

MARCH 2023 - MAY 2023

DENHAM PARISH NEWS

EASTER
CORONATION
MENTAL RESILIENCE
FUTURE OF THE FAYRE



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Cover photo: Louie makes the acquaintance of Joey the Donkey on Palm Sunday last year.
Join us again on 2 April (see page 27).

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FROM THE EDITOR

I love this time of year and the promise of new life with spring bulbs pushing through the earth to reveal their cheerful flowers. To combat the winter nights, this year we kept our Christmas tree up with all its twinkling lights until the end of January - it helped the transition until the lengthening daylight became more apparent! What a joy to finish work and it is still light outside!

Music is another great way to bring joy and we are grateful to have Stephen join us as our new organist. It may be easy to sing when the sun is shining, but I find singing (especially Christian songs) on days when nothing seems to be going right, can help shift my focus and gradually remind me, 'how great is God Almighty!' For many years now, each morning my Mum prays, asking God to remind her of a song – what a great way to start your day! I expect you know the rest of the verses to this hymn ...

Each little flow'r that opens, each little bird that sings,
He made their glowing colours, He made their tiny wings.
He gave us eyes to see them, and lips that we might tell
How great is God Almighty, who has made all things well.

This spring, perhaps you will take the opportunity to discover local history by following one of the new Denham Village walking guides (p.25) or maybe take time out to read Bear Grylls latest book 'Mind Fuel' (p.16).

As we celebrate the coronation of King Charles III, we include articles about royalty in the Bible, including a quiz (p.26) and an investigation by the Bible Detective (p.13). Who is your favourite royal in the Bible?

At Easter we celebrate the new life that Jesus offers each of us, made possible through his death and resurrection (p.20). If you'd like to find out more about God's love for you, do join us for our special Easter events (p.27) or come along to some of our regular activities, full details listed on our website:
www.denhamparish.church/events



Blessings,

Cathy Macqueen

magazine@denhamparish.church

MESSAGE FROM IAN JENNINGS

ASSOCIATE MINISTER

The only time I ever bought a copy of Hello Magazine it was a surprise to the newsagent. He didn't expect a middle-aged vicar to be reaching for Hello. I could see the question in his eyes so I showed him the reason for my purchase; it was a centre page picture of my son, Paul, talking to Prince Charles, (as he was then.) Paul was on active service in Afghanistan and this royal visitor had arrived. Paul and a small group of colleagues met with him. In the photo the Prince was laughing; it was very informal. Paul told me later that he had cracked a joke and Prince Charles found it amusing. My son and the men were in a war zone and the royal visit was a boost to morale.

I never met our King but I did have a memorable moment of encounter. He was visiting Prestatyn where I was Minister of Calvary Church. We were constructing a new church building on Victoria Road. I was busy helping the master builder by labouring for him that day. The men of the church supplied the labour and he supplied the skilled workmanship. That day I was working up on the roof. I suddenly had a thought about the Prince. He was moving on to Rhyl after his visit to Prestatyn, and his car would have to drive along Victoria Road. No sooner did I think the thought,

HELLO!

than there he was. We waved at each other. There was no one else around so I knew the wave was for me. He actually wound down the window and gave me a high wave and a smile. That was a little boost to my building endeavours. I remember recounting the story to Barbara later that day. She wasn't as impressed as I was.

We will shortly be celebrating the Coronation of our new King. My prayer is that he will not only make people feel better with his presence but that he will have the same spirit of faithful Christian service that his dear Mother had for the seventy years of her reign. She took her inspiration from the 'Servant King' Jesus Christ. In the memorable words of Graham Kendrick, we are reminded of the humble rule of Jesus, the king of love. He writes,

**"This is our God, The Servant King,
He calls us now to follow Him,
To bring our lives as a daily offering
Of worship to the Servant King."**

When Jesus declared his Kingship to his disciples he did so on his knees

whilst washing their dirty feet. They had come in from tramping the dusty roads and they sat down and waited. It was customary for feet to be washed by a servant who would take a bowl of water and stoop to the menial and uninviting task of washing feet. Whilst the disciples waited and wondered, Jesus arose, took the bowl and towel and stooped in front of each of them and washed their grimy feet. That's when he said, "You call me Lord, and you do right for so I am. If I then, your Lord and Master stoop to wash your feet how much then should you be ready to wash one another's feet." The title 'Lord' indicates his Kingship – he is the Lord of Love and the Lord of Life. In Philippians chapter two St Paul speaks of a moment when "Every knee shall bow and every tongue confess that Jesus Christ is Lord to the glory of God the Father." He is the humble King who came not to be served but to serve.

It is part of Anglican worship to pray for our Monarch. A week after Her Majesty Queen Elizabeth died, I was leading Evensong in the magnificent Parish Church of Wentworth, South Yorkshire. For many years I have intoned the words "O Lord, save the Queen," and then the congregation responds, "And mercifully hear us when we call upon thee." On the drive to South Yorkshire on that Sunday afternoon I kept singing to myself, "O Lord, save the King." The words seemed very strange to me and I was sure I would get it wrong. I was relieved to get it right after

all. Our prayers are more than just perfunctory petitions but heartfelt pleas to God for our King. At St. Mary's, Sunday morning worship invariably includes prayer for our Monarch and Royal Family.

Most people will know that my time in Denham is coming to an end. It has been an eventful time – a pandemic and the wonderful celebration of our Queens Platinum Jubilee. What a glorious time that was at St Mary's and yet so soon afterwards we were mourning her death and now a new King. All the great events will live in my mind but more importantly so will the wonderful people of this Parish to whom I say the most heartfelt "Thank you." These have been four wonderful years for me at the end of my ministry.

I go off into retirement with many precious memories to sustain me.



