

Outlook



Parish Magazine

December 2024/January 2025



Vol: 24 | No: 2

£2



BIRD & LOVIBOND
SOLICITORS

**YOUR FRIENDLY,
LOCAL LAW FIRM**

Probate, Wills, Power of Attorney, Property, Family, Employment.

01895 636037

11-15 High Street, Ruislip
www.bird-lovibond.co.uk

Welcome from the Outlook Editor

Miranda Reading

Welcome to the Advent edition of Outlook!

The first of the frosty days are upon us, reminding us of the inexorable waning of the year. But as Christians, we are also heading towards the beginning of a new lectionary year with the onset of Advent.

Advent can be an odd season – proclaimed by the church to be a season of fasting and penitence as we wait for the light of the world to come amongst us. But as a more secular country these days, Advent sees the inevitable round of Christmas parties and meet-ups. How do we balance these? Our agony aunt column, Ask St Martin, returns this issue and will deal with that thorny question.

Amongst the Advent and Christmas joy, it's too easy to forget those who have been forgotten and who suffer from great loneliness during this season, such as the elderly and the homeless. Our Lord reminds us that everyone is welcome in his Father's house and perhaps during this season, we can all make a little more effort to bring the joys of the season to all. Stop to talk to a beggar, chat to a stranger and remember that the smallest gesture can really help. Don't wait for people to come the Lord, take the Lord to them.

We have a positive plethora of articles and events this issue and I hope you will enjoy settling down to Outlook with a nice cup of tea and perhaps, a mince pie. We have an Advent Suite by Mervyn Hogg (pp 15-21), a fascinating Bookworm (pp 35-37) and another column from our intern Rowland Linder on pages 27-28. We also have photos of recent parish events.

Could you contribute something to the magazine? Do send us your thoughts, your prayers and your stories. All contributions and feedback by 16th January 2025 please to MirandaAtStMartins@gmail.com. Thank you.





Fr Robert Writes..

Dear Friends,

I write this letter on the day after the Archbishop of Canterbury has resigned. Hence, my thoughts have been somewhat dominated by the issues surrounding his decision. Inevitably, as a priest and Christian the question arises how to pray. Of course, our first and rightful compulsion should be to pray for the victims of abuse, but then also for our Church nationally and locally. It is this second aspect which prompted me turn to Bishop Thomas Ken, once Anglican bishop of Bath and Wells. He wrote his second best prayer for and to the Church:

Most gracious Father, we pray for your holy catholic Church:
fill it with all truth, and in all truth with all peace;
where it is corrupt, purge it;
where it is in error, direct it;
where anything is amiss, reform it;
where it is true, strengthen and confirm it;
where it is in want, furnish it;
where it is divided, heal it and unite it in your love;
through Jesus Christ our Lord.

Ken himself was a notable hymn writer, penning: *Awake my soul and sing and Praise God from whom all blessings flow*. He was also compelled to leave his bishopric after his refusal to swear an oath of allegiance to William of Orange, having previously sworn one to James II. As a result of this, he spent the rest of his life no longer as a bishop but as a school master and lodger at Longleat, with an old College friend.

Something of which I was not aware, but a horrible irony, is that Ken was both a pupil and a master at Winchester College, the site of some of John Smyth's appalling abuses while running his abusive camps.

Ken's later life was dedicated to hymn writing, poetry and prayer. His prayers reveal someone profoundly aware of need for the Church to be vigilant and its responsibility to care for the youngest and most vulnerable. In some of his prayers he reflects on the Christ child and his presence here and now, and that is, of course, the focus of this Christmas and Epiphany season.

It was conscious of this that my initial thoughts then turned to a writer 100 years prior to Ken, Bishop Lancelot Andrewes.

Lancelot Andrewes has been a constant on my pilgrimage. A former Archdeacon of Newark gave me a copy of Andrewes' prayers. To a dyslexic 9 year old, the 16th century Elizabethan language was impenetrable. Even later in life in when I heard people wax lyrical about his sermons that wowed the courts of Elizabeth I and James I, the words seemed remote and archaic, and so I consigned him to the shelf of rarefied texts. However, when doing research into the Eucharist, I found I could not swerve or dismiss dear Bishop Andrewes, and so blew off the dust from his pages and dipped cautiously in his pool again. What I found was intimate and profound.



Andrewes' reflections on the Eucharist connected the experience of the communicant at the altar rail with that of the angels that first Christmas. Here is a little of what he said:

Christ in the Sacrament is not altogether unlike Christ in the cratch [crib]. To the cratch we may well liken the husk or outward symbols of it. Outwardly it seems little worth but it is rich of contents, as was the crib this day with Christ in it. For what are they, but infirma et egena elementa, 'weak and poor elements' of themselves? Yet in them find we Christ. Even as they did this day in præsepi jumentorum panem Angelorum, 'in the beasts' crib the food of Angels;' which very food our signs both represent, and present unto us.

What Andrewes is describing is the extraordinary connection between our Christmas (and every!) Communion with that of the Nativity. He reminds us that as Christ was cradled in the manger and the arms of Mary and Joseph, he is also cradled in our hands at the Eucharist.



Elsewhere Andrewes would describe the Church as being 'Bethlehem' because it houses the Christ child.

This may sound fanciful, even if sacramentally true, but it does remind us of the profound responsibility we have. The responsibility exists also in an essential other dimension beyond the sacramental, because, as our patron St Martin reminds us, Christ is in our fellow human beings. Remembering this principle, that all are in the image of God, is not just key at Christmastime but at all times. It is this that makes our Church and homes safe and welcoming. It is this which lies at the heart of Thomas Ken's most famous prayer:

O God, make the door of this house wide enough to receive all who need human love and fellowship; narrow enough to shut out all envy, pride and strife. Make its threshold smooth enough to be no stumbling-block to children, nor to straying feet, but rugged and strong enough to turn back the tempter's power. Amen

My prayer for you and for our Church is that we never lose sight of the Christ child in our midst: in the sacraments, and, importantly, in one another.

Your friend and priest,

Fr Robert

Dates for the coming weeks and months....

December 2024

Friday 13th December Parish Christmas Dinner, 7.30pm at Browns

Saturday 14th December Advent Quiet Morning, 10am – 12.30pm

Sunday 15th December Nine Lessons & Carols, 6.30pm

Tuesday 24th December 4.30pm – Children's Carols

6pm – Nativity Mass

11.30pm – Midnight Mass

Wednesday 25th December Christmas Day - Mass at 8am and 10am

Sunday 29th December Holy Family – Mass at 8am and 10am

January 2025

Saturday 25th January Quiz Night and Fish and Chip Supper – 7.30pm

Do you have a 2 or 3 year old?
Apply for your BWI Nursery place today!



