# Outlook





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## **Welcome from the Outlook Editor**

#### Miranda Reading

Welcome to the Autumn edition of Outlook!

As I write, it is 24 degrees outside with a blue sky. An Indian Summer? Otherwise known as a Martinmas Summer, according to Thomas Hardy! There is certainly no trace of autumnal weather yet and some of the schoolchildren that pass my window are wearing their summer dresses and shorts. The gradual cooling of the weather and the sight of the trees putting on their autumnal glory is still to come. But there's a packed calendar of events ahead at St Martin's and a packed calendar to look forward to.

As well as the Harvest Supper on the 5<sup>th</sup> of October, we have St Martin's Day on Monday 11<sup>th</sup> November and our preacher will be the Rt Revd Christopher Coksworth, Dean of St George's Chapel, Windsor. Finally we have the annual Martinmas Fayre on Saturday 16<sup>th</sup> November and you can see more about this on pages 35-37. We have been joined at St Martin's by Roland Linder who will be on internship with St Martin's for a year. Look out for an account of her experiences on page 21-22.

In all this dazzling array of social things, its too easy to forget why we come to church, to join together in fellowship for the sake of our Lord, Jesus Christ. Perhaps before coming to a social even this autumn, take the time to say a prayer of thanksgiving to Him and remember he is always at our shoulder.

I hope you will enjoy this edition of Outlook, which has its usual array of interesting articles, as well as Parish news and the latest news from BWI School. We wish Mrs Auriol Hale all the best as she takes over as Headmistress. Could you contribute something to the magazine? Do send us your thoughts, your prayers and your stories. All contributions and feedback by 16<sup>th</sup> November 2024 please to <a href="mailto:MirandaAtStMartins@gmail.com">MirandaAtStMartins@gmail.com</a>. Thank you.

urch Editors

Member editor 2023



## Fr Robert Writes..

Dear Friends.

November is *the* great month of remembrance. In November, on the 1<sup>st</sup> we acknowledge the saints of the Church, on 2<sup>nd</sup> the faithful departed, and on 11<sup>th</sup> those who died in war as well as our patron, St Martin. There are also our less 'churchy' commemorations such as November 5<sup>th</sup>; 'Remember, remember the fifth of November!' Also, this year, as we have Rowland with us, the Vicarage will celebrate 'Thanksgiving' when we will recall the Pilgrims in 1621 celebrating Harvest. Obviously, I am thrilled and so incredibly excited at the prospect of eating 'green bean casserole' and 'sweet potato casserole topped with marsh-mallows'!... oh goody.



Anyway, it could be argued that November is a month for looking backwards. This ability to remember and hence reflect is a unique facet of humanity. For we do not remember purely as a Pavlovian response to simply prevent or encourage action, but in order enable a deeper emotional and spiritual reflection.

Therefore, for example, Remembrance Day is imbued with so much more meaning than the remembering of those killed by conflict. The day asks questions of us here and now.

The Church has always appreciated this central aspect of remembering as it encourages not only amendment of life but also genuine engagement with the reality of life. This dimension also resonates with the study of history.

A friend of mine, when interviewing prospective history students at Cambridge, would always ask: "what is the point of studying history?" Most students would reply, "So we can learn the mistakes of the past and not repeat them". Any student who gave such an answer was rejected, for, he argued, that the point of studying history was to, "better understand the



reality of the world at that time". He observed, lamenting, that people do not learn the 'lesson of history'.

Hence, like history, remembering can, if we are not careful, become an exercise in platitudes. Here well-worn clichés seek to give a nod to the past and a veneer of lessons-learned for the future. Yet, true remembering confronts us with the pain that so often accompanies life every bit as much as it celebrates the joys and thus, asks deep questions of us.

For us at St Martin's this means that 11<sup>th</sup> November is not just a chance to enjoy a celebratory Mass and slap-up buffet, but also look at Martin of Tours and ask what does this mean to me and the Church.

St Martin was one of those fortunate people who had a dramatic conversion having had a vision of Christ. The vision caused him to leave the army of the Emperor and serve another King. He clearly lived a life that was worthy of the title 'Christian', and so found himself press-ganged into later being a bishop. Those of us not blessed with such a background, conversion and experience might find St Martin a remote figure. However, we remember that it was before all this happened that his simple action saw him partake in the work of Jesus. For it was still as a soldier that compassion filled his heart for a beggar.

It was a soldier's cloak that he cut in half to clothe the beggar, and it was as a soldier that the vision of Jesus filled his night. In remembering Martin we remember that small things can have a huge impact.

The day after we remember Martin another saint is remembered. He is little known to us, but of significance to the wider Church.



On November 12<sup>th</sup> St Josaphat is remembered for his life and work which led to his death. He spent years trying to unite and reconcile the eastern and western Church. He saw it as a scandal that two Churches sharing a common desire should be warring. He lived and worked in Ukraine, and 399 years after his death Russia invaded Ukraine with a narrative of uniting regions but in reality it was an attack of one nation against another. Josaphat met a violent end at the hands of insurrectionists and many experience a similar fate today. That Cambridge don seems to have been proved pessimistically

right. However, what we remember in the Church shows a different narrative is also possible; remembering can lead to renewal. That is the hope of Remembrance Day on 11<sup>th</sup> November, but it is also the promise of All Saints and All Souls' which declare that death is not the end.

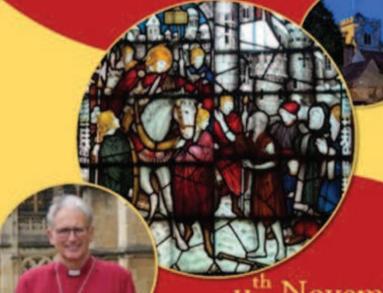
These acts of remembrance are born out of the experience of real life in the Church and world, and also the life of Jesus. His death and resurrection offer a different slant on the usual narrative of history and hope for eternity.

Therefore, whatever you remember this November, however seemingly insignificant remember Martin's simple act, and be hopeful. There is much to celebrate as there is to lament, we simply have to hold it up against the mirror of Christ's life.

Your friend and priest Fr Robert



followed by Party



PREACHER,
RT REVD CHRISTOPHER
COKSWORTH
Dean of St George's Chapel, Windsor

11<sup>th</sup> November at 7.30pm



## Dates for the coming weeks and months....

#### October 2024

5<sup>th</sup> October Harvest Supper 7.30pm

6<sup>th</sup> October All Age Harvest Masses – 9.15am and 11.15am

11<sup>th</sup> – 13<sup>th</sup> October Parish Pilgrimage to Walsingham

27<sup>th</sup> October Dedication Festival

#### November 2024

10<sup>th</sup> November Remembrance Sunday

11<sup>th</sup> November St Martin's Day

Patronal Festival Mass, followed by party at 7.30pm

16<sup>th</sup> November Martinmas Fayre 10.30am to 2.30pm

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## **Prayer for Autumn**

O God of Creation, you have blessed us with the changing of the seasons.

