

# Outlook



Parish Magazine

February/March 2024



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## Welcome from the Outlook Editor

Miranda Reading

Welcome to the Lent edition of Outlook!

Christmas is now behind us, and it's been a busy time at St Martin's. Christmas Eve, also being the fourth Sunday in Advent saw no fewer than five services, so well done to Fr. Robert and the team of servers and readers. Thank you to all who took part to make Christmas a welcoming environment for the local community. We have a few photos for you on page 29, but your editor was too busy enjoying the mulled wine to take many!

I start the year with a plea to readers of Outlook - Jenny Bushell, the brains behind 'Ask St Martin' has stepped down from the role, so St Martin is looking for a new Agony Aunt or Uncle to help him with the many theological and faith-based questions that come his way. Could you help? The column is approximately 600 words and at 6 questions a year is not a huge time commitment. Get in touch if you can assist St Martin.

As we begin the season of Lent, we enter the quiet, penitential season of the church calendar. We may chose to give up something for Lent so that we can feel what it is like to go without, we may fast to sharpen our senses and open our minds to God and we may increase the amount of time we devote to prayer. There are many good pamphlets and books to guide us in our Lenten journey. It is a time where we should think of doing a little bit extra as we move rapidly toward the anniversary of Christ's greatest sacrifice. What will YOU do for him this season?

I hope you will enjoy this edition of Outlook, which has its usual array of thought-provoking articles, as well as Parish news of events that have taken place. Is there something that you would like to see in the Parish magazine? Outlook is always looking for new writers and contributors! Do send us your thoughts, your prayers and your stories. All contributions and feedback by 16<sup>th</sup> March 2024 please to [MirandaAtStMartins@gmail.com](mailto:MirandaAtStMartins@gmail.com). Thank you.





# Fr Robert Writes..

Dear Friends,

Inspiration is, perhaps by definition, a timely thing. Some see it as an extension of coincidence, the more pious an outworking of a '*God-incidence*'. The latter feels true for this letter for this *Outlook* as I think about Lent and find myself doing so on the day where the Church's devotions are wrapped up with the life of St Anthony of Egypt aka 'the Great', aka 'of the Desert'.

St Anthony was an incredible individual. He was born into a very wealthy family and on inheriting his parents' property, at the age of 20, and coincidentally (there it is again!) reading Matthew 19.21, promptly gave away everything he had, including his sister to a group of Christian Virgins. Anthony headed for the desert, where he lived off water, bread and salt for the rest of his 105 (!) years. There are dozens of stories about this remarkable saint which stretch credulity to breaking point at times (meeting a Satyr and Centaur on a visit to St Paul of Thebes!) and he has even had a disease named after him (*St Anthony's Fire* i.e. *Ergotism*). Yet, these stories are often a reflection on love and devotion saints such as Anthony inspire.

Our rather more 'enlightened' and scientific world-view can mean that we dismiss such lives as we would fairy tales. However, to do so is to miss something quite profound and relevant for today, because lives such as Anthony's were there to serve as exemplars of practical, everyday faith; faith particularly relevant during Lent. As Rowan Williams observes:



*One thing that comes out very clearly from any reading of the great monastic writers of the fourth and fifth centuries is the impossibility of thinking about contemplation or meditation or 'spiritual life' in abstraction from the actual business of living in the Body of Christ.*

(*Silence & Honey Cakes* 2003 p. 22)

St Anthony himself puts it in even starker terms and takes it beyond the church walls:

*"Our life and our death is with our neighbour. If we win our brother, we win God. If we cause our brother to stumble, we have sinned against Christ."*

The true gift of St Anthony's life, and reason he is still venerated, is this earthy teaching hewn out of his experience of the desert. It is this gift which comes to the fore every Lent.



The season of Lent begins with Ash Wednesday. On Ash Wednesday the crosses from the previous year's Palm Sunday celebrations are burned and the remaining ash used on the first mass in Lent. For many this proves to be a heart-rending moment as for many the palm cross has accompanied them throughout life's journeys (quite literally judging by the number I see in car and van windscreens) over the past 10-11 months. They have been a focus for devotion and prayer and a symbol of Christ's presence in the home, so it's no

wonder my annual plea for the return of them for burning is met with reticence. Yet, the action of burning points to the dust and barrenness of the desert, and serves as a reminder of our own mortality and need of someone who has gone through what we go through and even defeated death. This '*desert experience*' Anthony desired to replicate and Lent asks us to do likewise during the forty days of fasting in the season.

The Church, and we at St Martin's, seek to remind us of this through our devotions. Lent Study Groups, Confession, the absence of ornamentation and so on all say that this is a time to enter another space, a desert space, a stripped-down space.

Yet, significantly, as St Anthony reminds us, the true desert experience is not simply about self and personal piety, with the concomitant benefit of reduced alcohol units, but the amendment of life and transforming of community; self-indulgent it ain't!

That remains the challenge for the Church and for us as individuals. However, its rightful observance also means the greater the joy of Easter; ashes are turned beautiful garlands. For as St Augustine of Hippo reminds us, at Easter alleluia becomes our song. St Augustine, a argumentative wealthy lawyer who in August 386 aged 31, read, 'The Life of St Anthony of the Desert' and converted to Christianity.