Bishop Winnington Ingram Church of England Primary School

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



About our school

Tucked away from the high street, next to the River Pinn, Bishop Winnington Ingram Primary School is your village school in the heart of a busy town.

At our school, we know every child by their name and we embed our Christian values in every step of their learning.

We strive to become a part of your family and recognise the vital importance of a supportive, high quality environment where your child has the opportunity to reach their potential.

2

year old nursery
places available
today



follow us on
Instagram!



@BWL_PRIMARYSCHOOL

Southcote Rise, Ruislip, Middlesex, HA4 7LW
Call: 01895 633520 Email: office@bwi.org.uk

bwicofe.co.uk

Ask S. Martin



Dear St Martin,

I find it difficult to be Solemn in Advent with all the Christmas Parties. How can I live a more holy Advent?

This is an all-too-common issue for all Christians, as Christmas becomes more 'secular' and Advent loses much of its significance for many people. Hence, Advent is considered an early Christmas, treated as such, and something perhaps especially perpetuated by chocolate Advent Calendars. In addition, Mince Pies are available in August (their 'best-before' date expiring well before 25th December!). In November, Christmas decorations line the shops. By September, Mariah Carey can be heard belting out her Christmas hit, and Christmas parties fill the social calendars of workplaces throughout the nation. Although many still do attend Church at Christmas, and defend its true meaning as the celebration of the birth of Christ, many do not recognise the importance of Advent as a key part of the spiritual and sacramental life of the church.



Traditionally, Advent was treated very much like Lent, 'full' of fasting, devotion, and prayer. To treat Advent like Lent in the modern age, however, would be anathema to wider society, not to mention most Christians. For many, the only thing that connects these two seasons is the same-coloured vestments and candles. Even the most spiritually conscious would find it difficult to give up the ever-present social obligations during this period to reconnect Advent to the spiritual journey it once was.

What is a Christian supposed to do, then, to remain solemn during Advent? Though it may be difficult to match Lenten levels of devotion during this time, a Christian can still do many things to remain solemn and holy during Advent.

Something that you can do is to focus more on connecting with God and finding a space for spiritual reflection. This could be through attending more church services, going to bible studies, or joining Rowland's prayer group. Advent then can be a season to try to find the time in the day to really reflect and connect with God on a personal level without outside distractions and demonstrate your devotion to God, taking time out of our busy lives to keep watch in silence like the shepherds who travelled far to witness and reverence the birth of Christ.



During advent it may also be good to get more involved within the life of the Church itself. Whether this be through readings, prayers of intercessions, serving, singing in the choir, helping at Thursday lunches, or being involved in one of the many church committees; like Joseph and his commitment to support our Blessed Mother we should be committed to support our Mother Church.

Personal devotion through acts of kindness and generosity may also help in your journey, such as giving to charity, volunteering, and helping those less fortunate, and in that way remembering the generosity of the Magi.

Through a variety of these acts of devotion, we may gain a greater understanding and appreciation for our own spirituality, the Church, our community, and God. However, it is important to remember that these devotions aim to guide you on a spiritual journey to connect with God and make you feel more grateful and appreciative for the blessings in your life. They are not there to make you miserable and resentful towards your commitments to God and the Church, or to make you feel like the Pharisees, superior to others who lead far less holy Advents. These acts are done to nourish your soul and appreciate what God has given you. You must not only be generous in action but also in spirit. These devotions and commitments are important because of the fundamental point of the Nativity, where many people of vastly different backgrounds came together through long and arduous journeys to witness and give reverence to the birth of Our Lord Jesus Christ, the greatest gift God bestowed upon the world. We should take the same approach in our devotion to Christ's birth, that we give reverence and keep it holy and, like God, be generous towards others. Whether this be by looking to the generous gifts of the Magi, the journey and commitment of the shepherds, or the support we give to our church like Joseph gave to our Most Blessed Mother.

I hope that this can serve you, my brothers, and sisters, in keeping Advent holy.

With all my sincerest thoughts and prayers,

Sanctus Martinus Turonensis

- Saint Martin of Tours (with a little secretarial help from Alex Chapman)



Prayer for Advent

O Christ, come into our world of darkness

Light up our lives with your coming.

Fulfil all our longings with the joy of your birth

Strengthen our resolve to work for change in our world

And to share the hope of your birth that each Advent brings.

Amen.

Sr Bridgetta Rooney/CAFOD





MAIL BOXES ETC.

www.mbe.co.uk

post, parcel & print centre

Photocopying & Printing

including

Invitations & Orders of Service

Stationery

Office Supplies

Packing Materials

Postal & Courier Services

available at

MAIL BOXES ETC.

161 High Street, Ruislip HA4 8JY

01895 630436

www.mberuislip.co.uk info@mberuislip.co.uk

"Serving business & the community"

Printers of Outlook - the St. Martin's parish magazine

A Merry Christmas & A Happy New Year to all

Help wanted....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!



Advent Suite

By Mervyn Hogg

Introduction

Table 1: Reading Materials

1. Sunday	2. Introit	3. Epistle	4. Gospel
5. Next before Advent	6. Psalm 127	7. Jeremiah 23 v. 5-8	8. John 6 v. 5-14
9. Advent 1	10. Psalm 1	11. Romans 13 v. 8-13	12. Matthew 21 v. 1-13
13. Advent 2	14. Psalm 120	15. Romans 15 v. 4-13	16. Luke 21 v. 25-23
17. Advent 3	18. Psalm 4	19. 1 Corinthians 4 v. 1-5	20. Matthew 11 v. 2-10
21. Advent 4	22. Psalm 5	23. Philippians 4 v. 4-7	24. John 1 v. 19-28
25. Christmas Eve	28. Psalm 98	31. Titus 2 v. 11-15	35. Luke 2 v. 1-14
26. Day	29. Psalm 8	32. Hebrews 1 v. 1-12	36. John 1 v. 1-14
	30. Psalm 8	33. Hebrews 1 v. 1-12	37. John 1 v. 1-14
		34.	

Collects and readings from the Book of Common Prayer (1549-introits and 1662 editions) are given as an aid for meditation and prayer during the Advent and Christmas season. Poems based on these have been produced to support this journey. Use the readings and prayers and as you think about them make notes to help you plan how you will develop your faith and share the experience of the Love of Christ with others in 2025. As part of your preparation, you might also like to adopt the tradition of fasting on Ember days- Wednesday, Friday, and Saturday before Advent 3 (11,13,14 Dec 2024).

Prelude

Stir up, we beseech thee, O Lord, the wills of thy faithful people; that they, plenteously bringing forth the fruit of good works, may of thee be plenteously rewarded; through Jesus Christ our Lord. Amen.

In Faith's Embrace

In labour's toil, a house we frame,
But vain our hands without His name.

Unless the Lord doth build, we strive in shadows, longing to arrive.

