

**DECEMBER 2007/
JANUARY 2008**



2

Contacts

Christmas Services

3

Leader

Around the Spire

4

Mission Action Plan

5

Out of Africa

6/7

Yours Faithfully

The Church at Work

8/9

Born again

Grip tips for Christmas

10

Young Spire

11

Charities and Links

12

Weekly services

Forthcoming events

Dates for your diary



Visit St James' Church online at
www.stjames-hamptonhill.org.uk



Christmas

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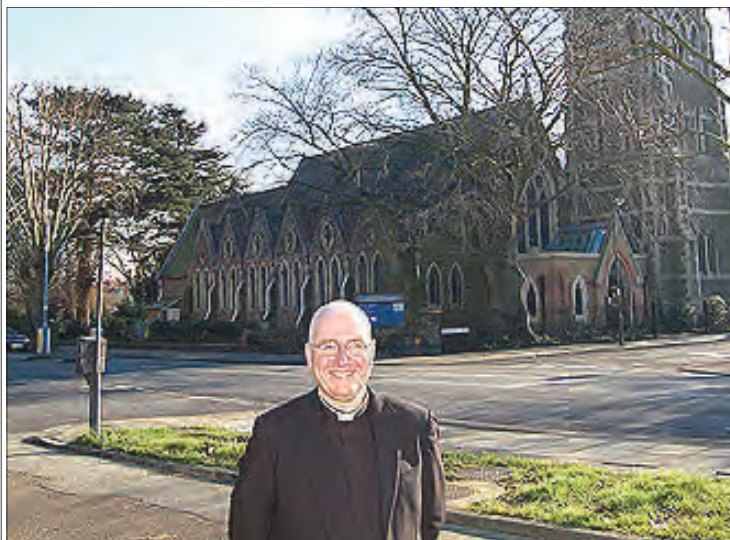
Changes Keep us up to date with any alterations to this list, c/o the Parish Office (see above)



When you have finished with this newsletter, please recycle it with all your other paper.

WELCOME

Our doors are open to all



St James' Church, 46 St James's Road, Hampton Hill TW12 1DQ.

All people who respect one another and our church are welcome here, regardless of their age, race, gender, sexual orientation, disabilities or economic circumstances.

CHRISTMAS AT ST JAMES'

Sunday December 23
6.30pm Carol Service

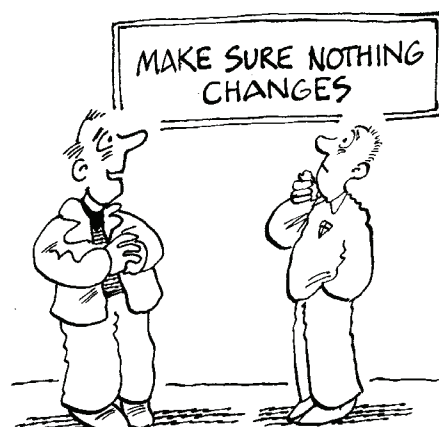
Monday December 24
4.30pm Crib Service 11pm Midnight Mass

Christmas Day
8am Holy Communion 9.30am Parish Communion

New Year's Day
12pm Holy Communion

Sunday January 6, Epiphany of the Lord
8am Holy Communion 9.30am Parish Communion

PULPIT HUMOUR



...it's perhaps not the most dynamic of mission statements...
but at least it received the unanimous approval of the Church Council!



The magazine team wish you all a happy Christmas and peaceful new year. We are taking a break and the next issue will be in **February**. All copy must be with us by: **12 January 2008**.

LEADER

Scrooge or not, a merry and thoughtful Christmas to you all!



PETER
VANNOZZI

'I wish it could be Christmas every day.'
Roy Wood

'Humbug.'
Scrooge

The above must represent entirely opposite views of Christmas. The first quote is from a relentlessly cheery pop song of the 1970s which still gets an outing every year. At the moment it is appearing in a TV advert.

A couple of years ago, a newspaper said that until this song was heard, Christmas had not arrived. In which case *this year* it began in late October! Yet it is a 'feel-good' song which features frequently at Christmas parties and which we will hear played as we go around supermarkets.

Yet what would be the view of Scrooge? Most likely that the song is very silly, and once it gets into your head, you cannot get it out. That Christmas is an unnecessary extravagance which gets in the way of business and practical living. Do we really need to begin Christmas shopping two or three months before the day? Is it necessary to eat as if it were our last meal?

