ALL SAINTS CHURCH BOYNE HILL MAIDENHEAD PARISH NEWS

www.allsaintsboynehill.org.ukIssue 44 27 January 2021



Dear Parishioners and Friends of All Saints, Boyne Hill,

As I tried to find inspiration to write the 44th edition of Parish News I looked up and saw 3 smiling faces looking at me from outside the study window. The people with the smiling faces had arrived with a gift to help make me smile. The gift is 'The Boy, the mole, the fox and the horse' By Charlie Mackesy and I think Monika and I will be referring to it on a regular basis as we journey through the coming weeks and months. Richard Curtis writes about the book 'A wonderful work of art and a wonderful window into the human heart.'

The book has at its heart, the desire to encourage us to live courageously with kindness for ourselves and for others. The Boy, the mole, the fox and the horse all have weaknesses and of course they are all different, but they seem to help each other get by. Charlie the author writes 'When I was making the book I often wondered, who on earth am I to be doing this? But as the horse says: 'The truth is everyone is winging it.' I am certainly 'Winging it' but I know that we need to be kind to each other and support our community in the weeks ahead.

In this newsletter I am asking you to support our schools. Over the coming weeks I will offer some questions that we may need to reflect upon as we face ministry in Lockdown and then coming out of Lockdown and God willing, finding a way of coping with this pandemic.

The question that is on my mind this week is how can we engage with our schools? What are the emerging needs? Sue Nordberg asked me to discover the needs of one or two of our schools. It was an important reminder that schools are one of our three areas of focussed mission that came from Partnership in Missional Church alongside welcome and our worship.

All Saints School has responded with the need to support vulnerable families through Food Share and to help young people access education more easily by having laptops within the family home. The headmaster said that there was a shortage of laptops for children at home and there were families struggling to provide food to keep children nourished. Perhaps we can offer more support to Food Share and I am also asking you to think if you can support the purchase of tablets for learning. The tablets are called 'Kindle Fires' and they cost £50 each. I am hoping that we can provide 20 from our church community.

To help, Rod Broad has asked me to write that the easiest way of support is for us to send money by bank transfer to: Lloyds, Maidenhead, 45 High Street, SL6 1JS. Account name: All Saints Church Fund, Account sort code: 30 95 36 and account number 00025109.

If you prefer to offer cash or cheques, they will need to come to the vicarage, and I will pass to Rod. It would be helpful if donors could email the finance e-mail which is allsaintsboynehill.finance@gmail.com to let us know of your donation so that Sue Stannett can add gift aid.

We are listening to the needs of schools and are continuing to provide with the Open the Book team stories via zoom recordings. This means that both Larchfield and All Saints are receiving the great biblical stories. We are also offering live Microsoft Teams assemblies to Boyn Hill and more recently following the closure of schools we have reverted to recordings of assemblies for Boyn Hill and All Saints. All Saints school have asked for help with a recording for classes of the meaning of the Trinity and we are sending recordings to Altwood School too.

This week I have the opportunity of sharing the Ignatian Contemplative Toolkit to the teachers at All Saints so that they can decide if there will be any benefit in helping students at school and at home. Listening to the news this morning there were sadly items referring to young people's mental health during these difficult times and we hope that by providing resources we can play a small part in helping students to see the world in a more positive way. Just taking one example of the exercises which is Stilling can demonstrate the positive side of praying this way. It can help us to calm ourselves when we are facing stressful times and dealing with anxious thoughts. By noticing and using the examen we can encourage young people to notice the things we can be grateful for, the things we are sorry for and the small changes we might make tomorrow. Let us continue to pray for our local schools, for the heads, teachers, support staff and all those who support the running of our schools such as clerical support and governing bodies. Thank you to those of you who play a part through acting as governors.