Oh, rise not early, rest not late, For anxious bread shall never sate.
To those He loves, He grants repose, A peace, a calm the soul well knows.

Children, treasures from the Lord,
Arrows in a quiver stored. A heritage, a sweet reward,
For those who trust and walk His word.



Stir up our wills, we humbly plead, that fruits of good may grow indeed.
Through works of love, in grace's thread, reward us, Lord, as we are led.

Behold, the days are drawing near, a Branch from David shall appear.
With wisdom, justice, He shall reign, our hearts, our lands, no longer strained.

No longer tales of Egypt's flight, But rescue from the northern night.
In safety, Israel's children stand, Delivered by the sovereign hand.

In Galilee, by loaves and fish, His blessings overflow each dish.
Five thousand fed, and more remained, His boundless mercy uncontained.

Advent 1

Almighty God, give us grace that we may cast away the works of darkness, and put upon us the armour of light, now in the time of this mortal life, in which thy Son Jesus Christ came to visit us in great humility; that in the last day, when he shall come again in his glorious Majesty, to judge both the quick and the dead, we may rise to the life immortal; through him who liveth and reigneth with thee and the Holy Ghost, now and ever. Amen.

Advent's Dawn

Blessed is the one who shuns the path, Of wicked counsel, scorn and wrath.
Who finds delight in God's pure law And meditates with reverent awe.

Like trees by streams, they flourish bright, Their leaves unfading in the light.
In season's time, their fruits are shown, Prosperous, by grace alone.

Almighty God, with mercy's might, cast off our darkness, clothe us in light.
In this mortal life, Thy Son did come, humbly born, to lead us home.

Prepare us, Lord, for glory's hour, When Christ returns in regal power.
May we arise to life immortal, Through Him who reigns at heaven's portal.

Love each other, owe no debt, in love's fulfilment, all are met.
The law is kept in love's embrace, For neighbor, self, in equal grace.

Awake, the night is passing fast, Salvation's Day will soon be cast.
Lay aside the works of night And don the armour of the light.

Near Jerusalem, the Saviour rode, on humble donkey, prophecy showed.
"Hosanna," cried the joyful throng, "Blessed is He," their timeless song.

In temple courts, He cleansed the way, restoring prayer where commerce lay.
"My house," He said, "shall be for prayer, but you have made it a den of despair."

As Advent dawns, with hearts made new, We wait, we hope, with promise true.
Prepare, O soul, for Christ the King, In faithful hope, His praises sing.

Advent 2

Blessed Lord, who hast caused all holy Scriptures to be written for our learning:
Grant that we may in such wise hear them, read, mark, learn, and inwardly digest
them, that by patience and comfort of thy holy Word, we may embrace and ever
hold fast the blessed hope of everlasting life, which thou hast given us in our
Saviour Jesus Christ. Amen.

In Advent's Glowing Light



In distress, I call to You, O Lord, From deceitful tongues, wield Your sword.
Deliverance sought in anxious plea, In truth's embrace, set my spirit free.

Woe to dwell in lands of strife, Where peace is fleeting, war is rife.

Too long with those who hate the light, I seek Your peace, Your guiding sight.

Blessed Scriptures, written clear, For our learning, year by year.
Grant us wisdom to perceive, In holy words, our souls believe.

Steadfastness and comfort blend, In harmony, our voices send.
For Christ received both Jew and Greek, In mercy's bond, His love we seek.

Hope springs eternal, joy in heart, From steadfast faith, we do not part.
God of hope, in You we trust, Fill us with peace, our spirits just.

Signs above and earth below, Sun and moon, their secrets show.
Nations tremble, hearts do fear, Yet redemption's hour is drawing near.

Stand firm, lift heads, the time is now, The Son of Man, in clouds endow.
Parable of fig tree's bloom, Heralds summer, dispels gloom.

Heaven and earth will fade away, But His words endure, our stay.
In Advent's light, prepare the way, For Christ our Lord, each passing day.

In this season, let us find, Hope and peace for heart and mind.
As we await the King's return, In faith and love, our spirits burn.

Advent 3

O Lord Jesu Christ, who at thy first coming didst send thy messenger to prepare thy way before thee: Grant that the ministers and stewards of thy mysteries may likewise so prepare and make ready thy way, by turning the hearts of the disobedient to the wisdom of the just, that at thy second coming to judge the world we may be found an acceptable people in thy sight, who livest and reignest with the Father and the Holy Spirit, ever one God, world without end. Amen.

Gaudete's Call

In distress, to You, I call, O God, my right, my all. In my room,
Your grace found space, In every prayer, I seek Your face.

How long shall honour bear the shame, As vain words seek to taint the name?
Yet, Lord, You set apart the true And hear the plea in silent hue.

In anger's heat, in troubled night, Ponder deeply, seek the light.
Offer sacrifices pure, sincere, And in the Lord, cast out all fear.

O Lord Jesus, at Thy dawn, A messenger did lead the morn.
May we too, in humble way, Prepare our hearts for Your great day.

Ministers and stewards be, Of mysteries profound and free.
Trustworthy in the light of grace, In Your sight, find holy place.

Servants of Christ, in faithful hold, Not quick to judge, but hearts unfold.
When light reveals what's hidden deep, In Your commendation, our spirits leap.

John in prison, hope did send, "Are You the One, or shall we lend
Our wait to another yet to come?" But Christ's reply, in deeds, was done.

The blind receive their sight anew, The lame now walk in steps so true.
The deaf now hear, the dead arise, In Christ, our hope, our hearts' prize.

In wilderness, John's voice did speak, More than prophet, pure and meek.
"Prepare the way," his message clear, In Advent's light, our hearts draw near.

In Gaudete, joy resound, In every heart, Christ's love abounds.
Prepare, O soul, for Advent's king, In faithful hope, His praises sing.

Advent 4

O Lord, raise up (we pray thee) thy power, and come among us, and with great
might succour us; that whereas, through our sins and wickedness, we are sore let
and hindered in running the race that is set before us, thy bountiful grace and
mercy may speedily help and deliver us; through the satisfaction of thy Son our
Lord, to whom with thee and the Holy Ghost be honour and glory, world without
end. Amen.

Awaiting in Faith

Hear my cry, O Lord, so near, In morning light, my plea sincere.
With steadfast love, Your house I seek, In righteousness, my heart is meek.

Evil flees, and lies abhorred, In Your truth, I am restored.
Lead me, Lord, on paths so straight, In faith, I trust, on You I wait.

O Lord, arise, with power, come, In mercy's light, we find our home.
Sins and trials may slow our race, But Your grace lifts us to embrace.

Rejoice, in the Lord, always, we say, In gentleness, we find our way.
In prayer and thanks, our hearts are free, Guarded by peace in Christ, we see.

John's voice in wilderness did cry, "Prepare the way, the Lord is nigh."
Not Messiah, prophet grand, But herald of the Lamb's command.

