

AUGUST - OCTOBER 2020

DENHAM PARISH NEWS

"COMING
TOGETHER
EVEN WHEN
WE ARE APART"



CONTENTS

- 3** From the editor
- 4** Message from Christoph Lindner, Rector
- 6** A journey to recovery
- 8** Denham village walks – St Mary's Churchyard
- 10** What is a Churchwarden?
- 12** How to make 'prayer corners'
- 14** Placing the least in our midst
- 16** Book review: Encountering the God who heals
- 17** Great prayers through the centuries
- 21** Family Registers
- 22** Not just a building!
- 23** Coming soon
- 26** God in the life of Val Dewhurst
- 29** Lockdown & restart: a dentist's perspective
- 32** Denham murders: 150th anniversary
- 34** Parish directory
- 35** Community survey

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FROM THE EDITOR

How resilient are you?

We will all have stories to tell about Lockdown – the acts of kindness, the amazing sunshine, how we learnt new skills (such as haircutting, home-schooling and queuing to enter a shop) but for many of us there will also have been the pain, loss and grief of not being able to see loved ones or say ‘goodbye’ in ways we would have wanted to. The impact of these changes in our lives may be profound and on-going. The article by Sandy (p.6) looks at the response to trauma that we may be experiencing, whilst Dexter (p.29) gives a very honest account of Lockdown from a dentist’s perspective.

We would like to reflect together on the impact of Covid19 on our lives and how we can work together to support our local community – please do take the time to complete the short survey on the back pages or follow the link to fill it in online.

As the final edits of Denham Parish News take place 4-6 weeks before publication and with all the recent uncertainties, we hope you will understand our decision to make both the May and now this edition into 3-month rather than 2-month publications. To compensate, we have increased each to a bumper 36-pages, providing you with additional quality content. We expect to be back to our usual schedule in November.

For me a ‘silver lining’ to Lockdown has been attending virtual church on a Sunday morning (p.22) and a Bible book club midweek. These times have not only deepened my faith but remind me how ‘church’ was never meant to just be restricted to a building. To find out how we are meeting to encourage one another in the coming months, please regularly visit our website: www.denhamparish.church Do join in, we would love to see you.



Blessings,

Cathy Macqueen

magazine@denhamparish.church

WHAT CHANGES ARE YOU MAKING? FROM CHRISTOPH LINDNER RECTOR



Dear Friends,

One of the headlines I've been reading this week was the result of a recent survey by the Office for National Statistics. It read: "Nearly 30% of Brits plan to make big life changes".

The disruption of our personal and communal life has been massive. But such radical changes also help us to evaluate what is truly important. So – what changes are you making? Many people say that they have exercised more. Others say that they have prayed more and reconnected with their faith. In our services in August and September we are reflecting on resetting our lives in a number of areas (see p.23).

We've all experienced that changes will only last if we form new habits. Otherwise our behaviour will just revert to what we've always done when the crisis fades. Will we still be washing our hands as frequently and at least for twenty seconds in two years' time?

At Denham Parish Church we have started to implement healthy habits for our lives. We find them all in the life of the very first Christians: After Jesus rose from the dead and was taken up into the invisible spiritual realm (the 'Ascension') the disciples

waited for the coming of the Holy Spirit, God's indwelling power and presence. And when the Spirit came at Pentecost, the church of Jesus Christ was born. Many people believed in Jesus and joined this new church. They experienced amazing healings in body, mind and spirit and the power of God was manifest among them. However, they knew that the power of God and Jesus' message of hope needed healthy habits to be sustained in the long run. In Acts 2.42 we read, "*They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer*" (my emphasis).

We all need a bit of help when we form new habits. Some of us use apps to remind us that we haven't done our 10,000 steps yet; others join a group who help them achieve their goal of losing weight.

The best investment you can make is establishing healthy spiritual habits in your life, together with others. It will help you experience the fullness of life that God always intended for you and you will be a blessing to others around you. The first healthy habit, which is in some ways the foundation for all others, is prayer.

And prayer isn't a technique, it is a relationship with the God of the universe; the God who loved us so much that in Jesus he entered our human condition, became one of us and on the cross took everything that separates us from God upon himself. When Jesus prayed he always addressed God as "Father". That was revolutionary. And then he taught his disciples to pray, "Our Father". We can have a relationship with God. We can pray! And at a time when we begin to process the trauma of the last months, we can bring our whole life, with its ups and downs, to the God who loves us.

If you're not sure how to start, we'd love you to pick up a little booklet from outside St Mary's Church (on the fence in front of the notice board). It's called *Try Praying* and is a one-week experiment in prayer. You can also go to trypraying.co.uk to find out more.

If you are a Christian and want a daily structure for prayer, please check out *Lectio365* (just google it). Many of us have found it immensely helpful in praying on a daily basis.

Here is what one of our church members has written about her experience of prayer:

"I have never been good at focused prayer and spiritual disciplines. However, during this lockdown period I have had more time to be more disciplined and have started (most) days with *Lectio 365*. I now find it a really important part of my

day to quieten my heart with God and bring any concerns and prayers before Him at the start of the day and be aware of his peace and all-embracing love. For various reasons I have had a very stressful couple of weeks and I know the days I've started in prayer have been more productive, and knowing God is with me has given me extra strength to keep going. I only hope and pray I can make focused prayer and bible reflection a more regular discipline as I return to work and the normality of life."

Please join us on this journey of embedding healthy habits in our lives. I hope you will find the contributions on prayer in this issue helpful. The centre pages are designed in such a way that you can take them out as a handy collection of prayers.

P.S. At the time of going to press we are planning to start a short Sunday service at St Mary's Church in August at 9.30am. If you are on email, would you join our mailing list so we can keep you up-to-date? Simply send a short message to office@denhamparish.church.