We may have sympathies with both points of view. Surely it is OK to have fun sometimes without putting on a hair shirt and feeling guilty for taking pleasure in life? Does it benefit anyone else to be miserable?

The Church has often had a good line in moaning about people enjoying themselves. Whatever a person is taking pleasure in must be sinful, so stop it!

Christmas is a time when we can legitimately be very happy. If Christians really do believe that a baby was born in Bethlehem, called Jesus, and that he was the Saviour of the world, it does suggest that they should rather enjoy Christmas.

Yet there is another side to the coin. Christmas is very obviously not a time for fun for so many people. Those spending Christmas on their own not because they want to but as they have no choice may find Christmas Day one of the longest of the year. The first Christmas without a loved one can leave a person feeling they have a gaping

hole in the middle of their being. And consider parents looking in at the shop windows when their finances will not allow them to buy what they would dearly love to give to their children on Christmas morning.

This is before we even begin to consider those for whom Christmas Day will be a day of war, not peace; hunger, not nourishment; hate, not love.

I would suggest that as Christmas approaches we need some sense of balance.

For Christians, Christmas is a theological celebration. In case that sounds spoilsport and boring, it is not. It means that they have to consider Jesus, and he went to parties. So we can celebrate and rejoice. Carols can be sung joyously with a smile and with no reservation.

One of the most astonishing statements in the Bible comes at the very beginning of John's Gospel and it will be read on Christmas morning at St. James' and at churches throughout the world:

'The Word was made flesh and dwelt among us.'

Astonishing? In the Old Testament the 'word' of God is God's self-expression. Now that self-expression has taken our human view. Humanity and God are joined as one. The world to come and the world now are not mutually incompatible.

An implication of the Word made flesh, though, is that we have to face up to the fact that not all of life can be a party. If we see Christmas only as about a festive binge then we have missed the point.

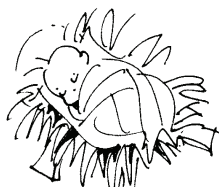
Let us not call this 'Christmas', the 'Mass of Christ,' but something else. If we give no thought to the desperate plight so many people face this Christmas, we have forgotten that Christ was born in humble circumstances in an occupied and oppressed land.

The season following Christmas, Epiphany, which begins on January 6 and continues throughout January, works out what this

means. 'Epiphany' means 'revelation' or 'showing' and begins with the feast of the Epiphany on January 6 when, through the wise men, Jesus is shown to the whole world and to be for all people. *All not some* and so our celebration of his birth must have in mind the many and not the few.

I do wish all who read this a very merry Christmas and a happy new year. Whether you feel more like Mr. Wood or Mr. Scrooge, may your Christmas be both joyful, and thoughtful, because:

'The Word was made flesh, and dwelt among us... and we have seen his glory...'



'If Christians believe that a baby was born in Bethlehem, called Jesus, and that he was Saviour of the world, it suggests they should enjoy Christmas'



The monthly column of news and events from Hampton Hill and beyond

Thank you to everyone who supported the **Guides' cake stall** and the sale of charity **Christmas cards** on 4th November. The Guides took £75 for the Shooting Star Trust and the card sale raised a total of £664 for the various charities. There will be a **further sale** of special St. James's cards made by Prill and Martin Hinckley after the Christingle service on 2nd December and the proceeds will go to church funds.

The **Fairtrade** stall is doing well and still taking orders.

We were pleased to welcome **Toby Alexander Reid** to the church with his parents and godparents at his **baptism** on 4th November. Toby is the nephew of Charles and Susannah Nettleton.

Peter Lockyer, who has undergone major surgery at Hillingdon Hospital, is now convalescing. **Eric (known as Gerry) Newton** is at present in the West Middlesex Hospital. We wish both Peter and Gerry well.

Many readers will remember **Brenda Oliver**, who ran the Brownies and was a member of the MU, and her husband, Ray, who looked after the grounds at Laurel Dene. They now live at 40 Rosemary Way, Jaywood, Clacton, Essex C015 2SD, but think of Hampton Hill as their home. We were very sorry to learn that their daughter **Rosemary Woodland** passed away very unexpectedly on 29th October. Rosemary was married at St. James's and her four children were all baptised there. We send our sympathy to all the family.