As we welcome the autumn months, may the earlier setting of the sun remind us to take time to rest.

May the brilliant colours of the leaves remind us of the wonder of your creation.

May the steam of our breath in the cool air remind us that it is you who give us the breath of life.

May the harvest from the fields remind us of the abundance we have been given and bounty we are to share with others.

May the dying of summer's spirit remind us of your great promise that death is temporary and life is eternal.

We praise you for your goodness forever and ever.

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## Help wanted....Help wanted....Help

Outlook is looking for writers/contributors!

Have you got something to say? It can be a prayer you have said, a class you have been to, a reminiscence about your religious life, an account of a parish event, some fundraising you have done or anything you feel would fit in the Parish magazine.

Simply write your contribution in 200-500 words and send it to MirandaAtStMartins@gmail.com.

Don't have access to a computer? Drop your contribution in to the Parish Office.

Proposals for longer articles – anything up to 3,000 words –

can be sent to the same email address.

Please send your contributions as Word Documents or JPEGs.

PDFs are extremely difficult to work with!

We want to hear from you!



## Jeremiah and God's Plans By Mervyn Hogg

#### Introduction

Clergy from the Willesden area will meet for four days in October to examine the book of Jeremiah. They will hear about topics of today: Racial Justice, Environment, Support of Refugees and Mission work.

There will also be help for clergy to assess:

- a) How their church and parish is doing at discipling people for daily life and moving from good intentions to pursuing and delivering best practice in contemporary Christianity. The Bishop of London, Sarah+, put down a challenging goal for all Londoner's to experience the Love of Christ by 2030. The COVID pandemic delayed the start but now there is much material available through the Diocese and all should be working at making this happen their churches and parishes.
- b) Personal Self-care and wellness to address the inevitable physical and mental stresses that arise in public ministry at church and local community.



Jeremiah is one of the four prophets who features in the window above the west door of St Martins. A key text, Jeremiah 29 v.11-14 will be considered to explore its implications in relation to daily ministry.

Jeremiah 29:11-14 – Revised Standard Version

- **11** For I know the plans I have for you, says the LORD, plans for welfare and not for evil, to give you a future and a hope.
- 12 Then you will call upon me and come and pray to me, and I will hear you.
- 13 You will seek me and find me; when you seek me with all your heart,
- 14 I will be found by you, says the LORD, and I will restore your fortunes and gather you from all the

nations and all the places where I have driven you, says the LORD, and I will bring you back to the place from which I sent you into exile.

It was originally addressed to Israel's people who were in exile in Babylon. Central to this letter was the instruction from God for the Israelites and the Babylonians to find ways to get along together and find common ground so they could live and

work in the same community for mutual benefit and support. Throughout history there seems to have been tensions and conflict between the different people's of the middle East leading to much destruction and the death of a great many ordinary people, especially women and children. There has to another way to find and share in harmony and peace.

In this article I will attempt to put it in context and look at how it might help us in Ruislip and London today.

I hope it will raise questions and promoter a wider discussion among the Parish of St Martin's, Ruislip about building our Christian discipleship within our Church, in the Parish and neighbours. Read, reflect, pray and let's talk together how we might use this as starting point for more discipleship! *Soli Deo gloria.* 

#### Context

Jeremiah is one of the four major prophets of the Old Testament. The OT book of Jeremiah is large (52 chapters) and comprised of complex sections in poetry and prose. The original sources were written in traditional Hebrew (*Masoretic*) and Greek (*Septuagint*) found in the earliest Christian sources. The earliest English translations appeared around 1534 and today we have many modern translations in English. I have used the RSV(1957) as a study text, but it is worthwhile looking at others such as the Good News Bible (1979) and Jerusalem Bible(1968).

In Chapter 29 the people of Israel are away from Jerusalem and in exile in Babylon as slaves under King Nebuchadnez'zar. Jeremiah has sent a letter instructing the exiles to build homes, plant gardens, take wives and have sons & daughters; multiply and do not decrease. Seek the welfare of Babylon and its peoples and pray for them and yourselves. God is wanting the exiles to make the best of their situation, avoid being misled by false prophets for a lifetime (70 years) after which he promises they will return to Jerusalem. Then follows the core passage shown in the introduction. After these verses God addresses how he will deal with the kinsmen and false prophets with sword, famine, pestilence "making them a horror to all kingdoms of the earth". Read the whole of Chapter 29 and those preceding and following:- the God of the Old Testament can often seem very different from the New Testament who sent his Son out of Love to redeem us from our sin!

Jeremiah is protected but false prophets, Ahab and Zedekiah, two lying prophets, were made an example of vengeance, and cursed because of their villainy, lewdness, and lies, Jer 29:20-23; next follows some account of Shemaiah's letter from Babylon, to the people and priests at Jerusalem, stirring them up against

Jeremiah the prophet; which came to be known, by the priests reading it to him, Jer 29:24-29; upon which Shemaiah is threatened with punishment, and his seed after him, Jer 29:30-32.

## Relevance to Us and for Today

This passage, originally addressed to the Israelites in exile, speaks volumes to us today, especially to the diverse and vibrant community of London. Here's how it might resonate with us:



#### 1. Hope in Uncertain Times:

Just as the Israelites faced uncertainty and displacement, many Londoners today grapple with challenges such as economic instability, social changes, and personal struggles. Jeremiah 29:11 reminds us that there is a divine plan for each of us, filled with hope and a promising future. This assurance can be a beacon of light in our darkest moments. Wherever we are we should make best use of what we have

and strive to be caring, loving and harmonious. There is no place for ignoring others or creating emotional abuse.

## 2. Seeking and Finding:

The verses encourage us to seek God with all our hearts. In a bustling city like London, it's easy to get lost in the noise and busyness. Yet, these words remind us to pause, reflect, and seek a deeper connection with our Christian faith, unite in caring for each other and the wider community. We must overcome and put away past differences of opinion and when we do, we will find strength, guidance, and a sense of purpose to put our church and the Christian Sacraments truly at the centre of the Ruislip community.

## 3. Community and Restoration:

The promise of bringing the exiles back from captivity speaks to the power of community and restoration. London is a melting pot of cultures and backgrounds, and there is immense strength in our diversity. By coming together, supporting one another, and working towards common goals, we can build a more inclusive and compassionate city. Ruislip has evolved over the last 40 years into a very mixed society. We need to be truly open and welcoming to all.

