

DECEMBER 2022 - FEBRUARY 2023

DENHAM PARISH NEWS

INCLUDES
FULL PROGRAMME
FOR CHRISTMAS IN DENHAM



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Cover photo: Celebrating Jesus, the light of the world, at our Christingle service.

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FROM THE EDITOR

Do you find the years flying by? This is now my fourth Christmas edition of Denham Parish News! Where did those years go?! In the midst of change it is a great comfort to have the rhythm of the seasons, day and night, sunrise and sunset. I also find reassurance in the rhythm of the church calendar, in particular the seasons of Christmas and Easter, which Christians around the world have been celebrating for two millennia. Do join us as we celebrate Christmas 2022 (p.24-25) and listen again to the Christmas story through the pictures on our centre pages. If you are out for a walk, you can also find these Christmas pictures as a trail around the churchyard.

There are seasons in our own lives, with births, deaths and marriages poignantly captured in each issue of Denham Parish News (p.21). In particular we remember the loss of Her Majesty Queen Elizabeth II through 'Queue for the Queen' (p.6) and an account of her final public duty, opening the new Thames Hospice (p.9).

Pam brings to a close her trilogy on the textiles of St Mary's (p.12), whilst Janet starts a new series based on the book 'Atlas of the Heart' (p.26). I am so grateful for all those who have taken up the challenge to write an article for Denham Parish News this year – without you this magazine would be much thinner!

This is also the season when annual subscriptions for Denham Parish News are collected (p.35). With the current cost of living crisis (p.10), we are pleased to be able to hold the price of the magazine to £1.50 per copy. Regular subscribers benefit further with the discounted price of £5 for the year (4 Issues). If you would like to become a Subscriber, please contact magazine@denhamparish.church or phone me (0759 9934173) for more information.

As we move from 2022 into the new season of 2023, maybe you have questions about who God really is. If that's you, and you are up for a challenge, then why not try out Alpha (p.36)?

Wishing you a very Happy Christmas and New Year



Blessings,

Cathy Macqueen

magazine@denhamparish.church

FOLLOW THE STAR MESSAGE FROM CHRISTOPH LINDNER, RECTOR

Dear Friends

Most of us know Denham Court as the clubhouse of The Buckinghamshire Golf Course. It was once the stately home of the Bowyer family, fell into disrepair in the 1930s, and for some years after World War II was used as a youth detention centre and a children's home.

In one room of the dilapidated house hung a dark, dirty painting. Most of the children and youth living there at the time hardly gave it a second look. Some even used it as a dartboard. But then a visitor spotted it. Looking past the holes and the layers of filth, he saw something that made his heart beat faster, and he carefully lifted it down. Now, restored and repaired, this painting of Sir Peter Paul Rubens' house was displayed in London's National Gallery!

The events of the first Christmas often receive a similar treatment. Some walk past the familiar figures of angels, shepherds and wise men every year without noticing. For them Christmas is about Father Christmas and presents, turkey and Christmas trees, time off work, family rows and watching too much TV.

For others that first Christmas scene is useful only as a dartboard. It has no value to them, so they just try to poke

holes in it. But those who examine the accounts of the first Christmas more closely, will find something valuable, even priceless, underneath the crust of neglect. This Christmas is an invitation to strip away the dust and grime of the Christmas card images we may have in our minds and get back to the original underneath.

What we will find is a young woman who says yes to God's plans, although she can barely fathom the consequences and although she needs to bid farewell to her hopes of a quiet, dignified wedding with her husband-to-be. We meet people who lived on the edges of civilisation, doing a demanding and poorly paid work (aka shepherds), who will be the first ones to witness a history-changing birth.

Wise men, who from their observation of the stars conclude that a special king has been born, take upon themselves an arduous journey and are so sure they have found the right person - although he does not live in a palace - that they give him precious gifts. And at the heart of all these events is a tiny baby. Many people missed his significance. But others, who examined prophecies of old, the events around his birth or met him as a grown man, concluded that this Jesus was God's way of beginning to repair everything that is broken - a healer, a rescuer, a Saviour.

To all who received Jesus, 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.

(John 1:12-13)

Counting the Cost of Christmas

As I write this message it is just under two months until Christmas and this morning, I saw a YouGov survey with the headline "60% will spend less on Christmas this year". More than half said they would spend less money on presents, while only about every fourth person was planning to cut their spending on charitable donations and travel to visit family and friends. The good news is that a joyful Christmas doesn't have to be expensive.

A bit of creativity in making little personal gifts can be as meaningful as expensive presents; digging out the old boardgames can be as much fun as an afternoon at the pantomime. Christmas cost Jesus everything – the splendour of heaven and eventually his life – so that we could experience the free gift of a new life of love, purpose and peace. Celebrating this greatest gift of all doesn't have to cost the world.

Jesus was in very nature God, but did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross!

(Philippians 2:6-8)

Follow the Star: Make your own Star of Bethlehem

Our Christmas services this year have the theme "Follow the Star"

and we would love you to get creative - whether that's as an individual, a family or a community group: Design your very own

"Star of Bethlehem" and drop it off at our church office or the Rectory, and we will use it to decorate our church this year. There will be many services at St Mary's - bring your family and friends and admire the works of art!



