREED & GOD'S LOVE

IF YOU'RE INTERESTED IN KNOWING MORE ABOUT LIFE'S MEANING FROM A CHRISTIAN PERSPECTIVE, THEN THIS IS THE COURSE FOR YOU!

WE'RE RUNNING 4 WEDNESDAY, 7.30 PM SESSIONS IN OUR CHURCH COVERING SOME BRILLIANT DVD TALKS BY LEADING THEOLOGIAN SIMON PONSONBY

SIMON TALKS ABOUT FAITH, BELIEF AND GOD'S LOVE

### ALL ARE WELCOME!

WEDS 25<sup>TH</sup> FEB, 4<sup>TH</sup> MARCH, 11<sup>TH</sup> MARCH & 18<sup>TH</sup> MARCH  
7.30 PM IN THE CHURCH

St Michael's & All Angels Church (Hughenden Church)  
Valley Road, Hughenden, High Wycombe, Bucks

*(THERE WILL BE A 5TH SESSION WHERE A FILM WILL BE SHOWN -  
DETAILS LATER)*



# March Recipe

Lent is a very important part of our Church Calendar. I became curious as to when it was first a recognised religious time.

It appears to have started about 200 years or so after Christ's death and resurrection. The word Lent is derived from an Anglo Saxon word 'Lengten' meaning Spring Tide and another word 'Lenctentid' which means the month of March in which the majority of Lent falls. The time 40 days has many religious connotations. Moses stayed on Mount Sinai for that amount of time to receive the Ten Commandments. Elijah walked for 40 days and nights to Mount Horeb, another name for Sinai. Jesus fasted for 40 days and nights in preparation for his public ministry. Jerusalem fasted from Monday to Fridays making Lent last weeks, whereas in Rome and the West people fasted for six weeks, avoiding all flesh, meat and dairy products. The rules changed over the course of time and manual workers were allowed one good meal a day, including fish. Nowadays we try to give up something that means a lot to us over the Lenten period. Mine is definitely chocolate!

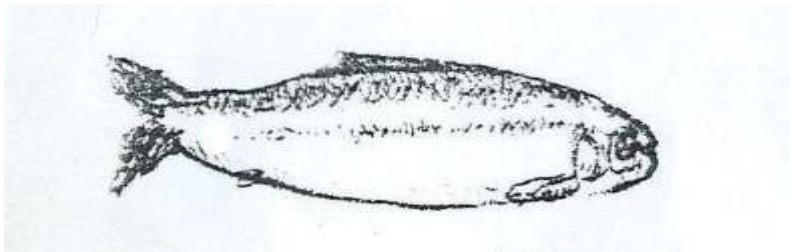
As fish was allowed all those years ago, I'll come to my month's recipe:

## **Herring Fillets in Oatmeal**

(a delicious reminder to me of happy holidays in Scotland where we have a cottage).

### **Ingredients**

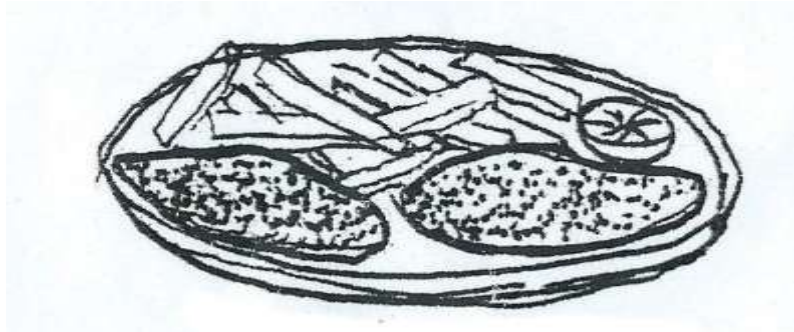
- 4 herrings – one per person
- 4 oz of fine oatmeal
- a little light oil, or olive oil – about 1 Fluid oz
- pepper and salt