Christoph Lindner

Rector

A JOURNEY TO RECOVERY

BY SANDY WICKENDEN



Her suit was immaculate, greying hair to match and with an air of quiet dignity she faced me across my desk. As an undertaker I had arranged hundreds of funerals, each death I saw as special and each life worthy of honouring individually.

"I am sorry to hear about the death of your husband." I spoke with honesty. "Thank you", she responded with equal honesty, "but actually he was a miserable old sod and I'm glad he's gone. I'm going to have some fun now!"

Well there we have it. My years of experience should have prepared me. To make assumptions about how a person reacts in a crisis is not a given!

The last few months will have affected most of us in some way and as I write, it is still a time of uncertainty. The future looks different now with economic and social as well as personal change and the assumptions that we had made about how our own lives might be, before coronavirus reared its ugly head, have had to be questioned and even let go.

We are a people who are grieving. Tragically for some it will be for people who have died at the hands of this terrible virus, whether it be directly or indirectly. For others it

will be for financial security with money worries at the top of our anxiety agenda. We might not put our finger on it clearly, but maybe it is the loss of our past, the way things used to be, or perhaps concern for our hopes and aspirations for the future that is affecting us.

As I watch the news it seems to me that there is a lot of anger around. Some of this is articulated well and makes sense. At other times it looks like the opposite – dangerous, destructive, inappropriate and out of control. Anger is a normal part of grieving, so we shouldn't be surprised if we find ourselves feeling or being angry. Misdirected anger is common. Depression is another way we might be reacting. Most of us will recognise the way that depression can rob us of our energy and motivation, and sadness becomes the order of the day. Perhaps you don't identify with any of this but are simply plain "anxious". Whatever you are feeling your journey will be yours alone whatever assumptions friends, family or colleagues might make about you. It is your journey but there is a way that we can all make it a little easier for ourselves and try to avoid getting "stuck" in an emotional place that doesn't serve us well.

You will be familiar with the phrase “Honesty is always the best policy”. As a counsellor, this sounds a bit trite to me as I think it can be really challenging for us to be honest, not just with other people but with ourselves. It’s not always easy to reflect on what we are really feeling, especially when we have been brought up to be brave, make the best of it, accept God’s will without question, or simply accept life because it is what it is so just “get on with it, there’s always someone worse off than you!” Sometimes our whole lives can become a lie where we find ourselves living a life that we don’t like or want but just can’t see a way out.



In these changing times I would encourage you, as part of your recovery, to start to love yourself enough to spend some time really exploring your feelings. It can help to talk to others that you trust but if that feels too much then maybe carve out some “me time” to reflect on what you are really feeling, deep down, stripped-bare stuff where “should” is a banned word - not what you think you *should* be feeling, but being brave enough to

dig deeply and be as honest as you can. What “am I really feeling” can be like peeling an onion, best done a layer at a time – and that is OK!



It is by becoming more self-aware that we can help ourselves to move forward in a healthier way. We can start to look at what we really want for our lives, at what we might want to retain and what to give up after this traumatic time – like the lady at the beginning of this article. What she expressed might have been a bit brutal, but it was wonderfully honest.

So, where do we go from here? We might not have control over the virus yet, but let’s be kind to ourselves, allowing ourselves room to grieve and be gentle and patient with ourselves and others. It is in this that we have personal power.

As C.S. Lewis once said, ‘You can’t go back and change the beginning, but you can start where you are and change the ending.’

DENHAM VILLAGE WALKS - ST. MARY'S CHURCHYARD

FROM THE DENHAM COMMUNITY HISTORY PROJECT

To wander around the churchyard is to take a stroll through the history of Denham's people, the famous, the celebrated and those now remembered only by their families and their stones.

Fronting the Church is Denham's memorial to its fallen. Sculpted by Denham's own Francis Bacon, the memorial was unveiled and dedicated on 5 October 1919. It carries the names of 42 fatal casualties of war, names still known amongst Denham residents including three members of the Tillard family, for whom the Way and Tillard Recreation Ground and cricket pitch is named.

Cross to the gate and take the path headed towards the vestry. It was this path that American novelist James Salter recalled as he wrote of his search for a marble plaque memorial to his friend, Broadway theatre producer Ethel Linder Reiner, some time owner of Hills House. The plaque is hard to find now, perhaps no longer there.

Turn north to come upon the gravestone of the members of the Marshall family cruelly murdered in their Cheapside home in 1870 (see p.32 in this magazine). Further

along can be found the family graves of the Patons including those of Denham's much-loved village doctor Ian Paton and Madelene his wife. Behind them the grave of Sir James Martin C.B.E, joint founder of the Martin Baker Aircraft Company. Famously known for his invention of the life-saving ejector seat, Sir James is rather less well known for his invention of the fish fryer.

Close by is the obelisk marking the grave of the Reverend R.H. Lathbury, the most diligent of chroniclers of Denham's history up to the turn of the 20th century with his remarkable "History of Denham, Bucks" published in 1904.



Across the grass, lying flat, is the large stone marking the grave of Terence Conyngham Plunket, 6th Baron Plunket and his wife Dorothe both killed in a 1938 plane crash in California.

Return to the path and pass the graves of the Ways, owners of Denham Place and Denham's leading family for nearly 200 years until 1920. On then past the 11 official war graves, memorials to men killed in the first and second world wars, Rifleman Tipping, Aircraftman Runcieman, RAF Sergeant Frank Martin and others all lost far too young.

Find the grave of two of Denham's most famous recent residents, Sir John and Lady Mills. Pause for a moment to remember this great man of British cinema, then turn through 180 degrees and take a few paces east to come upon the memorial stone of Baroness Sidonie Nádherná von Borutín. Once known as Baroness the Beautiful, Sidonie was, between the two world wars, a famed Bohemian hostess of literary salons and correspondent with poets and writers. Impoverished by the Nazi confiscation of her family home and subsequently by the Communist takeover of Czechoslovakia, Sidonie fled to Britain in the late 1940s, dying tragically in 1950. She lay buried in St. Mary's Churchyard until 1999

when her remains were returned to her former home at Janowitz castle and her fame restored.

