

DECEMBER 2021-FEBRUARY 2022

DENHAM PARISH NEWS



Denham
Parish Church

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FROM THE EDITOR

It is three years since I edited our first ever colour Christmas edition of Denham Parish News! So many things have changed in that time, both in my personal life (I have lost my father but gained a daughter-in-law) but also in our country and the wider world. I expect there have been times of lament and sadness but also joy and laughter for us all. St Mary's Festival (page 12) and the photos in our family register (page 22) beautifully capture these twin aspects of life. Maybe even the article on Blue Monday (page 26) can be balanced by the way hearing the church bells ring (page 6) can lift our spirits!

Hear the bells ringing
Angels are singing
Joy, Jesus
For every nation
This is salvation
Joy, Jesus

Nick & Becky Drake ©2017 Worship For Everyone

During Advent, as we prepare to celebrate the joy of Jesus' birth at Christmas, please do take time to walk along the Christmas trail in the churchyard and have fun completing the Christmas Treasure Hunt (page 17). Why not join us for other events too -there are lots to choose from (page 20)!



Happy Christmas!

Cathy Macqueen

magazine@denhamparish.church

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TREASURES WE PONDER

MESSAGE FROM CHRISTOPH LINDNER, RECTOR

Dear Friends

Which treasures will you ponder this Christmas? It probably depends on your age. It may be a favourite Christmas present, a good book you get into after the celebrations, a special food gift you 'ponder' while you savour it. It may be precious memories of Christmases past with loved ones who are not sitting around the table this year. It may be the gift of family and friends as we gather for carol services and Christmas dinners.

A few weeks ago, my wife Edda and I travelled to Germany to visit our families. It had been two years since we last saw them face-to-face. You can imagine the joy of hugging my parents and sitting around the same table with sisters, nephews, nieces, godsons and their families!

Absence makes the heart grow fonder. But it is when we can come close again (thanks to the Covid vaccines!) that we realise how much we have missed being close, giving a loved person a hug, sitting around the same table and enjoying a nice meal together. It makes you ponder what truly counts in life.

At the heart of Christmas

We are made for 'enfleshed' community. At the heart of Christmas is the miracle of God taking on flesh and becoming one of us in Jesus Christ! Maybe we can ponder this treasure in a new and deeper way this year; experience Christmas joy as we sing carols in church together - something we couldn't do last year! Our Christmas interview on page 8 gives us a flavour of what it means to do that in the face of hardship, oppression and persecution. We won't take the gift of Christmas for granted this year. Let's ponder and treasure the gift of Jesus as we enjoy Christmas!

A lot of pondering is going on in the cover photo of this magazine.



It is part of one of our stained glass windows at St Mary's. You can find it in the chancel (where the choir sit) on the left.

Mary is taking in every detail of what is happening in front of her. She is committing the events of this extraordinary birth and the prophetic words spoken about her baby boy not just

to memory but treasures them in her heart. That is what she will feed on, lean on, when life gets hard, when

her beloved son is arrested and sentenced to death, when she stands under the cross in desolate pain.

The two wise men at the top seem to be having a debate. The one on the left looks thoughtful. Maybe he is wondering whether this little baby in front of him can truly be the great king they have been waiting for. The other is pointing to the star which has led them all the way from the East, via Jerusalem and King Herod's palace to this humble stable. "It is true," he seems to say, "our journey has not been in vain." The third wise man is kneeling down and presents his gift to Jesus, who is in turn blessing him.

Let's ponder. Let's investigate Let's hear from people whose journey has led them to Jesus, the light of the world (Alpha is a great way to do this - see back cover). And then we are invited to kneel down and find the greatest treasure of all: Jesus, God in human form, who loved us so much that he gave his life for our sake, so that we can be sons and daughters of God – now and in eternity:

*O holy Child of Bethlehem
descend to us we pray.
Cast out our sin and enter in,
be born in us today.
We hear the Christmas angels
the great glad tidings tell.
O come to us, abide with us,
our Lord Emmanuel.*

May you have a joyful and peaceful
Christmas and a hopeful 2022!

At the heart of Christmas



*"Mary treasured all these words and
pondered them in her heart."*

(Luke 2.19).

Christoph Lindner

Rector



THE BELLS OF ST MARY'S

BRIAN O'REGAN

The 1534 Act of Supremacy passed by Parliament paved the way for Henry VIII to dissolve the monasteries in England, Wales and Ireland starting in 1536. The Cistercian Order of Biddlesden Abbey in Buckinghamshire held out for two years before being removed and not long after, the old abbey was acquired by Sir Edmund Peckham, soon to be Lord of the Manor of Denham. This is where the story of The Bells of St Mary's begins, for around this time Edmund's son Sir Robert (whose heart is interred in the church) gave the Abbey's five large bells to Denham.