Fresh Herring

## **Method**

if you can get your fishmonger to fillet the fish, so much the better if not, lay the fish on a chopping board with its back towards you. Press the backbone down hard with the flat of a heavy knife. Next cut off the head below the gills and make an incision from the gut cavity to the tail. To skin the fish, hold it by the tail then cut the fillets down the middle and remove any dark bits of the innards. You can keep the roes if you like them. Rinse the fish and pat dry. Rub a tiny bit of oil over them and sprinkle with a very little pepper and salt. Then roll them in the fine oatmeal. Fry them in the rest of oil, underside first until they are a light golden brown, Horseradish sauce is a very good accompaniment to herring



A lovely plateful of fillet herring

A lovely plateful of fillet herring  
in oatmeal, lemon and chips.

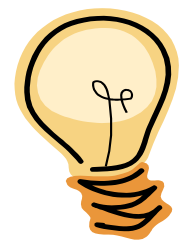
Hope you enjoy these as much as we do!

**Ann Way**

## MU Coffee Morning

Tuesday 17th February saw the first major event in this year's MU calendar. Under the cheerful leadership of Dianne Walker and Shirley Brown MU members gathered in Church House and worked together to achieve beautifully set out and decorated tables ready for guests to arrive; whilst Andrea Samuel readily received a vast variety of Bring and Buy offerings for her stall. Coffee (and tea if requested!) were expertly served along with a mouth-watering array of home-made scones and cakes, and by 10.30 the hall was already almost full with cheerful chatter and laughter the order of the day. We welcomed visitors from other MU branches as well as members of St. Michael's congregations, and a few visitors from the park. The event aimed to raise funds for Mothers' Union's Away From It All Holiday fund, which finances short holidays for families who are nominated to MU officials, as needing a break. Once the donations for coffee and cakes and the income from the Bring and Buy Stall were totalled up the grand sum of £231.33 had been raised, and MU members are very grateful to all those who contributed towards raising this magnificent sum.

**Jane Tucker**



## FLOODLIGHTING DEDICATIONS

A dedication received too late for the February magazine was for:

8 – 14 February      Meg Freeman has been remembering with much love her husband David, at the time of his anniversary.

There are no dedications for March at the moment.

If you have special occasions 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!

## Could You Volunteer to Reduce Loneliness?

***5 million vulnerable adults state that TV is their main form of company...with your help, we can change this.***

The Volunteer Hub is running a major campaign over the next month to recruit volunteers for local groups and clubs in Buckinghamshire who provide social activities for older and vulnerable adults.

There are some wonderful services in Bucks but some are running at full capacity - with your help, more volunteers can increase services and help reduce loneliness.

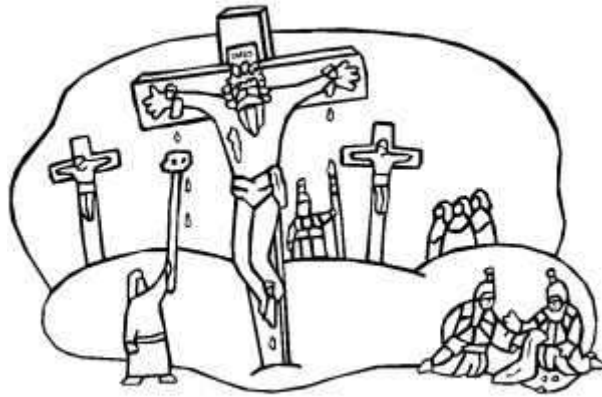
Local groups and clubs need volunteers to help with lunches, fun activities, befriending, driving and more!

If you have a spare hour or two, would like to benefit others and join a friendly group, change your life and become a volunteer!

For information about volunteering opportunities in Bucks, please contact the Volunteer Hub on 0300 1111 250 or email [gillian@communityimpactbucks.org.uk](mailto:gillian@communityimpactbucks.org.uk) to find you a suitable role.