Stroll further then into the open field to wander amongst the graves of more recent residents who have made their contributions to the community in many different ways. Turn back towards the church and pause at each low wall to view many other plaques recalling Denham residents. Explore by the south wall of the church to find the grave of Sir Robert, First Baron Vansittart, senior diplomat, prime ministerial adviser and one of the few people at the heart of government who recognised the threat posed by Hitler's Nazis in the early 1930s.

Near, by the church wall, is one of the churchyard's most enigmatic stones. Now broken, it lies flat, its inscription worn and moss covered marking the grave of Captain John Wing. At its head is the skull and bones, the reminder of mortality, which has led many to believe that an infamous pirate rests here. There is indeed evidence of the burial of a John Wing in Denham in 1742 but the date of this record does not match the stone. The enigma remains.

There are many more lives remembered, to see their names on a wander through St. Mary's Churchyard is a tribute to them all.

WHAT IS A CHURCHWARDEN?

BY BRIAN O'REGAN



What occurs to you when you hear the term Churchwarden? Maybe you have recently had an encounter with a traffic warden, or you recall William Hodges, the officious ARP Warden in Dad's Army continuously in conflict with Captain Mainwaring? Lord of the Rings fans could recall Bilbo sitting smoking a churchwarden pipe when he first encounters Gandalf. These pipes were so called as they were popular with Churchwardens on the night watch, when the long stem ensured their vision was not obscured by smoke.

The term warden is descriptive - a person of authority, fierce guardian of the duties assigned to them. Churchwardens date from the 13th century when the English church belonged to the Roman Catholic Church under the Pope in Rome. They were responsible for the buildings and property of the church.

Churchwardens are still legally responsible for the church's property, but they have many other duties as I found out recently when I met our St Mary's wardens Carlene Litchmore and Sam Carter in the graveyard (Covid-19 restrictions still in force). My first observation was they were nothing like the authoritarian ARP Hodges! Carlene and Sam take their responsibilities very seriously but talk a lot about their pastoral work in the parish.

The office of Churchwarden is established in primary English Law.

The Church of England Assembly (Powers) Act

1919 transferred the power to legislate on church matters to the Church Assembly (now replaced by General Synod). Measures are approved by the CofE General Synod and presented to parliament who may reject the measure but not amend. One example is the Churchwardens Measure 2001.

English Law empowers Churchwardens to apprehend offenders and take them before a Magistrates Court. Be warned not to engage in "riotous, violent or indecent behaviour" in the church or grounds and certainly do not "molest or trouble any preacher or clergyman" in church, lest Carlene or Sam tap you on the shoulder with their Churchwarden's Wand and arrest you! The Warden's Wand (or staff) was also used to awaken a sleeping member of the congregation. I doubt that is needed today at St Mary's - not when a wife's elbow is so much closer! The two warden's wands are clipped to the pews where Carlene and Sam sit. Take a look at them on your next visit.

Due diligence on the part of the Churchwardens is paramount and they must fulfil their legal duty as guardians by maintaining a Glebe Terrier. This records all the property and contents of the church and must be signed off every year by Carlene

and Sam. You won't find the heart of Sir Robert Peckham, privy councillor to Queen Mary, in the inventory but, strangely, it is interred in the church. The Lord of Denham Manor died in Rome in 1569 and was buried there but had given instructions for his heart to be returned to the family vault in Denham. Every other year the Area Dean audits the Terrier and other essential documents such as the Safeguarding Policy.



Carlene was appointed Churchwarden in March 2016 after Christoph became Rector and Sam joined her in 2018. Wardens are elected at the Annual Meeting of Parishioners and interestingly are officers of the bishop, not the incumbent or the PCC. In the hierarchy of the Church of England you might say they are the local eyes and ears of the bishop. In practice, the wardens work very closely with the Rector and there must therefore be a good relationship between them. That is certainly the case at St Mary's where a mutual respect is very evident. The church may seem a straightforward organisation, always ready to welcome all through her doors for prayer, worship and learning, but take a closer look and you will see the multitude of duties the team performs. The Churchwardens are the glue binding the buildings, the people, the PCC and the Rector together to ensure the doors continue to open and the parish is served. Carlene and Sam say it is a privilege to occupy the role but, in

their words, "we're only as good as the people supporting us, such as the Fabric Committee and Treasurer".

There are rewards for being a Churchwarden – Sam enjoys seeing the congregation engaged in services and growing in faith; Carlene particularly enjoys the pastoral care aspect. Like all roles in life there are also challenges. They have to adapt to people's characters and temperaments and manage awkward situations. The job "doesn't come with pixie dust" but they are diligently doing God's work and He is always with them.

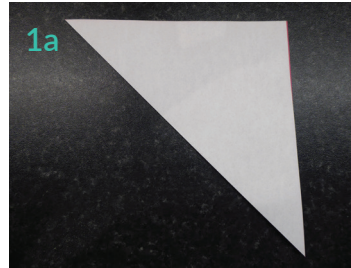
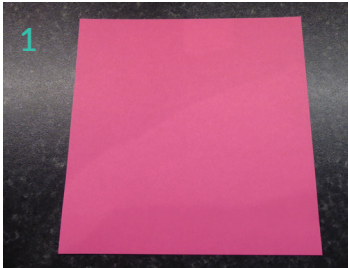
They love active engagement from the congregation and as we exit the Coronavirus lockdown, we all have a fresh opportunity to acknowledge the significant part they play in the life of the church. No one knows what the "new normal" will be; we *do* know we have two very safe pairs of hands to help us through the change.