On page 16 you can colour in our St Mary's church window showing the wise men, who have followed the star and now give presents to the Christ child. We are invited to go on our own journey this year, to follow the star. May we find Jesus, the light of the world, as we do.

May you have a happy and hope-filled Christmas!

Christoph Lindner

Rector



QUEUE FOR THE QUEEN

BY JONATHAN MACQUEEN

It was 1am on the 15th of September when I finally made my mind up and the journey to see the Queen was set in motion.

The main issue was the starting point. Plymouth. Famous for unreliable buses, a lighthouse and being a rather long way away. A mad dash for a bus got me on the 8.30am train to Paddington and I enjoyed the experience of sitting down while I could. I arrived into Paddington at 12.05, stocked up on calorie-dense provisions, including a large packet of Tuc biscuits, and checked the YouTube channel showing the starting point of the queue. It had doubled in length since I got on the train.



I took the tube to Tower Hill station and got chatting to a group of people who were also going to pay their respects. From Tower Bridge we could see the queue snaking away west towards the Palace of Westminster. Buoyed by this, we thought that this was the start of the queue, only to then realise that the



queue was actually another 15 minutes brisk walk to the east. Finally, I was in, and the Queue began in proper. Time 13.40pm. At this point I looked up the last trains back to Plymouth. Foolishly I had booked a same day return – last train home was 22.20pm... getting in at 2am. It didn't take much mental maths to see this could be tight!

Moving along the queue for another hour and a half and we arrived back at Tower Bridge and were given the much-anticipated wristband. Mine was a fetching green colour, adorned with the royal coat of arms, LISQ (Lying in State Queue) and my number; 40933. By this point I had struck up quite a good rapport with my fellow queue-mates, with the queue forming into small clusters of companions-in-arms. Turns out I was walking with one of the producers of Love Island, a graffiti artist who had made an eight metre giant squid out of fabric and a children's lawyer. Not your average mix of people, yet united by the desire to pay our

respects to the late Queen. Reflecting on this time, I am reminded of how the church is a broad church. People from every tongue and tribe are united by Christ, with the Queen's own faith allowing me to catch a glimpse of that.



After Tower Bridge there was a brisk pace for a solid half hour, lifting spirits until we hit a jam outside the Tate where we soaked in views across the city of London while being serenaded by a busker. We continued to share why we had decided to travel to join the queue and chat away the time as we passed the London Eye, and then with great excitement walked parallel to the Houses of Parliament. People tucked into their provisions, wondering aloud at when the best time to eat the final sandwich would be. In my case there was the small matter of fifty or so Tuc biscuits. However, eating any significant amount of these dry salty biscuits threatened having to drink more water than is advisable for an indefinitely long queue with limited porta-loo access. My attempts at sharing the burden of the Tuc biscuits became a large source of amusement,

with each offer of a Tuc biscuit, and each subsequent rejection met with a large cheer and laughter.

“I reckon it's only an hour now” was the phrase immortalised as we crossed Lambeth Bridge and joined what turned out to be three hours of what felt like an endless snake. The sun began to set, with the Victoria Tower beautifully catching the dying rays of the day. With the destination in sight and the almost mesmerising back and forth of the queue, the mood of the group become more sombre and reflective. Her Majesty was a constant through the turbulence of the past seventy years. When everything else seemed uncertain, she was there. When reflecting upon the nature of death itself, I shared with the group the hope that I had in common with the late Queen. That death is not the end. Hope has won through Christ.





Food and liquids disposed of, patted down by army personnel, and x-rayed by airport style scanners the group split up. We entered single file into Westminster Hall and ascended shallow steps before turning left to gaze down upon the coffin, draped in the Royal Standard, and adorned with the sceptre and orb. The room was steeped in reverence. I was ushered down the steps towards Her Majesty

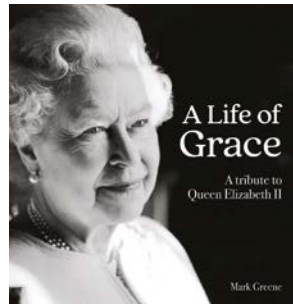
until meeting face to face. A bow, a look back to soak in one last moment, and out onto the street. 21.21pm. Stunned. I shared a few words with my new friends, said our goodbyes and descended into the Tube. Rocked on the train I looked round at life going on as normal while knowing that I had just experienced something completely unique.

The train home was actually at 22.02pm and I caught it with ten minutes to spare. I chose a carriage and realised that most of the people were sporting the green wristbands. More storytelling and reflection as the fatigue finally hit and the train ambled back to Plymouth. 2am and there are no busses or taxis at the station, so another chance to stretch the legs. In bed by 3am, but what a day. A journey that took 19 hours in total, for four minutes in Westminster Hall, for a five second moment. A glimpse of her majesty who is now seeing divine Majesty with our King, Jesus. Oh what a day that was, and what a day that will be.