With water pure, his call resounds, In humility, he lays the grounds.
For One unknown, yet near at hand, Will bring the light, the promised land.

In Advent's final week, we wait, With joy and peace, we celebrate.
In faith and hope, our hearts prepare, For Christ our King, beyond compare.

Christmas

Almighty God, who hast given us thy only-begotten Son to take our nature upon
him, and as at this time to be born of a pure Virgin: Grant that we being regenerate,
and made thy children by adoption and grace, may daily be renewed by thy Holy
Spirit; through the same our Lord Jesus Christ, who liveth and reigneth with thee
and the same Spirit, ever one God, world without end. Amen.

In Majestic Light

O Lord, how great Your name on high, Your glory set above the sky.
From children's lips, Your praises spring, In every song, Your wonders sing.

What is man, that You take heed, In human form, our deepest need?
Crowned with glory, honour bright, A little lower than the angels' height.

In nature's beauty, stars and moon, Your craftsmanship, in night and noon.
With awe, we ponder all You've made, In Your steadfast love, we're arrayed.

Almighty God, Your Son did come, In virgin birth, our hearts to home.
Grant us grace, renew our hearts, By Spirit's touch, new life imparts.

Through sins and trials, we oft are slowed, Your mercy lifts, Your grace bestowed.
In Christ's great love, we are set free, To honour You eternally.

Rejoice in Lord, again we say, In gentleness, our hearts display.
With prayer and thanks, let worries cease, God's peace will guard, our minds relea
se.

In former days, through prophets' voice, But now in Son, we all rejoice.
The Word made flesh, His glory seen, In Him, life's light, our hearts serene.

In Him, the world was made anew, In darkness shines, the light so true.
The Word with God, the Word is God, In Him, eternal paths we trod.

For angels bow, in awe, proclaim, The Son's eternal, glorious name.
Majestic Lord, Your name we praise, In Christ's great light, our hearts upraise.

This Christmas Day, with joy we sing, In humble hearts, we welcome the King.
In faith, in hope, our lives align, In Christ, God's love forever shines.



Postlude

May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all evermore. Amen.

Honouring our Choir's Dedication and Musical Spirit

By Viktoria Goncharova

St. Martin's Church has long been celebrated for its rich musical traditions, with our choir playing a vital role in uplifting our worship. Composed of both adults and children, the choir brings vibrancy and devotion to each service, supporting our congregation through song and fellowship.

Our children's choir members are fortunate to participate in a program offered by the Royal School of Church Music, where they learn music theory, musical notation, anthem study, and church traditions. As part of this program, our young choir members work toward Royal School of Church Music exams and are awarded medals as they progress through each level, marking their dedication and musical growth. If you wish for your children to receive free musical education and the joy of singing beautiful music, please join us! We are always happy to welcome new members and look forward to having you as part of our musical family.

Since taking on the role of Music Director, I have had the privilege of witnessing remarkable examples of dedication, talent, and love for music within our choir. Some members demonstrate extraordinary commitment, creativity, and teamwork. Despite their years of experience singing and performing church music, they remain open to new ideas and contemporary repertoire, frequently perform solos, and generously support younger choir members with guidance and encouragement.

To recognise the achievements and dedication of our most active choir members, Father Robert and I have chosen to honour them with special acknowledgments. In celebration of their longstanding service, outstanding achievements, and unwavering commitment to St. Martin's choir, Loyal Service certificates from the Royal School of Church Music were awarded to Mary Coulthurst and Pamela Burchell (sopranos), Sue Hammond and Jo Wild (altos), Michael Davis (tenor), and Peter Golby (bass).

We heartily congratulate all the honourees and extend our deepest gratitude for their invaluable contributions to the musical life of our parish. May the Lord bless your continued work and all our musical endeavours!

As we celebrate this season of joy, we wish you a blessed Christmas and a prosperous New Year. May the music of our choir fill your hearts with peace, love, and hope, and may 2025 bring blessings to you and your loved ones.



L-R – Sue Hammond, Peter Golby, Pamela Burchell, Viktoriya Goncharova (Director of Music), Mary Coulthurst, Jo Wild.

Harvest Supper

On Saturday 5th October, the annual Harvest Supper took place. Guests ate lasagne and salad with fruit salad for dessert. A large number of people made lasagnes for the sixty-strong group and on the evening they were ably looked after by Sarah Jacob, Nicola Brazier, Mandy Al-Salami and Marie Chong. Following supper, there was bingo, with Fr. Robert trying his hand at bingo calling! A good time was had by all.



L-R: Nicola, Mandy, Marie and Sarah

Words by Miranda Reading
Photos by Sarah Chapman

Walsingham Pilgrimage

On the 11th to 13th of October, Parishioners took part in the annual Walsingham Pilgrimage. Here are the happy group of Pilgrims!



Words by Miranda Reading
Photo by Fr. Robert

St Martin's Day

On Monday the 11th of November, St Martin's celebrated our Patronal festival. A solemn mass took place with the sermon being preached by the Right Reverend Dr Christopher Cocksworth, Dean of Windsor. After mass, there was a party in the Church hall, ably put together by Social Committee. Thanks to all who took part, whether at the mass or at the party afterwards!



L-R (Back Row) – Alan Seymour, Fr. Robert, Dean of Windsor, Fr. John, John Alderton.

L-R (Front Row) – Alex Chapman, Rowland Linder, Alison Cummins.



Photos by Sarah Champman

An American in (the) Parish

By Rowland Linder

As we hurtle towards Christmas, I've been reflecting on the differences between this time of year in the United States versus the United Kingdom. What has been particularly salient is that, as an American, I'm accustomed to a sequence of back-to-back holidays—truly a holiday *season*—from October to December. We have Halloween on 31 October, followed by Thanksgiving on 28 November, and then Christmas on 25 December.

This year, I was startled to observe that I had almost no exposure to Halloween. Indeed, I had forgotten anything was happening until I spotted a few young people dressed up as risqué nuns and risqué devils and risqué rabbits on the tube the weekend prior. Halloween, as I'm sure you all know, is quite a big thing in America, particularly in suburban and family-oriented neighbourhoods. As a kid, my brother and I would walk around to see the decorations—houses all kitted out with skeletons, cobwebs, and spiders—and to visit the haunted house the family up the way put together. The image below gives you some idea of the standard. Interestingly, the holiday as it is celebrated now isn't a particularly American invention but was spread to America by Irish and Scottish immigrants in the 19th century. Funny, then, that Halloween now seems to be spreading back to the British Isles from the States!