*The Volunteer Hub actively recruits volunteers for charities and groups in Buckinghamshire who support older and vulnerable adults as part of Buckinghamshire's County Council's Prevention Matters programme.*





## Holy Week and Easter Services

Tuesday and Wednesday in Holy Week: 7pm Holy Communion

Maundy Thursday:

7-30pm Holy Communion of the Last Supper  
and Stripping of the Altars

Good Friday:

9am Morning Prayer and Passion (sung)  
followed by Hot Cross Buns

9-45am Procession of Witness from The Harrow

10-45am Family Service

2pm The Last Hour at the Cross

Holy Saturday:

7-30pm Blessing of the Paschal Candle,  
renewal of Baptism Vows.

Easter Day:

8am Holy Communion, said

9am Sung Communion

11am (NB time) Family Communion

6pm Evensong, sung (no sermon)

# March's Prayer Topics

|  |  |
|--|--|
| <p>1<sup>st</sup> Families and family life</p>                       | <ul style="list-style-type: none"> <li>- For families to make time to be 'family' together – especially over Easter break when there is no school.</li> <li>- That families would communicate well – honest conversation</li> </ul>  |
| <p>5<sup>th</sup> Mothers' Union</p>                                 | <ul style="list-style-type: none"> <li>- For the new committee, with one new face and a new Treasurer, to be energised to ensure that MU is staying true to its' objective of encouragement, strengthening and support of marriage and family life.</li> <li>- That we will have energy and enthusiasm to continue to support the life and activities of St. Michael's whenever we are called upon to do so.</li> </ul>  |
| <p>15<sup>th</sup> Church magazine Editors/Printers/Distributors</p> | <ul style="list-style-type: none"> <li>- That the magazine is informative and entertaining and meets the needs of its readers and that the editorial team continues to work well together'.</li> <li>- Thanks that the printing and distribution teams so willingly carry out their tasks to enable the magazine to reach its readership.</li> </ul>   |
| <p>27<sup>th</sup> Councillors</p>                                   | <ul style="list-style-type: none"> <li>- For our Councillors as they make difficult decisions which are necessary for the good of the whole District.</li> <li>- As we approach Parish and District Council elections (in May) we pray for all Councillors - past, present and future - giving thanks for their work for our community</li> </ul>  |
| <p>29<sup>th</sup> House-groups</p>                                  | <ul style="list-style-type: none"> <li>- Thanks that our House groups allow us to get to know one another better, share and trust each other with difficult problems, support each other and look out for one another.</li> <li>- Thanks that we can pray together building confidence to pray aloud and even lead prayer in time.</li> <li>- Thanks for increasing understanding the Bible with the help of others.</li> <li>- For the newest house-group to grow and flourish.</li> <li>- For more people to come forward to lead house group or help with Church House Teas where many of the existing helpers are now retiring.</li> <li>- For all those struggling with relationships, family feuds, loneliness etc. or with money or job worries.</li> <li>- for Alpha for bringing new people forward to join us</li> </ul> |
| <p>30<sup>th</sup> MS Society</p>                                    | <ul style="list-style-type: none"> <li>- For those who are newly diagnosed with MS and are struggling to come to terms with it.</li> <li>- For those who freely give their time to help people with MS where they can.</li> <li>- For those who are helping to raise funds for the MS Society.</li> </ul>  |
| <p>Mission Prayer Topic - tearfund</p>                               | <p>Father of all mercies, we pray for families who have fled their homes in fear. We lift up the parents who have escaped with only their children leaving everything else behind. We pray that timely help and support will reach all who are in need. Amen</p>   |

## Wycombe Homeless Connection – February 2015

The Lord Jesus himself said "It is more blessed to give than to receive"  
(Acts20:35)

Wycombe Homeless Connection would like to thank everybody who has risen to the "5 Minute Challenge" in the last month. If you didn't manage it, then this is what we ask you to do: last thing before turning in for the night, every day this week, go outside and stand there in the dark and cold. Time yourself for 5 minutes - just 300 seconds. Use the time to consider what it would be like to have no home tonight.