"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." 1 Peter 4:10

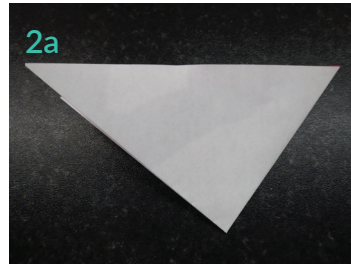
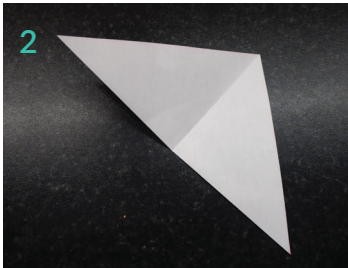
HOW TO MAKE 'PRAYER CORNERS'

You will need: piece of square (or origami) paper; pen

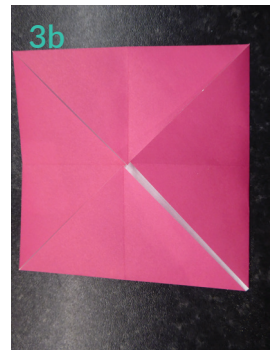
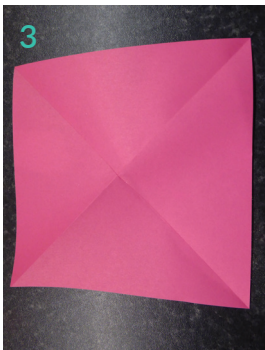
1. Fold paper in half to make a triangle.



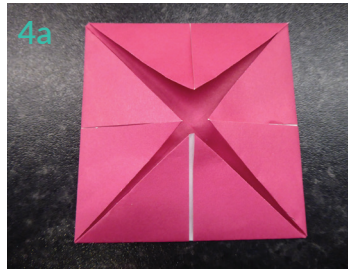
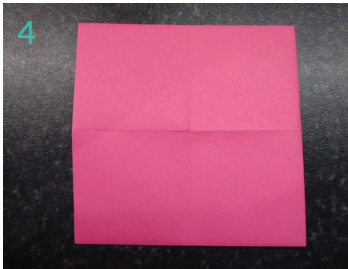
2. Fold paper in half again to make a smaller triangle.



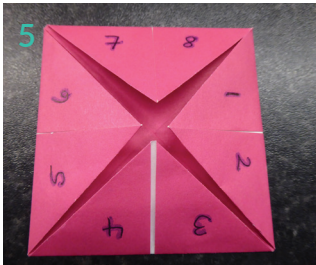
3. Unfold the paper and fold a corner into the centre, repeat this for each corner.



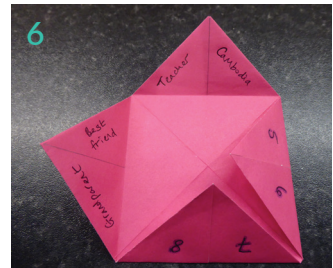
4. Turn the folded square over. Fold each corner into the centre.



5. Write the numbers 1 to 8 on each small triangle.



6. Fold back the numbered triangles and write something you'd like to pray about underneath eg a friend, grandparent, a country etc .



7. Close the flaps and turn the folded square over. In each corner, write an aspect of prayer (Ask, Sorry, Praise, Thank you)



8. To work the Prayer Corner: place your thumbs and index fingers under each aspect of prayer. Ask a friend to chose a corner and spell that word out e.g. P-R-A-I-S-E by moving your thumb/finger in and out for each letter. Then ask them to choose a number and count that out. Then ask them to choose another number – lift the numbered flap and then prayer for what is listed below.



PLACING THE LEAST IN OUR MIDST

BY FRANCIS MOLONEY

At one of our online services in June we interviewed Francis Moloney to help us reflect on and respond to racism and injustice in the aftermath of the killing of George Floyd. Francis and Annabel Moloney were members of Denham Parish Church from 2016 to 2019 while they were both training - Francis as a Church of England vicar and Annabel as a nurse. They now live in Redditch (Worcestershire) where Francis is a training curate while Annabel works in a Birmingham hospital. Here is Francis' perspective on racism.

The killing of George Floyd has once again raised the question of injustice and supremacy. The question of why racism exists, from a Christian perspective, has a very simple answer. Racism is a sin, it exists because sin exists. God in Jesus Christ is reconciling the world to himself, this has been achieved through his death upon the cross, in which he took the penalty for sin, including racism, upon himself. In light of this reality, he has given the ministry of reconciliation to those who believe (2 Corinthians 5:19).

What then is the Christian path to reconciliation? Primarily it is repentance and faith - the way to right standing with God is by grace, through faith in Christ (Ephesians 2:8). Right standing with God is only part of the story of the reconciling work of Christ. In Jesus we are also to strive towards reconciliation with one another. Reconciliation is impossible as long as we assume that any of us have supremacy.

What is Jesus' answer to the question of supremacy? Amongst Jesus' first disciples an argument broke out. The argument was simple, "who is the greatest?" They were clamoring for a position of supremacy. I imagine this is how a lot of prejudice begins - with a simple insecurity, a fear that I might not be the greatest. It can also begin with an assumption - the plain assumption that I am greater than you. Both are toxic and have consequences. What happens when a people group makes these kinds of assumptions or has these kinds of insecurities? What happens when politicians either have these ideas or use these ideas to gain power?

A claim for greatness or supremacy is at the same time a claim that someone else is lesser or inferior. In this situation "the other" always loses out. What then is Jesus' solution, that the work of reconciliation can continue in the face of the question of supremacy? In response to the disciples' argument, "Jesus, knowing the reasoning of their hearts, took a child and put him by his side and said to them, 'Whoever receives this child in my name receives me, and whoever receives me receives him who sent me. For he who is least among you all is the one who is great.'" (Luke 9:47-48). In Jesus' economy greatness is not marked by wealth, might or power but by a child, marked by welcoming the least in society.

God sees greatness in the least. What would it mean for us to welcome the least and place them at our

side today? George Floyd may or may not have been the least in his community but he certainly had some disadvantages in contrast to other people's privileges. As an African American male, Floyd was less likely to excel academically and more likely to find it hard to even find work in the first place. One in twenty African American males between 35-39 are in prison. You can begin to see the disadvantaged position in society which Floyd occupied, and that is without even taking into account his personal situation (which did include time served in prison) or the inequality around police brutality.