A Life of Grace

Mark Greene has written a moving tribute to Her Majesty the Queen. Beautifully illustrated and carefully researched, **'A Life of Grace'** brings home the impact of a life of dedication and service. An ideal gift for family, friends, colleagues or neighbours.

Usual price £7 +P&P. Buy it for the special price of £4 at St Mary's Church before or after services or from St Mary's Office during the week (while stocks last).



The Official Opening of the New Thames Hospice by the Queen

Her Majesty Queen Elizabeth has been involved with Thames Hospice since 9th November 1987 when she opened our original building (Pine Lodge) based in Windsor. The hospice was clearly often in her mind and after banquets at Windsor Castle when asked “what shall we do with the flowers your majesty” she would often have some directed to the hospice.

Irene and I were fortunate to meet her on two of her visits to Pine Lodge. I remember talking to her and wondering if – due to her short stature – she got a stiff neck as she was always having to look upwards. If she did suffer it certainly didn’t show.

Our new wonderful bright and cheery hospice with its state-of-the-art



facilities overlooking Bray Lake near Maidenhead opened in October 2020. The Queen was subsequently due to come and perform the official opening. However, Covid and the passing of her beloved Prince Philip prevented this and on two occasions her visit had to be cancelled. We became concerned that her Majesty would never come to us due to her failing health and the very few public events she was now performing, and indeed having to cancel. As we all know, her sense of duty was second to none and this drove her to make, what was to be her last public engagement. At relatively short notice and with much self-determination, she said she would indeed officially open the new hospice.

On the 15th July together with HRH The Princess Royal, the Queen arrived to a very patriotic welcome from staff, volunteers, fund raisers and patients. It was a day we would all remember. Although looking frail and even smaller in stature she gave us wonderful smiles, chatted to staff and patients and unveiled the plaque. After 30 minutes she departed having performed her final public duty.

What an incredible person.
She will be so sadly missed.

Philip Courtenay-Luck

HEATING VERSUS EATING

by Alex Ellison

In the run-up to Christmas probably more than at any other time of the year, we think about those less fortunate than ourselves. This year the news is bombarding us with messages about the 'cost of living' crisis.

Many people are finding it increasingly hard to provide for themselves and their families. Some of us face making difficult decisions prioritising spending on essentials such as 'heating or eating'. This winter there are people who will go cold and hungry, and this can lead to a spiral into despair and destitution.

What should be our response as Christians? As always we should look to the bible and to Jesus as our guide. Jesus said "Love thy neighbour as yourself". As well as praying, what can we do?

On a practical level at St Mary's, we have our wonderful **Give and Share** ministry who will help families in a practical way by delivering food parcels for Christmas. We can support this work through making donations of cash or supermarket vouchers and help packing hampers and making deliveries. This is a vital and immediate stopgap, but often people in financial crisis will need longer term professional advice to address the root causes of their difficulties, and structured support to resolve their problems.

In 2020 I joined **Citizens Advice Bucks**, working 2 days a week on the telephones and this year, I joined the dedicated money advice team, specialising in debt. Other debt charities include **Step Change**, **National Debt Line** and **Christians Against Poverty**. These organisations all offer free and independent debt and money advice. If you would like to discuss any money problems, please reach out to one of these organisations; you will be treated with dignity and respect and everything you say will be kept confidential.

For further support, in particular about debt, please contact:

Debt Advice Locator, from Money Helper.
www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/debt-advice-locator

Debt help plan, from Money Saving Expert.
www.moneysavingexpert.com/loans/debt-help-plan/#checklist

Citizens Advice provide a debt and consumer advice service.
www.citizensadvice.org.uk/about-us/contact-us/

Step Change Debt is a debt help service, including an online debt advice tool for creating a budget and getting a personal plan with practical next steps.
www.stepchange.org

National Debtline provides free advice and resources for those dealing with debt.
www.tools.nationaldebtline.org/dat-reg

CAP debt help offers help and support to become debt-free, and is linked to a network of UK churches:
www.capuk.org/get-help/cap-debt-help

Advice from the Diocese of Oxford:
www.oxford.anglican.org/environment-and-social-justice/cost-of-living-crisis/support-for-individuals/

“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.”

Jesus in Matthew 25.40

In a nutshell, this is what all churches who support SHOC believe. SHOC is part of a wider organisation called Trinity whose aim is to offer guests a hand up, not a hand out. Guests are invited to bathe and eat, pick up new clothing, get warm and dry and be listened to. They are encouraged to learn new skills, helped to apply for government aid and housing and at their own pace, ease back into society. This all sounds simple; it isn't! Many of the guests have encountered trauma and some suffer deep mental health challenges. The staff or “hosts” are dedicated, with many being trained in the skills of knowing how to deliver encouragement and support at the

right level and to breaking the cycle of dependency and addiction. These great hosts are utterly dedicated to treating every guest as an individual worthy of respect.

This brings us neatly to Christmas. SHOC aim to be open during the whole season, to provide a Christmas lunch and a present to as many guests as possible. Volunteers are welcome! At present there are around 110 guests on the register and this number is expected to rise dramatically as the cost-of-living crisis worsens. Around 60 guests have been found homes in the last year and 11,413 served meals!