These bells rang out in Denham until 1683 when they were “run into eight” according to A.H Cocks, (quoting 1755 Browne Willis book) in his voluminous *The Church Bells of Buckinghamshire* published in 1894. The five bells were melted down and recast into eight bells. St Mary's was the first church in Buckinghamshire to have a ring of eight. The frame supporting the bells and wheels was wooden and remained for 264 years until replaced by cast iron and steel in 1947.

As you pause in the porch, it may reassure you to know that the 4½ tons of bells as well as the ringing mechanism are so solidly supported. It was not always so! In 1947 it was discovered that the old timber frame was seriously affected by dry-rot and the fourth bell found to be cracked. One of the churchwardens, Major Roger Hill Way, very generously paid for the new framework, the recast of the cracked bell and rehanging, at an estimated cost of £1,200 (£50,000 in today's money). At this time, the bells were rung from the porch, and it was not until the organ loft was created in the late 1970's that the ringers moved upstairs.

So, how old are our bells? Well, the answer is not straightforward; the original five bells from Biddlesden Abbey were described by Browne Willis as “very heavy”, so although recast in 1683 by James Bartlett, we might assume that this material went into bells four to eight totalling 3½ tons. The Tenor bell was recast in 1875 and bells one, two and three were recast as per the table below. Certainly, we have three bells which were cast in 1683 and are still ringing merrily on high. On 9th May 1773, following the recasting of No. 3 and with the other seven bells of the James Bartlett 1683 vintage, The Society of College Youths from London rang a “compleat peal” of 5040 Bob Major in 3 hours and 16 minutes. That is called Change Ringing, but the art and mystery of bell-ringing is a story for another day!

The table describes the eight bells of St Mary's which were re-hung in 1948. Bells one (Treble) and two are by brothers Charles and George Mears. Charles died in 1855 but George continued the foundry and cast the 13½ ton Great Bell ("Big Ben") of Westminster in 1858. His name "George Mears of Whitechapel" is included in the inscription.

The Bells of St Mary's today

No.	Note	Inscription	Weight cwt qtr lbs
1	E flat	C. & G. Mears Founders London	5 1 10
2	D	C. & G. Mears Founders London	5 2 20
3	C	Pack & Chapman of London Fecit 1772	7 0 6
4	B flat	James Bartlett Made Me 1683 Recast 1947	8 2 6
5	A flat	James Bartlett Made Me 1683	9 3 12
6	G	James Bartlett Made Me 1683	12 1 0
7	F	James Bartlett Made Me 1683	16 3 5
8	E flat	Recast by John Warner & Sons London 1875	22 2 6

Note: 1 cwt=112 lbs; 1 qtr=28 lbs

Each of the bells are mounted under a headstock, which is attached to a grooved wooden wheel. The bell rope is wrapped around the wheel, one end tied securely to a wheel spoke and the other dropping through the floor to the bell-ringers loft. In their safe position the bells hang downwards, but when the ringers start their work, each bell is pulled into the upright position. It is delicately held here by a wooden stay attached to the headstock, which engages a wooden slider to prevent the bell continuing to turn more than one revolution. You may think it would be prudent to make the stay and slider with steel. If a bell is pulled too vigorously and then abruptly stopped by steel, the energy will be dissipated through

the bell, frame and ultimately the tower itself. Not good! Better for a replaceable wooden part to break. When the bell rope is pulled it rotates the wooden wheel and attached bell, causing the clapper inside the bell to strike and make the beautiful sound we hear. The bell rotates just over one revolution before being stopped by the stay coming against the slider.

The rotation of the wheel causes the rope to return to the starting position but on the other side of the wheel – ready for the next pull.

There is more to our bells than meets the eye or rings in the ear. So, this Christmas as you walk along Village Road to church listening to the quintessentially English sound of The Bells of St Mary's, look up and think of the bell ringers and the history that is in the belfry. Maybe you should thank Henry VIII for setting in motion the journey of the Biddlesden bells to Denham.



Thanks to Andrew Simson, Bell Tower Captain, for giving me his time and knowledge when I visited the belfry.

“The sound of the bells will be heard when he (Aaron) enters the Holy Place before the Lord”. (Exodus 28:35).

For more information on bells see www.whittingsociety.org.uk

CHRISTMAS WITH SIR STEPHEN AND LADY BARRETT

The Barretts lived in many countries during Sir Stephen's career as a diplomat between 1955 and 1991. Stephen and Alison spent their honeymoon travelling from Beirut to East Jerusalem, taking in Bethlehem along the way. Since then they have been eye witnesses to history during the building of the Berlin Wall, a military coup in Turkey, Iran after the Islamic revolution and the end of communism in Poland. They told Christoph and Edda Lindner about Christmases past at their home in Denham Garden Village.



"Home was always where our family lived", says Alison. For Christmas, their three boys came home from boarding school and the family had a traditional English celebration, not quite won over by local customs such as the Finnish Christmas delicacy of potatoes with anchovies or the Czech custom of keeping the Christmas carp in the bath for days to flush the mud out. If possible, they would attend midnight mass, although that was sometimes difficult or impossible in the countries where they lived at the time. In the days before the advent of satellite TV and the internet, they weren't able to watch the Queen's Christmas speech.