Alongside the absence of Halloween in my calendar this year—which I'm not sure I minded, as I was never particularly fussed about the holiday—there is a distinct lack of Thanksgiving. Thanksgiving is perhaps best described as the American equivalent of a harvest festival and happens every year on the last Thursday in November. The holiday commemorates the experiences of the early Pilgrims and Puritans who emigrated from England to America. The first Thanksgiving meal occurred in 1621, when the Wampanoag tribe helped the Pilgrims to survive the winter by showing them how to cultivate crops. Each year, we reenact this first Thanksgiving by eating large amounts of food—creamed corn, mashed potatoes, macaroni and cheese, pecan pie, etc.—with our families.

Besides recounting the history of the American holiday season for the fun of it, I find there's one distinct impact of this triplicate of holidays: when you've a holiday in October and a holiday in November, Christmas is kept at bay until those festivities pass. Halloween decorations are replaced with Thanksgiving decorations. Thus, only at the tail end of November would one reasonably see Christmas decorations. Not so in the United Kingdom, where I've seen Christmas decorations in the shops for the last month at least! I'm not sure I'm particularly fond of this extension and commodification of Advent—particularly as Advent was once a period of penitence, fasting, and expectation for Christmas—though I've been told St Martin has offered some advice about how to keep Advent holy elsewhere in the Parish Magazine.

All the best from your resident American intern!



St. Helen's College

Parkway, Hillingdon, Middlesex, UB10 9JX
Independent School for boys and girls aged 2 - 11



A Centre of Excellence

AN OUTSTANDING SCHOOL

Please telephone **01895 234371** to make an appointment
Parkway, Hillingdon, Middlesex, UB10 9JX - www.sthelenscollege.com

Chris Roach Limited
Professional decorating
service

Tel: 01895 638174
Mob: 07889 397102

Please see my reviews at:
www.trustatrader.com/which.co.uk/businesses/chris-roach-ltd/reviews



Girlguiding UK

Be part of our history
Be part of our future
Be part of us
Interested in Girlguiding?

Contact Lin Gregory: 01895 905511

A.J.B. Services

Carpentry and General Building Work
Fitted wardrobes, Kitchens, Bathrooms
All Insurance work undertaken
No job too small
Free no obligation estimates
Friendly Service
Tony Bambrough 07584 851561

Ray Baxter

Action Pianos



Experienced Piano Tuner - full and partial restorations undertaken. Pianos Bought and Sold

9 Greenacres Avenue, Ickenham

Tel/Fax: 01895 635328.

email: rbaxter@actionpianos.com

website : www.actionpianos.com

H.C. Grimstead !

FUNERAL DIRECTORS

62 High Street

Ruislip

Telephone 01895 623000

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 basic structures of Bonaventure's thoughts

We look at the distinctive features of Bonaventure's theology:

- The Trinity
- Emanation, exemplarity and consummation
- Experience of God
- Knowledge as *Scientia, sapientia and ecstasis*

The Trinity

Francis began with God and saw all else from there. So too did Bonaventure, who began with his understanding of the Trinitarian God and saw all else in the light of that understanding. Some would say that this seems rather abstract from the real concerns of life; but for Bonaventure, God was never the abstract God of philosophers or the timeless God of classical philosophers, remote and unmoved. Rather, Bonaventure leant more to the Eastern understanding of God as active and dynamic – an active Trinity at whose heart lay 'relationship'.

Thinking in this way, Bonaventure provides insight into understanding the many multifaceted dimensions of human history and conflict resolution – that Bonaventure calls the seed of 'coincidence of opposites'. Briefly put, we are aware that creation is diverse and that this diversity can sometimes lead to conflict. For example, when people are confronted by another, the temptation can be to destroy the other, or attempt to assimilate the other - making the other the same.

Bonaventure's trinitarian vision gives a compelling alternative: As with creation, the Trinity is diverse – with the opposites Father and Son. Yet these opposites do not conflict, nor seek to make the other the same. They remain opposites, yet exist in harmony through the mediation of the Spirit, which “breathes” love and goodness between Father and Son.



For Bonaventure, God contains the individuality of Trinity and the harmony of unity, at the same time, through the mediation of divine love. The Trinitarian God's unity exists in and through diversity – possible because the life of the Trinity is the life of active goodness where-in relationships of love are found. These are the qualities that should mark life in the world.

Bonaventure concludes that the human journey through history is a journey of reconciliation that recognizes the unique individuality of every human being while at the same time being actively involved in peacemaking. The model for this is Francis – the man of peace.

“I call upon the eternal Father to guide our feet in the way of that peace which surpasses all understanding. This is the peace proclaimed and given to us by our Lord Jesus Christ and preached again and again by our father Francis. At the beginning and end of every sermon he announced peace; in every greeting he wished for peace; in every contemplation he sighed for ecstatic peace. (It Pro 1)

Emanation, Exemplarity, Consummation

‘Emanation’ – the act of emitting; causing to flow forth – other similar words include emission, issuing, radiation, outflow. Emanation from the Latin ‘*emanare*’ meaning ‘to flow from’ or ‘to pour forth’ or ‘out of’ – is the mode by which all things are derived from the first reality, or principle, or God; sometimes theologically referred to as a mechanism of creation. The first emanation of which Bonaventure speaks is emanation within the Trinity:

- The Father is the source – “the fountain-fullness of divine goodness.
- The Son, as Word of Image flows forth from the Father as the expression of the divine outpouring of love.
- The Spirit flows between Father and Son as the bond of divine love.
- Creation is a further emanation, seen as a free decision on the part of God to share and manifest the glory of divine love, community and goodness. Bonaventure believed creation was an act of ecstasy.

'Exemplarity' – each created object in creation reflects something of the creative "Artist", who in the act of creation, gave expression to the internal world of divine ideas, for example the shape, texture and appearance of say a flower, reflects something of the beauty and love of God. This is today, sometimes phrased into "seeing God in all things". Even though creation can never be an adequate expression of God's nature, there is a sense in which nature is the external expression of God's consciousness.

Consummation - The end purpose of the human journey is the drawing of the diverse universe back into unity and harmony with God. This return is initiated by the pivotal role of Christ's passion, death and resurrection, a journey threading its way through the world and concerns of human life to its final destiny – the experience of union with divine love that moves humanity into God. This journey into God can be a gradual coming to know God in three principle ways of growing in knowledge:



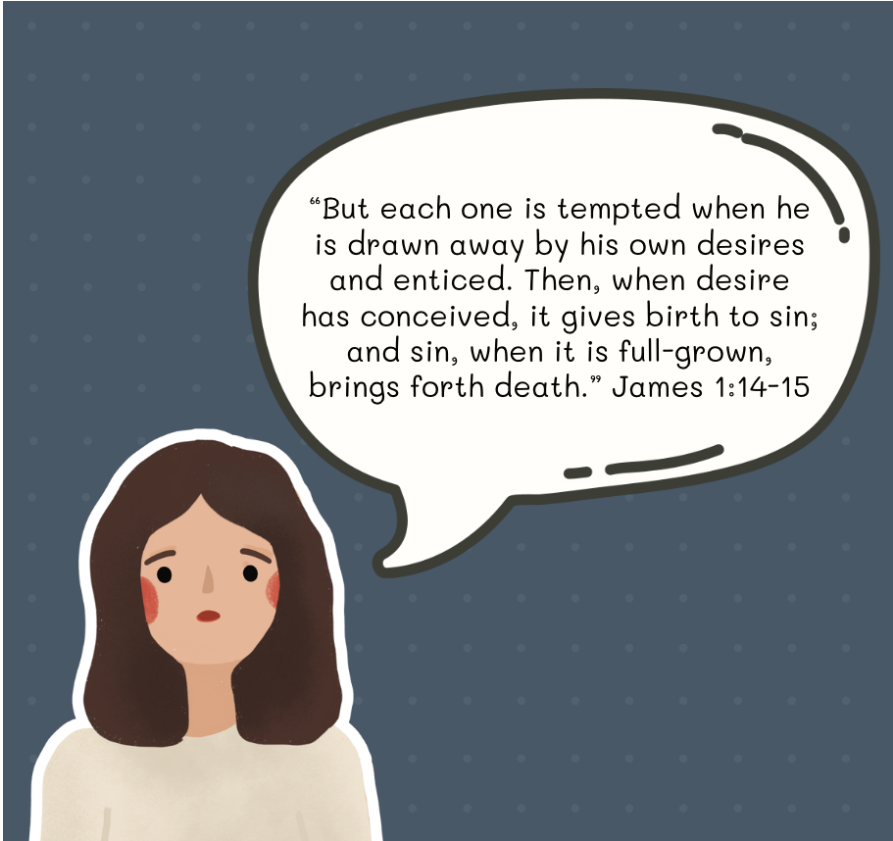
Scientia knowledge – the knowledge we gain when using our reasoning faculty, an intellectual knowledge of the world, science and philosophy, a knowledge that goes from the known into the unknown mystery of God.

Sapientia knowledge – a wisdom knowledge derived from an infusion of love. When we love something we value and engage with it and try to grasp its deeper dimensions. But before we can love it, we must know it through Scientia knowledge. Scientia knowledge leads to sapientia knowledge – a wisdom knowledge, a deeply felt knowledge, known through the affections and love.

Ecstasis knowledge – is knowledge gained through being drawn out of ourselves by God – a new understanding that is 'given' – what is known is known in a new way, the heart longing to experience it in the fullest way possible – this knowledge is a mystical movement of the heart. Bonaventure writes:

"This type of knowledge can only be understood by the person who experienced it. And no one will experience it except one who is rooted and grounded in love so as to comprehend what is the length, and the breadth, the height and the depth....until you are filled with the utter fullness of God (Eph 3:17)"

Bonaventure's masterpiece "The Soul's Journey into God", which begins in the next issue, captures both the experiences of Francis and this theology.

An illustration of a woman with long, dark brown hair and a neutral expression, wearing a light-colored top. A large, white speech bubble with a black outline is positioned to her right, containing text. The background is a dark blue-grey color with a subtle pattern of small white dots.

“But each one is tempted when he is drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death.” James 1:14-15



Bookworm Explores the Outlook Magazine

By Valery Cowley

The Grange-Bennett Era continued, to 1958

Ronald Dupre Grange-Bennett exchanged parishes with Ernest C Mortimer in 1952 and died in June 1972. From a Cheshire family, he was born in 1901 and attended St Paul's Theological College, Mauritius from 1927 to 1931. His mother was 'Tillie' Dupre, baptised in 1877 in the English Wesleyan Circuit, Jersey where the family had property in St Helier. He married Violet Edith Bryant (1903-1995) at Bristol in 1925.

The 2nd July 1931 Gazette records his short service commission as an Anglican Chaplain with the relative rank of Squadron Leader.

On 1st April 1951 Grange-Bennett conducted the broadcast Evening Service as Vicar of St Andrew's, Minehead — which has a Kempe Studios East window.

April 1958's 'Outlook' records Grange-Bennett as Chaplain to RAF Ruislip. His wife led the Ladies' Working Party. The Blessed Sacrament was perpetually reserved near the High Altar. A letter appeared from Dorchester Friary detailing a Confirmation Preparation Teaching Week. Dennis Edwards described St Giles, Ickenham in his local churches series.



The anonymous gift of the wooden statue of St Martin, painted by a continental artist was to be installed. There were Competitions based on theological knowledge. The Church Union's 1958 centennial Eucharistic Congress was announced and its monthly magazine, *The Fiery Cross* was included, entitled 'The Sputniks and the Gospel'.

Curate Patrick Lingard's marriage and departure were announced.

July 1958 The Ward of Our Lady of Bec, Confraternity of the Blessed Sacrament met on the first Wednesday of the month, at 7.30 p.m.

The restoration of an oak rood beam and calvary, courtesy of the Misses' M and B Gower was described. The work was carved by Abbey Crafts of Old Street, City of London.

Father Frank's assistance for three Sundays enabled the Vicar to have a holiday in Lugano Chaplaincy. The St Nicholas Fair annual united effort in November in aid of the Restoration Fund was announced. There was a desperate lack of Sunday School teachers. Dennis Edwards described Hillingdon church.

In *August 1958* it was hoped to found a Missionary Association. Commander R Hawtrey Deane gave £100 towards the restoration and cleaning of the hatchments, to be rehung. Volunteers were needed to work in the churchyard. Prayer and hymn books were deteriorating and costly to replace, so regulars were asked to bring their own BCPs and English Hymnals. Tracts answering difficulties and problems were available near the Vestry door. The bosses and spandrels of four bays of the North Aisle roof had been restored with added medieval colour and protected by new copper roofing.

The Headmaster of BWI reported successes despite large classes. Twenty-one children were confirmed, prepared by Father Lingard, AKC. Dennis Edwards described Rickmansworth church.

September 1958 The new permanent assistant priest was to be the Reverend Desmond Curson. The Vicar was to go on his annual retreat to the Friary, Cerne Abbas.

A new church guide book and history was to be written by Dennis Edwards.

The East end of the South Aisle was in a dangerous condition and an oil-burning boiler was to replace the coke one.

An Adult Confirmation Class was mooted. A Forum was planned for the 700th Centenary Year.

Chalfont St Giles church and its wall-paintings were Dennis Edwards' monthly subject.



There was another friendly letter from Dom Philibert Zobel, Prior of the Abbey of Bec.

October 1958 The Vicar recalled his first benefice, in Bristol, as he became the incumbent celebrating a second 700th church Centenary, whose full programme was to be in a special leaflet.

Father Curson was living in St Martin's Lodge, in the churchyard. As an external oblate of Nashdom Abbey, he had to celebrate the Eucharist daily, so these were increased. A Lambeth Report Study Group was set up. It was hoped to revive interest in the 3 p.m. Sunday Family Service by introducing a structured course based on the Bible, BCP and Catechism.