The items needed for Christmas are:

Clothing for men: Jeans (34” waist max) tee shirts, fleeces, flasks and practical coats. New underwear and socks, trainers and hardy walking shoes / boots.

Toiletries of all kinds: Disposable razors, shampoo, shaving foam etc.)

Foodstuffs: Long life milk, squash, baked beans, sugar, cooking sauces, jam, tinned meat, veg, fish and spaghetti.

Clive and Caroline can take delivery of all of the above at 99 Lower Road, Chalfont St Peter (01753 893 167).

On behalf of all the guests and workers at SHOC - *Thank You!*

OUR DENHAM PARISH CHRISTMAS APPEAL

This year will be split evenly between SHOC and Tearfund, an international aid agency responding to the greatest needs around the world.

CHRISTMAS DECORATIONS

BY PAM MONTGOMERY

As we approach Christmas, there is much expectation and yes, excitement as well, as we focus on the birth of Jesus – so many special services all taking place within our beautifully decorated church. Behind many of these decorations, there is a remarkable story.

I think we all look forward to seeing the Christmas Tree in its place in St Mary's looking splendid with its lights shining brightly, its colourful baubles and the individual decorations – and it is about these individual decorations that there is a special story which I doubt many people know and which needs telling. Each group of figures represents a carol – We Three Kings, Oh Little Town of Bethlehem, Hark the Herald Angels Sing, While Shepherds Watch, Away in a Manger, The Twelve Days of Christmas, etc. – and were made by Rosemary Temple way back in 1988/89. Rosemary and her family lived in the Blacksmith's Cottage in the Village, and she was a Freelance Design Artist for Liberty's of Regent Street, London. Painstakingly and lovingly, she handmade all these figures. The individual costumes are intricate and exquisite and I particularly love the angels, all with different expressions. Disappointingly, figures representing the carols 'Ding Dong Merrily on High' and 'I Saw Three Ships' have not survived but all the others that do remain – including the sheep,

and the hearts which were made to express Love at Christmas – are all being carefully protected and stored to ensure they can be enjoyed for many years to come. Rosemary was also involved in making the two Christmas banners which during the festive season hang either side of the Chancel – one of which shows Jesus with his arm outstretched in welcome. Together with Faith, wife of Ian Holdsworth, Curate at that time, they made four such banners – the other two being Easter wall hangings in St. Mark's. Sadly, Rosemary died in January 2022 but not before she had told me how “surprised I am that they (the figures) have survived thus far”. When you're in St Mary's over Christmas, do please take time to look carefully at these beautiful handmade creations.

More recently, we have a new addition to enjoy as well – the knitted Nativity Scene, or 'Knitivity' which is displayed under the Altar during the Christmas season. These figures were knitted by Shirley Lachau, a long-standing church member, and were first introduced for Christmas 2017. Again, please take time to look closely at the lovingly handmade display. Shirley wrote “I am really proud and delighted that the Scene has been displayed so well under the Altar each year since then and hope it helps to illustrate the wonderful story to Denham”. It certainly does, Shirley.

Christmas Kneelers are also very much in evidence - 39 have been stitched and dedicated in memory of loved ones between the years 1981 and 2014.

Taken together with my two previous articles in Denham Parish News on 'Textiles' - which documented our royal-themed, millennium and Remembrance commemoration kneelers - this completes the story of our handcrafted embroideries and knitted treasures in church. They are many and varied, but all show a remarkable story of love, dedication and care for St Mary's which I hope will be carried on and added to by future generations for they are treasures indeed.



CHRISTMAS, PAST AND PRESENT

BY LINDY PIPER, RETIRED CONSULTANT HAEMATOLOGIST/ONCOLOGIST



I am a third generation Indian Christian and grew up in my grandfather's house with my extended family, in Madras, South India. Only 3% of the population in India is Christian and take their religion seriously.

The Christmas season is a short one in India, lasting just a few days, when all the Christmas shopping is done. Shops and markets, whether they are owned by Christians or not, are brightly decorated. Christmas Day is a public holiday in this secular country. When I was younger, I would be home from my boarding school in Bangalore, 200 miles away, but for A levels, I attended a sixth form college in Lucknow, 1500 miles from home. Coming home for Christmas was an exhilarating 48-hour train journey south, along most of the length of India. Before leaving, our school choir would have recorded with All India Radio, a Christmas cantata which would be broadcast on Christmas Eve at midnight. At home we would sit around the radio to hear it. That morning, my sister, cousins and uncles would have gone to a nearby forest, and cut a casuarina tree, the nearest to a pine. This was the tropics where pines did not grow. Decorations of the house and tree were homemade.

On Christmas morning we would go to St. George's Cathedral, built by

the British in 1815, a most imposing building, which even today has a packed congregation at every service. Our Christian household staff would attend their Tamil church and on return, they would be given their gifts, usually new clothes. We would then open our presents. We would get no more than a book. Indian children did not do toys. We climbed trees and played with chicks, ducklings and dogs. But the great excitement would be the handing out of presents to the long line of beggars, including lepers, who would have gathered along the length of our road, named for my grandfather. We were the only Christians on that road, and word would have got round that we were having an important religious festival. Each would be given a large bag with new clothes, food, fruit and sweets. Our neighbours would then arrive to greet us and have a drink. There was prohibition in the country, so it would usually be a glass of fresh iced lime juice.

