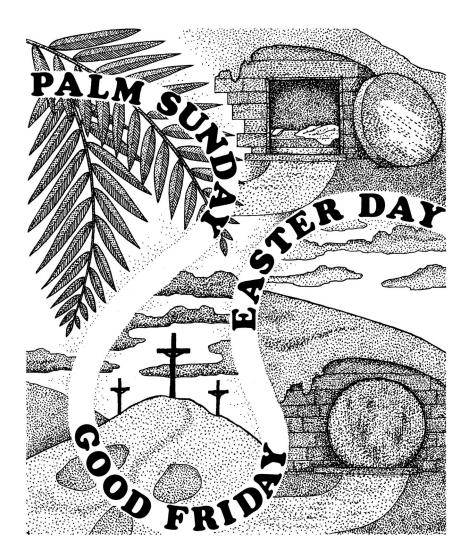
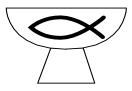
# March 2024 30p Upton-cum-Chalvey Parish News

**St Mary St Laurence St Peter** 





#### Parish of Upton-cum-Chalvey

The Anglican parish of Upton-cum-Chalvey includes St Mary's, St Laurence's and St Peter's churches.

Revd Scott Lamb (Team Rector)	01753 529988
Revd Linda Hillier (Associate Minister)	0208 8645728
Barry Marsden (Licensed Lay Minister)	
Parish Churchwarden: Andrea Sparrow	07446 187762
Parish Churchwarden: Eddie Ijeomah	07493 304447
District Churchwarden (SM): Jean Smith	01753 862357
District Churchwarden (SM): Derek White-Taylor	Ex-dir
District Churchwarden (SL): Allan James	01753 532425
District Churchwarden (SL):	
District Churchwarden (SP): Peter Clarke	07388 832233
District Churchwarden (SP): Frank Gerrish	07970 537572
Verger (SL): Allan James	01753 532425
Organist (SM): Malcolm Stowell	01628 660651

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Revd Scott Lamb Monday

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Web-sites:

https://stmarys-slough.org.uk https://www.saint-laurence.com https://www.stpetersslough.org.uk

#### The Rector Writes:

Dear Friends,

This month in Slough, most of the population will be fasting. For Christians, the whole of the month of March falls in Lent. For our Muslim neighbours, Ramadan begins on  $10^{\text{th}}$  March and runs through to the first week after Easter.

It's good to acknowledge that that there are some spiritual disciplines which religions share. Jesus as a Jew was brought up to fast regularly and it was a common public practice in his day. He fasted himself and he clearly assumed that his followers would do the same as a normal way to draw closer to God. Muslim teaching, as well as instructing fasting during Ramadan, states that in doing so it is following those who have gone before. Such a shared practice is a blessing, a mutual encouragement to keep our own tradition well.

Of course, as we would expect, as well as a common inheritance there are differences between the religions. In our fasting there is often a tone of sadness and penitence to our abstinence. When Jesus was beside them his disciples did not fast, that was for a later time when they would no longer see him. On the other hand, my Muslim friends always talk of the season of fasting with eagerness, anticipating a season of joy. Additionally, as Christians we will note that our Muslim neighbours' fasting is carefully prescribed, they know exactly what they must do. While with us the pattern is a much more personal decision. It is something private between us and God, reflecting Jesus's wariness of the legalism and hypocrisy of some of his contemporaries. However, such freedom is not meant to be an excuse to be lax or lukewarm in our devotion. We do well to remember the adage that Love can demand and deserve more than Law.

Fr Scott

#### The Way of Love:

This is our Lent course for 2024 looking at the two greatest commandments, Love of God and Love of our neighbour. There are lots of ways to take part: Sign up for daily emails on the diocesan website. Watch the weekly videos on YouTube. Read the book, Fr Scott has ordered copies to purchase at £2.50. Take part in the discussion group meeting (+Zoom link) in St Mary's at 12.30pm on Wednesdays until 27<sup>th</sup> March.