This Lent, then, thank God for the wisdom of the desert, enter it with expectation and look for transformation.

Join us for a Holy Lent and Joyful Easter.

Your friend and priest,

Fr Robert

## **Lent, Holy Week and Easter 2024**

Wednesday 14<sup>th</sup> February ASH WEDNESDAY

9.30am Mass

7.30pm Mass

LENT STUDY

7.15pm Mass followed by at 7.45 -9pm Wednesdays: 21<sup>st</sup>, 28<sup>th</sup> February, 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> March

Sunday 24<sup>th</sup> March - PALM SUNDAY

8.00am Mass Celebrant & preacher Fr. Robert

9.45am Blessing of Palms, Procession from BWI School to Church  
then Mass of Palm Sunday

Celebrant: Fr. Robert

Preacher: Ven Catherine Pickford

25<sup>th</sup> March Monday of Holy Week

9.30am Mass Celebrant & preacher Ven Catherine Pickford

7.15pm Mass Celebrant & preacher Fr. Robert

26<sup>th</sup> March Tuesday of Holy Week

9.30am Mass Celebrant & preacher Fr. Robert

7.15pm Mass Celebrant & preacher Ven Catherine Pickford

27<sup>th</sup> March Wednesday of Holy Week

9.30am Mass Celebrant & preacher Fr Robert

7.15pm Mass Celebrant & preacher Fr. Robert

Fr. Robert will be available after each Mass to talk with individuals, to pray or to give absolution.

## **THE EASTER TRIDUUM**

Thursday 28<sup>th</sup> March - MAUNDY THURSDAY

8.00pm Mass of the Last Supper with watch at the Altar of Repose

Celebrant: Fr. Robert

Preacher: Ven Catherine Pickford

Friday 29<sup>th</sup> March - GOOD FRIDAY

11am Ecumenical Service

12noon Children's Liturgy of the Passion

2.00pm Celebration of the Lord's Passion

Celebrant: Fr Robert

Preacher: Ven Catherine Pickford

Saturday 30<sup>th</sup> March - EASTER EVE

8.00pm Easter Vigil, Paschal Liturgy, Renewal of Baptismal Vows and

Mass of the Resurrection

Celebrant: Fr Robert

Preacher: Ven Catherine Pickford

Sunday 31<sup>st</sup> March - EASTER DAY in the Lord's Resurrection

8.00am Mass Celebrant & Preacher: Ven Catherine Pickford

10am Solemn Mass

Celebrant: Fr Robert

Preacher: Ven Catherine Pickford

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

### **January 2024**

27<sup>th</sup> January

Quiz Night and Fish and Chip Supper

### **February 2024**

14<sup>th</sup> February

Ash Wednesday

Masses at 9.30am and 7.30pm

## **Thursday Lunches!**

Fancy some conversation and conviviality on a Thursday? Then Thursday Lunches are for you!



Come and join us in the Small Hall at the Church Hall from 11am – 1.30pm every Thursday for hot soup, delicious filled rolls, home-made cake, tea and coffee and biscuits.

Thursday Lunches has just been awarded a five star hygiene rating by Hillingdon Council!

We urgently need more volunteers for the Thursday lunches, both helping in person and by baking cakes. If you would like to help out at Thursday lunches, either in person or by making a cake, contact Sweelin Cunliffe on 07931 134507.



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# *Ask S. Martin*



Dear Parishioners,

I am looking for a new person to help me with my column! Each column is approximately 600 words and appears 6 times a year. I get all sort of theological and faith related conundrums and I'd love someone to help me out! Get in touch via [MirandaAtStMartins@gmail.com](mailto:MirandaAtStMartins@gmail.com).

*Sanctus Martinus Turonensis*

Saint Martin of Tours

# Prayer for Lent

O gracious Master, infuse in our hearts the spotless light of Your Divine Wisdom and open the eyes of our mind that we may understand the teachings of Your Gospel.

Instil in us also the fear of Your blessed commandments, so that having curbed all carnal desires, we may lead a spiritual life, both thinking and doing everything to please You.

For You, O Christ, our God, are the enlightenment of our souls and bodies; and to You we render glory, together with Your eternal Father, and with Your all holy, life-creating Spirit, now and ever, and forever.

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*printers of Outlook - the St Martin's parish magazine*

## 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](mailto: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!



# A Future Full of Hope

By Dr Jide Menakaya

Happy New Year.

Several years ago, when my son was in nursery school, still in nappies, just learning to talk and walk, his teachers asked the toddlers in his group to share what they want to be when they grow up. They replied excitedly;

When I grow up, I want to be a fireman.

When I grow up, I want to be a policeman.

When I grow up, I want to be a nurse.

When I grow up, I want to be a doctor.

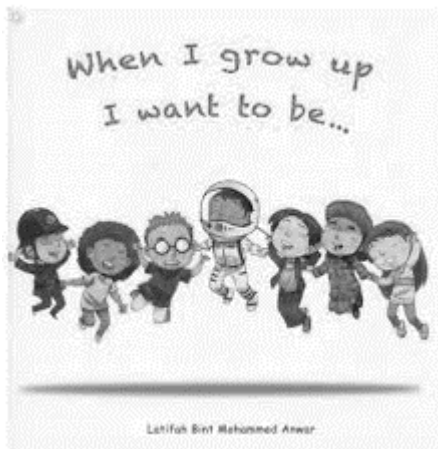
When I grow up, I want to be a carer.