Traditional lunch was chicken biriyani (curried rice) and aubergine curry, followed by fresh fruit. Muslims were deemed to be the best cooks, so one

would be hired for the day, assisted by our cooks. The cooking was done in huge pans over firewood, in our large garden, under the jackfruit tree. We children would be enjoying this spectacle, until the adults would reprimand us for disturbing the cooks and ask us to keep away. Lunch, in the dining room, was in two sittings and as always, men and boys first, women and girls afterwards, but my grandfather would insist that I, the youngest, sat next to him. Some years, after lunch, we would go to the nearby sandy beach, home of some famous 7th century carved temples. The next day, all decorations would come down, and life would return to normal.

Fast forward and I am a young hospital doctor in England, a houseman at the bottom of the rung.



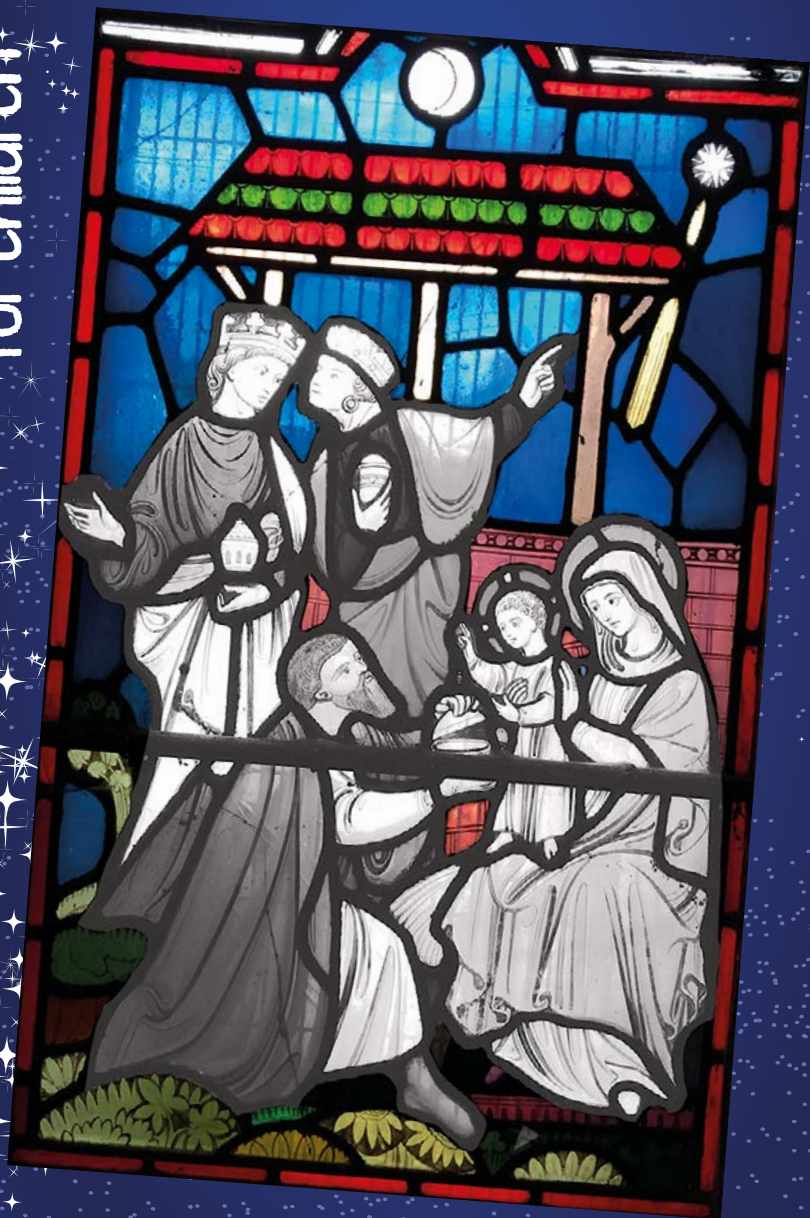
It is the golden years of the NHS. We are always exhausted, but happy and fulfilled. We work all days and most nights, including Christmas Day. We live in. Consultants arrive on Christmas Day with their families, and traditionally carve the Christmas turkey on their ward. Years later, my daughter and I accompany my husband, now a consultant surgeon, as he carves the Christmas turkey on his ward, but not before everyone has enjoyed a glass of sherry. We exchange greetings with patients and staff, and each patient receives a gift, courtesy of the NHS. Junior doctors, nurses and patients eat together. We walk through the hospital, greeting everyone. Wards, outpatients, and laboratories have been decorated for weeks. There are no managers and no obsessive health and safety. The joyous atmosphere is felt throughout the hospital.