Finally, in this Newsletter I would like to point to the journey through the Christian year. This weekend we celebrate Candlemas, and the sermon is following the Diocese of Sheffield's vision to be 'Lights for Christ.' We will then be moving quickly towards Lent and this year I hope to follow the challenge of the Sheffield Diocese in encouraging us to think about a rule of life. I will write more on this in next week's newsletter.

The Oxford Diocese too has an exciting Lenten initiative called 'Come and See' based on the text from John 1: 35-42. I have signed up to receive information via the following link; https://www.oxford.anglican.org/come-and-see You will find a place where you can put your name and email address and you will receive;

- 1. 5 Podcasts from Bishop Steven
- 2. 4 Testimony Films
- 3. Daily Pilgrim reflections on the creeds provided by Bishop Steven

Bishop Steven's podcasts will use the Ignatian contemplative model too.

Session one – I believe in God, the Father Almighty as he reflects on the need to still to note the goodness in creation.

Session Two – Dwelling on the theme 'I Believe in Christ

Session Three – Mending – The idea of forgiveness found through Jesus' crucifixion

Session Four - Noticing - I believe in the Holy Spirit

Session Five – Blessing – the Church and forgiveness

Next week I will lay out my plan for Lent in taking the Sheffield vision of forming a 'Personal Rule of Life' and highlight how we might use 'The Jesuit guide to Almost Everything' by James Martin to help us journey through Lent. PS: In case you have found all the above just a little too much then back to a quote from Charlie Mackesy. The Mole to the Boy 'I've learned how to be in the present.' 'How?' asked the boy. 'I find a quiet spot and shut my eyes and breathe.' Replied the mole, 'That's good, and then?' 'Then I focus.' 'What do you focus on?' 'Cake' said the mole. Thank you, the Curtis-Smith family, for bringing a little joy into my life with this gift this week.

RESOURCES

THIS WEEK:

Thursday 28 January

7.00pm Art Course Part 2 on Zoom with Matt Firth

The second of four evenings looking at Art from Venice, Byzantine art, Italian Renaissance from Rome and Florence and Northern Renaissance from The Netherlands. This week: Icons and Byzantine Art

https://us02web.zoom.us/j/85756336207?pwd=OUZiYzMrQXhTeEVQR0p0elYyRThHdz09

Meeting ID: 857 5633 6207

Passcode: 793540

8.00pm Night Prayer on Zoom

https://us04web.zoom.us/j/75976544021?pwd=Q1pJVTlpTytOdHg0VXhSRGxWRzlzZz09

Meeting ID: 759 7654 4021

Password: 5rHziV

Readings: Psalm 24, Romans 14:1-9

Hymn: O Lord my God, when I in awesome wonder

Sunday 31 January

10.00am Eucharist for The Presentation of Christ in the Temple

https://us02web.zoom.us/j/89125977023?pwd=R0FaSjNMK2ExNnoyVGZXNTZ4cHhwdz09

Meeting ID: 891 2597 7023

Passcode: 369388

For the Diocesan Link for the Eucharist please see the front page of our website. The Diocesan resources can be found without internet on 01865 920930.

The Church of England's new resource 'Daily Hope' which includes comforting hymns, daily prayers and reflections can be found on free telephone 0800 804 8044.

Monday 1 February 7.30pm Prayer Group on Zoom

https://us02web.zoom.us/j/85011600714?pwd=Y0x2VWpMQ3JFUStsQ0plbEFLOEQrQT09

Meeting ID: 850 1160 0714

Passcode: 553120

This group, following the example of our successful 'Church on the Move' from a decade ago, focusses on an area of mission that we would like to pray for. If you have anyone you would like us to pray for please let Fr Jeremy know.

Wednesday 3 February 10.30am – 11.00am

New Coffee morning on zoom – all you need is a cup of coffee or tea and perhaps a biscuit or two. Then feel free to share a conversation.

https://us02web.zoom.us/j/85980143355?pwd=Nm1kZmNLdHNmRG1sajF10Ep1MVI2QT09

Meeting ID: 859 8014 3355

Passcode: 412790

7.30pm Standing Committee meet via Zoom

PRAYER INTENTIONS

Please keep in your prayers the Family of Frederick Sharpe whose funeral takes place this week. We continue to pray for the recently departed Grace Churchward, Daniel Honey, Ray Phillips, Rachel Gibbs and all those whose anniversary of death falls at this time.