## What Can We Do Together?

- Engage in Community Service: Volunteering and helping those in need can bring us closer and create a positive impact. Whether it's supporting local food banks, participating in neighbourhood clean-ups, or mentoring youth, every act of kindness counts.
- Foster Open Dialogue: Encourage conversations about faith, hope, and community. By sharing our stories and listening to others, we can build understanding and empathy.
- Support Mental Health: Promote mental well-being by creating safe spaces
  for people to share their struggles and seek help. Initiatives like community
  support groups and mental health awareness campaigns can make a
  significant difference.
- Celebrate Diversity: Embrace and celebrate the rich cultural tapestry of London. Attend cultural festivals, learn about different traditions, and appreciate the unique contributions of each community We should be looking to grow and support different age- groups of people with the young learning from



the old plus the old learning from the young. We shouldn't just be seeking racial diversity but diversity in terms of age, physical ability and disability, class and gender.

**Seek and use the power of prayer** We should put aside time to pray on our own each day, with each other in our families. As we come alone or together to church or meeting in groups, we should use the power of prayer in bring us closer to God and other people. Past differences must be put aside, and we must work together for the common good of God's kingdom.

Together, we can draw strength from Jeremiah 29:11-14 and work towards a Christian future filled with hope, unity, and prosperity for all in Ruislip and wider London.

# Food for Thought By Jide Menakaya

As an amateur baker I'm fascinated by the ITV programme, The Great British Bake Off. I find it incredible that simple ingredients like flour from wheat, sugar from sugarcane, butter from milk and eggs mixed by passionate bakers in the right proportion and baked at the right temperature will, with alchemy magic, turn into a fabulous display of sweet, rich creamy cakes of fantastical descriptions. Amazing stuff! When I watch the show judges bite gently into the cakes to savour their taste, I'm never sure if I'm conflicted with envy for not having the creativity to bake such delicious works of art or joy at witnessing human endeavour at its sweetest. Mmmm......

Several times during the Ordinary Time services this summer, Father Robert explored with us the role great food plays in our lives. First, in the here and now, as an important sustenance for our daily existence but more importantly, spiritually, as a vital ingredient in our life's journey on earth.

Food is needed to simply exist.
Researchers believe that a person can

live for up to three weeks without food as long as they have water to drink. Without both water and food, a person cannot survive for more than four days. The Israelites needed food to survive during their long sojourn in the wilderness as they escaped the brutality of slavery in Pharoah's Egypt. Hunger made them question Moses's wisdom for getting them out of Egypt. Their hunger was ultimately sated with a daily dose of manna from heaven.

Food. It is also needed to restore energy. In one of the passages read during the summer, we heard about Elijah who fleeing from Jezebel, went to the desert praying for death. Whilst there an angel attended to him and gave him food - cake baked on coals - and water so he could recuperate. He ate and rested. When he woke up he ate more food provided by the angel and rested some more. Reenergised, he could continue his work advocating for his community and holding their rulers to account.

Food. That glue that brings people socially together. At the heart of the Christian faith is the feast of bread and wine that Christ ate with his twelve disciples in the upper room on Maundy Thursday as they prepared for the unfolding tragedies of Good Friday over 2000 years ago. Today, food binds us as we eat together in the numerous summer barbecues, weddings, birthdays, Christian festivals and celebrations that take place daily in our communities.



Food also features as spiritual nourishment. At every Mass at St Martins, we are fed the body and blood of Christ to remind us of the sacrifice that He made for us and inspire us as Christians to a higher calling. However as Christians we are also acutely aware in our faith

that 'Man cannot live by bread alone, but by every word that comes out from the mouth of God'

Food. We access it in various ways to meet our needs. Physically, Socially, Emotionally, Spiritually and of course, Mentally. One key outcome of great food is that it is enjoyed by all. It nourishes our souls, minds and bodies once 'eaten' and digested.

As this year's summer holidays draws to a close, our children and young people will be starting or returning to their schools, colleges and universities for another diet of learning. Rich new food will be prepared and served by passionate teachers and carers to grow their existing knowledge. Food for their minds to prepare them for the future challenges ahead, to facilitate their collaboration with other likeminded people, to aspire to greatness, to leave their stamp on humanity during their lifetime, to make our world a better place.

We pray that those with the privilege and responsibility for teaching, inspire our young ones to gain and celebrate new knowledge so that despite the bitter challenges they encounter in their chosen quest, they will rejoice in the sweet taste of success that forever awaits them.

Mmmm.....that is food for thought!

# It could only happen in Wales..... By Janet Tippets

We went for a lovely six days in mid-June to enjoy 6 days of blustery sunshine in Porthcawl, South Wales, an area new to us. A lovely hotel on a headland with views of two bays. It has an old-fashioned little High Street of mainly individual shops and the "Home and Colonial" a trip down memory lane. In fact, this area is pure Edwardian with beach trays of tea, canvas deckchairs and windbreaks etc.

We learned they are not into crustaceans, everywhere sold out of sandwiches early in the day but 'we've got prawn'; so we stopped whenever we saw a bakery or a café early in the morning.

On a free day we decided to explore Cowbridge, 'a pleasant Edwardian town with a market'. The bus ran between Cardiff and Cowbridge. We got on. "Do we get a discount with a travel pass?" "I dunno." "Well, is it better to get a day pass or a return ticket?" "I dunno." "Do you go through to Cowbridge or do we have to change at Bridgend?" "I dunno....ask those already on the bus, they'll tell you." I resisted the temptation to ask "Do you know the way?". With a



tatty piece of paper in his hand, "Oh, go and sit down." It was a lovely scenic run.

Mercifully we got down in Bridgend and another driver got on. I said that we had got on in Porthcawl and I hadn't been able to pay, could I pay him? "I can't take the first bit, but could from here on and a return to Porthcawl." It was just £3 for a long ride. I explained the first driver hadn't known what to charge. "Oh, probably not, when they're short of a driver they go to the nearest building site for anyone willing to do a run, has a HGV licence and during his lunch break. He's probably used to driving a dumper truck!!!"

Here, the café had no sandwiches. "We've got prawn but nobody likes that." They sent us to a nearby bakery; "They'll make you a sandwich, then come back and we can do you coffee."

Just before going away, I tore some muscle in my posterior with a sciatica type pain. The hotel beds were exceptionally high, they were level with my waist and I could not get up without twisting, so impossible. I asked if they had a footstool, I came back to find a pair of steps in the bedroom. Unfortunately there was not room to open them between the twin beds, so I slept on a dining room chair, padding myself with pillows. I'd bought a folding step and with a duvet, could sleep.

Mercifully, Julia waited until back in Ruislip before jumping the queue for the NHS. Just three days after return she thought her knee had given way – fell and ended in Hillingdon Hospital. She thought she had a blood test after x-rays etc but woke up with a new hip. Thank goodness it wasn't in Wales!