Now widowed, I live in a retirement village. The Christmas spirit is alive, and the village takes on a festive mood, especially at nights, when Christmas lights are switched on, and there is no shortage of activities. Christoph and Edda lead our carol service during Advent.

Christmas morning is still and quiet, as I attend the first service at St Mary's Church. I then drive a short distance, to join my daughter, son-in-law and triplet grandchildren, now young adults, to celebrate and enjoy my family.

Christmas

Colouring Competition
for children



Make the people of the Christmas story "pop" and colour them in. Post the photo on our Facebook page www.facebook.com/denhamparish.church or send to magazine@denhamparish.church by 31 January 2023 and win a giant Easter Egg!

Why not visit St Mary's Church and see if you can find the original stain-glass window! Which part of the Christmas story is told here?

The Christmas Story



Hello, my name
is Mary

Hello, my name
is Joseph

I'm bursting with God-news!
An angel visited me and said,
"Mary, you have nothing to fear.
God has a surprise for you: You will become
pregnant and give birth to a son and
call his name Jesus." Nothing is
impossible with God, so I am
trusting Him.

Everyone is travelling!
It took us more than 4 days,
walking from Nazareth to Bethlehem.
It is so busy here, the only place we could
find to stay was with the animals!
Mary has had a beautiful baby boy,
he is lying asleep now, in
the manger.



We love praising God!

Tonight, a huge choir of us sang our hearts out, on a hillside near Bethlehem: 'Glory to God in the heavenly heights, Peace to all men and women on earth who please him.'

The shepherds were amazed and have rushed off now to find the One who is Messiah and Master.

Seeing is believing!

There we were, out on the hillside, just looking after our sheep when suddenly an angel appeared! He told us not to be afraid and that we are the first to know a Saviour has been born. We have to go and look in Bethlehem for 'a baby wrapped in a blanket and lying in a manger.'



Presents!

They call us wise, but I'm not sure what Mary thought when we showed her our gifts! Gold - now everyone can use that! But frankincense and myrrh? Our gifts all have special meanings - gold symbolises kingship on earth, frankincense is for prayer and myrrh is for suffering.

Stars are amazing!

Have you looked at the night sky recently? We have been following a special birth-announcement star. We observed it in the eastern sky and know that it signals a newborn 'King of the Jews.' We're travelling now to Bethlehem to worship him.

Worship.

It has been such a joy to spend time with this special child. Our hearts have been filled to the brim and now we are at peace - we have found who we were looking for. How about you? Are you looking for Jesus?



**'God loved the world so much:
He gave his Son, his one and only Son.
And this is why: so that no one need be destroyed;
by believing in him, anyone can have a whole and lasting life.
God didn't go to all the trouble of sending his Son merely to
point an accusing finger, telling the world how bad it was.
He came to help, to put the world right again.'**

John 3: 16-17 The Message



You can read the full story about Christmas in the Bible: Matthew chapters 1 and 2.
or use this QR code to listen to the stories on our website:
Full details about Christmas celebrations at Denham Parish Church can be found on page 24.

FAMILY REGISTER OF DENHAM PARISH CHURCH

BAPTISMS

- 31.07.2022 Sienna Melis, Uxbridge
31.07.2022 Betsie Love Rumball, Ruislip
31.07.2022 Lenny Rudi Rumball, Ruislip
21.08.2022 Indie-Serenity Rawlings, Denham
27.08.2022 Clementine Florence Murphy, Denham
04.09.2022 Lizzy Rose Holden, Denham
18.09.2022 Evie-Grace Ann Sheppy, Ruislip
08.10.2022 Phoebe Rose Harriet Way, Thames Ditton



Sienna Melis



Indie Rawlings



Lizzy Holden



Phoebe Way

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



WEDDINGS

- 11.08.2022** Nathan Anthony Farmer, Addlestone to
Tierney Rose Angela Stanley, High Wycombe
- 20.08.2022** Jonathan Mark Burr, Castleford to
Emily Rose Bentley, Castleford
- 27.08.2022** Angelo Feliciano Wells, Chinnor to
Hannah Emily Drury Moore, Chinnor
- 28.08.2022** Jonathan James Lawless, Denham to
Hannah Robyn Diana Ellis, Denham



Nathan & Tierney



Angelo & Hannah



Jonathan & Hannah

BURIALS

14.08.2022

Elizabeth June Pasmore (78), Denham

CREMATIONS

07.07.2022

Jill Elizabeth Grainger (84), Gerrards Cross

10.07.2022

Sarah Jane McIntyre (57), George Green



Jill Grainger



Sarah McIntyre



After more than forty years, Louise Hardy has retired as our organist.

On Sunday, 7th August, we had a special service with lots of music to thank her. All the three Rectors with whom Louise has worked over the years (Peter Crick, Adrian Hirst and Christoph Lindner) took part in the service. The special celebration

continued after the service with a special cake, made by Christine Newell, with decorations to show her love of music, worship and football.

We are so glad that Louise and Phil remain members of St Mary's Church and we hope she will be helping out musically on occasions.