Please encourage family, friends and work colleagues to do the same thing, and to spread the challenge ever wider themselves. Take a selfie and post it on social media! When you get back in, please look at our website to see how you could make a difference to those in High Wycombe who don't have a home tonight.

[www.wyhoc.org.uk](http://www.wyhoc.org.uk). Many thanks!



"Next Sunday I think I'll do a new take on the Parable of the Virgins and the Oil."

## Valley Wives – March Report

The Court of King Zog (In exile in Frieth from 1941-1946)

Jill introduced our speaker, Mr Neil Rees, who with slide illustrations and photographs told us the intriguing true story of Ahmed Zog, King of Albania, one of the small countries that previously formed the Ottoman Empire, and became independent.

A decision was made that they must all become kingdoms. Kings had to be appointed as there were no inherited lines to take over. Albania had a mixed population. The north of the country was Roman Catholic, the south was Orthodox and the centre was Muslim.

On 14<sup>th</sup> March 1914, a Christian prince was sent to Tirana and reigned as king until 3<sup>rd</sup> September 1914. The next appointed king reigned for six months. For a while Albania was a kingdom without a king. The president Ahmed Zog, a republican, a very tall man, became the first ever republican king. He was a good monarch but not very democratic.

For some years he looked for a wife and in 1937 he met and married Geraldine, a Hungarian countess who spoke English, French, German and Hungarian. Her mother was American. Geraldine had a strong Christian faith and Ahmed was a nominal Muslim, but he agreed to marry in a Roman Catholic Church. Among their wedding gifts was a Mercedes 340k, a cabriolet given to them by Hitler!

King Zog looked to England for an example of how to bring his country under control. For this task he appointed Major General Jocylyn Percy from Marlow.

Geraldine had a baby boy called Lekor. The same year the Italians took over Albania and the family finally fled to Greece, then Istanbul and obtained permission to come to France and Britain. They had many detours on their journey. They had to avoid Mussolini and only just escaped from Paris before the German troops captured the city.

In England King Zog, Queen Geraldine and all their large number of relatives stayed at The Ritz until the blitz became worse. In 1941 the



whole family moved to the safety of The Chilterns and lived at Parmoor House in Frieth until 1946. The family joined in all the village activities e.g. WVS and helped with the war effort, as well as teaching at Lane End School.

The King did what he could to serve Albania but from 1945-1991, Albania became communist. King Zog was condemned to death in his absence. However, he was welcome to remain in England but decided to go to Egypt and King Farouk, where there was a large exile community.

He sent his son, Prince Lekor to Sandhurst in 1956 to learn how to be a soldier and organise a group to overthrow the communist regime in Albania. King Zog died in Paris in 1961 and on his tomb is inscribed KING OF ALBANIA.

Neil answered several questions then was thanked warmly for his very interesting talk.

On 6<sup>th</sup> March we have a talk by Sue Barns on Helen Douglas House. All welcome.

**Joan Steele**

## Date for your diary

After the Annual Meetings on 22nd March (the AVM and APCM) there will be the (by now traditional) **Bring and Share Lunch in Church**.

This is a very convivial occasion enjoyed by young and not so young, with an amazing array of delicacies provided by one and all. Last year we roped in some casual visitors to the church to help eat up!



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Sylvia Clark and Jane Tyrer will vaguely co-ordinate and there will be a 'sign up sheet' in Church nearer the time.

**Sylvia Clark and Jane Tyrer**

# From the Parish Registers

## Holy Baptisms



On Sunday 18<sup>th</sup> January:

Clíodhna Violet, daughter of Jamie and Caira Lowe, from Monks Risborough

Matthew Russell, son of Neal and Louise Tucker from Bicester.

## The Departed

Eileen May Roberts, late of Vincents Way, Naphill, aged 91.



## Communicants – January

### Sundays:

|                  |           |     |
|------------------|-----------|-----|
| 4 <sup>th</sup>  | 19 + 32 = | 51  |
| 11 <sup>th</sup> | 19 + 89 = | 107 |
| 18 <sup>th</sup> | 13 + 38 = | 51  |
| 25 <sup>th</sup> | 16 + 71 = | 87  |

### Weekdays

There were no weekday celebrations in January.