## An American in (the) Parish By Roland Linder

Before I left the Episcopal church I attended in Chicago, I was asked several times why I'd been motivated to spend the next year in England, and if I had been drawn by the desire to return to the Mother Church. Indeed, this phrase 'Mother Church' was thrown around quite a bit, as if by being an Episcopalian I had somehow also become a diasporic wanderer in the desert, exiled to Babylon, only now permitted to return home. You can imagine my expectation, then, that the Anglican Church would be the shining city upon a hill of Anglicanism, the mecca of Anglo-Catholicism. If the Episcopal Church in America was high, I thought, surely the Church of England would be higher.

You can also imagine my surprise, then, when I arrived at St Martin's (which was as high church as they come, or so I'd been told) and encountered a service that felt, in the best possible way, rather middle-of-the-road Episcopalian. With this, I quickly realized that my metric for 'high church' and 'low church' needed to be urgently reevaluated. When we throw these terms around in the U.S., they serve mostly to gauge how much incense you like at your services. If you're an ardent proponent of a thurifer and altar bells, you're high church, and if you're not fussed about incense and prefer freshly baked bread rather than a wafer for communion, you're low church. To illustrate this point, the first image below is from a church in Chicago that describes itself as low church, never mind the fact that the service grinds to a halt for a full Latin Sanctus sung by a twelve-person professional choir. The second is from a church in Chicago that I would have described as distinctly more high church, but perhaps only because of their extensive use of incense.





Having been in England for two weeks, I see now that these two images look like the exact same variety of high church. I'm realizing that American Episcopalians have little understanding of the real breadth between high church and low church found in the Mother Church.

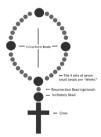
Indeed, while I work at St Martin's, one of the other interns in my program works at St Paul's Ealing, where services progress with drums and a guitar. An image of our services couldn't look more different!

The Anglo-Catholic intensity of the American Episcopal Church, interestingly, coincides with other examples of intensified cultural preservation among emigrant communities. Diasporic communities often hold onto, and even amplify, aspects of their cultural heritage in order to preserve their identities in new environments and do so more intensely than if they had remained in their home countries.

In America, we see this especially with language, as in the case of French spoken in Quebec, which retains several 17<sup>th</sup> century pronunciations that French in France has since lost. This is also seen in Texas (the state in which I grew up) with speakers of Texas German, who continued to speak German for generations after settlers arrived in the mid-19<sup>th</sup> century. Just like with Canadian French, the Texas German spoken today still sounds distinctly 19<sup>th</sup> century to the modern German ear. These speakers have intensely held onto and preserved their culture and language, just as Episcopalians have held onto and preserved their identities as Anglican and Anglo-Catholic.

Predictably, then, Episcopalians are also quite committed to the Anglican rosary (a picture of which you'll find below), something I'd always assumed was standard practice over here in England. How surprised I was to find that Fr Robert had never even heard of such a thing! Instead of the five decades of a Catholic rosary, they feature four sets of seven beads, referred to as 'Weeks'. One can pray a variety of prayers with them, rather than the more set Hail Mary used with the Catholic rosary or the Jesus Prayer used with an Orthodox prayer rope.

If you're interested in surveying different prayer practices like these, along with exercises like the Ignatian examen, centering prayer, and imaginative contemplation, please join me for an exploration of spiritual exercises and meditation in advent!



## The Hardey Column By Tim Rollin

## **Valparaiso**



Valparaiso Port and Municipal Buildings

Valparaiso is the chief port of Chile. Its location on the west coast is mostly due to its magnificent bay. It is protected from the prevailing winds originating in the 'roaring forties' in the south by a large promontory known as Playa Ancha which diverts them away from the bay. There is however, virtually no protection from north-westerlies except for a man-made quayside known as the Molo de Abrigo (a sheltering wharf). 'Temporales' or gales

from the north-west can wreak considerable damage, especially on shipping moored in the bay.

For many years, while Santiago was the Chilean administrative capital, Valparaiso was the business and cultural centre. It was only in the 1950s that businesses moved up to Santiago, probably because Valparaiso is effectively built on a hillside

and you didn't just have the ordinary points of the compass to deal with, but up and down as well. There was very little room for expansion, whereas Santiago lay on a large plain, and was initially a long way from the Andean foothills. Nowadays, the newer parts of Santiago are nestling close to and amongst those foothills.

Valparaiso lies about 75 miles from Santiago which is to its east and very slightly southward. At this latitude, Chile is only about 80 to 100 miles wide.



Central Chile

Valparaiso is a town very much influenced by its early immigrants, mainly British, German and French, as well as Spanish, now all Chileans together.

The beaches to the north and south of Valparaiso are many, from beyond La Ligua in the north to El Quisco in the south. All are sandy and are popular holiday destinations for Santiaguinos (those from Santiago). We spent many holidays in Quisco, or nearby Maitencillo. The only downside is that the Humboldt current comes straight up from the Antarctic and makes the sparkling Pacific distinctly chilly (no pun intended).

In the early days, before the opening of the Panama Canal, the city was an important staging post on the route between Europe and the west coast of the United States of America. Once the Canal opened, it became a terminus and lost much of its former trade. It is fair to say that Valparaiso's heyday was in the relatively short period between say 1850 and 1914 when the canal opened. In that period Valparaiso developed rapidly in its own unique manner. Valparaiso itself is a relatively small area surrounded by many named hills. These hills were the only places where housing could be built since most of the flat land was given over to the port facilities and the business area. Relatively quickly the town became split into two parts, the port and business on the



Me and a gaily painted building

one hand and residential areas in the hills. People were effectively commuting to and from work up and down those hills every day. To start with, the only way to travel was to walk or perhaps go on horseback or by horse-drawn carriage. Roads were long, winding, and steep. Long sets of steps are also a characteristic of the town. If you are at all disabled, or if merely getting on in years, to have to go up or down these steps simply to do one's shopping or to go to work, could effectively isolate you at home unable to do the simplest chores.

The solution to the conundrum of connecting the residential areas of Valparaiso in the hills, to its port and business area at sea level was the building of a series of funicular railways.

The funiculars were built between 1883 and 1932 and are still an important part of the city's transport system. Family lore suggests that Alison's Scottish antecedents may have been involved in the construction, but that would require a lot more research.

There were originally 30 odd built, but now there are only 5 or so still operating. These were only ever for foot passengers. One (Reina Victoria) is very short and has a 50% gradient (I in I in old money) but only 45 metres long (about just over 110 feet)..



Asensor 'El Peral'

El Peral is longer with a slope of 'only' 25% (1 in 2). Some look as if they are on their last legs (or wheels) but are still working and are used regularly. There is a programme of restoration for which grants have been received from UNESCO). but think HS2 and you will see that progress is slow, with costs ballooning, plus the possibility of some personal pocket-lining. The problem is made worse by the fact that some are in private hands and there is no incentive for the landlords to spend money in maintenance and repair costs, since the controlled low fares received make operating the funicular uneconomic. Their dearest wish would be to see the funiculars closed, freeing up the land for re-development. It is a familiar story of competing interests with no strong leadership, causing

confusion. Some of the funiculars look badly in need of renovation while others have been brightly painted in vivid colours or with the national flag as the basis.