Please keep Jackie, Joshua, Sarah and Margaret and Jo in your prayers at this very sad time following the tragic death of Daniel.

We continue to pray for Mandy Rogers, Danielle, Nick, Fr John, Sister Mary Philip, Roger Baldery, Doreen Hill and Mark.

We pray for Chris Harding studying in the Lebanon.

We continue to pray for all the NHS workers and those from our community involved in the vaccination programme, especially Jeanette and Dianne.

We pray for the workplace and economic wellbeing – we remember before God those who face great uncertainty in their work. We lift before God those who have lost their jobs and face an uncertain and difficult future. We pray for a renewed commitment to our common life together.

We pray for Food Share as they continue to provide for people struggling to offer food to children.

The list of streets in our Parish was attached to Issue 41: this week we remember the ones beginning with D.

Church of England to 'Pray for the Nation' via the link below.

https://www.churchofengland.org/sites/default/files/202011/15348%20PftN%20Booklet 6th%20PROOF.pdf

May you all be blessed by God's love this week.

Fr Jeremy

Worship for SUNDAY 31 JANUARY The Presentation of Christ in the Temple

Sounds of Worship Brian Graves

Candlemas represents the long-stop end of the Christmas season during which we have experienced the big events of the arrival of the Magi at Bethlehem with gifts that symbolise, Kingship, the Holy Spirit and Passiontide; then the Baptism of Christ where John publicly acknowledges the importance of Jesus' ministry on earth, after which Jesus

starts to gather his disciples and as we saw last week, he shows his miraculous powers and resurrection hope at the wedding in Cana. This week we experience the next big event where Simeon becomes the latest person who, having prior knowledge of the importance of Jesus, steps forward to show this publicly when he praises God with the words we know as the "Nunc Dimittis".

To represent this event which takes place in the Temple at Jerusalem I have chosen a hymn and a simple setting of the Nunc Dimittis.

First, the hymn which is "Hail to the Lord who comes" AM 110 words by John Ellerton (1826 - 1893) set to the tune Old 120th, a melody taken from Thomas Este's Psalter, of 1592.

This hymn starts by setting an expectation of a big hymn of praise: "Hail to the Lord who comes, comes to his temple gate," but then immediately changes the whole tone with "not with his angel host, not in his kingly state: no shouts proclaim him nigh, no crowds his coming wait." It is this understated mood which illustrates the low-key encounter with Simeon in the Temple. The succeeding verses tell the story simply and clearly, but the mood turns again from verse 3 to 4. This reflects the progression of the words of the Nunc Dimittis from Simeon's acceptance of his imminent fate to his joy at the fulfilment of the promise of the Holy Spirit.

John Ellerton was educated at King William's College on the Isle of Man and Trinity College, Cambridge (B.A. 1849; M.A. 1854). After taking orders in 1850, he was Curate of Easebourne, Sussex. In 1852 he was Lecturer of St. Peter's, Brighton. In 1860 he became chaplain for Lord Crewe and vicar of Crewe Green in Cheshire, about thirty miles southeast of Liverpool. He became chairman of the education committee at the Mechanics Institute for the local Railway Company. Reorganising the Institute, he made it one of the most successful in England. He taught classes in English and Bible History. He also organised one of the first Choral Associations of the Midlands.

In 1872 he became Rector of Hinstock, Shropshire. In 1876 he was transferred to Barnes. The work there among a large population broke him down and he had to go abroad for a year, serving as Chaplain at Pegli in Italy from 1884-1885. After returning in 1886, his final parish was at White Roding in Essex. During his final illness he was given the honorary title of Canon of St. Albans Cathedral. Ellerton was best known as a hymnologist, editor, hymn-writer and translator. He wrote or translated over 86 hymns, probably the best known of which is "The day thou gavest, Lord is ended."