## Good Companions

Our February meeting featured a return visit from Alan Jaycock this time with his photographic compilation "Fur, Feather & Fins". With his verbal commentary he showed us vivid pictures of creatures, avian, territorial and submarine taken in wildlife parks, havens and some other locations, many of which are not open to the general public but where approved photographers are allowed facilities. Some subjects are at risk of being lost forever without special conservation measures owing to (in my words) man's arrogance and greed. The vivid digital photography speaks for itself and the whole presentation defies verbal description. There is no point in giving lists of its contents. You really have to see it for yourself if you get the opportunity. Thanks, Alan, for a top class show.

Our March meeting will have a musical flavour with a return visit from "Three's Company Singers".

**Michael Harris.**

## Church Bulletin/Announcement Humour

The Sermon this morning 'Jesus walks on water', the theme tonight 'Searching for Jesus'

\*\*\*\*\*

A little boy was attending his first wedding. After the service his cousin asked him, "How many women can a man marry?"

"Sixteen," the boy responded.

His cousin was amazed that he knew the answer so quickly. "How do you know that?"

"Easy" the little boy said. "All you have to do is add it up, like the Minster said; 4 better, 4 worse, 4 richer, 4 poorer."

**A Bucket of Surprises – J. John and Mark Stibbe**

# Calendar for March 2015

Morning Prayer is said daily from Monday to Saturday. See weekly notices sheet for timings.  
 Bell-ringing Practice is Tuesday at 7.30pm – why not come and learn to ring?  
 Choir Practice is Wednesday at 7.45pm – if you can read music (and particularly if you sing Soprano) you'll be very welcome.

|     |    |  |
|-----|----|--|
| Sun | 1  | <b>Second Sunday of Lent</b>   |
|     |    | 8.00 am Holy Communion (Book of Common Prayer)   |
|     |    | 9.00 am Sung Communion   |
|     |    | 10.45 am All Age Family Service and Holy Baptism   |
|     |    | 12 noon-3pm Winter Warmers: Mothers' Union   |
|     |    | 6.00 pm Evensong (Book of Common Prayer) (no sermon)   |
| Mon | 2  | 9.30 am Private booking: Church House  |
| Tue | 3  | 7.30 pm Mothers' Union: Church House   |
| Wed | 4  | 7.00 pm Lent Course: Church House  |
| Sun | 8  | <b>Third Sunday of Lent</b>  |
|     |    | 8.00 am Holy Communion (said)  |
|     |    | 9.00 am Matins (Book of Common Prayer)   |
|     |    | 10.45 am Family Communion with JC club   |
|     |    | 6.00 pm Evensong (Book of Common Prayer) (no sermon)   |
| Wed | 11 | 7.00 pm Lent Course: Church House  |
| Sun | 15 | <b>4th Sunday of Lent: Mothering Sunday</b>  |
|     |    | 8.00 am Holy Communion (said)  |
|     |    | 9.00 am Sung Communion   |
|     |    | 10.45 am Informal Family Service with JC Club  |
|     |    | 12.30 pm Holy Baptism  |
|     |    | 6.00 pm Evensong (Book of Common Prayer) (no sermon)   |
| Wed | 18 | 7.00 pm Lent Course: Church House  |
| Thu | 19 | <b>Joseph of Nazareth</b>  |
|     |    | 8.00 am Holy Communion: Church : <b>NOTE THE TIME</b>  |
|     |    | 10.30 am Tiny Tots: Church   |
|     |    | 10.30 am Friendship morning: Church House  |
| Sat | 21 | 10.00 am Private booking: Church House   |
| Sun | 22 | <b>5th Sunday of Lent: Passion Sunday</b>  |
|     |    | 8.00 am Holy Communion (said)  |
|     |    | 10.00 am Parish Communion  |
|     |    | 12.noon Annual Vestry Meeting- followed by Annual Parochial Church Meeting followed by Bring and Share Lunch |
|     |    | 6.00 pm Evensong (Book of Common Prayer) (no sermon)   |
| Wed | 25 | <b>Annunciation of our Lord to the Blessed Virgin Mary</b>   |
|     |    | 7.30 pm Sung Eucharist   |
| Thu | 26 | 7.00 pm Lent Course: Church House  |
| Sun | 29 | <b>Palm Sunday</b>   |
|     |    | 8.00 am Holy Communion (said)  |
|     |    | 9.00 am Palm Procession and Sung Communion   |
|     |    | 10.45 am Family Communion with JC club   |
|     |    | 6.00 pm Evensong (Book of Common Prayer) (no sermon)   |
| Mon | 30 | <b>Monday of Holy Week</b>   |
|     |    | No celebration   |
| Tue | 31 | <b>Tuesday of Holy Week</b>  |
|     |    | 7.00 pm Holy Communion: (30 minutes)   |