To read an article by Peter Crick from a previous issue of Denham Parish News about the installation of our church organ in the 1980, which also mentions Louise, please go to tiny.cc/denham-organ

Christmas in Denham 2022

Sun 27th Nov 4.00 pm
(Advent Sunday)

Forest Church Advent Special. **St Mary's**
Fun for all ages • Make an Advent candle
Sign up: Call St Mary's Church office or go to
www.denhamparish.church/Christmas

Fri 2nd Dec 6.00 pm

Carols on the Green. **Denham Village Green**

Sun 4th Dec 3.30 pm

Carols at Café Church. **St Mark's**
Favourite carols • Christmas treats • Time to chat

Sat 10th Dec 2.00 pm

Carols and Readings for Christmas.
Denham Garden Village
A reflective start to the Christmas season

Sun 11th Dec 4.00 pm

Christingle Service. **St Mary's | YouTube**
Celebrate Christmas with that famous orange!
A child-friendly service for all ages

Sun 18th Dec 10.30 am

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


Follow The Star

Sat 24th Dec 4.00 pm
(Christmas Eve)

Crib Service. **St Mary's | YouTube**
For all ages. Children are invited to bring a new toy
as a gift for RNIB Sunshine House (Northwood)



8.30 pm Carols followed by Mass (9.00 pm).
Most Holy Name

11.00 pm Midnight Holy Communion. **St Mary's | YouTube**

Sun 25th Dec 9.00 am
(Christmas Day)

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


A short service for all ages, celebrating Jesus' birth

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 **St Mary's Church, Denham (CofE)**
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 **St Mark's Church Hall, Denham Green (CofE)**
Green Tiles Lane, UB9 5HT

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

 **YouTube (St Mary's):** www.youtube.com/DenhamParishChurch

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

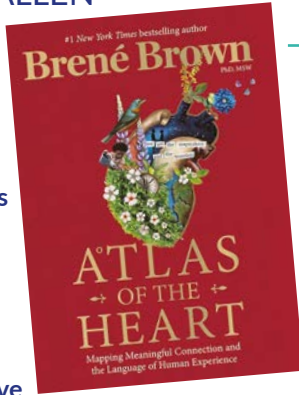



Follow The Star

When the wise men saw that the star had stopped,
they were overwhelmed with joy. On entering the
house, they saw the child with Mary his mother;
and they knelt down and paid him homage. Then,
opening their treasure chests, they offered him gifts
of gold, frankincense, and myrrh. *Matthew 2.10-11*

'THOUGHTS FROM 'ATLAS OF THE HEART' BY JANET ALLEN

Brene Brown's new book, **Atlas of the Heart**, explores the language of human experience. Mapping 87 emotions, she helps us improve our emotional literacy, by giving us the ability to accurately recognise, label and communicate emotions. Most important of all, this helps us to more successfully **CONNECT** with each other.



Language is our gateway to connection, healing, learning, self-awareness and meaning-making. Having access to the right words can open up new worlds. When we don't have the language to talk about what we are experiencing, our ability to make sense of what's happening and share it with others, is severely limited. Without accurate language we struggle to get the help we need and our self-awareness is diminished. Language shows us that naming an experience doesn't give that experience more power, (acknowledging we are afraid doesn't make us more afraid), but it does give us the power of understanding and meaning.

So often, what seems like newly discovered wisdom by psychologists today, can be found in the Bible.



In this article we will take a closer look at Compassion and Empathy and their more negative counterparts Pity and Sympathy. There are over a 100 Bible verses about compassion and empathy.

Bible verses....

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

2 Corinthians 1:3-4

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Colossians 3:12

Rejoice with those who rejoice; mourn with those who mourn.

Romans 12:15

There is a lot of confusion around the four emotions of compassion, pity, empathy and sympathy. At the heart of it we are looking for

the most effective way to be in connection with, and in service to, someone who is struggling, without taking on their issues as our own and without distancing ourselves from them.

Compassion is the daily practice of recognising and accepting our shared humanity so that we treat ourselves and others with loving-kindness, and we take action in the face of suffering. It is fuelled by understanding and accepting that we are all shaped by our strengths and struggles – no one is immune to pain or suffering. Compassion is not a practice of “better than” or “I can fix you” – it’s a practice based in the beauty and pain of shared humanity.

While compassion is not rescuing, it’s also NOT pity. In fact, **Pity** is the “near enemy” of compassion. “Near enemy” is a concept referring to a state of mind that appears similar to the desired state, but actually undermines it. Instead of feeling the openness of compassion, pity says, “Oh that poor person. I feel sorry for people like that.” Pity sees them as different from ourselves. It sets up a separation between ourselves and others, a sense of distance and remoteness from the suffering of others, that is both affirming and gratifying to oneself.

Compassion is a daily practice and empathy is a skill set that is one of the most powerful tools of compassion.

Empathy is understanding what someone is feeling, not feeling it for them. If someone is feeling lonely,

empathy doesn’t require us to feel lonely too, only to reach back into our own experience of loneliness so that we can understand and connect. Empathy is NOT “walking in someone else’s shoes”. Rather than walking in your shoes, it requires my listening to the story you tell about what it’s like in your shoes and that I believe you even when it doesn’t match my own experiences.