I dare to imagine that if Jesus had encountered Floyd, he would have brought him to his side and received him. I dare to imagine that Jesus would do this with every single person who experiences systemic oppression.

I have felt the feeling of being suspected of being a shoplifter, I

have been interrogated on my family heritage more times than I can count and I remember as a child being told by another seven-year-old that the reason I might not have been invited to a birthday party was, "because you're black." These are examples of "everyday racism" (treating people differently because of their ethnicity). Clearly they are at the thin end of the wedge in comparison with what others may experience; but these small acts of prejudice allow for a culture where racism can go unchallenged.

But the thin end of the wedge is where most of us live. What would it look like if we challenged systemic supremacy by modelling Jesus in welcoming and receiving all in his name? It might lead to a world where African American men do not find themselves with an officer's knee on their neck but find themselves stood alongside and received and welcomed.



ENCOUNTERING THE GOD WHO HEALS BY JOHN RYELAND

REVIEWED BY ANNE THOMAS

The Revd John Ryeland is Director of the London-based Christian Healing Mission. I attended one of his seminars in February to gain some insight into how to pray for healing for others. As we began the day with a song of worship, I had a sense that this was going to be something special, something different and I wasn't disappointed. It was transforming.

John's vision for healing is closely linked to finding the presence of God and seeing what can flow from Him. It's not just to do with healing in the sense of our symptoms being cured.

The focus is meeting with Jesus. John shows us how we might do this for ourselves and then lead others into the same experience.

The first part of the book looks at *the sheer wonder of who we are*. 'What does God think of me? What shines through is that God passionately loves us. We are His children and He cares for us. He forgives us and doesn't keep a record of our sins but shreds them irretrievably. Once we've grasped this sense of the Father's deep love for us and fully understand what it means to be a child of God, we are ready to engage in Prayer. The second part explains what 'Encounter Prayer' is. In the silence we try to experience an awareness of the presence of Jesus. To help us do this he used the very powerful imagery of 3 spotlights shining on us.

These spotlights represent:

FATHER:

where we are assuring ourselves of the Father's deep love for us.

SON:

reminding us of the presence of Jesus.

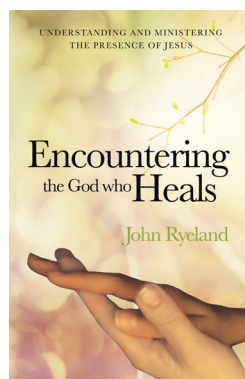
HOLY SPIRIT:

welcoming the power of the Holy Spirit, full of expectation of the transformation He can bring. – "What is it you want God to do for you?" This helps us to speak to Him for ourselves and hear His voice in our lives.

The final part is about how we can bring prayer to others.

Throughout the book John shares helpful teaching, life-changing testimonies and clear practical suggestions for encountering God in a quiet, gentle way.

If you are looking for something to encourage you, this book will give new insights into praying for healing but above all, help you know more of God's love for yourself.



The Christian Healing Mission:
www.healingmission.org

GREAT PRAYERS THROUGH THE CENTURIES

COMPILED BY DENHAM PARISH CHURCH

O Christ, our Morning Star,
Splendour of Light Eternal,
the rainbow, come and
waken us from the greyness
of our apathy, and renew in
us your gift of hope.

The Venerable Bede
(672-735)

"O Lord, Thou knowest
how busy I must be this
day. If I forget Thee,
do not Thou forget me.

Sir Jacob Ashley (1579-
1652) before Battle of
Edgehill (1642)

**O HEAVENLY FATHER, I PRAISE AND THANK YOU FOR REST IN THE NIGHT; I
PRAISE AND THANK YOU FOR THIS NEW DAY; I PRAISE AND THANK YOU FOR
ALL YOUR GOODNESS AND FAITHFULNESS THROUGHOUT MY LIFE. YOU HAVE
GRANTED ME MANY BLESSINGS; NOW LET ME ALSO ACCEPT WHAT IS HARD
FROM YOUR HAND. YOU WILL LAY ON ME NO MORE THAN I CAN BEAR. YOU
MAKE ALL THINGS WORK TOGETHER FOR GOOD FOR YOUR CHILDREN. LORD,
WHATEVER THIS DAY MAY BRING, YOUR NAME BE PRAISED.**

**DIETRICH BONHOEFFER, FROM: MORNING PRAYER FOR FELLOW-PRISONERS
(1906-1945)**

Disturb us, Lord, when we are too well pleased with ourselves, when our dreams have come true because we have dreamed too little, when we arrived safely because we sailed too close to the shore. Disturb us, Lord, when with the abundance of things we possess we have lost our thirst for the waters of life; having fallen in love with life, we have ceased to dream of eternity and in our efforts to build a new earth, we have allowed our vision of the new Heaven to dim. Disturb us, Lord, to dare more boldly, to venture on wider seas where storms will show your mastery; where losing sight of land, we shall find the stars. We ask You to push back the horizons of our hopes; and to push into the future in strength, courage, hope, and love. Amen.

Attributed to Sir Francis Drake (1540-1596)

Let us make our way
together,
Lord; wherever you go I
must go:
and through whatever
you pass, there too I
will pass.

St Teresa of Avila,
1515-1582

GOD, GIVE ME GRACE TO ACCEPT WITH
SERENITY
THE THINGS THAT CANNOT BE CHANGED,
COURAGE TO CHANGE THE THINGS
WHICH SHOULD BE CHANGED,
AND THE WISDOM TO DISTINGUISH
THE ONE FROM THE OTHER.