Nevertheless, those that are working are an important part of Valparaiso's cultural heritage. While I was in Valparaiso in April this year, we went up and down three of the funiculars, Concepción, Reina Victoria and El Peral. They are all three very similar. They are very ramshackle and clunking, but they work perfectly well. They are after all over 100 years old. Décor is basic and there are no seats, only wooden benches round the inside of the cars. People mostly stand. Journeys are short and there is no sense of the claustrophobia you can get in a crowded underground carriage.

There are many churches in Valparaiso, mostly RC, but there is an Anglican one, St Paul's. Services there were very evocative of home. When I visited Valpo, we were lucky to find it open. It was a Wednesday, church cleaning day. St Paul's was built without a steeple because of the then current regulations. A Lutheran church built shortly afterwards has a tall and proud steeple because the regulation had been revoked.



much so that in the 19th century, church graveyards, were becoming a health hazard. In Happy Jesus

My personal historical view has always been that the Roman Catholic church is austere and not much given to fun, but the mural here, painted on the wall outside a Valparaiso church seems to give the lie to that. The crucified Jesus in the picture is the happiest crucifixion picture I have ever seen. Jesus has a huge grin on His face and is clearly enjoying Himself.

An interesting follow-on from Valparaiso churches is Valparaiso cemeteries. As in the UK, church graveyards in Valparaiso were overflowing. I have said already, that Valparaiso is short of space, so

1893 a law was passed (the Law of Lay Cemeteries) that the churches were no

longer to administer cemeteries and prohibited any more burials in them. New cemeteries would have to accept people of any faith or none. Because the Roman Catholic church had never previously accepted non-RC burials, non-catholics, particularly the British, in 1825, had had to found their own cemetery, which became known as El Cementerio de

Disidentes o Cementerio Inglés (Cemetery of Dissidents, or English Cemetery). After the law of 1893, the wealthy who were being buried there, created large mausoleums and tombs with sculptures and elaborate iconography, such that it has recently been declared a historic monument by the authorities. The less wealthy had to make do with a coffin built into a wall of coffins.

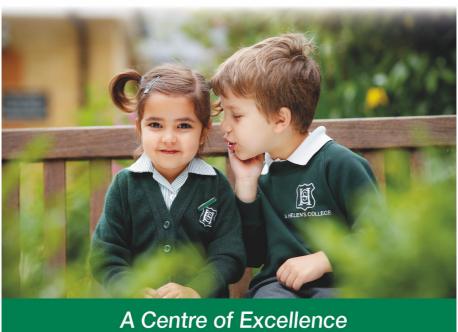


My Uncle Frank Evans, my mother's younger brother, who died in infancy, is buried there, in number 31. My grandmother, Chrisine, his mother, is nearby in number 43. Frank Evans 1914-1919

Valparaiso is where I was born, and I have a particular love for it. The amazing thing about it for me, is that it doesn't seem to have changed very much at all.



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## Meanwhile in America......



**Contributed by Jack Sheen** 

# Pathways in Spirituality By David Hudson

## **Spirituality**

There have been many attempts to follow the ways of Jesus and the early Christian communities to find the right combination of praying and living, which is Spirituality.

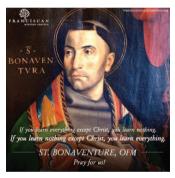
#### Franciscan Spirituality

Franciscan Spirituality is one of living in the world by following in the footsteps of Jesus and experiencing God's giving, revealing, leading, guiding, motivating and inspiring, as exemplified in the lives of St. Francis, St. Clare and St. Bonaventure. From the life and spiritual experiences of Francis and Clare, we turn to look at St. Bonaventure, who tried to form a theology out of the Spiritual experiences of Francis and Clare.

#### The Life of St. Bonaventure

Little is known of Bonaventure's early life. He was born in Bagnoregio near Orvieto, Italy about 1217. His father was a doctor, his mother, Ritella, named him Giovanni.

Bonaventure was 8 years old when Francis died. He was schooled by friars between 1225 and 1235 and joined the Franciscan Order in 1243. At this time his name was changed to Bonaventura – 'good things to



come'. When beginning his studies for a Masters degree at the University of Paris, he became convinced that Francis' renewal of a radical gospel life was intended to expand and permeate the entire church. In 1257, when he became the seventh Minister General of the Order, Bonaventure found himself confronted with conflicts within the Order, so he withdrew to Mount La Verna, which was Francis place of spiritual refuge and where Francis had received the stigmata. Bonaventure went here in order to immerse himself in the spiritual world of Francis. What he experienced we do not know, but he writes:

"While I was there reflecting on the various ways in which the soul ascends to God, there came to mind, the miracle which had occurred to blessed Francis in this very place: the vision of a winged Seraph in the form of the Crucified.

While reflecting on this, I saw at once that this vision represented our Father's rapture in contemplation and the road by which this rapture is reached."



From his experience on mount La Verna, emerged Bonaventure's most famous work – *Itinerarium Mentis in Deum* – "The Soul's Journey into God", in which Bonaventure tries to explain the spirituality of Francis in theological terms.

As General of the Order, Bonaventure travelled a great deal visiting Friaries in Italy

and other European countries, whilst also attending the occasional papal court. In 1273 he was appointed cardinal by Gregory X. He took an active part in the preparation of the Second Council of Lyons. Bonaventure died in 1274 and was canonized by Sixtus IV in 1482. He was made Doctor of the Church – and is known as the Seraph Doctor.

## The Structure of Bonaventure's Thought

Francis of Assisi was the centre of Bonaventure's world. Like Francis, Bonaventure saw everything in the light of his understanding of an active, dynamic Trinitarian God.

What distinguishes Bonaventure from his contemporary Thomas Aquinas is to be found in Francis, the person Bonaventure admired and loved so deeply. Von Balthasar writes:

When we speak of the Francis event, we have at last mentioned the living organizing centre of Bonaventure's intellectual world, the thing that lifts it above the level of a mere interweaving of the threads of tradition. Bonaventure does not only take Francis as his centre; he is his own sun and his mission."

Important elements of Bonaventure's thought include: Experience of the Trinity
Experience of Christ
Emanation, exemplarity and consummation
Experience of God
Knowledge as *Scientia, sapientia* and *ecstasis* 

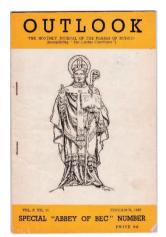
We will look at the distinctive parts of Bonaventure's thoughts in the next edition.