Preparing special dinners was often an adventure. No turkeys were on offer in Turkey. While in Prague, Alison would travel to West Germany to purchase the required turkeys; in Tehran she once went out to the city markets (quite a risky undertaking after the Islamic revolution and during the Iran-Iraq war) to eventually find a precious

box of candles. The only problem was that they had stencils of Snow White and the Seven Dwarves on them, but they were better than no candles.

One of the treasured family traditions has been to always listen to *The Messiah* on Christmas Eve before the midnight service. The Barretts have done this all over the world - except on one occasion in the late 1970s, while Sir Stephen was No. 2 at the British Embassy in Ankara, Turkey. It was a difficult time. Ankara was thick with air pollution. As soon as their sons arrived home, everything stopped - no electricity, no water, and there were icicles growing inside the flat! So they piled in the car and travelled south to Side, a little fishing village in Anatolia. At the time, the southern coastal regions were still untouched by tourism. They found a hotel and the next morning - Christmas Eve - they awoke to the call of the local muezzin. They enjoyed the fresh air and long walks along the beaches.

On Christmas Day they found a small Roman amphitheatre, where the family conducted their own carol service – the acoustics were excellent! In the evening they booked a table at the only restaurant by the harbour. When they arrived the owners had put cotton wool balls on the window, especially for the English guests! While the family enjoyed their dinner of fried fish, they overheard on the radio that there had been a military coup in Ankara. That was the end of their short Christmas break.

From 1985-88 Stephen was ambassador in Prague (then Czechoslovakia). The communist ideologues decreed how much Christmas was allowed, which was very little – no Christmas cards or carol singing in public or in schools. The odd Christmas tree was permitted (all the traditional Christmas decorations had to be sold after all!), but no church services, except on Christmas Eve. They couldn't stop people attending church, so the secret police were posted outside the church doors. On their first Christmas, the Barretts went to St Jakub's. The midnight service had to be held at 5pm (!), a busy time when people would be cooking Christmas dinner or pick up relatives from the station, but none of that stopped people attending the service – it was tremendously moving. This is how Alison describes it in her book *The View From My Tower*: "What a pity Bilak [the communist ideologue] wasn't at the Ryba Mass in St Jakub's. Like us he would not be able to forget that packed, intent crowd, especially not the tears at the end when we all sang *Narodil Se Kristus Pan* ["Christ the Lord was born"] in the candlelight. Neither would he

have liked all that calling for Cardinal Tomášek outside the Archbishop's palace after the Mass at St. Vitus' Cathedral on Christmas Day. I don't know when the Cardinal was last allowed to bless the crowd from the balcony, as used always to be done."

Cardinal Tomášek, whom Stephen met on several occasions, was approaching 90 at the time. He had been sent to a labour camp by the communist rulers in 1950, together with all other bishops who were loyal to Rome. Nevertheless, he later became the Roman Catholic archbishop but was essentially a political prisoner with no power. Priests couldn't officiate unless they became members of the communist party. Christians often tended to delay confirmation until they had graduated from university, as the path to higher education would have been closed to them otherwise.

These days, the Barretts enjoy a somewhat less dramatic Christmas, sometimes joining their sons' families, who have developed their own traditions over the years.

"The true light, which enlightens everyone, was coming into the world. He was in the world, and the world came into being through him; yet the world did not know him. He came to what was his own, and his own people did not accept him. But to all who received him, who believed in his name, he gave power to become children of God, who were born, not of blood or of the will of the flesh or of the will of man, but of God. And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth."
John 1:9-14

BOOK REVIEW: CLOSING RANKS – MY LIFE AS A COP

DR LEROY LOGAN MBE

The blurb on the dust-jacket describes Superintendent Leroy Logan MBE as one of the black police officers who helped to change the Metropolitan Police Force ('The Met'). One of the Denham clergy described Logan as a 'Peacemaker', striving to build bridges between the police and the local black community, but many of his colleagues regarded him as a 'Troublemaker'! He alienated many of his fellow officers, yet earned the respect of senior officers who recognised his commitment to good policing and encouraged him to aim for promotion.

I find a possible explanation for this paradox in a saying of Jesus: "No-one who puts his hand to the plough and looks back is fit for service in the Kingdom of God." (Luke 9.62 NIV). Although not a Christian at the time, Logan felt that God was calling him to challenge the macho culture of the Met from the inside. He kept his eye on that God-given target and refused to be diverted from it by those who disagreed with him. His primary aim was to persuade (or oblige) the police to treat the public, and particularly the black minority population, with respect and justice. In order to reach that goal, he believed that he needed to be an exemplary police officer, often taking on voluntary duties to gain more experience. However, this vocation did not come easily to him.