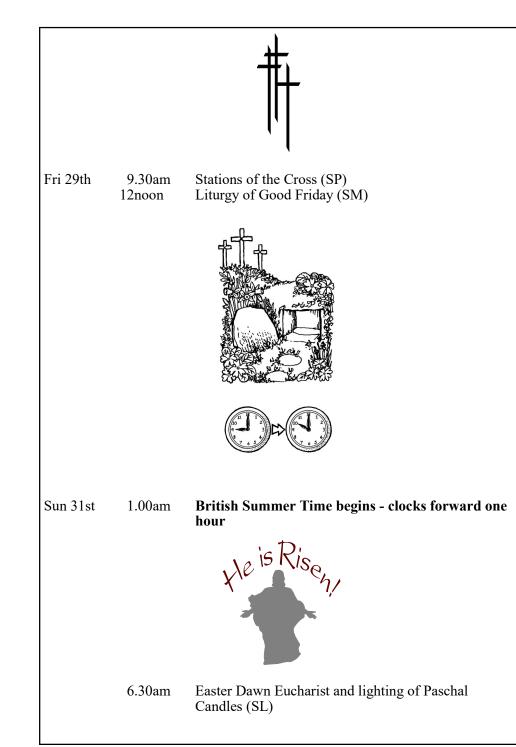
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#### MARCH SERVICES & EVENTS

# Regular services at the three churches are listed on the back page Tue 5th 2.00pm "Mulling it Over": Bible Study, chat & a cuppa (SL) Sun 17th 12.30pm St Patrick's Day Lunch. Book in church or phone 01753 532425 (SL) 4.00pm Dionysus Ensemble Concert (SM) Sun 24th 0.30pm Procession from SL to SM for

Sun 24th	9.30am 10.00am	Procession from SL to SM for Joint Family Eucharist, followed by PCC
Mon 25th	9.30am 8.00pm	St Mary's Nursery School Visit (SL) Compline (SM)
Tue 26th	1.00pm 8.00pm	St Mary's Nursery School Visit (SL) Compline (SM)
Wed 27th	8.00pm	Compline (SM)
Thu 28th	7.30pm	Maundy Thursday Eucharist (SP)



#### St Mary's News

No news this month.

Jean

#### "Yvonne's Art Classes"

These art classes are held in St Mary's, every Thursday from 12.30pm to 3.30pm and are open to all.

#### St Laurence's News

#### **REDUCING OUR CARBON FOOTPRINT**

The Church Committee has been discussing the renewal of our forty-year-old boiler since the 2020 AGM: "*Heating - the boiler is nearing the end of its useful life and a replacement will be required in 2020*" (*DK*). We do not, however, seem any closer to fulfilling our plans. Rules and regs are changing all the time and the in-thing is now to **REDUCE OUR CARBON FOOTPRINT** that in theory means no new replacement "GAS" boiler.

Putting this idea on the back burner at the moment, St Laurence's have taken on board some of the recommendations of a recent Energy Audit, starting with small steps and building to the finale, if the boiler doesn't give out just yet!

As reported in the February magazine, we have met the man with the halos (using infra-red heat discovered by William Herschel) and are now awaiting quotes for the installation of two *infrared electric panel heaters* in the Chancel. This 'zoned' area would work independently of the radiators in the rest of the church. With a strong radiative effect (where heat is reflected to people from the surface) as well as a light convective effect (where air is warmed and moves around to heat the general space).

A low carbon heating solution for the smaller weekday services and meetings, thus reducing the gas usage and annual costs. They provide a relatively instant sense of heat and comfort reducing the amount of preheating required. Could be a short-term solution as a back-up in case the boiler suddenly fails! Also previously suggested was the use of *'heated seat cushions'*, heating the people, not the building. These cushions are rechargeable battery-operated and can be portable to other seating in the church when necessary.

In becoming more energy efficient with a path towards net zero carbon, the above suggestions will require a process of consultations and Faculties with the

Diocesan Advisory Committee. Meanwhile what can be achieved more quickly is the replacement of all light fittings in the Vestry and toilet to *LED*, *motion sensor* controlled so that they are only on when necessary. This would not only reduce our carbon footprint but also save us about £80 on annual electric bills. It was noted that the cost of this lighting work could be covered by a Church Energy Efficiency Grant being applied for.

#### DATES FOR YOUR DIARY: Lunch dates confirmed:

17 March St Patrick; 21 April St George; 2 June Big Lunch;11 August St Laurence's Patronal; 29 September Harvest;1 December Christmas.