Sympathy is the “near enemy” of Empathy and very closely related to Pity. Rather than being a tool for connection, like pity, it is a form of disconnection. Sympathy is distanced: When someone says, “I feel sorry for you” or “That must be terrible”, they are standing at a safe distance. Rather than conveying the powerful “me too” of empathy, it communicates “Not me”, and then adds, “But I do feel sorry for you.” While not as brutal as pity, (in as much as it doesn’t generally involve a feeling of superiority but does wish to offer help), it is nevertheless a negative emotion by virtue of causing disconnection rather than connection.

Finally, a common question, “How can I be empathetic when I haven’t had that actual experience?” There are a limited number of emotions. If we’ve experienced joy, hurt, heartbreak, shame, grief, love etc. then we are qualified to be empathetic. We don’t need to be the expert or have experienced exactly what the other person has experienced. We simply need to connect our own experiences in a “thinking” way that creates emotional resonance:

“Yes, I know that feeling and I can communicate with you in a way that makes you know you’re not alone.”

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LAND'S END TO JOHN O'GROATS

BY CHRIS MACQUEEN

Have you ever embarked on a quest – a big challenge that took planning and determination to achieve?

In August I cycled from Land's End in Cornwall to John O'Groats in Scotland, 1063 miles apart if you stick to minor roads. For keen cyclists this is perhaps the biggest challenge the UK has to offer. I wanted to pit myself against the physical and mental demands of it, but with 10 hours each day solo on the road I also hoped for an encounter with God.

On this challenge I learned the importance of four things. Firstly: meticulous planning. I was riding unsupported, staying at B&Bs overnight, but carrying everything I would need on the bike itself. I had one 16-litre bag into which everything had to fit: cycling clothes for all weathers, casual clothes for the evening, toiletries, and tools for any foreseeable mechanical breakdown.



Everything had to be as small and as light as possible. Forget something vital and it could mean a premature end to the challenge. Equally, if I took anything I didn't need I was lugging that weight for over 1000 miles! In the end I got it all down to 7 kilos.

Secondly: adaptability. Once on the ride, with 100 miles to do each day, you have to cope with whatever comes your way. Days of cloudless blue skies and heatwave temperatures (8); dog bites (2); closed roads or impassable tracks (many); broken chains (1); thunder storms (1). Whatever happens, you have to adapt and find a way to make it to that B&B before they close for the night.

Thirdly: resolve. A challenge like this isn't without physical aches and pains, but so long as they aren't medically serious, it's actually very simple: just

keep pedalling! Feeling unwell?
Keep pedalling. Plagues of midges?
Really keep pedalling! And when you
do, you discover stamina you didn't
think you had.

Fourthly: support. Approaching the
ride, and throughout it, I could not
believe how many people got in touch
to express their support. At the end
of each day as I staggered wearily into
my B&B, it made such a big difference
to find a flood of supportive messages
on WhatsApp and email. Such a big
encouragement! Inspired by this
I resolved to try to become a better
encourager of others in the challenges
they are facing.

So how was it? Day after day I feasted
on this country's beauty. From sparkling
Cornish coasts to the impressive
Victorian canal systems of the industrial
North West; from the beautiful rolling
hills of the Yorkshire Dales, to bleak,
majestic landscapes of Sutherland.



I had warm welcomes each evening
from my B&B hosts, and interest from
tourists in every town I stopped at for
coffee and cake (essential fuel for the
endurance rider).

At about 5pm on the tenth day, I rolled
in to John O'Groats for a photograph
under the iconic signpost. Feelings
of elation, satisfaction, relief. But I
came away with much more than just a
challenge under my belt. All that time
alone was a wonderful opportunity to
"be alive to God's presence"; to sense
him in the beautiful surroundings and
the quietness; to listen to him and allow
him to gently re-orient my selfish way
of being towards his selfless and
loving way.

Are you considering undertaking a
challenge in the coming year?
Or perhaps you are facing a challenge
that was not of your making. As the
song goes: "Be strong and courageous,
do not be afraid! Don't be discouraged
for the Lord your God will be with you
wherever you go".



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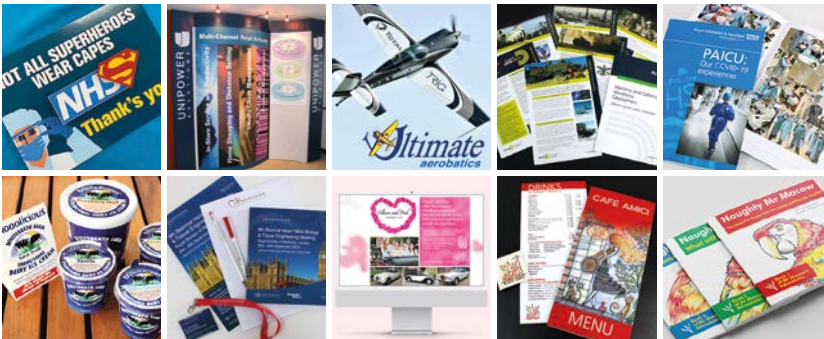
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