The main challenge in his first ten years in 'the Met' was to survive,

and where appropriate to challenge, the casual racism he encountered from fellow officers, and to encourage other black recruits to persevere despite opposition. One of his side interests was as a leader of a new Volunteer Cadet Corps for local youngsters of 15 and 16, giving them a friendlier view of policing, and enabling them to gain new skills via the Duke of Edinburgh Award scheme. It was the murder of Stephen Lawrence in 1993, and the reluctance of the local community to engage with the police to identify his killers, that convinced Logan that black police officers had an essential role in bridging the gulf between the two mutually suspicious parties.

He became a leading figure in setting up the Black Police Association in London that same year, and subsequently played a role in starting other black organisations as well as testifying to two official Enquiries about racism within the Met. At a later stage he also worked actively to engage with young people, to deter them from joining the increasing number of criminal street gangs and to encourage a more positive perspective on policing. He was awarded the MBE by the Queen in January 2000.

I admired Logan's commitment and courage; he came across as a formidable character. As he said on his first day of training, "I am not here to make friends" and even his wife Gretl found that his intense

work ethic interfered with personal relationships. She left him for a period in 1993 telling him that she would not return unless he made room for God in their marriage. Fortunately, a new commitment to Christ and to his family restored the relationship.

His last assignment was as part of the security team in preparation for the 2012 Olympics in London. He retired in 2013 after 30 years' service in the Metropolitan Police Force.

Joan Bell

Leroy's book, 'Closing Ranks' looks back on his 30-year career, showcasing the daily experiences of discrimination and institutional racism that he faced in the Met Police. He risked everything to fight racism in the Police. His story gives a unique insight.

Leroy stood his ground and progressed within the Metropolitan Police against so many obstacles: hostility, outright racism and being repeatedly overlooked for promotion. He had the courage to live Micah 6:8, every single day.

(Micah 6:8).

He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.

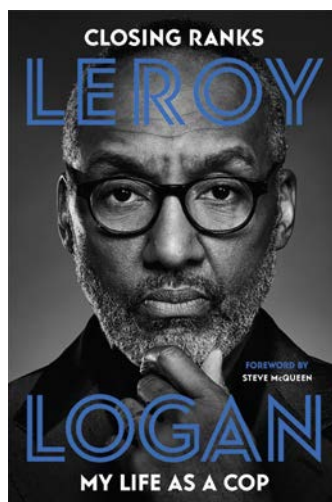
The idea that racism is alive and well in our workplaces is an uncomfortable one. Despite the great work people like Leroy have put in on tackling racist attitudes, they are still so high. The problem hinges, in part, on the fact that racism has evolved. It's true; we have made progress on tackling overt acts of discrimination.

However, racism has undergone its own transformation, to such an extent that it can be difficult to even determine whether an act of discrimination is, indeed, an act of discrimination. Having the confidence to stand up to racism can be incredibly difficult but Leroy left his footprint in the sand of times.

The challenge that modern racism poses is its subtlety. Unless we are actively looking for it, it can easily fly under the radar. That's why we all share a responsibility in tackling it in all forms.

Nnamdi Maduka

Steve Macqueen's film "Red, White and Blue" (81 minutes, part of his Small Axe series) is based on Leroy Logan's story. At the time of going to print it was still available on BBC iPlayer. Search "Small Axe Red White Blue".



Hardback book published in 2020
by SPCK(Autobiography)
ISBN 978-0-281-08346-6

St Mary's Festival



Lament and Laughter



Sports day on the village green: some of our star athletes



Little Lions Party:
Can you hear them roar?



Celebrating births,
baptisms and weddings



**Candle prayers:
Light in the darkness**



**Cakes at the White House,
served by a great team**



**Remembering
loved ones**



**Memory trees:
Thanking God for those we love**

REFLECTIONS ON LAMENT & LAUGHTER



Lament by Ian Jennings

When my wife Barbara was very poorly with terminal brain cancer, our daughter Sarah used to visit daily so that I could have a bit of a break and go out for a run. Every day, Barbara would ask the same question, "Sarah, where's your baby?" and Sarah would reply "Mum, I don't have a baby". "Yes, you have - who is looking after the baby?" The last time Barbara asked this question, when she heard Sarah's usual reply, she smiled to herself and said "oh no, that's in the future".

It's amazing to think that Barbara seemed to have had a glimpse into the future that we didn't have and that maybe God in His own way was putting His arms of comfort and assurance around her and giving her that hint. Now at the age of 40, this year Sarah has had a baby, 'Sonny'

and he brings so much joy and laughter to our family. Lament is a reality but may we also know the touch of God's grace and love in our lives.

Laughter by Kath Sole

The novelty of the first pandemic lockdown lasted about a week before I came down with Covid. It was just awful. The weeks rolled on, I didn't have any energy and I was tired all the time. My husband Tim discovered a picture my friend had made me years ago: 'Be still and know that I am God'. It was really hard to do that, so I kept the picture by my bedside to keep reminding me. Sometimes it's good to experience vulnerability where you have to completely trust God.