Ian

LIFE IN NURSERY COTTAGES, NEW DENHAM, 1929-1939

EDITED FROM CHILDHOOD MEMORIES

WRITTEN BY JESSIE SIMS

Part 3: Food

Most of the time we ate what Dad shot – rabbit, hares, wild ducks, partridges and wood pigeons, whatever was in season. Dad hardly needed to shoot the rabbits, there were so many of them. When he went out at half past six in the morning to get the horses in, he would take the copper stick that Mum used for dunking the washing, and would often bring home a rabbit, just by throwing the stick at one. We kept chickens so we always had eggs.

Our milk, when not from the farm, came from Marsh's Dairy which was next to Howes Bakery on the Oxford Road near Newtown Road. I loved going into the dairy, it was so cool and fresh with tiled walls. My mother used to go there to work and help look after old Mrs March, who at that time was bed-ridden and very ill. When Mum was working there, I used to go there for my dinner at school dinner time.

Bread was delivered by Chaney's of Uxbridge who were also the Corn Merchants. Our bread was delivered in a high, horse-drawn bread van pulled by a very patient horse and driven by a very little man that we only knew as 'Ebbey'. Chaney's also had a bakers shop in Uxbridge High Street where my favourite treat was a tiny Hovis loaf or a sticky topped currant bun.

Our groceries were delivered by David Greig who had a lovely grocers shop in the High Street, near the top of Lawn Road and opposite Belmont Road.



It had lovely tiles on the walls and was always cool inside, if we were lucky, we were sometimes given a piece of cheese to taste. The sugar came in blue paper bags and the butter was cut off a large lump and patted into shape with a wooden paddle, then wrapped in greaseproof paper. No cling film, foil or pre-packaging in those days!

A grocer's shop was opened in the Old Mill at New Denham (at the end of the parade of shops where you go into Willowbank). My brother Jim and I were sometimes sent there to buy some groceries which we brought home in a wooden truck. Another shop on the parade belonged to Mr Bradbury, the butcher. It was only a small shop but we loved to watch him make sausages there. He would make one massive long sausage which he would deftly twist and tie, thus making them

into a string of smaller sausages – the sausage meat would ooze out of the ends of the sausages and become all crispy when fried.

Mrs Harris lived next-door to us at No 2, and every year she and Mum used to go up to Rush Green to buy plums and other fruit from an old man's garden plot. They used to make lots of jam and jelly and bottled fruit and also went blackberrying in the season. To earn extra money, they used to go pea-picking at Woodleys farm across the road from where we lived. My first memory is sitting in amongst the peas whilst they filled huge baskets with the pods, it must have been back-breaking work for them. Mrs Harris always put on a real spread for her children's birthday parties with a variety of little sandwiches and fancy cakes and jellies in little dishes. I can remember a real treat of a shallow dish of green jelly with little mushrooms standing on it, they were made of small pieces of banana for the stalks and dainty meringues for the top of the mushroom.

We knew all about recycling, except we did not call it that. Ashes from the fire were sieved, the dust part was put on the garden path and the cinders were put back with the coal. Potato peelings were put with the coal to soak up coal dust. Newspapers were used as lavatory paper, torn into squares, threaded through with string or more likely bag-tie, the coarse hairy string used for tying up sacks. Newspapers were put on the kitchen table for a cloth at breakfast time, so it was

interesting to read the adverts whilst eating breakfast. Fancy jam jars were used as flower pots or reused for jam. Old 78 records were put into the oven until they became pliable and were then shaped into fruit dishes. We used grocery paper and the card from under the outer wrapping of toilet soap and old envelopes for drawing paper and anything not used in this way that would burn, was put on the kitchen fires. Old coats and skirts were picked to pieces and 'turned' thus using the inside of the fabric as the outside and many nice 'new' garments were made from this. The remains of the fabric would be used to make a rag rug. The rest of the rubbish was put into the angle of the two walls at the back of the wash-houses, this was covered in stinging nettles and formed a mound where probably rubbish had been put ever since the houses were first built!



ST MARY'S TREASURY BY BRIAN O'REGAN

Our word treasury is from the Middle English Tresorie, ultimately derived from the Ancient Greek thesaurós meaning treasure house. The English Treasury came into existence in 1126 although the Domesday Book of 1086 refers to a landowner in Winchester as Henry 'the Treasurer'. From the time of King Cnut (Canute) 1016-35, part of the Royal Treasure was stored in Winchester.



I am not aware of any royal treasure in Denham, but we do have a landowner, Mike 'the Treasurer'. I recently visited him to find out how he manages the St Mary's Treasury. You may not have thought much about church finances, but 'the role of a treasurer is a very important one', according to the C of E Parish Resources website! It goes on to state that 'a treasurer has both the honesty and enthusiasm to want to do the job'. Mike Stewart has both in abundance together with all the skills and characteristics listed in Parish Resources.



Mike's parents moved to Denham from London when he was six months, to be close to Pinewood Studios as his father was in the film industry. Hugh St Clair Stewart MBE, joined the Army Film and Photographic Unit (AFPU) in 1940 and led a unit into Bergen-Belsen a few days after the camp was liberated by the British in April 1945. When the army moved on, Major Stewart appealed directly to the Allied Supreme Commander, General Eisenhower, for permission to stay on and film the gruesome scenes of the Nazi concentration camp.

Mike moved in a different direction, getting his accountancy qualification with Peat, Marwick & Mitchell where he was part of the team dealing with the Receivership of Rolls-Royce in 1971. He later joined a computer bureau where he met Ann. They married in 1985 at Denham and have five children and seven grandchildren. Two of their children are from Mike's first wife who sadly died aged 30 in 1980.

On his father's death in 2011, Mike and the family returned to Denham. Hugh Stewart had been a long-serving churchwarden at St Mary's, so when Rev Adrian Hirst asked Mike if he would help previous treasurer, Gerald Miller, he couldn't say no. He also became the

independent examiner of the accounts until being appointed church treasurer on Gerald's retirement in 2017.