# The Lectionary – March

|                        |  | Readers   |  |                                      |
|------------------------|--|---|--|--------------------------------------|
|                        |  | 8am/6pm   | 9am  | 1045am                               |
| <b>1<sup>st</sup></b>  | <b>2<sup>nd</sup> Sunday of Lent</b><br>Genesis 17, 1 – 7 & 15 – 16<br>Romans 4, 13 – end<br>Mark 8, 31 –end<br>Evensong: Psalm 135<br>Genesis 12, 1 - 9<br>Hebrews 11, 1 – 3 & 8 – 16                                 | A Stacey<br>P Hynard<br>Priest<br><br>M Morgan<br>A Johnson | A Moore<br>J Palmer<br>Priest  | M Dean                               |
| <b>8<sup>th</sup></b>  | <b>3<sup>rd</sup> Sunday of Lent</b><br>Exodus 20, 1 – 17<br>1 Corinthians 1, 18 – 25<br>John 2, 13 – 22<br>Psalm at 9am: 19<br>Evensong: Psalms 11 & 12<br>Exodus 5, 1 – 6, 1<br>Philippians 3, 4b – 14               | J Wilson<br>J White<br>Priest<br><br>B Brice<br>E Bailey    | L Stallwood<br>R or A Gee (check<br>which lesson)                          | C Tyrer<br>R Smith<br>Priest         |
| <b>15<sup>th</sup></b> | <b>4<sup>th</sup> Sunday of Lent, Mothering</b><br>Numbers 21, 4 – 9<br>Ephesians 2, 1 – 10<br>John 3, 14 – 21<br>Evensong: Psalms 13 & 14<br>Exodus 6, 2 – 13<br>Romans 5, 1 – 11                                     | J Dauncey<br>J Holmes<br>Priest<br><br>L Smit<br>S Brice    | C or J Tyrer<br>H Farrar-Hockley<br>Priest                                 | Leader                               |
| <b>22<sup>nd</sup></b> | <b>5<sup>th</sup> Sunday of Lent,<br/>Passion Sunday</b><br>Jeremiah 31, 31 – 34<br>Hebrews 5, 5 – 10<br>John 12, 20 - 33<br>Psalm at 9am: 119, 9 - 16<br>Evensong: Psalm 34<br>Exodus 7, 8 – 24<br>Romans 5, 12 – end | C Carter<br>A Jaycock<br>Priest<br><br>M Morgan<br>B Doran  | <b><u>At 10 am</u></b><br>Parish Communion<br>Annual Meeting at<br>12 noon | A Sackville<br>J Sackville<br>Priest |
| <b>29<sup>th</sup></b> | <b>Palm Sunday</b><br>Isaiah 50, 4 – 9a<br>Philippians 2, 5 – 11<br>Mark 11, 1 – 11 or<br>John 12, 12 – 16<br>At 9am: Passion Mark 15, 1 – 39<br>Evensong: Psalm 69, 1 – 19<br>Isaiah 5, 1 – 7<br>Mark 12, 1 - 12      | A Stacey<br>A Johnson<br>Priest<br><br>B Brice<br>E Bailey  | S Badrick<br>L Smit<br><br>Priest  | P Joy<br>P Austin<br>Priest          |

## Regular Meetings and Organisations Friendship Morning



This is a get together in Church House on the 3<sup>rd</sup> Thursday each month at 10.30 a.m. It is primarily for those who are bereaved, who live on their own, and for those who are lonely. The emphasis is very much on companionship, and the atmosphere is light and cheerful. Please contact me if you think this is for you.