*Do you have any news to share?
Contributions always welcome.*

Registers

For October:

Baptisms

14 Dexter Dylan Marshall Kimberley, Hampton;
Zoe Walker, Hanworth;
Caelen Harris Wright, Hampton.

Weddings

20 Christopher English and Sarah Clay.

Funerals

22 Margaret (Peggy) High, 74, Laurel Dene, Hampton Hill.

A mission: possible if you help us to deliver

The parish has grown and developed over the years. It has gone through many changes, as has both the larger Church and the community generally. The vision for the future is one of continuing development and growth; a journey of exploration and of new understanding. That vision is also to be increasingly inclusive, involving a wider group of people across the parish and welcoming others to join us.
Parish Profile September 2006



The Parish Profile was prepared for the process of appointing a new incumbent. It identified priorities for the future which built on the past but also on openness to developing further.

A Mission Action Plan is an expression of this - a plan which seeks to move a church community forward and not simply maintain its current activities, however good they may be.

The vision behind the proposals which follow is rooted in this concern, and is in the spirit of the direction of St. James' Church over a number of years. The key words are:

- Development
- Growth
- Exploration
- New understanding
- Inclusive
- Involving
- Welcoming

We looked at what had been achieved in the past three years, and the construction of the West Porch stands out. It symbolises all of the above.

Behind any vision for a church must be a vision of God. God is understood in the Christian tradition to be the Trinity - Father, Son and Holy Spirit. God is seen as a community of love - one, but with distinctions.

This is a dynamic understanding of God. God who is changeless, yet also relates to changeable beings. Our life as a church is rooted in God - God's nature should be our nature.

Our Mission Action Plan should reflect this understanding of God. God does not ask us to remain the same but to step out on a journey with him that involves new discoveries and endless possibilities.

With this in mind, the Parochial Church Council offers its thoughts for the future and its priorities for 2007-10.

Objectives for 2007-10

By asking how do we see St. James' Church in 2010 the PCC identified an overarching aim for the next three years:

- A church community and local community brought closer to God

We then identified six broad themes:

- Worship
- Outreach
- Children and young people
- Communication
- Courses and events

Our aims for each of them are:

Worship

To develop our forms of worship in order to make them more appropriate and helpful

Outreach

To develop further contacts with the wider community, at home and abroad

Children and young people

To give children and young people every opportunity to become involved in the Christian life by making it more attractive and accessible

Communication

To develop channels of communication that support clear and consistent information and encourage dialogue

Learning and development

To provide appropriate opportunities and resources for learning and developing within the Christian life

Environment

To share our commitment to God's creation by adopting measures to enhance and protect the environment



■ The full plan is available in church or on our website, setting out specific actions we will take in relation to the objectives above.

LETTER

Your doors have always been open to me

To *The Spire* -

When the Withers family moved into St James's Avenue, 52 years ago, the vicar, Rupert Brunt, soon called on me. We had two children under four and number three due within the month. I declared our agnosticism and stated that we planned to leave our children free to make their own religious choices.

This theory did not work out: the eldest of our four children, when an adult, told me that it was most confusing for them as children, because we were not religious, yet I was constantly involved with the church. Oh well...

Revd. Brunt said that I needed to meet other young mothers and should join *The Young Wives*; I was delighted. The then chairman, Jenny White, and many others became life-long friends. Much later, Jenny mentioned that really I couldn't become a member and that my half a crown was put into miscellaneous funds. She died 11 years ago.

I was involved with the Workers' Educational Association (the UK's largest voluntary provider of adult education) and discovered that any group of 10-plus could have six free lectures on any subject.

We selected Beatrice Tudor-Hart, who would tell us about nursery schools. We learnt that our local one was a prime example of the worst kind, where the children occupied desks, learnt about the fire of London and had nightmares. Miss Tudor-Hart advised us to start our own; she advertised for a qualified nursery school teacher and interviewed the candidates in the presence of our committee of three.

Connie Brunt suggested we hire the church hall and St James' Nursery School was born. It is still there, though the building has become the Greenwood Centre.

I have benefited so much from St James' Church. I love hearing the clock measure each fifteen minutes; the churchyard's vibrant leaf colours; the blackberries; the bell-ringing.

When we reached 70, my husband and I agreed that we would like to have some sort of funeral service in 'our' church.

When Bill died suddenly at 71, Brian allowed us to arrange our own service and Bill would have been amazed at the number of friends and neighbours who came to say goodbye.

Thank you, St James', for allowing us to enter your Very Open Door and share in your Community.

Barbara Withers
46 St James's Avenue,
Hampton Hill.

Out of Africa

Rwanda is a land-locked country in the heart of Africa with a surface area less than half that of Scotland.

Last summer I was able to travel to a rural part of the north-west called Shyira where there is a hospital that serves a surrounding population of 200,000.