Mike's faith helps with greater awareness of the role, although he does sometimes struggle with balancing decisions to spend or not. He says we all need to understand the value of actions and not just the cost. He adapted the Oscar Wilde quotation "An accountant knows the price of everything and the value of nothing!". We are fortunate that our treasurer does know the value of everything. An example of this delicate balancing act that Mike performs was the decision-making process prior to the appointment of our two associate ministers in 2019. Inevitably there would be an impact on the church finances, so it was critical to present a thorough analysis of that to the Rector and churchwardens. A great example of knowing the price and fully understanding the great value that Ian and Nnamdi could bring to the parish.

Mike has steered the St Mary's Treasury through some choppy waters since the pandemic hit. Before the start of a new year, he prepares a budget for approval by the PCC. He continually reviews this as the year proceeds so that changes to spending can be made before cost increases cause a problem. Looking at the latest published accounts for 2021 <http://tiny.cc/annual-report-2021>, you will see that expenditure exceeded income by £16k but cash balances were still a healthy looking £264K. However, Mike has a caveat – 67% is in the Fabric Fund. He points out that the church being a Grade 1 listed

building carries its own burden to ensure it is maintained for the medium and long term. We are custodians of a wonderful place to worship and help build the Kingdom of God. But we are responsible for the legacy we leave many future generations who will carry on the calling, so work is underway to identify and cost some major repairs which are required. For example, in 2022 a lightning conductor was installed at a cost of over £3,000.

There are some significant items of expenditure on the church upcoming and recent generous donations to the Fabric Fund will help enormously. Mike works closely with the Rector, churchwardens and the Fabric Committee and is accountable to the PCC and ultimately, the Diocese of Oxford Director of Finance.

The best part of the job is enabling the finances to allow a church initiative to happen. And the worst? Paying cash in at the bank - just finding one these days is challenge enough!

We don't have any royal treasure at St Mary's, but in Mike we have a real treasure!

"But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

Matthew 6:20-21

Link to annual report 2021



GOD IN THE LIFE OF ... JOAN BELL

THE PRODIGAL DAUGHTER

I did not have a religious upbringing, though my parents, born in the 1890s, probably did. I arrived in 1936, a younger child in a large family, and was raised on a council estate in Mitcham, Surrey.

My father was wounded in WW1 and was totally blind by the time I was twelve. My early childhood was disrupted by WW2, when I joined my school-age siblings as a four-year old evacuee. There were frequent changes of home and school between 1941 and 1948, but my life became more settled when I entered the local Grammar School at eleven and had the opportunity to make long-term friends. We had weekly Religious Education lessons and daily School Assembly, but neither had any spiritual significance for me. By the age of fifteen I considered belief in God to be a relic of the superstitious Middle Ages, but of no value in the modern scientific age!

Fortunately, God has a sense of humour and two years later manoeuvred me into a situation where I was confronted by the reality of His presence.

In 1954 I was invited to an evangelistic meeting in Croydon, where I heard the Gospel message for the first time: Adam's sin, Christ's sacrificial death for our redemption, and the offer of a



Joan with younger daughter and Hannah Ingram-Moore

loving relationship with our Creator. That made sense, but I had no desire to take the next step and accept Jesus Christ as Saviour and Lord.

But then Jesus spoke to me! "I gave my life for you. Will you give your life to me?". I knew I was free to say 'No', but that would have been like spitting in His face, so very reluctantly I said 'Yes'. My lukewarm response was accepted, but nothing changed immediately. Some hours later I was overwhelmed by a flood of joy and knew I had made the right decision.

I joined the local church and was baptised and confirmed the following year. I left school at 18 and began a

four-year course at the local Art School, but God had other plans for my life.



Joan and senior Doctor outside mission hospital, Katete.

I spent five years training as a nurse and midwife before working for three years in USPG mission hospitals in Zambia. There were many positive experiences, but during that time my still immature faith in God was tested to breaking point. It seemed that He took away from me everyone I loved, including an orphaned African baby who adopted me as her part-time Mum; even my cat. The last straw was the death of my father shortly before I was due to return home to England. I suppressed the anger that I felt, but I turned away from God, feeling that I could no longer trust Him to care for me.

I had just turned thirty when I returned to England and resumed my nursing career in London, but that failed to satisfy my deeper emotional needs. I no longer sought guidance from God but decided to follow my own instincts.

I married an unbeliever, a widower with two young children, believing that I could be a support to that wounded family. I did not recognise my own vulnerability, and within four years I was close to a complete breakdown. I admitted defeat, turned back to God and begged him to save me. He said, in effect, 'You have tried doing things your way, and it has not made you happy. Are you willing to follow My way now?' My reply was a whole-hearted, fervent 'Yes!'

Like the Prodigal Son returning home, I began a new relationship with God, now knowing Him as a loving Father, rather than a demanding taskmaster. Having failed Him so badly, His generous reception finally convinced me that He really, really loved me.

This return to faith did not resolve the issue of 'unequal yoking', and in fact deepened the gulf within the family. My husband and son resented my new role as a 'religious nutcase', especially when I found new friends and interests outside the home.

I tried my best to be a good wife, mother and home-maker, but fell short of my family's expectations. I felt a failure as a woman, and as a Christian, but God reassured me with words from the Bible: 'My grace is sufficient for you, for my strength is made perfect in weakness. (2 Cor.12 v.9)

John and I went to Marriage Guidance sessions several times over the years. On one occasion the counsellor



if you pass through fire you will not be burned, for I am with you'. (Is.43,1-2. Paraphrased). Looking back, I see the truth of those words, for I emerged from that trial bruised but not broken.