By the second lockdown I was feeling much stronger and wondered how we could make our area a bit brighter. So, with another family, we decided to paint wooden panels for 'The 12 days of Christmas' and put them on the trees along our road. We had a great response, with people saying how much they appreciated them and how it had brightened up their day. When the third lockdown came, we decided to do some more artwork - this time for Australia day (including boomerangs and the Great Barrier reef). It was January, it felt miserable, no one could go anywhere and there wasn't much to do as a family but we could sit and do art all day which for me was amazing! And then we painted spring and then summer pictures! It was such a simple thing to do but it really helped to bring the community together.



A miracle bundle of joy by Nnamdi and Chiwendu Maduka

Udochukwu was born at 26 weeks old on 6 November 2020. She was born blue and it took about 6 minutes 33 to resuscitate her. She was intubated, had a collapsed lung, a hole in the heart and fluid on her brain. She was so small when I looked in the crib, I could not see anybody there, it just looked like folded clothes until I saw them moving a little. I didn't know what to do. We prayed - if the Lord had decided to give us this precious gift, then He would accomplish all that concerns her. Today, she is a bundle of joy! The collapsed lung has been healed, the hole in the heart has been healed and the fluid on her brain has half gone, it will take a bit more time to drain as she grows up.

She had a challenging 15 weeks at different hospital neonatal units.

Born at Queen Charlotte's, transferred to Hillingdon Hospital, transferred to Chelsea and Westminster Hospital and back to Hillingdon. While we were preparing for Christmas, they tried to wean her off the breathing support and her lungs collapsed, so she was transferred to Royal Brompton Hospital for a procedure to close the duct and then back to Hillingdon Hospital.

She came home on oxygen. I walked into hospital one day and one of the nurses said to me 'Mama - you know that God you are serving, keep serving him!' Udochukwu had prayers written by her older siblings around her crib and the nurse told me that when staff came into work, they would all go to her crib to read the prayers. One of the consultants said to us "The God you worship is the living God. This baby should be called 'Miracle' for in all my years I have never seen a child have all these concerns and only come out of hospital on home oxygen". I was worried how quickly she was able to come off the home oxygen! Today, we have every reason to be grateful to God for his wonderful gift to us.

Flowers by Pam Montgomery and Sue Richardson



Join us on Sundays



9.00am Holy Communion at St Mary's Church

A shorter service (about 45-55 minutes), reflective and quiet in style. There is no need to sign up for it. Always with Holy Communion. Please wear a mask unless you have a medical exemption. This service is *not* streamed online.

10.30am at St Mary's Church and Online

ONSITE: Please sign up in advance to help us manage numbers. While we will always try to find

a seat for you on the day, we are still ensuring that everyone can stay as safe as possible. Therefore we retain a degree of social distancing in church and are asking everyone to wear a mask (unless you have a medical exemption). Signing up is easy: Either call our church office on 01895 832771 and leave a message with your name and contact number or sign up online at www.denhamparish.church/events. Then click on the service date and time you want to sign up for.

Please note: Sometimes our services can book up quite quickly. If you are on our mailing list you will always receive an email invitation to sign up on Monday at 10am. Not on our mailing list yet? Sign up at www.denhamparish.church/new

Refreshments are served at the end and there are activities for children during the service.

ONLINE: We are streaming the service with a video camera live from St Mary's. You can participate by posting in the chat. A moderator will respond to your messages and be in touch with the service leader at St Mary's for an interactive experience. To post chat messages you need to be logged in. If you have a Google account already, you can use that one, or you can register with YouTube. Whether you are travelling, on holiday, housebound or unwell – you can still be part of our St Mary's community on a Sunday.

Find our YouTube channel at
tinyurl.com/youtube-denham



Then scroll down to the section "Online services".
The service at the top (mobile device) or on the left (computer)
is the one that will be streamed.

Join us for our

Children's Christmas Treasure Hunt

in Denham Village this year!

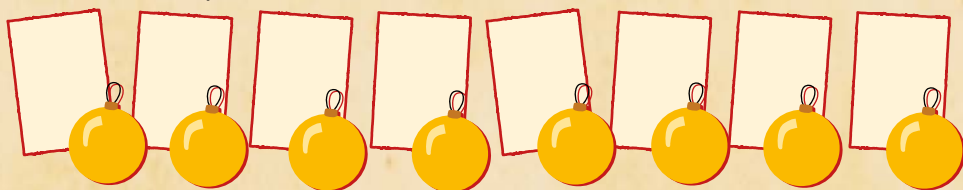


Everyone aged 12 or younger can have a go and win a prize.

(If you are older than 12 you can of course still have a go and older children and adults can help!)

Find the Denham Village Bauble Map on the next two pages.

Write down the letter from each of the eight baubles and work out which word it spells.