When I grow up, I want to be a footballer.

When I grow up, I want to be a builder.

When I grow up, I want to be a lawyer.

And the list of what the thirty or so three-year-olds would like to be when they grow up, went on and on.



These toddlers have grown up in the last decade bouncing from one national or global crisis to another. At the time of this exercise, the country was in the midst of an austerity crisis, then came the 'squeezed middle crisis', the banking crisis, the housing crisis, the food bank crisis, the global warming crisis, the COVID pandemic, the cost-of-living crisis and the current crisis in Ukraine, Middle East, and the Red Sea. There is enough to be despondent about, but these toddlers saw through all that horror and invited their grown-up teachers to imagine with them their vision of a bright future.

On a practical and existential level, their ambitions for a fulfilling professional life will fill their grown-up parents with pride. All these efforts that they are making now to secure their child's future will yield rich dividends. Once they start working, they will earn enough wages to leave home - bucking the trend of the growing number of thirty-something year olds still living with their parents; get married and live happily



ever after with their spouses, countering the national statistics that one in three marriages end in divorce; build successful businesses, stemming the haemorrhagic closures of businesses from our high streets and communities; buy their own homes, invest in stock markets and help build better local, national and global communities. Such joyful aspirations from our toddlers cannot but fill us with hope for a better future.

I wonder what the children were thinking as they considered that question from their teachers. Some of them may have missed breakfast that morning, may be living in unhappy family circumstances, or may have been traumatised by the ongoing crises in our societies. Yet they have looked around them and seen the impact people with the skills they aspire to, make. They observe their hard work, their resolute determination, their willingness to take risks, the tolerance they exhibit, and the resilience these role models in our society manifest in their daily lives and wish to be like them.

All these attributes were what we learned from the Christmas message that we have just celebrated. We were reminded of the quiet self-determination that Mary showed when given the responsibility of bringing Christ into the world, 'Let it be unto me according to Thy will' she said, and the tolerance that Joseph displayed in those circumstances. We learnt, despite the oppressive regime of Roman occupation, the housing and maternity crisis at Bethlehem, the risks Joseph took to ensure his wife delivered Jesus safely in a dirty manger surrounded by livestock. We remembered the trust he placed on the visiting angel in the midst of a human rights tragedy and the courage he displayed to gather his young family and rapidly emigrate to Egypt. Echoes of the societal crises 2000 years ago still reverberate today.



Our children seek future roles that build families, that bind communities together, that transform our societies and that enhance our common humanity. The Christmas message reassures us that despite the dark fog of past, current or future crises, because of our faith in God, trust in each other, prayerful courage and self-belief in ourselves, the future, like those toddlers imagined it, is full of hope.

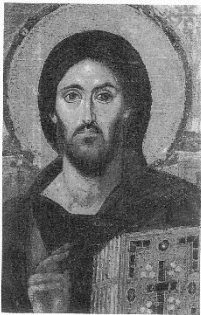
No wonder one of the responses to that question was, When I grow up, I want to be a man!

# An Image of the Sacred: A Glimpse of the Divine

## By Valery Cowley

Mill Hill Retreat Weekend at Pleshey Retreat House, August 2023

We looked at exploring hidden truths and ways of worship using icons, 'Windows on the Kingdom'. Icons are 'theology in imagery', conveying the unseen. We venerate not an idol but the person represented. They may be displayed in a church, as in St Martin's reredos and elsewhere, or for private devotion at home, as I have in various media.



St Athanasius declared 'we faithful people do not venerate images as gods ..... but we declare the relationship and the longing of our love for the character of the person of the image'.

A series of addresses in the chapel began with readings and prayer before the early icon of the Pantocrator (Creator of All) from St Catherine's Monastery, Sinai, a compelling icon of Christ holding the Word of God.

As Saturday was the eve of the Feast of the Transfiguration we explored striking images of those who witnessed this, against a gold background of heavenly light. The damaged but powerful Zvenigorod Christ the Peacemaker by Andrei Rublev was our next inspiration, followed by the Baptism of Christ, trampling the ancient river deities and revered by haloed saints.

The central royal doors of an icon screen show the Angel of the Annunciation facing Mary, who may carry the scarlet thread she was spinning, which was woven into the veil of the Temple, rent at the Crucifixion.

A complex cave Nativity followed, including angels, humans and beasts.

Next came Rublev's Trinity, with its reverse perspective including a niche, probably for a mirror so that we can see ourselves completing the circle of divine loving relationship. (A block mount of this used to be propped up before St Michael's Chapel altar).

The icons of some feast days may be derived from incidents described in 2nd-4th centuries Christian writings. In the Eastern church, Mary is called 'Theotokos' or 'God-bearer' and there are many non-narrative icons of her. We perused two: the Virgin of Tenderness (Eleousa) and the Hodegetria, She who points to Christ the Way: see my article on Walsingham in a previous issue of 'Outlook'.