What have I learned in the seven decades since my first encounter with God? The Bible contains thousands of words, but the essential message can be summarised in five: 'God says, "I love you"'. The ancient creeds of the Church express the basic Christian beliefs in a few short paragraphs. My personal creed is very simple: 'I believe in God; God believes in me.' He entrusts His honour into the hands of frail human beings and sustains us by His Spirit to enable us to do His will. I failed Him, but He restored me to His service, and I trust that He is able to redeem the failures of the past. Looking back over my life I can say with confidence that knowing God is the best thing that has happened to me.

remarked that she could not understand why we had not divorced years earlier! Maybe some stubborn, reciprocal loyalty held us together, in spite of our differences. We stayed married for 37 years, until John died of cancer after a short illness. I was sustained through the more difficult periods by a promise recorded by the prophet Isaiah: 'If you go through floods you will not drown;

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*Bible
Detectives*

KINGS

by Christoph Lindner



This year's coronation of King Charles III will take place 70 years after his mother was crowned Queen. At the time, it was the most watched event in the history of television and in the two months before her coronation, more TV sets were bought than in any two-month period since then.

But the significance lies not in such superlatives, but in the Queen's understanding of what she was committing herself to. She understood that her authority ultimately came from God and that she would seek to uphold the priorities of the heavenly King she would pledge herself to serve.

I'm very excited about the coronation in May! We've learnt so much about the Queen and her faith, so tell me: Is the idea of a nation ruled by a king or queen biblical?

Yes and no! Right from the outset the bible mentions many kings, but the family of Abraham, which then grew into the people of Israel, didn't have a king for a long time.

Tell me more...

First it was just one family with a patriarch - Abraham. Then, his tribe migrated to Egypt when there was a massive famine. You might remember Joseph (he of the amazing technicolour dream coat). He became a powerful

minister in the government of the king of Egypt (aka Pharaoh). But things deteriorated and Israel was enslaved until God called Moses to lead them from Egypt into the Promised Land.

Still no king, then?

Absolutely not! In fact, soon after God liberated Israel, he gave them the Ten Commandments at Mount Sinai. You may remember the first one...

I think it is "I am the Lord your God. Thou shalt have no other gods before me". No mention of a king there...

In ancient times, many kings were regarded as gods and demanded to be worshipped by their subjects.

Think of the story of Daniel, who refused to worship the king of Babylon and got into trouble. No human being should rule over the people like that, so in the Ten Commandments God is in effect saying: "I am king of all the earth and I am your only king". And he gives Israel laws and leaders to govern their common life.

But I do remember some famous kings of Israel, like David and Solomon. How come?

Once the people of Israel had settled in the Promised Land, they looked at the surrounding nations and saw the power and splendour of their kings. They felt they were missing out. They wanted to be as significant and powerful. At the time there often was a lack of leadership and much lawlessness. One of the refrains in the Book of Judges is: "In those days Israel had no king; everyone did as they saw fit." Eventually, the people demanded that the prophet Samuel choose a king for them. He first declined and told them a king would mistreat them. He saw their wish as a rejection of God, their true king. But the people insisted, so after consulting with God, Samuel chose Saul to be the first king of Israel. Saul started well

but then he soon messed up and was replaced by David, whom the Bible calls "a man after God's own heart".

So, the story of kings in Israel did have a happy ending?

No, it didn't. The kings that followed after David were mostly terrible rulers and didn't consult God and his will. So the nation split and became weak.

Eventually first the northern kingdom ("Israel") and then the southern kingdom ("Judah") were defeated by foreign powers and their people taken into exile. It is in that period that prophets announced a future king, a descendant of David, who would put the world to rights.

And did he eventually come?

As Christians we believe that he did, yes! Matthew starts his gospel with the family tree of Jesus to show that through his earthly adoptive father Joseph, he is a descendant of King David. The wise men come looking for the new-born king of the Jews. Many of the prophecies about Jesus as the coming King are fulfilled in the life of Jesus. One example is Jesus' birth in Bethlehem (the town of David), prophesied hundreds of years earlier by the prophet Micah (chapter 5 verse 2).

Jesus doesn't strike me as your typical king, though...

You are right. In fact, at one point (John 6.15) the people want to make him king, but Jesus resists that. He teaches his followers that his kingdom is not of this world; that he has come to restore the rule of God our king. His kingship is characterised by service: He shocks his disciples when he washes their feet





*at the last supper.
And his crown is made
of thorns, which he
wears on the cross.*

That doesn't sound like a successful formula for a king to me.

No, it doesn't. Most people expected his movement to disappear quickly. But his disciples insisted that their king had conquered even death, had come back to life and that they served him by serving others. That made a big impact, for example when the plague was decimating cities in the Roman Empire: everyone who could, fled the cities, but many Christians remained to look after the sick. Eventually, Emperor Constantine acknowledged that Jesus was the true King of kings and Christianity was recognised in the Roman Empire. Later it became the official religion and many kings and queens throughout history took Jesus as their example of service.

Wow, that is a white-knuckle ride through history and I guess it nicely leads us back to Queen Elizabeth's understanding of her role as a servant of Jesus, the servant King. So, let me ask again: Does the Bible approve of kings?

It doesn't commend one particular form of government, but it does insist that good leadership is essential for a nation to flourish and that all political authority is ultimately given by God, who will demand an account of leaders. That's why we need to pray for our leaders (1 Timothy 2.1-2 and Romans 13.1). We should thank God that we live in a country that is governed by laws which are based on a Judaeo-Christian understanding of right and wrong and that our King understands his accountability to God.



MIND FUEL: SIMPLE WAYS TO BUILD MENTAL RESILIENCE EVERY DAY. BEAR GRYLLS

REVIEWED BY VICKY BIRKBY



When you think of Bear Grylls, what immediately comes to mind? For many of us we would think about him as an ex-special forces, adventure seeker or a TV personality. Maybe even the UK's Chief Scout. What many people don't realise is he's a committed Christian.



8 themes: Wisdom, Battles, Motivation, Courage, Relationships, Self-Care, Spirituality and Determination. Each insight is covered over two days, with thoughtful questions allowing plenty of time for personal reflection.

In this article, we cover his five Spirituality insights: Stillness, Listening, Vision, Hope and Friendship.