REINHOLD NIEBUHR (1892-1971)

*Christ be with me, Christ within me
Christ behind me, Christ before me
Christ beside me, Christ to win me
Christ to comfort and restore me.
Christ beneath me, Christ above me
Christ in quiet, Christ in danger
Christ in hearts of those who love me
Christ in mouth of friend and stranger.
From St Patrick's Breastplate
(Fifth Century)*

O most merciful
Redeemer, friend and
brother,
May I know you more
clearly,
Love you more dearly,
Follow you more nearly.

Richard of Chichester
(1197-1253)

Teach us, good Lord,
to serve you as you deserve,
to give and not to count the cost,
to fight and not to heed the wounds,
to toil and not to seek for rest,
to labour and not to ask for any reward,
save that of knowing that we do your will.

St Ignatius of Loyola (1491-1556)

I am no longer my own but yours.
Put me to what you will, rank me with whom you will;
put me to doing, put me to suffering;
let me be employed for you, or laid aside for you,
exalted for you, or brought low for you;
let me be full, let me be empty,
let me have all things, let me have nothing:
I freely and wholeheartedly yield all things
to your pleasure and disposal.
And now, glorious and blessed God, Father, Son and Holy
Spirit, you are mine and I am yours.
And the covenant now made on earth, let it be ratified in
heaven. Amen.
Methodist Covenant Prayer

**Lord, make me an instrument of your peace.
Where there is hatred, let me bring love.
Where there is offence, let me bring pardon.
Where there is discord, let me bring union.
Where there is error, let me bring truth.
Where there is doubt, let me bring faith.
Where there is despair, let me bring hope.
Where there is darkness, let me bring your light.
Where there is sadness, let me bring joy.
O Master, let me not seek as much
to be consoled as to console,
to be understood as to understand,
to be loved as to love,
for it is in giving that one receives,
it is in self-forgetting that one finds,
it is in pardoning that one is pardoned,
it is in dying that one is raised to eternal life.**

Attributed to St Francis of Assisi (1182-1226)

YOU ARE GREAT, O LORD, AND GREATLY TO BE PRAISED.
GREAT IS YOUR POWER, AND INFINITE IS YOUR WISDOM.
YOU AWAKEN OUR HEARTS TO DELIGHT IN YOUR PRAISE.
YOU MADE US FOR YOURSELF,
AND OUR HEART IS RESTLESS UNTIL IT RESTS IN YOU.

ST AUGUSTINE OF HIPPO (354-430)

Lighten our darkness, we
beseech thee, O Lord; and
by thy great mercy defend
us from all perils and
dangers of this night;
for the love of thy only
Son, our Saviour, Jesus
Christ. Amen.

Book of Common Prayer,
Third Collect for Evening
Prayer

May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your
face; the rains fall soft upon your
fields
and until we meet again, may God hold
you in the palm of His hand.

Celtic Blessing

Go forth into the world in peace.
Be of good courage.
Hold fast that which is good.
Render to no one evil for evil.
Strengthen the fainthearted.
Support the weak.
Help the afflicted.
Show love to everyone.
Love and serve the Lord,
rejoicing in the power of the Holy Spirit;

Book of Common Prayer, 1928, modified.

FAMILY REGISTER

CREMATIONS

02.04.20 Sue Fletcher (73) Denham

21.04.20 Diane Mary Scanlon (81) Denham

BURIALS

19.04.20 Frances Alice Jessup (92) Denham

15.06.20 Valerie Joyce King (89) New Denham



Diane Mary Scanlon



Sue Fletcher



Phyllis Burling (nee Wyatt)

16/09/1932 - 13/08/2019 (86)

Worked at Denham Place, looking after Lord & Lady Vansittart's grandchildren.

Phyllis said of St Mary's Church *"this is where I found Christ & knew I was loved"*

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Quotes from people who have attended online church and virtual coffee – why not find out more for yourself!



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clubs each week

I enjoy seeing Christoph and Edda each Sunday: their lovely smiling faces are a
real tonic!

Content is varied and reflective, especially the prayers

A highlight of my week, especially in the early days of lockdown when we were
all very isolated



Virtual coffee is...

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- an opportunity to ask questions and dig deeper into the passage/sermon of the day
- a bit of fun!

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Coming soon...

Do you ever find yourself wishing your life had a "**RESET**" button? The current crisis can be an opportunity for a personal "reset".

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- Sun 9 August: **RESET your family**
- Sun 16 August: **RESET your money**
- Sun 23 August: **RESET: Finishing well**
- Sun 30 August: **RESET your online life**
- Sun 6 September: **RESET your job**
- Sun 13 September: **RESET God**



ONLINE:

Sundays at 10.30am, tinyurl.com/youtube-denham
(and then available for streaming afterwards)



ON THE PHONE:

01895 714013 (each talk available for a week from Sunday)



AT ST MARY'S CHURCH:

Sundays, 9.30am

St Mary's Festival: 12 & 13 September

At the time of going to print we cannot give you details yet of the programme for St Mary's Festival, but we *are* going ahead!

Please go to www.denhamparish.church for the latest updates.

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GOD IN THE LIFE OF VAL DEWHURST

AS TOLD AT CAFÉ CHURCH,
FEBRUARY 2020



'Lord of all hopefulness' was one of the first hymns I sang with my grandparents. During the war my brother, mother and I (9 years old) went to stay with them in Exmouth. We helped to dig trenches along the beach and then the army came and put barriers up. After that we could only reach the beach through one tiny space. A sense of hopefulness just emanated from my grandparents. They were lovely Christians who treated their faith as a real gift and they taught my brother and I so much during the time we were with them.

I was married in 1954. I met Alan and three weeks later we were engaged! He had been in the merchant navy for six years during the war (torpedoed twice) and once the war was over, we all just wanted to get on with our lives. We settled in Longford, (near London airport) where we had two children and then, five years later, we moved to Hounslow where my husband was working.

In 1969 we moved to Swandane House in Denham village. There were lots of families with young children so there was always something going on! Plenty of socialising and outings including a singing group where I learnt a lot of the worship songs that I still enjoy. One winter a group of us worked to make a wonderful quilt that raised a lot of money when raffled at

the Denham Village Fayre.