The Women's Gathering was to meet monthly instead of weekly.

In six and a half years the Vicar had received ten Roman Catholics into the Church of England in an unacknowledged two-way traffic.

The sale of the new Handbook and Guide, price one shilling, was to benefit the Restoration Fund. Its author described Ruislip church this month, ending with the burial here of the ashes of lieder singer Elisabeth Schumann.

December 1958 Changes to Sunday morning: 8 o'clock Holy Communion; 9 o'clock Parish Mass and sermon; 10.30 Mattins and short address; 11.15 Children's Mass (followed by Sunday School classes in church); 12.15 Holy Communion (on second Sunday only, for elderly people).

Father Donald Nicholson, Vice-Principal of Edinburgh Theological College celebrated his Silver Jubilee in Holy Orders on December 23rd and his local parents celebrated their Golden Wedding on the 24th.

A new financial appeal was issued to all houses in the parish.

'Personal Posers' were printed from the Church Times and Dennis Edwards wrote up Chesham church.

A New Curate for St Martin's! By Miranda Reading

Joe Grogan will be joining us at Petertide 2025. Let's hear something from Joe:

"I grew up in a Baptist Church in Shropshire, but came across Anglican liturgy whilst an Organ Scholar at university and in particular found a great spirituality in Choral Evensong. That really resonated with me. After working in construction for several years, I found myself looking into the discernment process in the Diocese of London. Since starting at the College of the Resurrection, Mirfield, I have spent two years as Succentor, helping to foster music within the college and my fellow students.

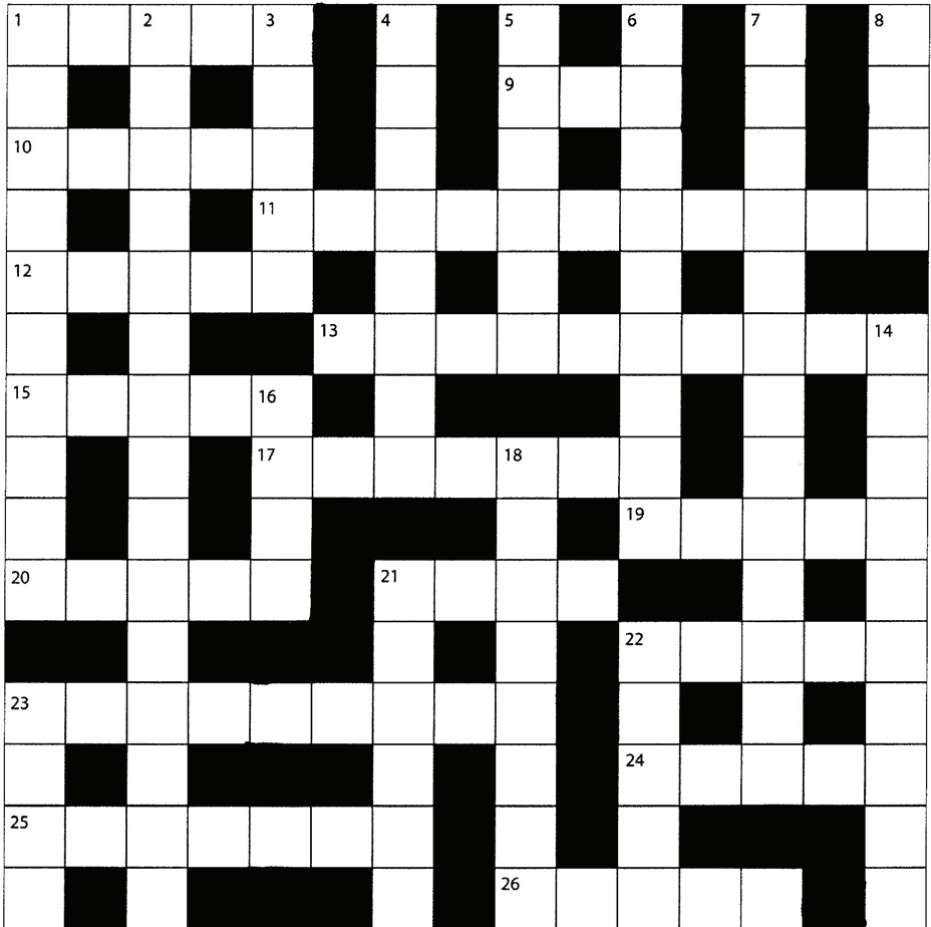
I have found many things at the college wonderful, if not at times a little challenging, but I particularly like daily rhythm of prayer. As well as Morning and Evening Prayer, we have the option to join the brethren of the Community for the midday office and Compline each day. Their constant prayer and support for us is a great source of comfort. We also receive their support as individual students as they provide us with spiritual direction.

After three years at the college, I am very excited that I will be joining St Martin's, Ruislip in the Diocese of London for my curacy, and working and praying with the people of the Parish. I'm sure I will be able to bring many of the skills I have learnt and honed at the college into Parish life."