The country has had a troubled recent history. The genocide in 1994 shook the nation and nearly one million people were killed. Troubles in the north western province continued until 1999. Despite this there is an air of positivity and progress and I found the Rwandans warm and welcoming.

My time in Shyira was spent mainly at the hospital where two mission families are based, one German and one American.

They work under incredibly basic conditions, but what really struck me was just how much they were able to do despite a lack of equipment and diagnostic tools.

Shyira does not have mains electricity; electrical power is supplied by a generator for two hours each evening, from 6-8pm. Take a second to imagine walking into a UK hospital: visualise a patient in their bed, with a light, no doubt, a heart rate monitor, clutching an X-ray film perhaps? At Shyira hospital there are no X-ray machines, no incubators and no life support machines.

The main health problems in Rwanda are HIV/AIDS-related. I spent some of my time there on a project aimed at organising paediatric HIV patient records. All patient records are on paper and kept by the individual. Most drop-in patients arrive clutching a thin A5 booklet with a few scribbled notes, but certainly not a comprehensive health history.

For HIV/AIDS patients a record is kept at the hospital. I soon learned, however, that the section entitled 'patient details' was optimistically named. There are no family names in Rwanda; each child is given their own set of names, so there is no indication of family line or heritage.

Seeing a date of birth on a form was rare and limited to the year of birth rather than day. As for contact details, I didn't see an address given on any of the records I examined.

This worried me as my purpose in going through the records was to highlight any missing information that needed to be collected and any outstanding check-ups or consultations to be followed up.

The fact is that unless the parents of the children voluntarily bring in their child for treatment, the progress of their disease could go unchecked. Having said this I saw a lot at the hospital to encourage and inspire me.

I spent a large proportion of my time in the maternity ward where I was able to observe deliveries and saw a number of Caesarean sections. I will omit the gory details; suffice to say the experience was fascinating and



Venetia Barrett spent the summer in Rwanda, working in a rural hospital and school. Despite the conditions, the staff performed daily miracles - and inspired her to help.

awesome in the true sense of the word.

I was lucky enough to get some hands-on experience on the wards. A highlight was the birth of identical twin girls. The second baby was in a breach position and this caused some complications, but after a few tense moments both girls were delivered naturally.

Another moving experience was my trip to the secondary school, Groupe Scolaire de Shyira. I am in awe of the pupils and staff there.

In Rwanda all secondary schools are boarding and pupils are required to pay fees. The classrooms are packed with 60 pupils, often three to a desk. The only materials available for teaching are a blackboard and chalk.

There are no books and the teachers have few resources which means they generally just teach what they know. They do not necessarily have any teacher training

and often their only qualification is that they have been to secondary school themselves.

In the Rwandan education system there are public exams at the end of primary school and certain grades are required for admission to secondary school.

Only 10% of pupils go to secondary school, some of these cannot afford the fees and may travel for miles only to arrive at the school without any means to pay.

The refectory is the only communal assembly area. It is a sparse room with benches and

tables, but no lighting. All 640 pupils are crammed in there for meals and study after school hours.

The school has one generator, but that is faulty so there is little light or space for personal study. The kitchens have huge vat cauldrons often serving up maize porridge time and again as the school cannot afford to provide the traditional Rwandan diet of rice and beans.

I cannot believe how the pupils learn under these conditions. Of those at secondary school, only 10% go on to university. It costs just US\$100 to send a child to school for a whole year, yet tourists pay a staggering US\$500 to spend one hour with the gorillas in Rwanda's famed national parks. I found this very difficult to deal with.

Despite a troubling visit to the secondary school, I spent some very happy times in the Kindergarten in Shyira, where I taught English to pupils under five, three times a week.

At first I was regarded with suspicion by 20 pairs of wide brown eyes, but after a few renditions of 'Head, Shoulders, Knees and Toes' the children were all giggles and smiles and we never looked back.

I will never forget the experiences I had in Rwanda. I would like to thank Ann Peterken for making my visit possible and the King and Kohl families for being my hosts.

I am currently trying to devise a way to raise money to provide books for the pupils at the secondary school in Shyira. If anyone has any fund-raising ideas or would like to contribute to the cause then please do get in touch with me: venetia.barrett@new.ox.ac.uk.



YOURS FAITHFULLY

Martin Hinckley

Martin taught music in a variety of schools around the country before becoming Music Adviser for Redbridge LEA and then Adviser for Music and Art in Hounslow and an Ofsted inspector. Having taken early retirement, he now has more time to devote to his musical interests both in and out of St. James', playing, singing, conducting and composing. He is also a keen photographer and has taken many of the photographs that appear on the church website.