#### ANNUAL DISTRICT CHURCH MEETING:

This meeting will be held on Sunday 7th April at 12.20pm. Please think carefully if you could be a part of leading St Laurence's when it comes to nominations. Please pray for those being put forward for local and parish management. Sign-up sheets available in coffee area. Thank you.

Julie

#### **St Peter's News**

We're delighted to announce that the Bishop of Buckingham has invited the Revd Andrew Wickens to serve as Team Vicar for St Peter's Chalvey, as well as Chaplain to Slough & Eton Business and Enterprise College and he will be licensed on 22<sup>nd</sup> May in St Peter's.

A rescheduled DAC (Diocesan Advisory Committee) visit to review St Peters vestry project application took place on Tuesday, 6<sup>th</sup> February.

A team of three contingents representing the DAC attended plus Libby the conservation architect who was there on our behalf to answer any questions concerning the design. Five of the Local Management Committee were present and after a walkabout both inside and out a constructive discussion took place.

The DAC listened to our perspective, and in return gave valuable advice about what is required as addition to the comprehensive SoN already supplied.

The DAC could see the condition of the old vestry and understood the reasons for the project but needed more evidence (stats) which we took on board.

The DAC will record the day and send a report, with guidance of what further information is required to make the scheme viable.

Looking ahead ....

Following Faculty approval, we are in the process of installing CCTV at St Peter's which we hope will deter crime and give added security to our building and surrounding church grounds.

Sandra

#### Church of England welcomes Listed Places of Worship funding

Church of England Cathedrals and churches were among nearly 5,000 religious buildings to recently receive a share of up to £42 million in Government funding aimed at helping with the conservation of listed places of worship.

The Listed Places of Worship (LPW) Grant Scheme gives grants covering the VAT on repairs to listed buildings used as places of worship.

Beneficiaries of the scheme over the last year included Leicester Cathedral, which received more than £600,000 for restoration work; Chichester Cathedral, dating from the 11th century, received more than £195,000 for its roof and lighting projects; and the 12th-century Collegiate Church of St Mary in Warwick, which was granted more than £141,500 to repair its ancient tower.

Emily Gee, Director for Cathedral and Church Buildings for the Church of England said: "Our churches and cathedrals provide spiritual, pastoral and practical support to their communities, and are key to the cultural heritage of the country.

"Their presence boosts local economies and provides jobs and volunteer roles, and in many cases, they are the only publicly open building in their local place, where other amenities have closed.

"More than three quarters of our nearly 16,000 church buildings are listed, meaning they are of great significance to our nation's heritage.

"We are enormously grateful for the Government's Listed Places of Worship Grant Scheme and the support that it provides in helping our church buildings remain central to the life of this country."

# Ministry Experience Scheme 'key' to C of E goal of reaching more young people

The Ministry Experience Scheme (MES) could play a key role in helping the Church of England achieve its goals of recruiting more people to work in ministry to children, youth and families by 2030, a conference has heard.

The Revd Helen Fraser, Head of Vocations for the Church of England, spoke of her hope that the MES Future Youth programme - training in children and youth work for young adults as part of a year-long ministry placement, will grow following its pilot launch in six dioceses this year. She said: "We often think vocation just means ordination but vocation actually is all that God calls us to - it just means 'call' and that can be as simple as Jesus saying to His disciples 'come follow me' – that is a vocation, all the way through to something very much more specific," she said.

She went on: "For some people that will be the really clear and right outcome. But please keep an open mind and a broad mind if that is not clear to you yet because there are lots of different expressions of ministerial vocation that will all, over time, help us to be the Church that God is calling us together to be."

MES Chair and Chair of the Future Youth Steering Group, the Bishop of Jarrow, Sarah Clark said: "It is always a great joy for me to hear the stories of so many young adults utterly alive in their faith in Jesus Christ, actively exploring their vocation while serving their local church and community with love."

#### NEXT MONTH'S MAGAZINE

Please let me have articles for the April issue by **Sunday 10th March** at the latest!

Dave

#### What will March bring? Mental health ideas for uncertain times

We may all have rather mixed feelings on reaching March this year. On the one hand, it is lovely to see the onset of Spring, but the wars in Ukraine and Israel-Gaza grind on, as does the cost-of-living crisis. We may need to find new ways to keep going, so here are some suggestions that draw on both science and Christian theology.