## **Bookworm**

## By Valery Cowley

### **Bookworm explores 'The Monthly Journal' for the late 1950s**

January 1957's cover was a b/w image of the (since stolen) west wall niche figure of our patron, St Martin in Amiens cutting his Roman army cloak to clothe a shivering beggar.



Priced 6 old pence, 'Outlook' incorporated 'The London Churchman' and the Parochial 'Who's Who' was erroneously headed 'Ruislip Priory and Parish Church of St Martin': it was always simply the Parish. Sunday Parish Mass was followed by a monthly Children's Mass and Mattins and Sermon, with a monthly Litany and noon Holy Communion; then Evensong and Sermon ('Solemn' on Festivals). Daily Masses ranged from 6.45 to 9.30 a.m., with Evensong at 6 p.m. This complex timetable was only possible with an Assistant Priest and Lay Reader. Vocational guidance was for 'young men' only .....

The numerous parish organisations included Mothers' Union, C of E Men's Society, Fraternity of the Resurrection, Confraternity of the Blessed Sacrament,

'Over Twenty' Club, Youth Fellowship with Fr P Lingard as Chaplain, St Martin's Guild for Children, 11 to 15+, a Women's Gathering, Guild of Ringers, Church Bookstall, Deanery Moral Welfare, etc.!

The Ten Fundamental Principles of the C of E were printed, as were 'Notes from our Organisations', a report from BWI School and encouragement to visit the Abbey of Bec.

'The Parish Pump' pages included the anonymous donations of a new Christmas Crib and a cheque for Sanctuary improvements; Operation Firm Faith; restoring the Lady Chapel. It reported improvements in parochial life, except for the widespread steady decline in attendance at Mattins; and condolences on deaths and good wishes for the seriously ill.

February 1957 records an overall parish Christmas card distribution – not always appreciated. The Vicar explained the significance 'Catholic' in the face of the Anglican Church being called a 'protestant denomination'.

March 1957 featured Mothering Sunday; a plea for new Sunday School teachers and a second appeal for remaining fabric restoration. An ordinand doing National Service reported on 'a week at Bagshot Park'.

April 1957 described in detail Holy Week Services. Fr Bishop CR, Principal of the College of the Resurrection, Mirfields was visiting priest. Two ex-curates were to be locums for Staff holidays.

May 1957 Father Grange-Bennett wrote about devotion to Christ's mother in Mary's Month. Eastertide communicants' numbers continued to increase. A Gallup Poll of religion in this country gave details of increasing busyness being a frequent cause of not going to church.

June 1957's cover changed to feature Bishop Martin with Crosier and Bible. The Vicar announced a second 5-year plan of evangelism, centred on the altar and prayer group. There was news of Clergy holidays, the Pilgrimage to Bec, Corpus Christi at Laleham Abbey, the work of 'Choir Mother', the deaths of two key parishioners and the departure of the talented organist and choirmaster.

July 1957 The retired headmaster of BWI School acknowledged a cheque from the

parish following his 26 years' tenure. The new headmaster and his wife were welcomed. A Hillingdon resident, Norman Rogers volunteered to replace Stuart Monro as Lay Reader. A Vicarage Garden Party and Bring and Buy sale was poorly attended because of tropical heat.



The Vicar was to conduct an October mission to Denby, Derbyshire. Anglican Franciscans were to hold a Teaching Week in Ruislip. The Historic Churches Preservation Trust had granted £1,000 for the restoration of our tower. The Sunday School Superintendent was to train for the priesthood. A digest of Church Times cuttings followed.

August 1957 The Vicar's holiday was cancelled owing to family illness. Therefore Fr Lingard went to Bec, his first foreign trip, on a moped, with no French! Paris was included. Dr Durrant, organist at Pinner, was to replace Robert Munro. A wooden statue of St Martin (recently restored) and two flower pedestals had been donated. 'An Anglican View on Reunion with RCs' was reprinted from the Church Times.

September 1957 announced the resignation of the People's Warden, owing to family illness. The south aisle roof was restored.

October 1957 was a special Abbey of Bec number. Major Hunt, choir and PCC member, was elected replacement Warden.

On Terry King's departure to Durham, he was replaced as Sunday School Superintendent and Dennis Edwards replaced him as Bookstall Secretary. New oak communion rails were promised by Miss Russell, in memory of her sister. BWI School had an excellent report from the Diocesan Inspector.

November 1957 A Bec reunion was announced and the Resurrection of the Abbey and the parish visit were described. Great respect for and understanding of the C of E were shown by the Community. Honfleur and the Lisieux Basilica were visited. Fr Lingard had worked for a year at St George, Paris, where the group attended Sung Mass.

The 'Over Twenty' Club had its first AGM and made three visits to places of interest.



help others. It has the feet to hasten to the poor and needy. It has eyes to see misery and want. It has the ears to hear the sighs and sorrows of men. That is what love looks like.

—St. Augustine

(Catholicium

# Martinmas Fayre 2024! By Miranda Reading

St Martins Church Martinmas Fayre will be held on 16th November from 10.30 am to 2.30pm.

It has been a difficult few years, with the church being closed during the pandemic and the issues that have arisen during the interregnum. The Fayre is an opportunity for everybody in the church to come and work together to produce an enjoyable day and also to raise much needed funds.

A number of people have come forward to do stalls and there have been other offers of help but there is still room for new ideas.

There will be a need for a lot of help setting up on the 15<sup>th</sup> and clearing up after the Fayre on the 16<sup>th</sup> so if you are able, please offer your help! The Martinmas Fayre will be a success with all of your support.

We would be grateful for any donations for the tombola, raffle, auction or bric-a-brac stalls including:

Wine, spirits and beer Chocolate, sweets, boxes of biscuits Packaged gifts Nearly new toys, games, Books DVD's and CD's

Please kindly leave all donations in the donation box in the church hall foyer or with Gill Dargue in the office.

Also on the day we would be grateful for donations for the cake stall: Homemade cakes, scones, cookies, biscuits and sweets or any preserves of jam, marmalade or pickles!

There will be a raffle with tickets being sold on the day and two weeks before at Thursday lunches and Toddlers club. There will also be a silent auction. Any donations of prizes for these would be appreciated.

Refreshments will be available with Sweelin Cunliffe leading the effort to produce bacon rolls for all.

Please don't forget that this will be a cash only event!

Alison Cummins is leading the organisation of the Fayre so if you would like to offer your time to help on a stall or set up on Friday 15<sup>th</sup> November and/or help clear up on Saturday after the Fayre please e mail her on alisoncummins@live.co.uk or call or text her on 07702 839793.

So please put the date in your diary and tell your friends, family and neighbours!