The tune Old 120th comes from "The Whole Booke of Psalmes, With Their Wonted Tunes. As they are Sung in Churches. Composed in Foure Parts". First published by Thomas Este in 1592 with a second edition in produced in 1604. Between them, the two editions covered all 150 psalms, and 30 miscellaneous canticles and items of service music. It must be remembered that these are metrical versions psalms rather than chanted versions of the original biblical words. The 120th has a first line starting "In trouble and in thrall" to a tune composed by Giles Farnaby.

- Hail to the Lord who comes, comes to his temple gate, not with his angel host, not in his kingly state: no shouts proclaim him nigh, no crowds his coming wait.
- 2. But borne upon the throne of Mary's gentle breast, watched by her duteous love, in her fond arms at rest; thus to his Father's house he comes, the heavenly guest.

- 3. There Joseph at her side in reverent wonder stands; and, filled with holy joy, old Simeon in his hands takes up the promised child, the glory of all lands.
- 4. Hail to the great First-born, whose ransom-price they pay, the Son before all worlds, the child of man to-day, that he might ransom us who still in bondage lay.
- 5. Light of all the earth, thy children wait for thee: come to thy temples here, that we, from sin set free, before thy Father's face may all presented be.

Hail to the Lord who comes AM 110 https://www.youtube.com/watch?v=TGFait 4 X8

The second sound of worship is the Nunc Dimittis set to an Anglican chant, Tonus Periginus. In Gregorian chanting of the psalms, it was customary for the reciting note (the pitch used to recite the majority of the words of a half verse before having a little melodic flourish for the final few words) to be the same for the first and second half of the verse. This was the case for the standard Gregorian chant "scales". However, there was an additional chant scale, Tonus Periginus where the reciting note of the second half was one pitch lower than the first half. Periguinus means "wanders".

- 1. Lord now lettest thou thy servant depart in peace: According to thy word.
- For mine eyes have seen thy salvation:Which thou hast prepared before the face of all people;
- 3. To be a light to lighten the Gentiles: And to be the glory of the people Israel.

Glory be to the Father: And to the Son, and to the Holy Ghost; As it was in the beginning is now and ever shall be: World without end, Amen.

Nunc Dimittis (Tonus Periginus) https://www.youtube.com/watch?v=gOKi8DPtOLM

I have added a third sound of worship which is a chorale prelude by J S Bach. It is a setting of the chorale melody used for the German metrical setting of the Nunc Dimittis "Mit Fried und Freud' Ich Fahr Dahin" (In peace and joy I now depart). The melody was composed by Luther himself.

Bach's chorale prelude is one of his most heartfelt and expressive. There is a gentle rising figure in the accompaniment which represents the heaven-wards thoughts of Simeon. However, the mood is one of an intimate,

understated joy and peace which reflects what must have been the sate of mind of Simeon on his encounter with the holy family. Such is the power of music to create an emotional response to help one gain a deeper insight into the power of the holy spirit.

Mit Fried' und Freud' ich fahr' dahin (BWV 616) https://www.youtube.com/watch?v=MLII6fnVt0M

COLLECT

Almighty and ever-living God, clothed in majesty, whose beloved Son was this day presented in the Temple, in substance of our flesh: grant that we may be presented to you with pure and clean hearts, by your Son Jesus Christ our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God now and for ever. **Amen.**

EPISTLE Hebrews 2.14–18

Since the children share flesh and blood, Jesus himself likewise shared the same things, so that through death he might destroy the one who has the power of death, that is, the devil, and free those who all their lives were held in slavery by the fear of death. For it is clear that he did not come to help angels, but the descendants of Abraham. Therefore he had to become like his brothers and sisters in every respect, so that he might be a merciful and faithful high priest in the service of God, to make a sacrifice of atonement for the sins of the people. Because he himself was tested by what he suffered, he is able to help those who are being tested.