#### Getting outside

Time outdoors in a natural environment is very good for you – and you can't argue with the happy hormones produced by exercise. Attending to the details of nature can also inspire awe, which has been linked to positive mood, and increased life satisfaction. Enjoying Creation can also help us connect with God.

#### Looking outside

If you are truly stuck indoors, try putting bird feeders outside your window so creation comes to you. This is also an act of kindness (see below)!

#### Lament and praise

The Psalms are a rich resource to help us express both our grief and our thanks to God. Try reading one or two each day.

#### Journaling

Keep a journal of thoughts, experiences or practices you have engaged with during the day. Constructing a personal narrative or story is now recognised as a very powerful psychological and spiritual tool for building resilience. It is also a vital learning tool that we can go back to when tough times return in the future.

#### Acts of kindness

Helping or encouraging someone else is obviously a good thing to do in itself, but it also has a very positive effect on the giver - spiritually, mentally, emotionally, and even physically. Whichever way you look at it, finding new ways to show kindness to others can be a very effective way to help ourselves feel better too.

#### Gratitude

Gratitude is another natural drug – in a sense – that can help us feel better. Try keeping a grateful diary, adding a few things each day.

#### Laugh, sing, make music, dance

All of these activities are deeply rooted in our physical and mental makeup. You may have forgotten how great they feel, especially in times of sadness, but we can learn from children who do them very naturally.

I hope these ideas may help bring us closer to God, each other, and His creation.

Dr Ruth M Bancewicz



#### 30th March: Easter Eve or Holy Saturday

Easter Eve is the last day of Lent. It is the day between Good Friday and Easter Day, and represents the one full day that Jesus was dead. It is a day of quiet reflection and anticipation for Christians worldwide.

In various church traditions it is known as Easter Eve, Holy Saturday, the Great Sabbath, Hallelujah Saturday, Saturday of the Glory, and Black Saturday.

Easter Eve is sometimes incorrectly called Easter Saturday. But Easter Saturday is the Saturday *following* Easter Sunday.

Most churches do not have any services on Easter Eve. In the Catholic Church, the altar remains stripped completely bare. Many Lutheran, Anglican, Methodist, and other churches observe many of the same customs as the Catholic Church; however, their altars may be covered in black instead of being stripped.

In the Catholic, Lutheran, Anglican, and Methodist traditions, Easter Eve lasts until nightfall, after which the Easter Vigil is celebrated, marking the official start of the Easter season.

What did Jesus do on that one full day in the grave? Christian understanding varies on this.

The Roman Catholic, Eastern Orthodox and most mainline Protestant churches teach that Jesus descended to the realm of the dead on Holy Saturday, to save the righteous souls who died before His crucifixion.

The catechism of the Catholic church calls the descent "the last phase of Jesus' messianic mission," during which He "opened heaven's gates for the just who had gone before Him." Often called "the Harrowing of Hell," the dramatic image of Jesus breaking down the doors of Hades has proved almost irresistible to artists, from the painter Hieronymus Bosch to the poet Dante to countless Eastern Orthodox iconographers.

But some Protestants say there is little scriptural evidence for the detour to hell, and that even Jesus' own words contradict it. For on Good Friday, Jesus told the Good Thief crucified alongside Him that "today you will be with Me in Paradise," according to Luke's Gospel."

"That's the only clue we have as to what Jesus was doing between death and resurrection," John Piper, a prominent evangelical author and pastor from Minnesota, has said. "I don't think the thief went to hell and that hell is called paradise."

The Bible says little about the interlude between Jesus' death and resurrection. Churches that teach He descended to the realm of the dead usually quote 1 Peter 3:18-20. "Christ was put to death as a human, but made alive by the Spirit," Peter writes. "And it was by the Spirit that He went to preach to the spirits in prison."

The descent might not have become a doctrine if not for a fourth-century bishop named Rufinus, who added that Jesus went *ad inferna* - to hell - in his commentary on the Apostles' Creed. The phrase stuck, but it was officially added to the influential creed only centuries later.

#### Support for Russian priest who prays for peace

Thousands of Russian Orthodox Christians have been urging Patriarch Kirill of Moscow to reinstate a very popular priest in the capital, the Revd Alexei Uminsky, who has refused to recite an official prayer for Russia's victory over Ukraine.