I was a Churchwarden but the vicar challenged me to go deeper in my faith.

He came to see me one afternoon and said 'Val I want you to take over the Lifegroups', to which my response was that I thought 'maybe I'd better go to one first'! I discovered that a Lifegroup is a time when you meet with other people to study a particular passage in the Bible and you pray for each other and for things going on in the world.

People often prayed out loud at Lifegroup but I just couldn't and began to feel really anxious about this. So, I started to pray by myself at home, asking God to help me to be able to express how I felt and to pray for other people. Suddenly one evening at Lifegroup I found I could join in the prayers and everyone clapped! It was so easy to pray once I started to trust God to lead me. It is very special to be able to talk with God and express how you feel and to thank Him for what He has done for you. Since then, *prayer has played a massive role in my life.*

When I was 60 years old, I thought I should start something new - what I'd always wanted to do, which was helping people who had been bereaved. So, I wrote to Thames

Hospice, who took me on for two years' training and I then worked with them for nearly 20 years as a bereavement counsellor.

Life has not always been easy. Our fourth child, Claire (b.1964), was very sadly a 'cot death' and soon after this my mother was diagnosed with cancer. The '70s was a difficult time at work for my husband as he was unexpectedly left to run the family business after his father died suddenly. At that time the country was on a three-day working week and eventually the pressure was too much for him and he had a breakdown which took him a long time to recover from.

It is often only when we look back that we can start to see God's hand in some of the hardships we go through and maybe, some of the hidden blessings. When we ask 'what have I learnt', 'what is God trying to explain to me through this', 'why is this happening to me' remember, in order to learn, you have to experience and that nothing is wasted.

Val celebrates her 90th birthday on 13 August so we asked for her wisdom on the following:

Val's advice for those who feel they have nothing to offer

- everything you do is valuable – so grasp it with both hands!
- be flexible, don't let yourself get in a rut
- look for what you can do
- remember 90 is the new 70!

Val's advice for grandchildren

- be true to yourself
- it is alright to ask for advice and help
- don't 'hide your light under a bushel'
- if there is something you feel you can do, do it

*Lord of all hopefulness,
Lord of all joy,
Whose trust, ever child-like,
No cares could destroy,
Be there at our waking,
And give us, we pray,
Your bliss in our hearts, Lord,
At the break of the day.*

*Lord of all eagerness, Lord of all faith,
Whose strong hands were skilled
At the plane and the lathe,
Be there at our labours,
And give us, we pray,
Your strength in our hearts, Lord,
At the noon of the day.*

*Lord of all kindness, Lord of all grace,
Your hands swift to welcome,
Your arms to embrace,
Be there at our homing,
And give us, we pray,
Your love in our hearts, Lord,
At the eve of the day.*

*Lord of all gentleness, Lord of all calm,
Whose voice is contentment,
Whose presence is balm,
Be there at our sleeping,
And give us, we pray,
Your peace in our hearts, Lord,
At the end of the day.*

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LOCKDOWN AND RESTART: A DENTIST'S PERSPECTIVE BY DEXTER BROWN



On the 23rd of March, I saw my last dental patient and locked up the surgery. The doors did not open again until 9th June. Dental problems did not go away but dental surgeries were told to close and all we could do was give the three A's: Advice, Analgesics (painkillers) and Antibiotics, as physical contact with patients was prohibited. I spoke to over 60 patients during this period, with issues ranging from minor problems to serious infections.

It felt so medieval in such a modern high-tech profession and era to be resorting to basic DIY dentistry. I guided patients who had sharp and broken teeth to file off edges with nail files. I talked an elderly shielding lady through extracting her very mobile lower tooth and how to deal with the bleeding. She was developing a spreading infection in her face and was terrified of leaving her home for care. Removing the tooth resolved the issue.



'Dentist Jane wearing surgical gown, mask, visor and gloves'

One gentleman had a crown (cap) which had come off a tooth. I talked him through how he could correctly relocate it back into his mouth - he practiced and was able to do so. He came to the surgery and collected dental cement for use at home. He called back later to relay that the procedure had ended in disaster and that he now needed a plumber not a dentist. In the course of trying to recement the crown, whilst he was looking in his bathroom mirror, the crown slipped from his fingers, fell down the sink plug hole and lodged itself in the U-bend!

As Covid-19 is a respiratory disease and the virus is therefore present in the mouth, it may be transferred to the atmosphere of the surgery through drilling. Protocols have been developed which require a surgery to be left for an hour after treatment, to allow aerosol to settle. Then every exposed surface in the room has to be wiped down and disinfected. This has slowed the through-put of patients, and where our practice saw up to 30 people a day, we are currently seeing a maximum of 10.

Dentistry has always been a highly clinical and safe place to visit, and I can reassure you that this remains the case today.

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150TH ANNIVERSARY OF THE DENHAM MURDERS

BY NEIL WATSON

Denham Parish Church has seen many weddings over the centuries, when young couples tied the knot in the hope of a long and happy life together. But the preparations for such important events are only half the fun. The wedding dress needs to be fitted and a cake baked to mark the most important day in a husband and wife's life. And so it was in May 1870, that Denham Parish Church was about to be the venue for another special, but unremarkable wedding. The village blacksmith's sister, Mary Ann Marshall, aged 32, of Cheapside Lane, was due to marry 29-year-old George Armor.

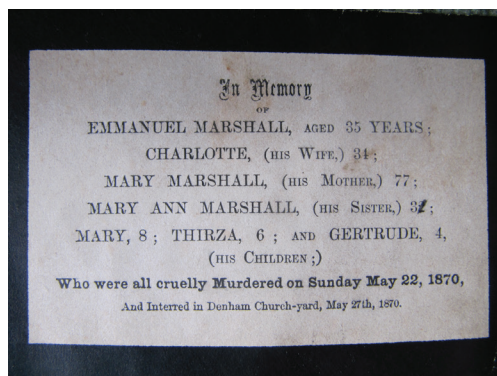
Mary Ann's fiancé – a gardener from Sheering, Essex – was due to arrive by train in Uxbridge on Tuesday 24th May 1870. After the nuptials, the happy couple were due to depart to Essex, Mary Ann taking her £26 savings with her. On Sunday 22nd May, the couple's banns were called for the final time at St Mary's, but Mary Ann was not in church that

morning to hear them being read.