GOSPEL Luke 2: 22 - 40

When the time came for their purification according to the law of Moses, Mary and Joseph brought Jesus up to Jerusalem to present him to the Lord. (as it is written in the law of the Lord, 'Every firstborn male shall be designated as holy to the Lord'), and they offered a sacrifice according to what is stated in the law of the Lord, 'a pair of turtle-doves or two young pigeons.' Now there was a man in Jerusalem whose name was Simeon; this man was righteous and devout, looking forward to the consolation of Israel, and the Holy Spirit rested on him. It had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Messiah. Guided by the Spirit, Simeon came into the temple; and when the parents brought in the child Jesus, to do for him what was customary under the law, Simeon took him in his arms and praised God, saying, 'Master, now you are dismissing your servant in peace, according to your word; for my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the Gentiles and for glory to your people Israel.' And the child's father and mother were amazed at what was being said about him. Then Simeon blessed them and said to his mother Mary, 'This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed – and a sword will pierce your own soul too.' There was also a prophet, Anna the daughter of Phanuel, of the tribe of Asher. She was of a great age, having lived with her husband seven years after her marriage, then as a widow to the age of eighty-four. She never left the temple but worshipped there with fasting and prayer night and day. At that moment she came, and began to praise God and to speak about the child to all who were looking for the redemption of Jerusalem. When they had finished everything required by the law of the Lord, they returned to Galilee, to their own town of Nazareth. The child grew and became strong, filled with wisdom; and the favour of God was upon him.

SERMON Fr Jeremy

As I begin writing this sermon on Monday 25th January, the sky is bright blue, and the sun is reflecting off what remains of the snow that fell on Sunday morning. The brightness of the view outside fills me with a sense of joy and seems appropriate as I reflect on the theme of Candlemas and come alongside Simeon and Anna greeting the light of the world.

If ever we seek the faith, hope and love of Christ it is surely appropriate now as we face the darkness of the winter and the ongoing darkness of the pandemic. It is not only the weather this morning that gives me cause for hope though. The words of Simeon as he receives the infant Christ in his arms should fill all of us with hope.

'Lord, now lettest thou thy servant depart in peace: According to thy word.

For mine eyes have seen thy salvation; which thou hast prepared: before the face of all the peoples; To be a light to lighten the Gentiles: and to be the glory of thy people Israel.'

These words speak of real hope based on the coming of a saviour foretold by the prophets of the Old Testament. This though is hope coming out of suffering. Simeon and Anna have been waiting patiently for God to comfort Israel. They wait for the redemption of Israel but also as Simeon says this light will be for the whole world. We need to notice though as we face the suffering and heartache of this pandemic that Simeon and Anna waited patiently in a world where suffering had become a way of life.

At the heart of the message of the Christian Hope is the belief that God became a vulnerable baby boy and grew to be the man who brought salvation and transformed life through the death on the cross and rising to New Life. God will deal with Simeon and Anna's suffering as he deals with ours by sharing it with us. Simeon understands in the words of the Nunc Dimittis the meaning of the prophecy of the Old Testament that all the nations alongside God's chosen people will come to know the saviour who enables good to overcome evil, light to overcome darkness and suffering, and New Life to overcome death.

As we dwell on the characters of Luke's story, we find old people like Simeon and Anna, a young girl and husband surprised to have a child and in the next chapter Jesus as the young boy growing up and discerning his vocation. Luke is a wonderful storyteller, and stories can make pictures too. Matthew Firth is sharing his excellent art courses with us on zoom at this moment, and he has been pointing out how artists like Caravaggio can draw the viewer into the story. Towards the end of Luke's story in Chapter 24 we find the Supper at Emmaus. Caravaggio's painting draws us into communion with the Risen Lord. Through the scriptures being opened to us we are called into communion thorough the breaking of bread when our eyes are opened to new life.