(Hint: It is a special word we find in the Bible stories about Christmas).

Email your answers to office@denhamparish.church and tell us your name and your age.

We will draw prizes on:

12 December - 4pm at the Christingles Service

24 December - (Christmas Eve) 4pm at the Crib

25 December - (Christmas Day) 10.30am at our Family Service

All services at St Mary's Church in Denham, and online at tinyurl.com/youtube-denham

You can also submit your answers online at www.denhamparish.church/christmasmap







Children's Christmas Treasure Hunt





Christmas in Denham 2021

Sat 27th Nov 10.00 am

Advent Wreath Making. [On Zoom](#)

Contact St Mary's Church Office to sign up

From Wed 1st Dec

Christmas Treasure Hunt. [Denham Village](#)

Spot all the Christmas baubles and win a prize!

More at www.denhamparish.church/christmasmap

Fri 3rd Dec 6.00 pm

Carols on the Green. [Denham Village Green](#)

Sat 11th Dec 5.00 pm

Carols and Readings for Christmas. [Denham Garden Village](#)

A reflective start to the Christmas season

Sun 12th Dec 3.30 pm

Carols at Café Church. [St Mark's](#)

Favourite carols ● Christmas treats ● Time to chat

4.00 pm

Christingle Service. [St Mary's](#) | [YouTube](#)

Celebrate Christmas with that famous orange!

A child-friendly service for all ages

Sun 19th Dec 4.00 pm

Carols for All Ages by Candlelight [St Mary's](#) | [YouTube](#)

Readings, carols, anthems and songs, with contributions from all ages

6.30 pm

Nine Lessons and Carols by Candlelight. [St Mary's](#) | [YouTube](#)

Reflective service with readings, carols and choir anthems

● **St Mary's**

● **St Mark's**

● **Holy Name**

● **Online**

Fri 24 th Dec (Christmas Eve)	4.00 pm	Crib Service. St Mary's YouTube <i>For all ages. Children are invited to bring a new toy as a gift for RNIB Sunshine House (Northwood)</i>
	8.30 pm	Carols followed by Mass (9.00 pm). Most Holy Name
	11.00 pm	Midnight Holy Communion. St Mary's YouTube
Sat 25 th Dec (Christmas Day)	9.00 am	Christmas Day Holy Communion. St Mary's
	9.30 am	Christmas Mass. Most Holy Name
	10.30 am	Christmas Day Family Service. St Mary's YouTube <i>A short service for all ages, celebrating Jesus' birth</i>
Sun 26 th Dec	9.00 am	No service at St Mary's . Join us at 10.30am!
	9.30 am	St Stephen's Day Mass. Most Holy Name
	10.30 am	Family Service with Holy Communion. St Mary's YouTube

● **Church of the Most Holy Name (RC)**

Old Mill Road, Denham, UB9 5AR, www.stjosephs.org Church Office: 01753 886581

● **St Mary's Church, Denham (CofE)**

Village Road, UB9 5BH

Church Office: St Mary's Church Vestry: 01895 832771, www.denhamparish.church

● **St Mark's Church Hall, Denham Green (CofE)**

Green Tiles Lane, UB9 5HT

● **Online (CofE): YouTube or Zoom:** www.tinyurl.com/youtube-denham

We hope you can join us this Christmas! We are expecting these services and events to be busy and there will be restrictions on numbers for many of them to keep everyone safe. To avoid disappointment, please consult the church's website or call their church office to find out more or to sign up.

Continue the Christmas Journey...

Alpha is a series of sessions exploring the Christian faith. Alpha starts in Denham at the end of January. Find out more: www.denhamparish.church/alpha



The shepherds went with haste and found Mary and Joseph, and the child lying in the manger. When they saw this, they made known what had been told them about this child; and all who heard it were amazed at what the shepherds told them. But Mary treasured all these words and pondered them in her heart.

Luke 2:16–19

FAMILY REGISTER OF DENHAM PARISH CHURCH

WEDDINGS

11.10.2021 Michael Lionel Stone to Lavinia Gioanna Anna Orsi,
- Higher Denham



Michael & Lavinia

BAPTISMS

08.08.2021 Henry George Oliver Catton - Stokenchurch
22.08.2021 Lorenzo Rocco Hicks-Brown - Denham
22.08.2021 Conor Flanagan - Watford
16.08.2021 Agnes Sally Dugan-Duff - Denham



Henry Catton



Lorenzo Hicks-Brown



Agnes Dugan-Duff

05.09.2021	Rosabella Maria Mileham - Gerrards Cross
19.09.2021	Electra Emmie Joy Foster - Denham
26.09.2021	Vivienne Mary Stocker - Ruislip
03.10.2021	George Alexander Twine - Loudwater
03.10.2021	Joshua Francis Twine - Loudwater
10.10.2021	Wilfred Louis Rex Richardson - Denham
17.10.2021	Gabriel George Hooper - Southampton