SATURDAY 16TH NOVEMBER • 10.30AM – 2.30PM ST. MARTIN'S CHURCH HALL • EASTCOTE ROAD • RUISLIP



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## St Martin's Crossword By Jude

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#### Across

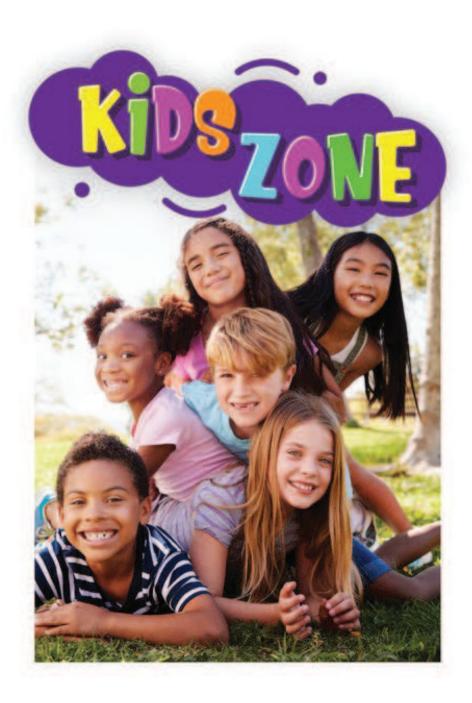
- 1. With 6 across, 18 across, 20 down, 23 down and 12 across: Harvest hymn of German origin. (2, 6, 3, 6, 3, 7)
- 3. Liturgical vestment worn about the neck and shoulders. (5)
- 6. See 1 across. (6)
- 9. One of the founders of the Oxford Movement. (5)
- 11. "And why do you look at the speck in your brother's eye, but do not consider the \_ in your own eye?" Matt.7:3 NKJV (5)
- 12. See 1 across. (7)
- 13. In Nebuchadnezzar's dream, the statue had of clay. Dan. 2:31-35 (4)
- 15. Slain by his brother Cain. (4)
- 17. Holy \_, vessel used by Christ at the Last Supper. (5)
- 18. See 1 across. (3)
- 20. See 28 across. (6)
- 22. Prophetess of the tribe of Asher, mentioned by Luke. Luke 2:36-38 (4)
- 24. Second book of the Bible. (6)
- 26. The day of the Last Judgement. (8)
- 28. Holy day observing the Crucifixion. (4, 6)
- 29. His name meaning 'fool', his wife Abigail saved him from David's wrath. 1 Sam. 25:1-43 (5)
- 30. So be it. (4)

#### Down

- 2. Sold his birthright for a mess of pottage. Gen. 25:29-34 (4)
- 4. Mother of Jesus. (4)
- 5. Eucharistic altar linen. (8)
- 6. Father of 22 across. (7)
- 7. To defrock. (8)
- 8. Part of God's questioning of Job: "Does the \_ take flight by your wisdom..." Job 39:26 (4)
- 9. 28 across was called the of the Crucifixion in the early Church. (5)
- 10. Palm Sunday celebrates when Jesus \_ Jerusalem on a donkey. (7)
- 14. Shrove \_ immediately precedes Lent. (7)
- 16. Paradisiacal garden. (4)
- 19. Archaic term for clothing. (7)
- 20. See 1 across. (6)
- 21. Religious painting or representation. (4)
- 23. See 1 across. (3)
- 25. "And this shall be a \_ unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger." (4)
- 27. First man. **(4)**

### **Solution to Last Edition's Crossword**

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Sow seeds of peace in this world, Lord and if necessary use me as your gardener.



I will not be anxious, my soul is at peace, the load that I carried has now been released.

## Kids Zone....Kids Zone....Kids Zone....Kids Zone....Kids Zone....

Hello! Welcome to the zone for the Kids of St Martin's! This is intended to be *your* space with things that interest *you* as well as things relating to you and your doings. This space will encompass BWI news and Young Church.

We'd also like to welcome contributions to the Kids Zone from our younger readers. It can be something you've done at school, a favourite pet, something that you've done at school or simply your feelings about God and the Christian world. Send your contributions of 50-300 words to <a href="mailto:MirandaAtStMartins@gmail.com">MirandaAtStMartins@gmail.com</a> by the 16th of November 2024.

Kids Zone....Kids Zone....Kids Zone....Kids Zone....Kids Zone....

#### **Word Search**

т	R	1	N	1	т	Υ	J
L	J	0	s	Ε	Р	н	E
R	E	н	т	Α	F	0	s
Υ	L	1	М	Α	F	Р	U
R	Р	R	Α	Υ	E	R	s
Α	G	s	s	Α	М	R	٧
М	0	н	С	R	U	н	С

All the words listed below are in the puzzle - left, right, up, down or diagonally. After you have found all the words, arrange the leftover letters in the correct order to form the mystery answer.

Bible, Church, Creator, Family, Father, God, Jesus, Joseph, Mary, Mass, Peace, Prayer, Trinity

Credit: <a href="https://www.christianbiblereference.org">https://www.christianbiblereference.org</a></a><br/>Contributed by Sara.

## There is a Queen in my bedroom! By Nicola Wisniewska (Age 11)



I can't believe that it has been over two years since our beloved Queen passed away. I always dreamt to see the Queen face to face but unfortunately it never happened in my lifetime. But! on one night something magical happened to me and I still can't explain it!

I laid on my bed, but I couldn't sleep at all. I looked out the window and I saw beautiful, yellow, shining stars, which were shaped like kids playing hide and seek giggling and having fun. The big, white & yellow round moon that looked like father looking after his star-kids.

And then I saw something amazing, a glittery, sparkling shooting star so I closed my eyes and tried to make a wish, "I wish i could meet the Queen one day" When I opened my eyes again

I saw a kind of strange shadow on the wall. Somebody was in my room. I turned my head slowly and I saw a women sitting in the rocking chair in the corner, where usually my mum sits reading me bedtime stories. The Lady looks very elegant. She wore a bright yellow skirt, the same colour jacket and red shoes. On her head was a big, circle, red hat with big, beautiful, yellow roses. The hat hiding nearly all her face. I saw some small wrinkles on the bottom of her face so I knew that she is not young.

"Who are you and what you are doing in my bedroom?" I asked with a little frighted voice.

She looked up and I saw all her face. The skin was kind of white and her eyes were blue and deep like the ocean. Her lips were red. I had a feeling I knew her but I was waiting for her to speak.

"I'm the Queen! Queen Elizabeth II and my Angel-Soul sent me to you because you really wanted to meet me and so here I am"

She then started to tell me about her life, family and even small secrets, interesting facts that some didn't even know about. Everything sounded so amazing. I realised that being the Queen was a massive job and responsibility. The Queen was always very busy and had a lot of meetings and charity jobs. She was the longest reigning monarch Britain has ever had.