To Bear, faith is the cornerstone of his life. He talks about it often and passionately. He admits that everyone needs help at times in their life, and for him his faith is where he gets that help, it is his “quiet strength”.

Through the extreme, often life-threatening survival situations he has found himself in, people think of the physical fitness required to abseil down a cliff or trek through the desert. However, what Bear recognises is that our emotional and mental health is just as important as our physical abilities. Around 1 in 4 of us will experience a mental health challenge each year.

In his recent book, *Mind Fuel*, Bear provides bitesize, daily insights to help us build our mental resilience and equip us to cope with life's challenges. He positions emotional health across

Stillness

In the third century AD a group of monks went deep into the Egyptian desert to avoid unnecessary distractions. They wrote “in the silence and peace of the desert you can find yourself. And unless you begin to know yourself, how can you even begin to search for God?”. Through the reflective questions, Bear asks us if “life is too full of the ‘next thing’ to be able to listen?” At the beginning of our church services, we take time to “be still” - it allows us time to reflect. However, stillness shouldn't only be reserved for a Sunday. We should challenge ourselves to find time each day. This could be silent reflection or prayer, or something more structured like listening to an edition of *Lectio365* [www.24-7prayer.com/resource/lectio-365/] or *Glorify* [<https://glorify-app.com>].

Listening

Bear talks about his experiences in the wild, of being adept at listening for the “rattle” of a deadly rattlesnake. He knew hearing this meant danger was close and he needed to proceed with caution. His parallel to normal life is that we “all carry an internal rattle. Call it a moral compass, a conscience, intuition or gut instinct.” He reflects that although we may hear the rattle, we do not always act upon it. We all strive to do our best, but we all make mistakes. He reminds us that in the Bible Jesus says “friends, your sins are forgiven”.

Vision

Have you ever found yourself striving for a certain type of success, but even if you achieve it, you don't feel as fulfilled as you thought you would? The salary you thought you wanted doesn't feel quite enough, the house you moved into could do with one more bedroom, or the job you'd thought you'd love just isn't what you hoped it would be. Bear makes the point that only when you begin to open yourself up do you realise that God has a plan for you, and his vision is far more powerful than we would ever be able to understand. Our plans for ourselves shrink in importance when compared to the one God has for us. And it's about knowing that through the highs and lows of life, God will always be there to walk humbly alongside us and be someone we can look up to for help and guidance.

Hope

Archbishop Desmond Tutu wrote “hope is being able to see that there is light

despite all of the darkness”. It can be tempting to find hope through material things such as wealth, social status or achievements. However, while it can feel important to be comfortable, these can be sand foundations that, unless underpinned by a stronger cornerstone, could be easily eroded. It's a difficult decision to determine where you place hope. For me, like Bear, I place this hope in Christ. It's a hope that can't be eroded, it's a cornerstone to celebrate.

Friendship

In his series *Running Wild*, Bear has met some great celebrities including Barack Obama and Roger Federer. He's had open conversations with them around their lives, jobs and struggles. His conclusion? No-one is immune from the pressures of life. In the Bible, Jesus spent time with “misfits”, the vulnerable, people who had their own “struggles, burdens and hopes”. At the time, others would have kept them at “arm's length”, but not Jesus. He invited them to “keep company with me and you'll learn to live freely and lightly”. Bear's reflections challenge us to consider how we can provide friendship to others in areas we would least expect, both to help alleviate our own struggles, burdens and hopes, but also to support them with theirs.

Reading *Mind Fuel* has helped me to reflect on and strengthen my mental resilience. It's empowering and extremely peaceful to know that God is with us every step of the way. He has been and will continue to be our “quiet strength”.

FAMILY REGISTER OF DENHAM PARISH CHURCH

BAPTISMS

19.11.22 George Douglas Harris, Hazlemere
01.01.23 Nicholas Manish Soni, Denham



George Douglas Harris



Andrew & Louisa Donovan

WEDDING BLESSING

21.01.23 Andrew & Louisa Donovan, Ruislip Manor

CREMATIONS

21.10.22 Christine Willson (79) Denham
11.11.22 Nigel Keith Hone (56) Stokenchurch
24.11.22 June Edith Pegg (91) Denham

BURIALS

20.09.22 Nicholas William Maris (88) Denham

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



Joyce Tearall

On February 1st, Joyce Tearall passed away peacefully after a short illness. Her family were with her. Joyce and her husband Bill moved to Denham Green in the 1950s, where their children David and Sarah grew up.



When Peter Crick was Rector, Joyce trained as a reader and was a very active member of the ministry team. She was known and loved by many people in our community, hosting church groups, leading services, baptisms and funerals, making pastoral visits and much more. She loved being a dinner lady at Tilehouse School (now Denham Green Academy).

After Bill retired, they moved to Weymouth for a while, until they returned to Denham and lived in St Francis House. They eventually moved to Iver Heath, where Joyce cared for Bill during his illness.

On 3 January this year, Joyce celebrated her 90th birthday.

We thank God for the blessing that Joyce has been to our church and community over so many years. We would like to share your memories of Joyce in the next issue of Denham Parish News. You can email magazine@denhamparish.church or send a letter to St Mary's Church Office, Village Road, Denham, UB9 5BH.



Easter & Passover

We cannot understand the events of Holy Week without their Jewish roots.

“I have eagerly desired to eat this Passover with you before I suffer.”

Jesus in Luke 22.15

The story of Passover (Pesach in Hebrew) fills the Exodus narrative just before the people's arrival at Mount Sinai. As part of God's plan to rescue the people of Israel from the shackles of slavery under Pharaoh, God brings ten plagues upon the Egyptians. Before the tenth plague (the death of firstborn sons), God tells Moses to instruct each Israelite family to slaughter a lamb and use its blood to mark the doorposts and lintels of their homes. The spirit of destruction sees the blood on the entrance of the Israelite houses and passes over them, sparing Israel's firstborn sons.