I was brought up a Baptist and played the hymns on my clarinet at Sunday School. I was never baptised at the time but I kept in touch with the church through the years. This was often through musical activities such as singing in my chapel choir at Cambridge, singing or playing in special services at York Minster, or religious educational events as a teacher and, later, as an Adviser.

I became a regular church-goer when I moved to Hampton Hill in 1990, having met Prill. I immediately felt at home at St. James', largely because of the un-pressurised and gentle support that I was given, particularly by Brian. It wasn't long before I was baptised, confirmed and married in the church.

Being a musician, I very much appreciate St. James' thriving musical tradition and have tried to do my best over the years to help maintain and develop it as part of our worship.

Our church is a wonderful place, both as a building and as a congregation. I have also been very fortunate that, in my time here, it has been led by two outstanding vicars, Brian and now Peter. I can't imagine life now without St. James' - the more you give of your life to it, the more you receive back.

This may also be true of other aspects of life, but I believe that commitment, properly focused and lovingly applied, is a key part of what leading a Christian life is about.

Trying to stay aware of God in the minutiae of daily life isn't easy, but when you are it can transform even the most mundane moments.

THE CHURCH AT WORK

Songs of praise

■ Behind the Scenes part three - Worshipping

If there is one thing that a church building is for, it is worship. Ever since the Church began Christians have worshipped together. The way they worship will vary due to time, place, language, and so on. Regardless of this, it is the same God who is worshipped. When we worship we give God what is due to him – our praise and thanks. As worship is so important, in preparing for a service in church we take time and trouble over it. Nothing is left to chance. The planning and structure can then leave us free to pray, and to worship.

Servers are responsible for ensuring a service runs smoothly. They prepare the sanctuary and altar table, ensure there are enough communion wafers available, check that the cruets hold sufficient water and wine, open the lectern Bible at the appropriate readings and check that the sound system is working.

After the service they dismantle the altar and wash the chalices and paten. There is a rota of servers who are needed every Sunday at both the 8am and 9.30am services.

■ If you would like to know more about their duties and requirements, speak to Lesley Mortimer (020 8941 2345).



Music in church tends to be very visible - certainly audible! What you see and hear during a service though is the tip of quite a large iceberg with nine tenths of the work having already happened in advance, usually weeks or months beforehand.

The vicar, Peter Vannozi, will have chosen the hymns and the organist, Matthew O'Malley, will have chosen and practised the music played at various points in that particular service.

The music is carefully chosen to fit with the liturgical theme of each service. The organist also makes sure that the organ is maintained and tuned. The anthems to be sung by the choir are also chosen with the service themes in mind. The organist suggests anthems for two or three months ahead and these are considered by the worship and music committee.



They are rehearsed during the weekly Friday evening or Sunday morning choir practices. Choir members show a good deal of regular commitment, especially on cold, wet winter evenings, or equally on warm, sunny summer ones!

The children's choir sings in several services a year. Susannah Nettleton contacts the children and their parents, chooses the music and runs the practices that lead up to the service.

On the first Sunday of the month, you may arrive early enough to hear the St. James's Players practising for the service.

All the hymns and other music have been arranged for the orchestra by their conductor, Martin Hinckley, with the parts created on computer and uploaded to the church website. Members of the orchestra are emailed details about their next service so they can print off and practise any new pieces.

■ If you would like to join the musicians, speak to Martin Hinckley (020 8979 0528) or for the children's choir Susannah Nettleton (020 8979 4609).

At most services the Gospel is read by the clergy or one of the servers and the other two **readings** by volunteers.

There is a quarterly rota so readers usually know well in advance what their passage is going to be and have plenty of time to check out the pronunciation of strange names and practise their reading at home or in church.



With enough people on the rota it is not always necessary for everyone to read every quarter.

■ If you would like to join the team, the person to speak to is Richard Melville (020 8979 6615).

It is not easy to condense the needs of the church, the world and the local community into five minutes of formal **intercession** which will harmonise with the theme of the collect and readings.

It is not easy to read such prayers in a way that will move beyond performance into a genuine act of collective prayer.

It requires preparation - thought, prayer and practice. But not necessarily great creativity! Although some people write original intercessions, most either draw on books of prayers or use the format with which we are all familiar. If you would like to know more, speak to the vicar.