An open letter, which attracted more than 11,000 signatures, including the heads of local charities, says:

"The decree banning this priest from serving will deprive thousands of people of spiritual support – a great tragedy for many believers, for children's hospice patients, for hundreds of prisoners and thousands of homeless people."

Uminsky had repeatedly warned that he could not endorse the invasion of Ukraine.

Now Russia's online news agency, Gazeta.ru, says that Fr Uminsky was banned from ministering under a decree issued by the Moscow Patriarchate, for suggesting in a YouTube interview that Christians should "pray for peace, rather than victory".

The Russian news agency went on to say that Uminsky has long been seen as "a thorn in the Kremlin's side" for his anti-militarism. He was branded a 'criminal

in a cassock' by the Russian Orthodox Church's own TV channel Spas, after calling for mercy for the opposition leader Alexei Navalny, during his prison hunger strike.

For the moment, Uminsky remains banned, and may face defrocking as a priest. More than 300 Russian Orthodox priests, who signed an appeal against the Ukraine invasion of 2022, have since been silenced, or forced to emigrate.

#### Dramatic decline of religion on TV

There is less television being devoted to religion and ethics than there used to be. A *lot* less.

The latest statistics from Ofcom, the industry regulator reveal a dramatic reduction in television programmes about 'religion and ethics' broadcast by the public-service broadcasting networks (PSBs): BBC, ITV, Channel 4 and Channel 5.

Comparing 2022 with 2011, peak time hours of 'first-run' UK origination output fell by 85%; while peak-time hours of 'all origin' output (that is, including bought-in material) fell by 76%. Channel 4 dropped from being the most prolific network to providing no output at all; and the BBC output fell by 65%.

Roger Bolton, a former BBC and ITV executive and independent producer, wrote recently in the Church Times:

"All this has happened without a peep from Ofcom or the boards of the PSBs, who are supposed to protect the public interest. There have been no peeps, either, from religious leaders. They seem to be asleep, or preoccupied with their own internal issues, unaware of this wanton destruction."

"In my opinion, television commissioners ... underestimate the power of religion and the continuing interest in it. They also seem to forget that people are moral creatures, often keen to do the right thing, but wishing to discuss and debate what that is."

(From Church Times, 19<sup>th</sup> Jan 2024, p14)

#### Why saying hello is important

What lessons can Christians learn from a London rail worker who was recently honoured by King Charles, for talking 29 people out of taking their own lives?

Maybe something about the power of conversation and being willing to 'stop for a chat.'

Rizwan Javed helped to save each life over a period of eight years, by being alert and approaching vulnerable individuals in difficult situations. He was awarded an MBE in the New Year Honours earlier this year.

Rizwan was alert, and willing to engage people in conversation.

Anglican priest Jemima Prasadam's style of talking with people has been described as 'bus stop theology.' She put it into action on the half-mile walk from her home to the church in Lozells, an inner-city area of West Birmingham, with high unemployment and poverty.

Her engaging approach is featured in *Stick with Love*, a recent book by Arun Arora, Bishop of Kirkstall in northern England.

She explained: "I don't go out looking to talk to people, but I am ready to do it. I don't pass anybody without saying 'Hello' and when I leave, I always say 'God bless you.' Meetings happen on a daily basis, but often only last as long as it takes for the bus to arrive. People often say they are not religious, but I say we are all spiritual beings, and they agree. So, I simply tell them that weak and simple people like me call that God."

Sadly, we are living in a society where conversations are being closed down. People who might have chatted on the bus or train, are now deeply involved with their mobile phones.

Supermarkets are phasing out staffed checkout points, so that elderly people and others who live alone are deprived of those conversations that can make a difference to their day.

Jesus asked questions as a vital component of His earthly ministry. His deep conversation with the Samaritan woman at the well in John 4 begins with Him asking for a drink.

Maybe we, as Christians and churches, need to be looking out for more chances to start conversations, to give people the opportunity to open up about their lives. In our busy, rushing-around world, there are many people out there who are just longing for a chat...

Revd Peter Crumpler

#### This Mothering Sunday, could you give the Gift of Dignity?

The Mothers' Union has launched 'Make A Mother's Day', its annual Mothering Sunday fundraising campaign. It hopes to raise funds to support the MU's global community projects, which "transform lives every day."