Pleshey's chapel has a recent icon of Christ at the centre of a tree, whose branches bear the Twelve Apostles and our leader brought her own icon of this subject, from Jerusalem, in exquisitely subtle shades of blues, greens and reds. Our Sunday ecumenical Eucharist was celebrated by the husband of the retreat organiser and included prayer before icons of the Crucifixion and the Harrowing of Hell, with Christ in a mandorla dragging forth Adam and Eve.

I was happy to share copies of some of my collection, including St Hilda and her life; my patron, St Valery of Leuconay; and St Serf of Culross, Fife by our Ruislip iconographer Linda Harris, who wrote icons of St Martin's St Giles and St Nicholas. The Lady Chapel Our Lady of Ruislip is by Romanian Nelu Gradeanu and The Holy Family in the North Nave came from Walsingham.

The weekend's teaching on prayer supplemented my years of studying the art history of iconography, by facilitating our reverential contact with these images of the nature of the divine.

# The Hardey Column

## By Tim Rollin

### Introduction

I hope that these articles give something of the characteristics of Chile and my impressions of it. I propose to write several over the next few months, either for publication or my own satisfaction. The country has had a profound effect on my life, and though I haven't lived in Chile for over 50 years, my early childhood till I was 11 years old was spent there. Looking back on those days they seemed to have been idyllic, though I am probably looking through rose-tinted glasses. I also spent 2 years working there after leaving school, so my recollections from those days are possibly more mature. I became then, a very keen supporter of a Santiago football team, the 'Universidad de Chile' known generally as 'La U'. My friends derided me for supporting them as it was well known that their supporters were a bunch of communists and left wing socialists. The only possible alternative was the 'Universidad Católica' ('La UC'), but as a staunch protestant, I couldn't support anything with Catholic in its name. I was still very young and immature.

The series of articles will be called 'The Hardey Column' after my maternal grandfather, Oswald Hardey Evans, born in Wales in 1876 and who emigrated to Chile in 1904 as a young chemist. I have his 1904 diary in which he describes his journey by ship to Chile – this was before the opening of the Panama Canal, so involved a long journey across the Atlantic, down the east coast of South America and a return up the west coast to land at the port of Taltal, where he was to work, near Copiapó. In his diary entry for 2<sup>nd</sup> February 1904, a Tuesday, he writes: *'Lay all the morning off Montevideo, in the turbid waters of the La Plata Estuary. ... We could not go ashore here, as we lay a good distance out, although in such shallow water that the propellers stirred up the muddy bottom. Indeed I think we once touched bottom.'*

He used to write a weekly article in an English language periodical called the 'South Pacific Mail', which he called the Hardey Column. He became known as 'Hardey of the Mail'. Maybe I can carry on something of the tradition!

My father did not emigrate to Chile, but was sent there as part of his job for a company called Duncan Fox & Co Ltd. He was first sent to Bolivia – ‘Yes, let’s send young Rollin there’, where they effectively forgot about him, he was not one to kick up a fuss.



*'Young Rollin' on the left – a collective passport photo  
I don't know what the dog was called*

Eventually, after about 6 years he was recalled to Chile, which was a much more pleasant environment, where he worked in Valparaiso, the town where I was born.

## Chile – Some history, geography and physical characteristics



*The National Flag of Chile*

Chile is an intensely patriotic nation. It is proud of its successes against its local neighbours, particularly Peru and Bolivia in the so-called Pacific War of 1879-1881. Chileans also have a very sardonic sense of humour. During the Pacific War, there was an

encounter between the Chilean schooner, *Esmeralda* and the much larger Peruvian armoured cruiser *Huáscar*. In the battle of Iquique, it was no contest and the *Esmeralda* was soundly defeated and sunk, its Chilean captain, Arturo Prat, bravely tried to board the *Huáscar* where he was finally shot and killed on its deck. None of his shipmates followed him. He became instantly a national hero. Chileans, however, recognise hyperbole and soon decided that his last words as he jumped were 'Quién me empujó?' (Who pushed me?).

Chile is the long thin country stretching down the bottom left hand side of South America from above the Tropic of Capricorn to Cape Horn, the nearest point of the South American continent to Antarctica itself. It is a paradoxical country, ranging from the driest desert in the world in the north, the Atacama Desert, through the pleasant and fertile central valleys, where the bulk of the population lives, then through the lake district and forests of the South and the fjord territory of the far South and the





Straits of Magellan which offer a safer passage for ships between the Atlantic and the Pacific, avoiding the hazards for sailing ships of a passage round the Horn. South of that is the large island of Tierra del Fuego (Land of Fire) and finally Cape Horn. Volcanoes are a continual brooding presence. There is always the risk of earthquake, though one gets used to living with that surprisingly easily.

Its early recorded history was the usual South American one of invasion in the 16<sup>th</sup> Century by rapacious Spanish soldiers and settlers, in search of Gold. They didn't find much, but in the process managed to wipe out a high proportion of the indigenous peoples, chiefly Araucanians and Mapuches. One famous leader of resistance against the Spanish was called Caupolicán. He came to a particularly gruesome and sticky end. I may have more to say about Chile's Pre-Columbian history in another article.



In the nineteenth century the Chilean economy depended on the export of nitrates from the Atacama Desert. This was largely the cause of the Pacific War between Chile and an alliance of Bolivia and Peru. Until the discovery of the nitrates, which were used as fertilisers throughout the world, no-one had much cared about where the border lay between Chile, Bolivia and Peru. Once money became involved, it soon became a matter of bitter squabbling which was only

resolved by force.