According to God's instruction, Moses decrees that Israel is to observe the Pesach feast each year, and so to this day, Jews faithfully gather for this most sacred meal on the 14th day of the first month, the month of Nisan (Ex. 12).

The table is adorned with special elements and foods, all of which play a role in remembering - literally, tasting - the experience of that fateful night and of the ensuing sojourn through the Sinai wilderness. Israel thus forever commemorates that, on the darkest night in the recorded history of Egypt,

the flesh and blood of a lamb marked - and saved - the children of Abraham, Isaac, and Jacob.

During the annual Passover Seder (feast), the Jewish people re-enact and confront once again the pains of slavery, the tears of despair, and even the cries of the Egyptians. But Jews also commemorate the triumph of liberation, the joy of new beginnings, the mystery of God's power and love, and the hope of someday making a proper home in the Promised Land.

As all four Gospels make clear, Passover serves as the backdrop of Jesus' entry into Jerusalem, his last supper with his disciples, and ultimately his death and resurrection.

But Emperor Constantine at the Council of Nicaea (AD 325) decreed to decouple Easter from Passover, a decision that set into motion a long process of wiping away the Jewish roots of Holy Week. What was lost in this decision is the intentional connection made abundantly clear in the Gospels.

The meaning and significance of Holy Week can only be understood in full if



Wine and unleavened bread are important ingredients of Passover celebrations.

we understand Israel's history. The death and resurrection of the Messiah is patterned after the exodus from Egypt, which serves as the founding event of the Jewish people. At this foundational moment in the Christian story, when followers of Jesus are grafted into Israel's enduring covenant with God, Jesus becomes the Passover lamb by whose blood the people of God are spared. And we should be careful not to skip over the painful events of Good Friday too quickly.

It is true that Jesus' resurrection assures us that death will not have the last word. But death, in all its insidious forms, still pervades our daily lives. Even after Jesus' glorious resurrection, we continue to wrestle with the traumas we relive, the losses we endure, the disappointments we amass, the anxieties we are paralyzed by. And if we are not careful, we can send the subtle message that to be troubled by these very real struggles is to somehow lack adequate faith or to misunderstand the core of the Christian message.

While life is ultimately triumphant in Israel's narrative, Jewish tradition reminds us that it is impossible to separate the life we experience from

our individual and collective memories of death. At the Passover table, Jews remember the death of a lamb whose blood spared their lives. They give thanks for the gift of freedom even as the bitter herbs remind them of the lingering bitterness of slavery. They rejoice in leaving Egypt even as they recall that the Promised Land is still not yet their home.

Until the day when Jesus Christ returns to renew all of creation, we must sit in the tension between life and death - and this is precisely the place where we encounter the fullness of God's love in Christ, our Passover lamb, whose blood atones for sin.

The joyous declaration that "Christ is risen!" takes on a new depth of meaning. The Saviour of the world is, after all, the long-awaited Messiah of Israel.

Based on an article by Jennifer Rosner in Christianity Today, April 2022

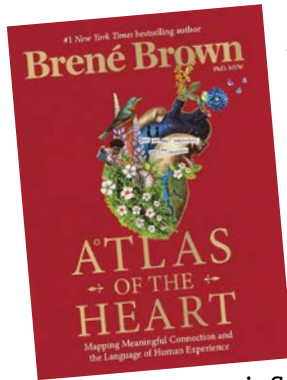
'THOUGHTS FROM 'ATLAS OF THE HEART' PART 2: SHAME BY JANET ALLEN



In our second article from Brené Brown's book, we explore her research around 'shame'. Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love, belonging and connection. Three emotions that are often used interchangeably with shame are guilt, humiliation and embarrassment. It's useful to think about how these differ.

Shame – I am bad. The focus is on self, not behaviour. Shame is not a driver of positive change.

Example – You get a school test back and your grade is F. Your inner voice says "I'm so stupid."



Example – The student sitting next to you sees your F grade and tells the class, "This idiot has failed, he's as stupid as they come". Everyone laughs. You feel dumb and enraged.

Embarrassment – I did something that made me feel uncomfortable, but I know I'm not alone. Everyone does these kinds of things. Embarrassment is fleeting, sometimes funny.

Example – Your teacher asks you a question, but you weren't listening and the whole class is waiting for you to answer, but you don't know what the question was and you feel panicked into silence.

Guilt – I did something bad. The focus is on behaviour. Guilt is the discomfort we feel when we evaluate what we've done or failed to do against our values. It can drive positive change and behaviour.

Example – You get a school test back and your grade is F. Your inner voice says, "Going to the party instead of studying for this test was so stupid," (versus I'm so stupid).

Humiliation – I've been belittled and put down by someone. This left me feeling unworthy of connection and disgusted with myself. This was unfair and I didn't deserve it. With shame we believe we deserve our sense of unworthiness. With humiliation, we don't feel we deserve it.

The antidote to shame is EMPATHY. If we reach out and share our shame experience with someone who responds with empathy, shame dissipates.

To help develop resilience to shame it's important to:

- **Recognise shame and understand what triggers it.** Try to physically recognise when you are in the grip of shame, name it, feel your way through it, and figure out what messages and expectations triggered it?

- **Practice critical awareness.**

Can you 'reality check' the messages and expectations that are driving your shame? Are they realistic? Attainable? Are they what you want to be or more what you think others need or want from you?

- **Reach out.** Are you owning and sharing your story? We can't experience empathy if we're not connecting with others.
- **Speaking shame.** Are you talking about how you feel and asking for what you need when you feel shame? Silence, secrecy and judgment fuel shame.

Shame and Perfectionism

Shame is the birthplace of perfectionism. Healthy striving for excellence is internally driven whereas perfectionism is externally driven by a simple but potentially all-consuming question: "What will people think?" This is a self-destructive and addictive belief that fuels the basic thought: if I look perfect, live perfectly, and do everything perfectly, I can avoid or minimise the painful feelings of shame, judgement and blame.