Rosabella Mileham



Electra Foster



George and Joshua
Twine



Wilfred Richardson



Gabriel Hooper

FAMILY REGISTER CONTINUED



CREMATIONS

29.08.2021	Joan Eileen Belsham (89) Denham
14.04.2021	Peter Frederick Jones (87) Denham
17.09.2021	Brenda Lee (87) Chalfont St Peter
27.09.2021	Maureen Margaret Ryder (91) Iver Heath
03.10.2021	Jennifer Martha Graham (89) Denham
14.10.2021	Irene Clarke (93) Denham

BURIALS

12.09.2021	Mary Stanley (71) Denham Green
25.09.2021	Wendy Mary Hoare (67) Higher Denham



Joan Belsham



Maureen Ryder



Jennifer Graham



Irene Clarke



Wendy Hoare



If you would like to include a photo of a loved one on this page, please contact the Editor.

PARISH DIRECTORY

www.denhamparish.church

Church Office

01895 832771

office@denhamparish.church

Mon, Tue, Wed, Friday:

10am-12.30pm

Thursday: 12.30pm-3pm

Sunday Services on Youtube:

www.tinyurl.com/youtube-denham



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01895 834733

rector@denhamparish.church

Associate Ministers

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07866 679025

ian.jennings@denhamparish.church

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PCC Treasurer

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Bell Tower Captain

Andrew Simpson - 01895 255594

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BLUE MONDAY: BEATING THE WINTER BLUES



Psalm 147:16,17 He spreads the snow like wool and scatters the frost like ashes He hurls down his hail like pebbles. Who can withstand his icy blast?

Many of us recognise that the months of January and February can be difficult. The days are still dark, the weather freezing cold and there is a huge draw to snuggling under the duvet and watching TV. Our propensity to hibernate from the elements are in themselves self-fulfilling: The less we brave the elements, the less light (melatonin) we benefit from and the less exercise we receive. Blue Monday, said to be the most depressing day of the year, falls on 17 January 2022.

However we guard against inactivity and pessimism, there is also much to be enjoyed about this beautiful time of year. The key challenge is to confront our own defensive behaviour. Below are ten top tips for keeping depressive feelings away in the darker months.

1 Buy the right kit for the season
Treat yourself to a sensible array of warm winter outer clothes. If you can, don't skimp on these, get down to a good outdoor shop and get suited and booted with coat, hat, gloves, boots and fleece.

2 Get out and active
Try and go for a brisk walk in your new kit everyday - if you can get out in the light all the better. Face the sun and get as much light on your face as possible.

3 Take a lunch break walk
If you work in an office (or from home) take a lunch break walk or take an outside café seat (with your coat and hat on!)

4 Review your financial situation
Make a sensible budget for the year ahead. Try to avoid hiding from your problems as well as the weather!

5 Turn heating down by 2 or 3 degrees
The warmer and cosier we are inside the more lethargic and reluctant we become to stay active (plus you help the environment, too!)

6 Keep up communication
People often become isolated in the winter which leads to depressive thinking and rumination. Use your free mobile minutes and texts up every month by calling "just for a chat".

7 Go to church
Many studies have shown that practising your faith improves your mental wellbeing. Community, prayer, reflection, singing and nice cup of tea can do wonders. Let's worship Jesus whatever the weather!

8 Keep an eye on the diet

The cold and dark can make us reach for the wine and chocolate far too quickly. Healthy eating in the winter makes more sense than in the summer months when we tend to be more active.

9 Get an indoor creative project set up

This could be a craft, giant puzzle, DIY job, restoration project, model railway... Creativity gives us a sense of wellbeing and optimism, plus it uses our God-given talents. Try this as an alternative to TV at least one night per week.

10 Be more aware of the changing seasons

Go on a walk where you admire the trees and light, giving thanks to God for all he has made. Thankfulness is a great antidote to the Winter blues!

*Adapted from an article by Will Van Der Hart, **used with permission**. (Mind and Soul Foundation, see below for details).*

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." Jesus in Matthew 11:28

HELP IS AVAILABLE:

We all need help sometimes and computers are useful but people are far better! If you are concerned about your own safety or the safety of a friend then please do something about it.

For a real emergency, call 999 from any phone or mobile free of charge
For less urgent help, phone 111.



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www.samaritans.org



Mind and Soul Foundation

www.mindandsoulfoundation.org

Great website with high quality resources (articles, videos, podcasts, books) to understand more about Christianity and mental health.

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The Queen's Platinum Jubilee



Thursday 2nd June – Sunday 5th June

In 2022, Her Majesty The Queen will become the first British Monarch to celebrate a Platinum Jubilee, seventy years of service, having acceded to the throne on 6th February 1952 when Her Majesty was 25 years old.

An extended bank holiday, from Thursday 2nd to Sunday 5th June, will provide an opportunity for communities and people throughout the United Kingdom to come together to celebrate the historic milestone. The four days of celebrations will include public events and community activities, as well as national moments of reflection on The Queen's 70 years of service.