The First World War effectively stopped this lucrative trade once Germany, having lost access to Chilean nitrates, developed their own artificial fertilisers, which rapidly took over the fertiliser markets after the war. There is still some demand for the nitrates, but to nothing like the original extent. Copper was also abundant but obviously not in such high demand as nowadays, where it is an integral part of every electrical device, micro-chip and computer. It is now Chile's largest export, all coming from the same region that was so bitterly fought for, over 140 years ago for a totally different reason but essentially the same economic imperatives.

Border tensions with Argentina were resolved diplomatically in the 1890s by the judicious concession of some territory in the north, in exchange for a formal treaty about sovereignty over the Straits of Magellan and the division of the island of Tierra del Fuego between the two countries.

Credits: Manual de Historia de Chile, séptima edición, Fco. Frias Valenzuela, Editorial Nascimento, 1962



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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. The Rule of Benedict offered one such balanced framework in which periods of leisure, private prayer and manual work were interspersed around the Divine Office six times each day. The monks in the monastery, over time, became juxtaposed as the parish church in our society. For example, the Benedictine Abbey of Bec in Normandy, influencing St. Martin's in Ruislip with their rules of living and worship:

The Abbot (Priest) "holds the place of Christ in the monastery".

"Scripture is the truest of guides for human life"

"Prefer nothing whatsoever to Christ"

"welcome visitors as you would Christ"

"see the world with the eyes of Christ"

"love the world with the heart of Christ"

Benedictine spirituality continues to reach out across time to speak afresh to each generation about life's core values. Listening to them draws people deeper into God's love, a love that refines and integrates our all our prayers, actions and living.

The Rule of Benedict remained the major Rule for monasticism but in the 13th Century there became an alternative way to the Benedictine Rule in the solitude of the monastery when the Franciscans stepped out of the monastery into the way fares and cities to walk in the footsteps of Jesus – preaching, earning alms and getting involved with the world.

### Franciscan Spirituality

Franciscan Spirituality is a spirituality of being involved with creation and the world that contains vestiges, of traces of God. The lives of Francis, Clare and Bonaventure followed in the footsteps of Jesus, a life of hardship, poverty, preaching – but also a life of being close to God and experiencing God giving, revealing, leading, guiding, motivating, inspiring – that is highlighted in the spiritual experiences of St. Francis.

There is much more to Francis life but what can we learn from Francis spiritual experiences?



Spiritual experiences can be ordinary life situations, sometimes not even recognized. Perhaps being in church and hearing some words of scripture that seem to speak to us directly – speak to our life experience, our past, present or future – in a small way, but similar to Francis listening to Matthew 10 being read by the priest at Portiuncula



that gave his life purpose and direction. Spiritual experiences can result from unexpected situations we stumble into, which perhaps confront us with some truth – perhaps something we had not experienced before – similar to Francis coming across a leper deep in the forest – which pose questions for us like seeing the plight of refugees, their poverty, desperation, their need of help, what we can do to help – that moves us to action. Some experiences can be profound and life changing but, in the main, are gentle, calm – almost imperceptible whispers – but never-the-less, spiritual experiences that the Spirit works through – giving, revealing, guiding, leading, inspiring, motivating – ordinary life situations through which the Spirit is trying to help us. But like all communication, to be effective, needs to be two ways – these, sometimes imperceptible, whispers need our attention and not ‘half-held’ and let go – but reflected on and acted on through a deliberate choice.



Spiritual experiences usually occur through exterior contexts such as creation, scripture, life circumstances, sacraments and human interaction. For example:

Francis was able to see, smell and taste the creator through nature – trees, flowers, plants, animals, sun-sets; Francis could hear God speaking through words of scripture; touch the humility of God by embracing a leper and touching nature; sense God in the sacraments; and in the people Francis met. Francis came so close to God through experiencing the divine in everything – in all of life – becoming alive spiritually in sight, hearing, touching, tasting,

smelling, mind, imagination, heart and whole body.

Some other examples of spiritual experiences may include: feelings of warmth, peace, love, contentment, of being held - affective experiences through which the presence of God is felt; feelings of intense spiritual joy or sadness; feelings of expectancy and excitement; some revelation, insight or realization – of something being given; reasoning formed by question and answer with God; words or images that help understanding; experiences that initiate growth in love; experiences that change and transform us.

What can we learn about the consequences of spiritual experiences? In St. Francis we see: faith growing and strengthening; his relationship with God deepening; his desire for God increasing; his spiritual experiences gave understanding, meaning and impetus to his life; they changed his behavior and attitudes; they brought him more in tune with the Spirit moving in life and he began to see God in all aspects of life – seeing the world through God’s eyes – and began making choices based on love in this life-long partnership with God. To, perhaps a lesser extent, we too can



recognize these “gifts” in our own lives that increase our confidence and desire to have more of God in our lives – and the more we taste, the more we want to taste and share God’s love with others.