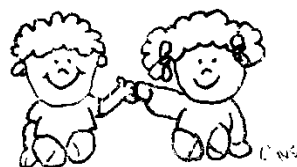
**Judith Camplisson – 01494 565108**

## Babies & Toddlers @ St. Michael's

Babies and Toddlers @ St. Michael's meets every Thursday from 9.30 -11.30am in Church House.

Come for chat, play, craft and refreshments.

Included, every third Thursday of the month, will be 'Tiny Tots', a time of fun worship in Church.



**For further details contact Kirstie Brewer – 07881 958002**

|                                    |  |  |
|------------------------------------|--|--|
| <b>House groups</b>                | Weekdays                               | See weekly notice sheet for details    |
| <b>CYFA</b> (School Years 10+)     | alternate Sunday evenings in term time | Contact Mike Dean (463376) for details |
| <b>D-CYFA</b> (School Years 7 – 9) | alternate Sunday evenings in term time | Contact Anne Dean as above             |

## April 2015 Issues of *Outlook*

*Outlook* is published on the 28<sup>th</sup> of each month, except July and December. The Editor for the April edition is Sylvia Clark. Items for inclusion should reach the Editors by email at:

mag@hughendenparishchurch.org.uk

Hand-written articles should be delivered or posted to Helen Byrne at 67 Friars Gardens, Hughenden Valley.