The MU says: "We know how important mothers, caregivers and grandmothers are, and how much they do to help their children, families and communities thrive, often unnoticed and without thanks."

And so, for Mothering Sunday (10th March) the MU is asking people to buy a 'Gift of Dignity', to help empower women in developing countries to transform their lives, and to reach their full potential.

"When buying these life-changing gifts, you will receive a card that explains your gift along with a Mothering Sunday greetings card, which you can give to a loved one. You are also able to give a gift in memory of someone special."

The Mothers' Union also says: "We look forward to hearing about the events, coffee mornings and church collections you hold to fundraise for our Make A Mother's Day 2024 campaign." You can tag any posts using #MAMD24 or #MU

The Mothers' Union has been running the 'Make A Mother's Day' campaign since 2006, to celebrate all mothers and caregivers - how they nurture, love and help us to flourish.

https://mueshop.org/collections/make-a-mothers-day-2024

#### Mother's reward

A man was decorating his new den and decided it was a good place to display all the awards he and his two sons had won at various athletic competitions. When he had filled two whole walls, he remarked to his wife that it was a shame she had no awards to contribute.

The following day, she produced, neatly framed, the birth certificates of their two sons, and added them to the display.



#### On why pews SHOULD be uncomfortable

The Rectory St James the Least

My dear Nephew Darren,

Visits from your parishioners to our church are always welcome. But I did not expect them to return to you complaining because our pews are uncomfortable.

Pews are *meant* to be uncomfortable. The unshakeable belief of our congregation is that the more uncomfortable the pew, the holier the worship must be. By the same token, an 8am Service is more fervent than one at 11am, since it is much more socially inconvenient. If you add on enduring sub-zero temperatures and damp, then sainthood clearly beckons. Your people may be used to lolling in upholstered chairs in tropical temperatures, but I am sure such comfort places their souls in grave peril.

Our pews were built 500 years ago, when people were several inches shorter and many pounds lighter, and so could accommodate themselves on them perfectly adequately. The fact that a twenty-first century body is in constant danger of sliding off the seat and requires knees to be folded somewhere near ears at least helps to keep minds focussed – apart from Colonel Wainwright, who still manages to sleep peacefully throughout Mattins every Sunday.

I could point out that your chairs make kneeling almost impossible – although I suspect that posture is not encouraged in your church, as people would then be unable to read the words on your overhead projector or wave their arms about quite as easily during the hymns. While the majority of our congregation find the Anglican crouch perfectly adequate, you can see those who flop to their knees on hearing "let us pray" from the clouds of dust sent up from suddenly compressed hassocks, which were purchased to commemorate Queen Victoria's Accession.

I may also point out that our box pews are very useful for modern times. Once a

family is seated, with the door firmly shut, then any toddler is penned in and unable to use the aisles as a racing circuit. Medieval carpenters were clearly forward-thinking people. Admittedly, box pew doors do tend to stick, and few manage to look dignified while they wait for step ladders to be brought before they can climb out.

If only you would remove your chairs and substitute benches without backs, turn off all heating and replace carpets with slate slabs, I am sure your congregation's religious zeal would soar.

Your loving uncle,

Eustace

#### Whirling Cakes

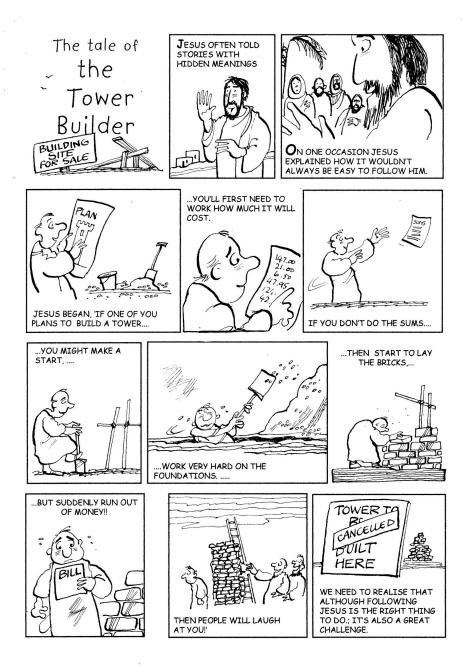
In 1789 "Whirlin' Sunday" started. A legend was told of an old woman of Leverington village in the Fens (Cambridgeshire) who made some cakes which were so enjoyed by her guest, the Devil in disguise, that he created a whirlwind to carry off the woman and her cakes!