One of the biggest barriers to working towards mastery is perfectionism. Achieving mastery requires curiosity and viewing mistakes and failures as opportunities for learning.

Perfectionism kills curiosity by telling us that our mistakes and failures are personal defects, so we either avoid trying new things or we barely recover every time we inevitably fall short.

What does the Bible say about shame?

Genesis 2:25: "The man and his wife were naked and they felt no shame."

Romans 10:11: "Anyone who believes in him (Jesus) will never be put to shame."

Isaiah 54:4: "Do not be afraid; you will not be put to shame. Do not fear disgrace; you will not be humiliated."

One of the ways our feelings of shame are healed, is through a deep experience of God's love and a genuine experience of belonging and connection in the community of Christ. The apostle Paul understood this, and so in Ephesians 3:17-20 he prayed this prayer for the early church and all Christians:

I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God.

God doesn't remember our past shame. He chooses to let it go, and he wants you to do the same. Holding onto shame creates fear and low self-esteem. But you can release your fears to God and trust Him to take care of you because He loves you and forgives you. If we truly give our heart to Jesus, we will always be good enough for him.

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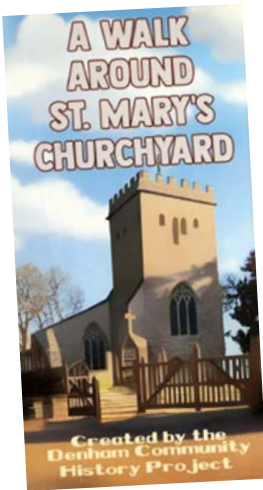
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DENHAM VILLAGE WALKING GUIDES



The Denham Community History Project has been working on a new venture – taking a stroll around the village and soaking up the atmosphere with a break for refreshment at one or more of the village pubs.

This is how it all came about and what to expect.

In June 2022 we were delighted to receive an email from the organiser of a “Walks into History” group at the Chess Valley University of the Third Age. Each month he told us, “we try and visit a town or village in the area both to discover its history and areas of interest”. Could we, he asked, provide a guide?

One of us volunteered and an appointment was made to meet outside the church. But Covid-19 often strikes at the most unfortunate times, on this occasion on the morning of the planned walk. Quick! Fast edit and print off a couple of our regular website posts, nip down to St. Mary’s and, keeping a safe distance, hand over the copies with a garbled explanation and best wishes.

Despite the minor crisis the seed of an idea had been planted. Those print-outs did look quite good. Denham has quite a few visiting walking groups and there might well be local interest too. There would be some cost, but with the support of Denham Parish Council we could meet that.

It's done. Three walking guides to the history of Denham village are now available, with audio versions that can be downloaded onto mobile phones. A Walk Around St. Mary’s Churchyard recalls the names of the famous and the not so famous who have been part of Denham’s history. The Walk Around the Village starts at St. Mary’s, then along Village Road past the village green up Cheapside to Ashmead Lane, then back down Old Mill Road onto Village Road returning to the starting point. Stop and start the audio version to listen to the stories of village houses and landmarks whilst strolling by.

The third is less of a walking guide than an opportunity to learn about the establishments that provide vital refreshment to the walkers and indeed those that once did so but no longer. It’s the Village Pub History guide.

The Walking Guides can be purchased at St. Mary’s Church and at other outlets around Denham (£3 each or £7 for all three).

Kings and Queens

Bible Quiz

Monarchies have been in existence for millennia – try this fun quiz to learn more about some of the kings and queens mentioned in the Bible.

1. Who was the first king of Israel?
(1 Samuel 10:21-24)
2. Who replaced Solomon as king?
(1 King 14:21)
3. Proverbs 31 is written by a king who says he is sharing wisdom taught to him by his mother. What is the king's name?
4. Who ordered Shadrach, Meshach and Abednego to be thrown into a fiery furnace? (Daniel 3:16-28)
5. Which queen travelled to Jerusalem to meet with King Solomon?
(1 Kings 10:1)
6. Who was the last king of Israel?
(2 Kings 15:30)
7. Who was the King that crowned Esther as queen?
(Esther 2: 15-18)
8. Who was the king of the Jews when Jesus was born?
(Matthew 2:1)
9. Who wrote "Jesus the Nazarene, King of the Jews" on a sign affixed to the cross of Jesus? (John 19:21)

1. Saul, 2. Rehoboam, 3. Lemuel, 4. Nebuchadnezzar, 5. Queen of Sheba, 6. Hoshia, also spelled Hosea, 7. Xerxes, 8. Herod 9. Pilate

LENT AND EASTER at St Mary's Church



Sunday 19 March: Mothering Sunday

10.30am Mothering Sunday Family Service



Saturday 1 April: Forest Church Special

4.00pm Make an Easter Garden



Sunday 2 April: Palm Sunday

10.00am Palm Sunday Procession with Joey the Donkey

10.30am Sunday Service with Sunday Club for children



Thursday 6 April: Maundy Thursday

7.30pm Holy Communion Service



Friday 7 April: Good Friday

10.30am An Hour at the Cross with Sunday Club



Saturday 8 April: Easter Saturday

6–9pm “MaMhew Marathon” on Zoom

Find out more: www.denhamparish.church/maMhew



Sunday 9 April: Easter Sunday

9am Holy Communion

10am Easter Egg Hunt

10.30am Family Service



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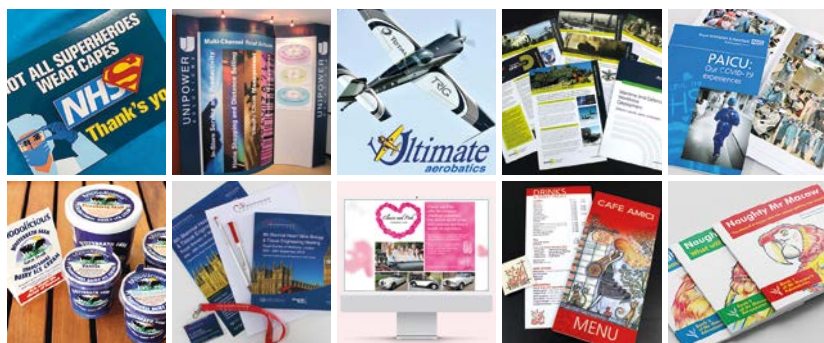
The Club takes place at St Mark's Church Hall, Greentiles Lane, New Denham UB9 5HT.