This is why Simeon is filled with joy. He and Anna know that the light has dawned. The challenge for the spirit filled disciples in the 1st century and us as baptised Christians today is to reflect Jesus' love and light to the world.

I return to the Church of England liturgy that concludes the Candlemas Eucharist:

Father, here we bring to an end our celebration of the Saviour's birth.

Help us, in whom he has been born, to live his life that has no end.

Here we have offered the Church's sacrifice of praise.

Help us, who have received the bread of life, to be thankful for your gift.

Here we have rejoiced with Simeon and Anna.

Help us, who have found the Lord in his temple, to trust in your eternal promises.

Here we have greeted the light of the world.

Help us, who bear these candles, never to forsake the light of Christ.

Here we stand near the place of baptism.

Help us, who are marked with the cross, to share the Lord's death and resurrection.

Here we turn from Christ's birth to his passion.

Help us, for whom Lent is near, to enter deeply into the Easter mystery.

Here we bless one another in your name.

Help us, who now go in peace, to shine with your light in the world. Thanks be to God. Amen.

People of All Saints, as we journey towards Lent may we make Luke's story become our vocation. May we follow the challenge of Bishop Pete Wilcox, the Bishop of Sheffield in becoming 'Lights for Christ.' The Diocese of Sheffield reaffirm their calling to be Christ-like, living as lights for Christ in our everyday lives by:

- Receiving Christ's light as his friends
- Walking in Christ's light as his followers
- Reflecting Christ's light to those around us.

Bishop Pete wants his Diocese to:

- 1. pray and seek God's will by worshipping in the life of the church, reading and dwelling on the word, receiving communion and opening our lives to the Holy Spirit.
- 2. Enjoy God's gifts with gratitude, live by the teaching of Jesus, give generously to others and seek and offer forgiveness.
- 3. To love and pray for those we live and work with and serve those in need by sharing Christ in our community. May we challenge injustice, promote peace and care for God's creation.

At the heart of this challenge is the prayer life which shapes our lives. At All Saints on a Monday evening a few of us are looking back to notice where God has been at work this past week. On Thursdays at night prayer, we use the examen to look back at what we might be grateful for. We try to notice where we have seen God in our day, the things from our day that stood out, where did we make mistakes that we may need to say sorry for and finally what small changes can we make that will enable us to be the people we are called to be.

Friends, We go into the world to walk in God's light, to rejoice in God's love and to reflect God's glory.

In the name of the Father, Son and Holy Spirit.

Amen

GOOD NEWS ABOUT THE FLOOR RESTORATION PROJECT

During the past months our lives seem to have been overtaken by the covid pandemic and it is sometimes difficult to know what the next restriction or relaxation is going to be. We have grieved for those we have lost and rejoiced for those who have recovered from this dreadful disease but the advent of the vaccinations now gives us considerable scope for optimism for the future. As a church we have had to close for more than one period either in accordance with government rulings or our own concerns about the dangers of mixing together, as now and as with so many other churches. Nevertheless All Saints has met the challenge under Fr Jeremy's inspirational leadership with recorded services, Zoom prayer and other meetings, and not least with this Parish News.

I am pleased to be able to tell you that the project to restore the floor has progressed meanwhile and we have now reached a position where we are actually able to start the work – even earlier than planned. This is due in no small measure to those who have contributed so magnificently with their financial donations and pledges.

Although with reluctance we have had to close the church for covid reasons it has offered the opportunity to bring the work forward to take advantage of the closed church. Therefore, instead of a planned start date of 12 April, with the cooperation of our contractors, the current start date for the on-site work is 15 February, with an estimated

completion date of 15 August rather than 12 October. We can therefore look forward (because surely the crisis will be sufficiently reduced by then?) to worshipping in a restored church two months earlier than planned.