A style of cake was baked on the 5th Sunday, in Lent in commemoration of this, and then from now on they are made by all the wives annually at this time.

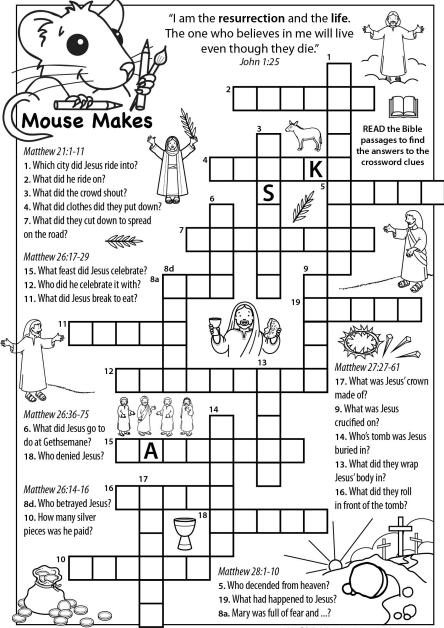
In the parish of Leverington village, the rector decided to call the occasion "Whirlin' Sunday"! This was in 1891. The legend of the old woman being whirled over the church steeple is still repeated to this day.

This year 2024, "Whirlin' Sunday" will be on Sunday March 17.

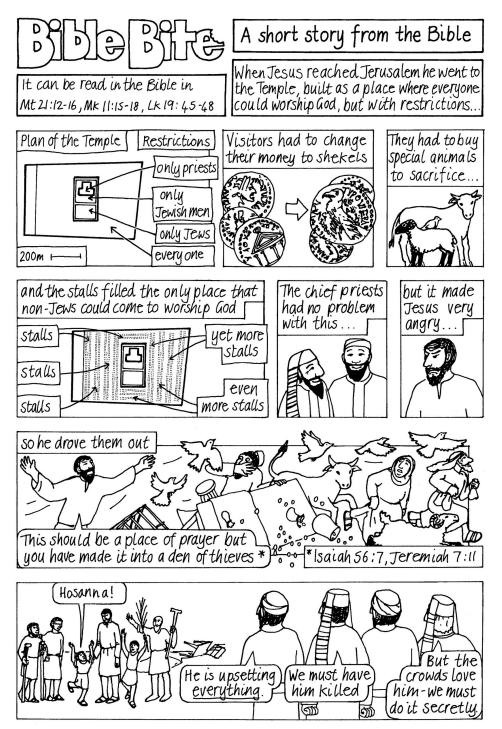
Alice Sanders



## **CHILDREN'S PAGE**



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#### Our young people are just so unhappy

Young people in the UK are feeling more lonely, and yet are less likely to have a stable relationship or friendship than they did, even a decade ago.

So finds the Boys Brigade, which carried out an extensive study as part of its recent  $140^{\text{th}}$  anniversary events.

Almost half of the young people questioned admitted that they were in regular mental distress, and yet had had no medical diagnosis or treatment.

Rates of self-harm, disability, and obesity have also gone up. One in every seven young people is even unhappy with their appearance.

The study, *Youth Culture and Trends* also found that the shift to spending more time online with others, rather than in face-to-face relationships, mirrors a reported decline in the satisfaction with friendships and rise in loneliness.

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### SERVICES IN THE PARISH

#### St Mary's Church, Church Street, Slough, SL1 1PJ

Sunday:	9.30am 6.00pm	Family Eucharist with children's groups. Evensong/Evening Prayer (BCP)
Tuesday:	10.00am	Eucharist

#### St Laurence's Church, Upton Court Road, Upton, Slough, SL3 7LU

Sunday:	11.00am	Family Eucharist with children's group.
Thursday:	10.00am	Holy Communion

#### St Peter's Church, Church Street, Chalvey, Slough, SL1 2NL

Sunday:11.00amFamily Eucharist with children's groups.Wednesday:9.30amHoly Communion

#### Websites:

https://stmarys-slough.org.uk https://www.saint-laurence.com https://www.stpetersslough.org.uk