Skeptic’s may say ‘but these experiences are not spiritual, they are ordinary life experiences’, ‘I can experience things, but that does not mean the spirit is present in that event – it’s just an ordinary, concrete, physical event! What is our reply to this? Firstly, Francis would say that God is alive and active - every single moment is pregnant with the Spirit giving, leading, guiding, revealing, supporting, encouraging, whether in seeing a beauty of creation, smelling a flower, hearing a song bird, or interacting with other people – seeing the Spirit at work in them, or in the simple experiences of breathing, resting, thinking, feeling. Secondly, are we not spiritual beings? - with an indwelling Spirit – with an image of God, a seed of love planted deep within us?



*“God said ‘Let us make man in the image of God..... God created man in the image of himself, in the image of God he created him, male and female he created them” (Genesis 1: 26-27).*

Is there not a deep mystical truth here? Do we not carry in our DNA a spark of the Divine – a vestige – a footstep of God

# Christmas at St Martins

## By Miranda Reading

We had a busy festive season at St Martin's. We had a good attendance at the Christmas Clean and the church was then beautifully decorated, with the Christmas Trees being decorated by Sarah Jacob, Derek Cunliffe and Paul Thwaite. Peace doves, with space to write prayers on them were made by Alison Cummins, whilst a Christmas star 3m tall was erected on the church tower by Peter Golby.

The Christmas Nine Lessons and Carols was very well attended by over 200 people, who enjoyed festive mulled wine and mince pies afterwards, arranged by Mandy Al-Salami, Judith Kaplan and Deborah Nicholes. Christmas Eve saw a positive plethora of 5 services (well done Fr. Robert!). We were pleased to welcome many members of the Ruislip community who were not regular worshippers at St Martins and we hope the warm welcome we gave them will encourage them to come back! Well done to all who were involved in our Christmas season.



Photos by Chris Edwards/Miranda Reading

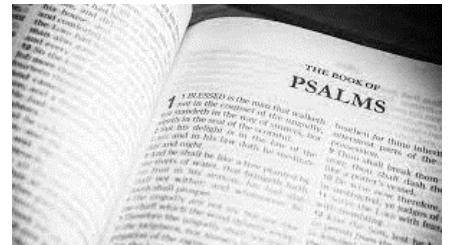
# Embracing Christ's Love: Applying Psalms' Verses to Illuminate a Conflicted World

## By Mervyn Hogg

### Introduction

Inspired by a Jazz concert at St Albans Cathedral, in the week of Christian Unity, which took some words from the Psalms about peace I have prepared the following for you to read, reflect and act on.

In times of darkness and conflict, there is a profound solace to be found in the unwavering love of Jesus Christ. The timeless wisdom offered by the Book of Psalms supplies invaluable guidance on how we can apply Christ's love and sacrifice to heal our conflicted world. This article delves into six poignant verses from the Psalms, empowering individuals to emulate Christ's love in their lives, inspiring transformation, and igniting hearts with hope.



### 1. Embracing Christ's Sacrificial Love

Psalms 86:5 reminds us of God's abundant love and willingness to forgive. Through Jesus Christ's ultimate sacrifice on the cross, we meet divine love in its purest form. Amidst worldly conflicts, we can channel this love by extending forgiveness, compassion, and understanding to others, irrespective of their actions. By embodying Christ's sacrificial love, we become instruments of healing and reconciliation, bringing light to the darkest corners of our conflicted world.

### 2. The Healing Power of Christ's Love

Psalms 147:3 gently reminds us of Christ who "heals the broken-hearted and binds up their wounds." In today's fractured world, we should look to mirror Christ's love and compassion by reaching out to those who have been hurt or marginalized. By actively listening to their stories, offering comfort, and promoting inclusivity, we can take part in Christ's healing mission. When we invest in building bridges instead of walls, we create spaces where love and understanding can mend the broken-hearted and restore hope to those who need it most.

### 3. Emulating Christ in Servanthood

Psalms 100:2 urges us to "serve the Lord with gladness." Christ epitomized servanthood, humbling Himself to elevate others. In our conflicted world, we can follow His example by joyfully serving those who are vulnerable or oppressed. Through acts of kindness, compassion, and selflessness, we can uplift others,

restoring dignity and reminding them of the love of Christ. By approaching service as a privilege rather than an obligation, we become vessels of Christ's love, affecting lives and inspiring others to embrace the essence of servanthood.



#### **4. The Power of Forgiveness and Reconciliation**

Psalms 103:12 poignantly reveals that God removes our sins as far as the east is from the west. Christ's sacrifice on the cross exemplifies forgiveness and reconciliation. In our divided world, we can transcend conflicts by extending forgiveness to others, freeing ourselves from the burden of anger and resentment. By embracing Christ's teachings on reconciliation, we can bridge divides and sow seeds of unity. Through

forgiveness, we create space for healing and redemption, fostering a more harmonious society anchored in Christ's love.

#### **5. Loving Others as Christ Loves Us**

Psalms 133:1 inspires us to dwell together in unity, comparing it to precious oil running down Aaron's beard. Similarly, Christ's love unites believers into a global family, transcending boundaries and prejudices. In a conflicted world, we can emulate Christ's love by embracing diversity, nurturing inclusivity, and striving for unity. By valuing each person as fearfully and wonderfully made, we extend Christ's unconditional love to all. When we foster unity amidst diversity, we create a radiant tapestry that radiates Christ's love and reconciles hearts, healing the fractures that divide us.