To enable the work to start a request has been made to Richard Bowers, our organ specialist, to wrap the organ in protective material, and detailed plans have been drawn up to move away all the pews and ornaments from the nave. This work will be carried out by volunteers, socially distanced and masked of course, in the week commencing Monday, 1 February. I had hoped that it would be possible for you to visit the church to see the state of the floor once it was cleared, and before the contractors had started work, but that is not now possible. However, I hope to make it possible to see the restored floor before everything is put back.

However, I do need to refer back to the finances. Although a really splendid effort has made it possible for us to go ahead we do not have quite enough money. In fact we are about £31,000 short. The PCC has agreed that money in the buildings reserve can be used in the short term, but that money is intended for other necessary repairs such as the holes and cracks in the stained-glass windows, the leak in the tower staircase, and the crumbling boiler chimney. We will be addressing the issue shortly and I hope you will want to be part of the preservation of our unique building.

A second thing to bear in mind is the reason the floor restoration is so necessary. Of course it is a hazard issue but far more importantly it enables us to look forward with confidence to worshipping in a magnificent building and also to reaching outwards to the wider community in Mission. The church is for the parish and we want it to be used by the community. To this end we have been speaking to many organisations and people and have found a real desire to join with us — organisations such as the Maidenhead Painting Club and Allsorts, and schools for religious study, history, art and the like. Our local ward counsellors have been very supportive with a grant and the making of a video, and they see the church as a great asset for community work and cohesion. These are great opportunities for Mission. Again, you will be hearing more of this. There is so much we can do. Let us seize the opportunity.

Ken Smith, Churchwarden

TUESDAY CLUB 7.30pm 2 February via Zoom

https://us02web.zoom.us/j/83230815060?pwd=OHI3Y2RZdG1yVmM3aXEwTE9LUzRpZz09

Meeting ID: 832 3081 5060

Passcode: 673884

Everyone is welcome to join us for a fun quiz entitled "Where in the World?" Just have a pencil and paper handy and

your memory in gear.

VOLUNTEERS NEEDED FOR VACCINATION ROLLOUT

As of 20 January our local health and care service, Frimley Health and Care, is looking for volunteers to help with the COVID-19 vaccination programme rollout. If you'd like to volunteer, please email: volunteer@rbwm.gov.uk.

WAMCF NEWS

The Joy of Movement

Exercise to music for the over 50's

Every Tuesday from

12th January to 16th February

6.00pm to 7.00pm via ZOOM

This Programme is suitable for standing, seated and wheelchair users.

FREE to our wonderful WAMCF supporters thanks to the support of Get Berkshire Active.

TO JOIN Send an email to Paul: samuelsberks@aol.com

FOODSHARE NEWS

Lockdown means an increasing need for Foodshare. Please see www.foodshare.today for places you can donate and what's most needed each week.

REFLECTION by Greg Hurst

A tiny snowflake drifted past my nose as I returned from an early-morning walk to the newsagents. Then another. But too small and watery to settle, I thought. As I made breakfast I glanced out of the window and noticed more watery snowflakes in a light shower. Then, several minutes later, these had developed into thick flakes blanketing down and settling on the lawn. It was snowing!

Within a couple of hours I had pulled on walking boots and was out trudging on snowy footpaths, some of them untouched by a single footprint. How refreshing it was. As our worlds have shrunk during this third lockdown, walking has for so many of us been one of the few forms of activity, exercise, diversion and release.

But the combination of winter rains and magnified numbers of tramping feet have too often turned footpaths to quagmires: sticky, slippery and not fun to navigate. Many times I returned home unsatisfied and splattered in mud. The snow, however, changed everything. The going was firm and crunchy underfoot. The views were transformed to a sheen of pure brilliant white. It was glorious. When my way took me near houses I passed people – young and old – busy making snowmen. On hillsides I saw families out sledging. On the byways in between there was often silence and open spaces, the landscapes coated with two inches of snow. At one point a tiny dunnock accompanied me along a narrow path, dancing in and out along a hedgerow.

I returned refreshed and uplifted.