The following day (Monday), a relative stopped by to take tea with the family at the cottage in Cheapside Lane, while little Lizzie Bampton arrived with the wedding dress. Panic set in as no sign of life could be detected from the house. The wedding cake had also not been collected. The cottage was then broken open and the entire Marshall family of 7 were discovered murdered. Three young children – Mary, 8, Thirza, 6, and Gertrude, 4, were all found in the back kitchen with their grandmother, Mary, 77. Mother Charlotte, 31, and bride-to-be Mary Ann had been slain by the front door, while the only man of the house, blacksmith Emmanuel Marshall, 35, lay dead in the smithy.

A police investigation followed and the murderer, a tramping blacksmith, John Owen, was arrested for the crime. He had killed Emmanuel Marshall first, in revenge for him not paying him for some blacksmithing work he had done. The funerals followed on Friday 27th May at the Parish Church, which was to attract thousands of mourners. Denham became a ghoulish tourist attraction, with day trippers converging on the village in carts, on horses and even bicycles. Traffic jams blocked the village roads as national interest intensified on the shocking case.





Come the day of the funeral, commemorative mourning cards were being sold in Denham. The cards listed the names and ages of the deceased and stated that they had all been 'cruelly murdered'. At



least six versions of the card were in circulation, from a simple black-edged variety to the elaborate embossed, 'cut out' ones. The more expensive types were adorned with angels or headstones and one even featured a forlorn-looking mother and child. The habit in Victorian times was to keep the card as a memory of the deceased, or place it in a frame on the wall, possibly with a lock of hair. It's more likely that

local printers were perhaps looking to make a quick profit with the huge amount of visitors that were expected.

The victims were brought out of their cottage at 4.40pm by 36 pall bearers. The four adults had '**black palls**' over their coffins, the three young children had '**white drapery**', and the cortege walked from Cheapside Lane to the church. It was headed by the

investigating officer, Supt Thomas Dunham as well as other policemen of the Bucks Constabulary and Uxbridge Police Station. All of the houses had their blinds drawn and

the shops closed for half a day. The Rev Charles Joyce read from Deuteronomy, his funeral service left the whole congregation in tears. Thirty police had to keep a space clear at the graveside. The bodies were buried in four graves. The Marshalls' only son Francis, aged 18 months, had been away from home at the time of the murder and thus survived the horror. He attended the funeral wearing a black arm band. He was

buried in the same spot in January 1887 after he died from TB. Sadly, his grave is unmarked. This year it is 150 years since the terrible murders. The special memorial stone can be found as you pass the vestry and turn left.

Editor: To learn more, see **The Denham Massacre** by Neil Watson, available on Amazon or Mango Books www.mangobooks.co.uk

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IMPACT OF COVID-19 ON PEOPLE IN DENHAM



How is the coronavirus crisis impacting our community and you personally?

Denham Parish Church is inviting you to be part of a survey to reflect on this question together. Are you online? Please go to tinyurl.com/denhamcovid or scan the QR code to complete the survey online. You can also return the completed survey to our church office (details below). This survey is anonymous - we are not asking for your contact details.

1. Have the following themes become more or less important as a result of the crisis? **Rate each item: a lot more, a bit more, no change, less important.**

	A LOT	A BIT	NO CHANGE	LESS
Caring for the sick and elderly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fighting poverty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fighting homelessness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fighting racism	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Strengthening relationships with neighbours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The value of family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The importance of faith and prayer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mental health awareness and provision	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. My lifestyle has changed for the better in these ways due to the crisis:

3. My lifestyle has changed for the worse in these ways due to the crisis:

4. The crisis has impacted me personally in the following ways:

Please tick as many answers as apply to you.

- | | |
|--|---|
| <input type="radio"/> I have had to adapt my home for home working or home schooling | <input type="radio"/> Prayer and spirituality have become more important for me |
| <input type="radio"/> I have lost touch with some friends | <input type="radio"/> I've missed travelling |
| <input type="radio"/> I have reconnected with some friends | <input type="radio"/> I am a frontline / key worker |
| <input type="radio"/> I have felt the impact of not being very tech-savvy | <input type="radio"/> I am or was furloughed |
| <input type="radio"/> I've started (or want to start) growing my own vegetables | <input type="radio"/> My family was impacted financially |
| <input type="radio"/> I've enjoyed the slower pace of life | <input type="radio"/> A member of my family or a close friend has lost their life to Covid-19 |
| <input type="radio"/> I've exercised more | <input type="radio"/> (other, please specify) |
-

5. I am experiencing the following emotions as a result of the crisis:

Please tick as many answers as apply to you.

- | | |
|--|---|
| <input type="radio"/> Weariness | <input type="radio"/> Boredom |
| <input type="radio"/> Feeling more relaxed | <input type="radio"/> Confusion |
| <input type="radio"/> Feeling more loved | <input type="radio"/> Grief |
| <input type="radio"/> Anger | <input type="radio"/> Loneliness |
| <input type="radio"/> Anxiety | <input type="radio"/> Stress |
| | <input type="radio"/> (other, please specify) |
-

6. At the moment, the greatest need for people living in Denham is...

7. I have discovered new talents or put old ones to use again and could support our local community in the following ways:

8. I am...

- Under 18 ☐ 18 - 30 ☐ 31-50 ☐ 51-65 ☐ Over 65 ☐
- Rather not say ☐

Thank you for your help!

Please return the completed survey to St Mary's Church Office, Village Road, Denham, UB9 5BH