I also found out that only in the church, the Queen had a wallet with money in it. She was the only person in the UK allowed to drive without a licence. She had many hobbies (horse riding, pigeon racing and football). The Queen had sent around 50, 000 Christmas cards. She owned an elephant, two giant turtles, a jaguar and a pair of sloths. Oh and don't forget about her favourite corgis!

All the stories which the Queen shared with me were absolutely amazing but it was late and I started feeling tired and was not even sure when I started falling asleep.

The next day when I woke up i was feeling wonderful. My brain was full of information about Queen. I couldn't" explain what had happened in the night! Was it a dream! Or did I really meet the Queen......

Deep in my mind though I have this hope that one day the Queen will visit me again and share more memories of her life with me.

God save the Queen!.

## What's on at Bishop Winnington-Ingram Primary School

Our vision: 'My Cup Overflows' Psalm 23:5

A community that gives each child an outstanding spiritual, academic and practical education and instils an awareness of the overflowing joy, love and peace that comes from God's love for us, so that they are able to achieve their potential and truly experience 'life in all its fulness' Uohn 10:101.



#### Welcome to your regular update from BWI Primary School!

As the new Head of School at BWI, it's my privilege to join the thriving and supportive community here in Ruislip. Having spent over a decade teaching in small Church of England schools in London, I understand the special role of the village school in the big city. The relationship between our school and the community of St Martin's is an important part of what makes BWI a warm and supportive place where every child can thrive.

We are delighted to announce that our brand-new nursery for 2-year-olds is now up and running! It's been a joy to see our youngest learners starting their educational adventures with us. This addition reflects our commitment to nurturing every stage of a child's development, right from the very start. We are also thrilled with our new outdoor space for the Reception children, designed to support both their personal and academic development. We look forward to seeing them make the most of this wonderful new addition to our school.

This year is shaping up to be full of fantastic events that we warmly invite you to join. The BWI Fireworks Night on 10th November will be a great occasion for the whole community to come together. We are currently seeking sponsors for this event, so if you have a business that could support us, please get in touch! We will

also be hosting a sparkling Christmas Craft Night on 29th November, where you can bring a group of friends to make Christmas wreaths accompanied by festive music and fizz. To purchase tickets for either event, please email bwischoolpa@gmail.com

As always, we remain dedicated to providing a nurturing Christian environment overflowing with love, joy and peace, so that all our children are able to flourish academically, socially and spiritually. Our values of compassion, peace, thankfulness, endurance, humility and trust will continue to guide everything we do in the best interests of the children.

Mrs Hale

Remember to follow us on Instagram for a glimpse into the vibrant life of our school and celebrate some special days alongside the children in school.



## www.bwicofe.co.uk

Southcote Rise, Ruislip, HA4 7LW Tel: 01895 633520 email: office@bwi.org.uk

## St Martin's Church Parish Directory

VICAR	Rev Dr Robert Chapman	13 Eastcote Road, Ruislip HA4 8BE. Tel: 01895 633040 Frrobertbchapman@gmail.com
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ASSOCIATE	Fr Michael Bedford	Tel: 020 8866 4332 Mabedford07cr@gmail.com
All clergy	can also be contacte	d through the Parish Office
LAY PASTORAL ASSISTANTS	Nina Gibbins	59 Kingsend, Ruislip, HA4 7DD Tel: 01895 639494
	Alison Rollin	149 Bury Street, Ruislip, HA4 7TQ Tel: 01895 675493
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WARDENS	Jacqueline Alderton	Tel: 07944 878203
	Peter Golby	Tel: 07908 408108 pgolby@live.co.uk

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PCC Treasurer	Danny Dartnail	Tel: 07932 604042
PCC Electoral Roll Officer	Jo Wild	Tel: 01923 820331
Parish Clerk/Admin/Webmaster	Gill Dargue	Tel: 01895 625 456
Bible Reading Fellowship	Alan Seymour	Tel: 020 8868 5557
BWI School	Rachel Blake	Tel: 01895 633 520
Brownies (9 <sup>th</sup> Ruislip)	Fiona Sweet	Tel: 07946 521997
Children's Society	Peter Trott	Tel: 01895 675760
Christian Aid	Jack Sheen	Tel: 01895 634755
Church Grounds Upkeep	Malcolm Roberts	
Church Hall Bookings	Gill Dargue	Tel: 01895 625 456
Church Welcome	Mary Coulthurst	c/o Parish Office
Cursillo Representative	Chris Hoppett	Tel: 01895 672463
Director of Music	Viktoria Goncharova	
Flower Arranging	Jan White	Tel: 07747 463646
Friends of St Martins	Jacqueline Alderton	Tel: 01895 676194
Guides (2 <sup>nd</sup> Ruislip)	Lin Gregory	Tel: 01895 905 511

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Rainbows (2 <sup>nd</sup> Ruislip)	Gina Glossp	Tel: 07904 030 161
Rainbows (9 <sup>th</sup> Ruislip)	Cat Reid	Tel: 020 8866 1988
St Martins Outlookers	Vacancy	
Sacristy Team	Diane Roberts & Alan	
,	Seymour	Tel: 020 8868 5557
Safeguarding Officer	Judith Kaplan	Tel: 01895 672 619
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Sidespeople	Sarah Jacob & Alan Seymour	Sjacob325@gmail.com
	,	Tel: 020 8868 5557
Thursday Lunches	Sweelin Cunliffe	Tel: 07931 134507
Toddler Group	Vacancy	
Tower Captain	Judith Roberts	Tel: 01895 638143
Young Church 9.15am	Vicky Golby	Tel: 07770 782922

Please submit all items for the December/January issue to <a href="mailto:MirandaAtStMartins@gmail.com">MirandaAtStMartins@gmail.com</a> by 16<sup>th</sup> November 2024.

Don't forget to include your contact details if sending material by post.

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# HOW ELDERLY CARE AT HOME CAN SLOW THE PROCESS DOWN

01895 694 930

PLEASE CALL US TO BOOK YOUR FREE CONSULTATION

Most people associate care with residential care homes and the end of independence. However, there is the option to stay at home whilst receiving dignified, professional elderly care.

Some people have lived in the same house for decades and it can be heart-breaking to leave it for an unknown place that might not feel as welcoming, familiar and have the cherished memories as your home does. It can also be extremely confusing to move someone with dementia out of familiar surroundings.

If you or your family member is struggling with day-to-day tasks, feeling lonely, need someone to take them shopping, attend medical appointments, or just need someone they can count on to provide care and help that is needed. That is exactly what we do at Home Instead. We provide bespoke, flexible older person's care that is dignified thanks to our compassionate, friendly CAREGivers.

We have found that when you start providing a little help at home to older people, it can help prevent accidents and delay the need to move out of their own house. Our CAREGivers build a strong relationship with their clients which allows them to spot any changes in their health or behaviour and take the necessary actions to prevent the situation from getting worse.