We meet on the first and third Tuesday of each month from 11am to 2pm. Members need to be independent but lifts to the Hall by car can be arranged as required. Coffee, tea and biscuits are provided on arrival, followed by sitting exercises, sherry, a hot lunch and entertainment.

The cost of each session is £4.50 per person.

It's a lot of fun and we are really looking forward to meeting you.

For more information or if you would like to join us, please contact Mac Paton on (01895) 83 4613.



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THE FUTURE OF THE FAYRE

BY CHRISTOPH LINDNER

For many people from South Bucks, West London and further afield, the late May Bank Holiday has been a fixture in the diary. Destination? Denham and its Village Fayre.

The origins of Denham Fayre go back to 1227 when a Monday market and a fair were granted to Henry de Capella. In *A Brief History of Denham Village and Church* from 1954, written by RA Way (an ancestor of our current patron John Way), we read *"In the reign of Henry III we find the grant of a weekly market, and an annual three-days' Fair."*

It was mainly a trade fair for the local population who would be unable to travel too far afield. Interestingly, the old Fayre had a fixed date, 13th May. There were of course no "bank holidays" then.

In 2020 we had to cancel it because of Covid and then again in 2021. Last year the celebrations around the Queen's Platinum Jubilee meant that there was no late May Bank Holiday and - for the third year running - no Fayre.

This was, however, not the first time that it was cancelled. Here is RA Way again: *"This [Fair] lasted, at least as a one-day affair, until the 1870s, when my father [the patron Benjamin Henry Walpole Way] abolished it at the request of the Vestry."*



The Vestry was the annual meeting of parishioners and it would be fascinating to know the reason behind the decision. In 1871 the Fairs Act made provision for the abolishing of fairs that caused public disorder. In the previous year, the infamous Denham Murders made the village known far and wide. Were the locals afraid that the Fayre might attract trouble-makers? Whatever the reason, it was abolished in 1873.

The Fayre was revived in the 1920s, this time more for pleasure than business and to raise money for the repair of the roof of St Mary's Church, and again in the 1950s, when the infamous death watch beetle was again causing serious damage to the church beams. While many aspects of the Fayre have changed over the years, it has remained a highlight in the village calendar, when Denham welcomes thousands of visitors and provides an experience of fun and community. It's been a joy

to see how the many volunteers give generously of their time and skills to make it happen. The money raised has been a vital contribution to help ensure that St Mary's Church is kept in good repair and condition.

All of us have experienced how the coronavirus has changed so many aspects of our lives. In the years immediately before Covid, the Fayre Committee saw the retirement of some long-standing members, who had been active in organising the Fayre for many years. Others followed during the pandemic, so that we did not have a viable committee by 2022. In the autumn of last year, we had to acknowledge this. September/October is the time when we have to set the levers in motion for the organising of the Fayre for the following year. After our PCC explored various options, followed by conversations with other members of our community, no feasible plan emerged how we could restart it in 2023. Planning and running an event of this scope safely and in a way that it attracts visitors year after year is no small undertaking. So, what is its future?

We are pausing the Fayre again this year. This decision hasn't been taken lightly. It is an acknowledgment that we do not have the necessary support and expertise to run it at present. However, unlike in 1873, we are not abolishing it! There may be ways to reduce the scope in future to make it manageable, or to identify organisations to run it for us without changing the community character of it.



While the Fayre was initially owned by the Lord of the Manor and Patron of St Mary's, and latterly organised by St Mary's Church, it has always been supported by the Denham community at large. We haven't found another community group as yet who are ready to take on the organising of the Fayre, but a solution might well emerge over the next months. Are you someone who could make a considerable and consistent commitment to the planning of the Fayre (from October to May each year)? Do you want to help restart it, in whichever format?

Please send an email to our church office (office@denhamparish.church) or call our parish secretary Victoria Lucas (01895 832771) to give her your details.

The Denham History website has an excellent article about the Fayre from 2020, with many personal memories of residents. You can find it here: www.denhamhistory.online/post/all-the-fun-of-the-fayre

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Laughter is a Smile that Bursts On Faith...

*'For the truly faithful, no miracle is necessary.
For those who doubt, no miracle is sufficient'*

Nancy Gibbs

'Faith is like a radar that sees through the fog'

Corrie ten Boom

'Faith is like taking the first step even when you don't see the whole staircase'

Dr Martin Luther King, Jr

Faith is the bird who sings while it is still dark

Sorrow looks back;
Worry looks around;
Faith looks up!

'Faith is not belief without proof, but trust without reservation'

D Elton Trueblood

...and a few metaphors from actual high-school essays!

He was deeply in love. When she spoke, he thought he heard bells,
as if she were a dustcart reversing.

She grew on him like she was a colony of E.Coli
and he was room-temperature British beef.

It hurts the way your tongue hurts after you accidentally staple
it to the wall.

The plan was simple, like my brother Phil.
But unlike Phil, this plan might just work.

The hailstones leaped from the pavement, just like maggots
when you fry them in hot grease.

Taken from A Bundle of Laughs, J. John and Mark Stibbe, Monarch Books.

What's Happening

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as associate minister

Sunday 23 April
10.30am St Mary's



MOTHERING Sunday

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Sunday 19 March
10.30am St Mary's