#### **6. Sharing the Love of Christ through Acts of Compassion**

Psalms 107:8 invites us to give thanks to the Lord for His steadfast love and wondrous works. As followers of Christ, we are to be vessels of His love, performing acts of compassion that mirror His teachings. By feeding the hungry, offering shelter to the homeless, and extending a helping hand to the marginalized, we become beacons of Christ's love and mercy. When we tangibly show His love, we inspire hearts and transform lives, leaving an indelible mark of hope in our conflicted world.



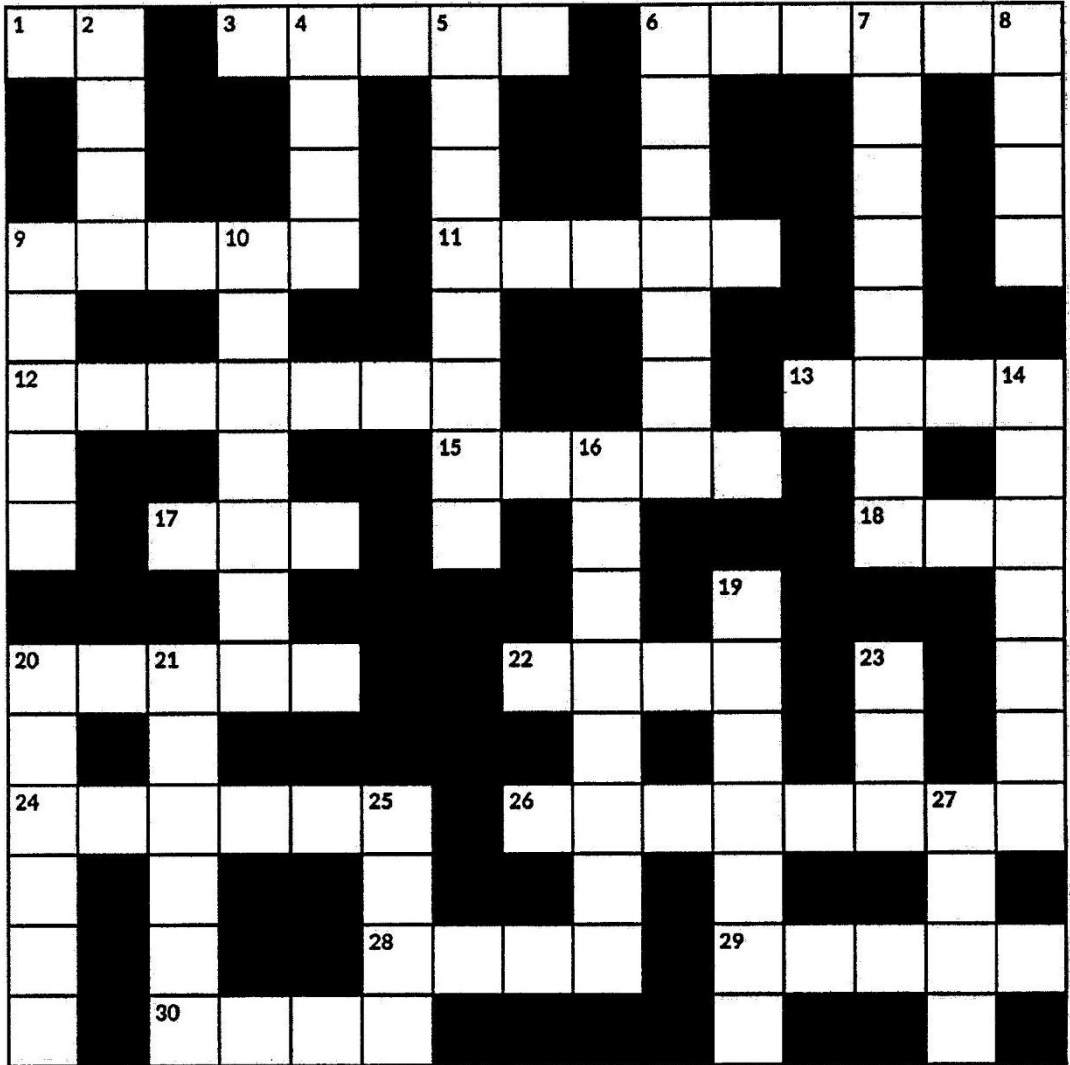
## Conclusion

By applying the teachings of Psalms, grounded in the love and sacrifice of Jesus Christ, we can ignite a powerful movement of love, forgiveness, compassion, and unity in today's conflicted world. As we embrace His love, extending forgiveness, offering healing, serving others, fostering unity, and sharing acts of compassion, we become instruments of Christ's transformative love, awakening hearts and inspiring lasting change. Let each of us look at ourselves and ask how we can each do better with those who surround us in our homes and at work, in our church and within the wider community. This is by no means an easy challenge but through thoughtful prayer, reflective reading, and sacramental sustenance we can set aside conflict and start afresh on this journey together.