To find out more visit: www.royal.uk/platinumjubilee

“God sent his only son ‘to serve, not to be served’.
He restored love and service to the centre of our
lives in the person of Jesus Christ.”

The Queen in 2012

At Denham Parish Church we want to mark the Queen's Platinum Jubilee in a special way, just like thousands of community groups across the UK and Commonwealth.

We would like to hear from you! What are your ideas for marking this celebration as a local church?

Please send your suggestions to jubilee@denhamparish.church or get in touch with the Church Office (details on page 25).

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BUILDING COMMUNITY - SMALL GROUPS

The Well: 8pm-9.30pm

Second Monday of the month

At St Mark's Hall. Gathering to worship, pray and listen to God

Monday, 10am-12noon

In Denham

(led by Lindsey and Janet)

A group of women who meet either remotely or in person. With God at the centre, we share our lives and our faith journeys offering mutual support, encouragement and fun. We try to use different ways to explore faith such as DVDs, Bible studies and guest speakers. Prayer and where possible, worship are an essential part of our weekly time together.

Monday, 7.30pm

Once a fortnight (Packhorse Road GX)

(led by Jane and Dexter Brown)

Great mix of people, anyone is always welcome. We tend to start with 'community'- catching up with each other over a drink, then have a Bible study and prayer time.



First Monday of the month,

7.30pm via Zoom

(led by Cathy Macqueen)

A geographically dispersed group of ladies who meet via Zoom though we did manage to meet up for a fun afternoon tea in the summer. We read the Bible, sharing what strikes us or what we don't understand and are often amazed at how something written so long ago is still so relevant to our everyday lives. During lockdown we found the book 'God's plan for your wellbeing' (Dave Smith, 2020) really helped us explore practical ways to improve our wellbeing from a Christian perspective.

Monday, 8pm

Via Zoom (led by Kathy Paine)

We are a varied group of ladies, with children ranging from babies to grown-ups, some of us have busy working lives, and one of us has grandchildren and is retired but busier than ever! We take time to pray together and to be thankful for the good things in life and for the love of God. We are a friendly group who enjoy supporting each other through the various ups and downs of the



roller coaster of life. Looking together at Bible passages from the Sunday services has added a new dimension to our understanding, and we find that taking this time out each week is a blessing. We meet on Zoom, but get together in person for socials when we can, and keep in touch via WhatsApp.

Monday, 8.00pm

**on Zoom three times a month
(led by Christoph and Edda Lindner)**

A group of women and men, catching up, reading the Bible and praying together. Some of us live in and around Denham, others around the world. We laugh a lot and love learning together and supporting one another.

Wednesday 8.30pm,

via Zoom (led by Nnamdi Maduka)

A mixed group with a hunger and passion for the word of God and a deep desire to live out Christ wherever we find ourselves. We all are open to learning the word of God and everyone is encouraged to lead if they so desire.

We are aware of peoples' different journeys of faith and encourage everyone to participate. It also offers us great opportunity to build relationship with one another, sharing our high and low moments together and to pray for one another.

Choir: Thursday 7-8pm

We are a small, supportive group of singers who enjoy leading the sung worship at our weekly services. We meet to practice at St Mary's. New singers and instrumentalists are always welcome.

Friday 2.00pm,

**Zoom and Denham Garden Village
(led by Ian Jennings)**

We are a warm and welcoming group of women and men, most of us are seniors. We love learning together from the Bible and supporting one another. Our meetings are sometimes on Zoom and sometimes 'in the room'.

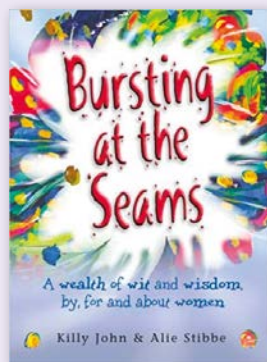
Please contact the Church Office for more information about joining a small group.

A Laugh Is a Smile That Bursts ... on a Christmas theme

You can tell a lot about a person by the way they handle these three things: a rainy day, lost luggage and tangled Christmas lights.

"The hinge of history is to be found on the door of a Bethlehem stable" (J. John).

From *Bursting at the Seams*
Killy John and Alie Stibbe, Monarch Books.





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MISSION PARTNERS

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Wycliffe Bible Translators

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Tearfund

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Bible Reading Fellowship

Has four ministries: Anna Chaplaincy (offering spiritual care in later life) www.annachaplaincy.org.uk Living Faith, Messy Church and Parenting for Faith. They produce a wide range of excellent supportive books, bible reading notes, apps and other digital resources. www.brf.org.uk



Church Army

Learn about how they have been supporting vulnerable and isolated individuals across the UK and Ireland during the pandemic. www.churcharmy.org



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www.denhamparish.church/alpha**