**ALL contributions to be received by 15<sup>th</sup> March, please**

## ***Who's Who at St Michael & All Angels***

|   |   |                                  |
|---|---|----------------------------------|
| <b>VICAR AND AREA DEAN OF WYCOMBE</b>     | The Rev'd Simon Cronk   | 563439                           |
| <b>CURATE</b>                             | The Rev'd Helen Peters  | 716772                           |
| <b>CHURCHWARDENS</b>                      | Brian Clark<br>Christopher Tyrer                              | 562801<br>01844 344650           |
| <b>PARISH CLERK &amp; VERGER</b>          | Arthur Johnson  | 521471                           |
| <b>PARISH ADMINISTRATOR</b>               | Lin Smit  | 462094                           |
| <b>CHURCH NOTICES/WEBSITE</b>             | Ben Brice   | 445899                           |
| <b>PCC LAY CHAIRMAN</b>                   | Clare Godfrey   | 563296                           |
| <b>PCC SECRETARY</b>                      | Beryl Doran   | 711909                           |
| <b>PCC ASSISTANT SECRETARY</b>            | Penny Austin  | 529596                           |
| <b>PCC TREASURER</b>                      | Ian Faulkner  | 07795 823914                     |
| <b>PCC ASSISTANT TREASURER</b>            | Arthur Johnson  | 521471                           |
| <b>PLANNED GIVING SECRETARY</b>           | Arthur Johnson  | 521471                           |
| <b>TASK GROUP LEADERS: COMMUNICATIONS</b> | Jane Tyrer  | 01844 344650                     |
| <b>PRAYER</b>                             | Jane Tucker   | 534989                           |
| <b>YOUTH</b>                              | Mike Dean<br>Helen Byrne (Co-ordinator)                       | 463376<br>564342                 |
| <b>MISSION</b>                            | Christopher Tyrer   | 01844 344650                     |
| <b>OUTREACH &amp; SOCIAL</b>              | Frank Hawkins   | 565050                           |
| <b>ALPHA COURSE - ADMINISTRATOR</b>       | Diane Hawkins   | 565050                           |
| <b>ELECTORAL ROLL OFFICER</b>             | Arthur Johnson  | 521471                           |
| <b>DEANERY SYNOD REPRESENTATIVES</b>      | Arthur Johnson<br>Churchwardens                               | 521471<br>See above              |
| <b>DIOCESAN SYNOD REPRESENTATIVES</b>     | The Rev'd Simon Cronk<br>Christopher Tyrer                    | 563439<br>01844 344650           |
| <b>ORGANIST AND CHOIRMASTER</b>           | Neil Brice  | 445899                           |
| <b>WORSHIP LEADER</b>                     | Tony Sackville  | 446035                           |
| <b>TINY TOTS FUN WORSHIP</b>              | Rev'd Helen Peters  | 716772                           |
| <b>AV AND SOUND SYSTEM</b>                | Frank Hawkins   | 565050                           |
| <b>SERVERS</b>                            | Andrew Cole   | 442191                           |
| <b>MOTHERS' UNION PARISH LINK</b>         | Ann McCarthy  | 712004                           |
| <b>CAPTAIN OF BELLRINGERS</b>             | David Cornwall  | 714718                           |
| <b>VALLEY WIVES</b>                       | Jill Graves   | 563813                           |
| <b>CRECHE ROTA</b>                        | Jane Lomas  | 563629                           |
| <b>HUGHENDEN BABY AND TODDLER GROUP</b>   | Kirstie Brewer  | 07881 958002                     |
| <b>CHRISTIANS IN THE COMMUNITY</b>        | Norma Clarke  | 563116                           |
| <b>FRIENDSHIP MORNING</b>                 | Judith Camplisson   | 565108                           |
| <b>CHURCH HOUSE TEAS BOOKINGS</b>         | Julia Grant   | 711939                           |
| <b>CHURCH COFFEE ROTA</b>                 | Sylvia Clark  | 562801                           |
| <b>CHURCH FLOWERS</b>                     | Jean Godfrey  | 522198                           |
| <b>CHURCH BOOKSTALL</b>                   | Elaine Morley   | 562714                           |
| <b>CHURCH HOUSE BOOKINGS</b>              | Parish Administrator  | 462094                           |
| <b>HUGHENDEN VILLAGE HALL</b>             | Christine Powell  | 07815 163269                     |
| <b>NAPHILL VILLAGE HALL</b>               | Norma Clark   | 563116                           |
| <b>OUTLOOK MAGAZINE EDITORS</b>           | Sylvia Clark<br>Bob & Jane Tucker<br>Christopher & Jane Tyrer | 562801<br>534989<br>01844 344650 |
| <b>MAGAZINE PRINTING</b>                  | Brian Clark & Team  | 562801                           |
| <b>MAGAZINE DISTRIBUTION</b>              | Hilary Farrar-Hockley   | 528236                           |
| <b>SAFEGUARDING OFFICER</b>               | Jane Tucker   | 534989                           |

## **Our Mission is**

### **“To enable all to follow Jesus Christ”**

**We shall live out this mission through Prayer, Presence,  
Persuasion and Proclamation by:**

**i) Leading lives centred on Jesus Christ –**

- *That is steadfastly based on the Bible and prayer*
- *That is based on Jesus' example*
- *By being ambassadors of Christ to our friends, families, neighbours and work and school colleagues.*

**ii) Being seen and known in the wider Community by**

- *Understanding the communities in which we live and seeking to be fully involved in those communities*
- *Building appropriate bridges between our Church and our community*
- *Taking every opportunity to share the Good news about Jesus Christ*

**iii) Offering and receiving spiritual and practical support and development –**

- *That is appropriate to wherever people are on their spiritual journey*
- *That is based on worship that is honouring to God and accessible and relevant to all*
- *And that is led by prayer that engages with the will of God and his purposes*

**God our Father, your Son Jesus Christ lived in a family in Nazareth. Grant that in our families on earth we may so learn to love and live together that we may rejoice as one family in your heavenly home; through Jesus Christ our Lord. Amen**