St Martin's Crossword

By Jude



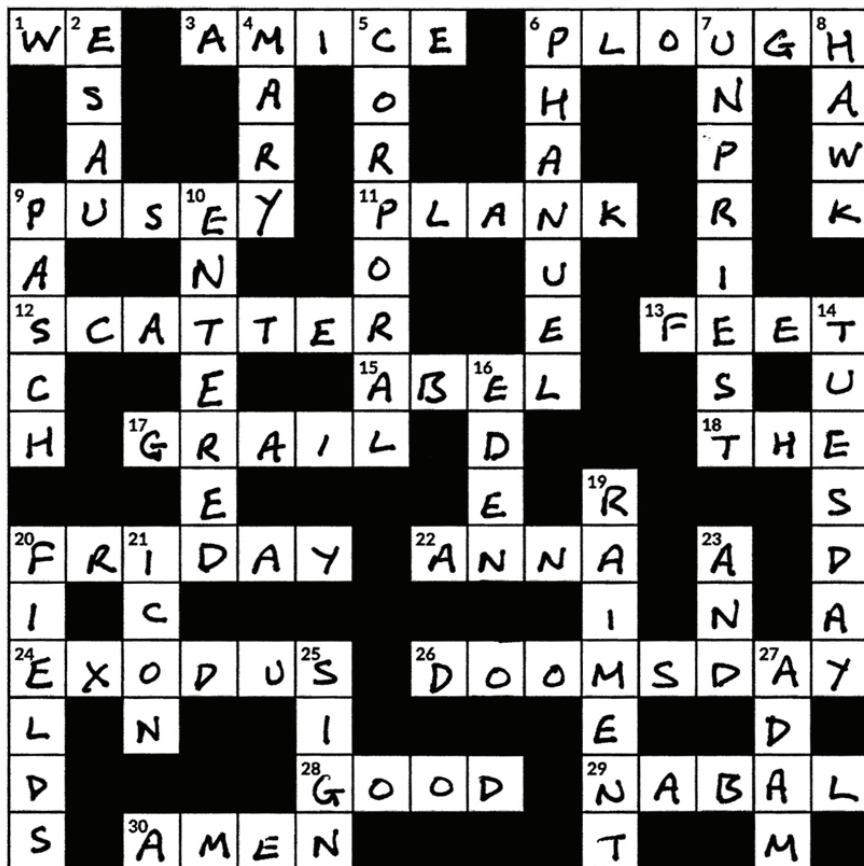
Across

1. Modern-day name for the island on which Paul was shipwrecked. Acts 28:1-10 (5)
9. Vase, vessel. (3)
10. Paul's acts on 1 across: "... the rest of the people on the island who had diseases also came and were _." Acts 28:9 ESV (5)
11. Matthew, Mark, Luke and John. (11)
12. Southern Egyptian frontier town, also know as Syrene. Ezek. 29:10 (5)
13. To make or declare sacred. (10)
15. Saying attributed to Christ, but not recorded in the Gospels. (5)
17. Pagan city ruled by Nebuchadnezzar. (7)
19. Mount on which Moses was give the Ten Commandments. (5)
20. Thou shalt not _ . The eighth Commandment. (5)
21. Sixth century Irish saint, supposedly she was ordained by St Patrick. (4)
22. "And he had in his right hand seven stars: and out of his mouth went a _ two-edged sword." Rev. 1:16 (5)
23. See 23 Down. (9)
24. Minor prophet whose marriage is a metaphor for God's relationship with Israel. (5)
25. After leaving 1 across, Paul visits Syracuse and then arrives at this Roman port. (7)
26. Regal books between Samuel and Chronicles! (5)

Down

1. Feast day celebrated on 29th September . (10)
2. "Yea, _ _ _ _"; sung only on Christmas Day. (4,2,5,4)
3. British-American poet, 1907-1929, who formally returned to the Church in 1940. (5)
4. Underground burial place. (8)
5. Old Testament book named after Israel's leaders after the time of Joshua. (6)
6. Members of the Church of England. (9)
7. Recipients of two Pauline epistles. (13)
8. Minor prophet who earned his living as a shepherd and from a sycamore-fig grove. (4)
14. Cushites e.g. 2 Chron 14:12 (10)
16. Shepherd son of Adam and Eve. (4)
18. "Cursed be he that removeth his neighbour's _." KJV Deut. 27:17 (8)
21. To disinter a body. (6)
22. Amorite king who refused to allow the Israelites to pass through his country. Num. 21:23 (5)
23. With 23 across, Jesus was _ in _ . (4,9)

Solution to Last Edition's Crossword



KIDS ZONE



Kids Zone....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 MirandaAtStMartins@gmail.com by the 16th of January 2025.

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

Word Search

D	S	L	O	R	A	C	G
P	R	C	H	T	S	J	N
E	M	E	N	T	E	O	I
A	R	A	H	E	I	S	K
C	S	G	R	P	S	E	C
E	I	T	T	Y	E	P	O
L	C	H	U	R	C	H	T
P	R	E	S	E	N	T	S

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.

Carols, Church, Joseph, Lights, Mary, Peace, Presents, Santa, Shepherd, Stocking, Tree

Credit:

<https://www.christianbiblereference.org>

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 fullness' (John 10:10).

Welcome to your regular update from BWI Primary School!

It has been a busy autumn term at BWI as we welcomed two-year olds into our nursery for the first time. It has been a joy to see our littlest learners settle in and flourish so quickly. There are still a few spaces available from the spring term, so if you're thinking of joining us, do book a tour soon—we'd love to show you around.

BWI also had a visit from Ofsted in October, and we are delighted that the Inspector recognised the work we do to provide an ambitious curriculum, including for our children with SEND and our youngest children in the nursery. The report also highlights that our children have positive attitudes to learning, behave well, and feel "extremely happy," safe, and valued. While an Ofsted inspection can only ever be a snapshot of the school, we're very proud of this positive feedback that reflects so much of what makes BWI a wonderful place for our children to learn and grow.

We've also had some wonderful community events this term. Our Fireworks Night was an amazing success, bringing together families and friends from across Ruislip. It was a brilliant evening, and we raised an incredible £3,500 for school projects. Thank you to everyone who came along, contributed, or helped out—it was a true team effort! We also marked Remembrance with a special visit to St Martin's Church, where the entire school gathered to reflect and remember. It was a beautiful occasion and underscored the close ties between BWI and our church community.

As we look forward to Christmas, BWI is already ringing to the sound of carols as the children prepare for the nativity plays and the Christingle service at St Martin's.

Wishing you all a merry Christmas and happy new year!

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.



BWI_PRIMARYSCHOOL

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
CURATE	Vacancy	
ASSOCIATE	Fr Michael Bedford	Tel: 020 8866 4332 Mabedford07cr@gmail.com
All clergy can also be contacted 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
LICENSED LAY MINISTER	Vacancy	
WARDENS	Jacqueline Alderton	Tel: 07944 878203
	Peter Golby	Tel: 07908 408108 pgolby@live.co.uk

PCC Secretary	Catherine Tugnait	Tel: 07902 613854
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 th 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 nd Ruislip)	Lin Gregory	Tel: 01895 905 511

PARISH OFFICE	Gill Dargue	stmartinsruislip@btinternet.com Tel: 01895 625 456
Outlook Editor	Miranda Reading	mirandaatstmartins@gmail.com Tel: 07979 645451
Outlook Distribution and Advertising	Gill Dargue	Tel: 01895 625 456
Parish Archives	Alan Seymour	Tel: 020 8868 5557
Prayer Support Group	Deirdre Davis	Tel: 020 8429 1291
Rainbows (2 nd Ruislip)	Gina Glossp	Tel: 07904 030 161
Rainbows (9 th 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
Servers	Fr. Robert Chapman & Alan Seymour	Frrobertbchapman@gmail.com
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 February/March issue to MirandaAtStMartins@gmail.com by 16th January 2025.

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

Outlook is published every other month. The next edition will be February/March 2025.

"We shall steer safely through every storm, so long as our heart is right, our intention fervent, our courage steadfast, and our trust fixed on God."

-St. Francis de Sales





 **Home
Instead.**
To us, it's personal

WWW.HOMEINSTEAD.CO.UK/RUISLIPANDHARROW

HOW ELDERLY CARE AT HOME CAN SLOW THE PROCESS DOWN

01895 624 230

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.



coopers
est 1986

**Personable, Professional
& Proactive**

**Successfully moving people
since 1986**

01895 625 625 ruislip@coopersresidential.co.uk