# St Martin's Crossword

By Jude





## Across

1. First word of the Prayer of Humble Access. (2)
3. Musical instruments played by Angels, in popular culture. (5)
6. Evil spirits. (6)
9. Betrayer. (5)
11. "Lord of the \_" is a hymn written by Sidney Carter in 1963. (5)
12. Sacrifice associated with Lent. (7)
13. Joseph was given one of many colours. (4)
15. The moveable basins in Solomon's Temple had wheels and \_ made of bronze. *1 Kings 7:27-30* (5)
17. Johann \_ was a leader of the counter-reformation and opponent of Martin Luther. (3)
18. First lady of the Bible, perhaps? (3)
20. One can pass more easily through the eye of a needle than a rich man enter the Kingdom of Heaven (5)
22. The hymn "Rock of \_" was written by Augustus Toplady in 1763. (4)
24. *With 14 Down*, the day before the start of Lent. (6, 7)
26. The study of the nature of God and religious beliefs. (8)
28. Eldest son of 18 Across and the first murderer. (4)
29. Thou shalt not kill is the \_ Commandment. (5)
30. Old Testament boat-builder. (4)

## Down

2. Older brother who sold his birthright . (4)
4. What the Apostles did. (4)
5. The Parable of the \_ Son appears in Luke 15. (8)
6. Ecclesiastical district under the jurisdiction of a bishop. (7)
7. "I'll \_ some day" is a 1900 hymn by Charles Tindley, subsequently adapted as a Gospel song iconic of the civil rights movement. (8)
8. Third son of 18 Across. (4)
9. Mediterranean port, called Joppa in the Bible, where Peter stayed with Simon the Tanner. (5)
10. One of thirty-nine which defined the doctrines of the Church of England, finalised in 1571. (7)
14. *See 24 Across* (7)
16. Meaning of the Old English origin of the word Lent, referring to the longer days of Spring. (8)
19. To adopt or support a cause, belief, or way of life. (7)
20. One of the Magi. (6)
21. Our Patron Saint. (6)
23. Twelfth century saint and bishop of Urgell in Spain. (3)
25. "\_ one of you has received a special grace, so... put yourselves at the service of others." *JB 1 Peter 4:10* (4)
27. Philistine city, home town of Goliath. *1 Sam 17:4* (4)

# 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](mailto:MirandaAtStMartins@gmail.com) by the 16<sup>th</sup> of March 2024.

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

### Word Search



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.

Friend, Healings, Heaven, Helper, Kind, Love, Miracles, Patient, Peace, Pray, Worship

Credit: <https://www.christianbiblereference.org>

Contributed by Melissa



# 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!

### Happy New Year!

We had such a fantastic and busy end to 2023 with our Nativities and Christmas lunch. Our wonderful Parents Association raised lots of money for our school by organising our Christmas Fair, Christmas Raffle and they even went out raising money, with our friend, Father Christmas. Members of the Parent's Association, staff, children and families joined together with Ruislip Roundtable. In total we raised over £2000 at these events and had so much fun.



We have had a very busy start to 2024! We enjoyed visits from Active Travel and Road Safety by the Riot Act in Years 5 and 6 where they taught us all about the dangers we can come across whilst trying to cross the road and how to keep ourselves safe. We have also had visits from members of the Metropolitan Police across KS2, where they have talked about how to keep ourselves safe and highlighted Internet Safety and how to transition safely to Secondary School.



We also had our first Forest School sessions for the Spring Term. The children enjoyed thinking about new beginnings and what they would like to get better at during the year. The children carried out a range of activities including tying knots, racing log dogs and making dens. The children love to climb trees, look for mini beasts and are very excited to be able to spend so much time exploring their outdoor environment.



Remember to keep an eye on our website for all upcoming events and we hope to welcome you to our school in the near future. God Bless you all.

[www.bwicofe.co.uk](http://www.bwicofe.co.uk)

St Martin's Church  
Parish Directory

<b>VICAR</b>	Rev Dr Robert Chapman	13 Eastcote Road, Ruislip HA4 8BE. Tel: 01895 633040 Frrobertbchapman@gmail.com
<b>CURATE</b>	Vacancy	
<b>ASSOCIATE</b>	Fr Michael Bedford	Tel: 020 8866 4332 <a href="mailto:Mabedford7cr@waitrose.com">Mabedford7cr@waitrose.com</a>
<b>All clergy can also be contacted through the Parish Office</b>		
<b>LAY PASTORAL ASSISTANTS</b>	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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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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Sidespeople	Sarah Jacob & Alan Seymour	<a href="mailto:Sjacob325@gmail.com">Sjacob325@gmail.com</a> 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 April/May issue to [MirandaAtStMartins@gmail.com](mailto:MirandaAtStMartins@gmail.com) by 16<sup>th</sup> March 2024.

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

Outlook is published every other month. The next edition will be April/May 2024.



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

[WWW.HOMEINSTEAD.CO.UK/RUISLIPANDHARROW](http://WWW.HOMEINSTEAD.CO.UK/RUISLIPANDHARROW)

## HOW ELDERLY CARE AT HOME CAN SLOW THE PROCESS DOWN

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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.

A long-exposure photograph of a street at night. In the foreground, there are blurred light trails from cars in shades of blue and yellow. In the background, a large, dark building with a prominent timber-framed gable is visible. The building has several windows, some of which are lit up. A sign above the entrance of the building reads "coopers" in a blue, glowing font. The sky is a deep, dark blue.

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