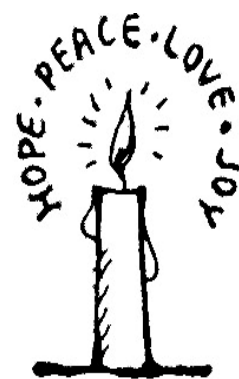
And finally - not so much behind the scenes as behind our backs - there is the **sound system** manager to adjust the microphones to suit the varying voices of readers, intercessor and president. This is currently done by Richard Melville, Dick Wilde and Chris Saul.

■ If you would be willing to undertake this duty from time to time, Richard Melville would be glad to hear from you (020 8979 6615).



THE CHRISTIAN YEAR

The best present you can't buy this Christmas...



Over the course of a year the Church celebrates the work of God in a structured way. Our human experience of time is consecrated, set apart, as we see that all time is God's time even though God is beyond time.

Time is a setting for God's grace - it is not purely functional. We can see the Christian Year as being about having a collective Christian memory.

When we remember things about Christ - such as his death on the cross - we do so in order that what we remember may become real for us. The past comes into the present and opens up the future. These next two months draw us into a particular cycle of celebration: Advent, Christmas and Epiphany

Advent

The word 'advent' literally means 'coming'. The four weeks of Advent are a season of expectation and preparation. We prepare to celebrate Christ's coming at Christmas in his incarnation, his taking on of our humanity.

Yet also we look to his final advent as judge at the end of time. In Advent we are not just directed to Christ's birth, but perhaps uncomfortably, towards his judgement. This is a season for watchfulness and

waiting.

The colour for Advent is purple (or sometimes dark blue) and there are no flowers in church. An Advent wreath is prepared with five candles. They are lit Sunday by Sunday until Christmas Day is reached and the central white candle is lit.

During the latter part of the twentieth century the Christingle service became popular due to the encouragement of the Children's Society. A Christingle service may be held before or after Christmas. It reminds those attending of Christ as light of the world. At St. James', the service is held on the first Sunday in December.

Christmas

The celebration of Christ's incarnation at Christmas is one of the two poles of the Christian year along with Easter. Christmas is not simply a birthday celebration. Rather, its purpose is to recall people to the centrality of the Word made flesh for our salvation.

It is Christ's birth which does, of course, provide the setting for our celebration of Christ's incarnation.

A feature of Christmas in almost all churches is a crib. It is likely that this (and nativity plays) come to us from Francis of Assisi's tableau of Christmas 1223 which he celebrated in Greccio in Italy.

The Carol Service developed in the late nineteenth century as a very particular kind of Christmas service. Other services developed during the twentieth century, such as the Crib Service on Christmas Eve. Midnight Mass on Christmas Eve also became more and more the norm for Christians of all traditions.

Christmas is celebrated for twelve days ending with 6 January, the feast of the Epiphany.

Epiphany

Epiphany means 'revelation' or 'manifestation.' Specifically it is a festival kept on 6 January. The coming of the wise men is recalled. Through these gentiles, Christ is seen as being revealed to all the world.

Epiphany is about more than the wise men, though, and we have a cycle of 'Sundays of the Epiphany' ending with the Presentation of Christ in the Temple or 'Candlemas' on 2 February.

During this cycle we remember other ways in which Christ was manifested. The first Sunday following the Epiphany is always the 'Baptism of Christ.' Jesus was baptised by John the Baptist in the river Jordan and a voice was heard proclaiming him to be God's Son. This was a profound moment of revelation of the identity of Christ.

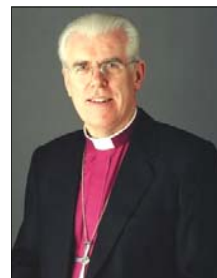
LONDON DIOCESE

Bishop Michael leaves for the 'Mother Church' of St Paul's

The Bishop of Kensington, The Rt Rev Michael Colclough, has been appointed Residentiary Canon at St Paul's Cathedral. After more than 11 years of service, Bishop Michael and his wife Cynthia will be moving at the end

of January. He will be installed on 20 April.

Bishop Michael said he needed a new challenge. 'We have seen new churches planted, amazing growth in congregations and more and more women and men offering themselves for the ordained ministry of the Church.'



'The Cathedral holds an important place as the Mother Church of the Diocese and it is a great privilege to be joining the rich daily round of worship and prayer, ministry and mission that goes on at St Paul's.'

The Bishop of London, The Rt Rev Richard Chartres, who now begins the search for a replacement, said: "Michael's ministry in Kensington has left both the Area and the Diocese spiritually enriched and strengthened. I am delighted that he will be remaining in London.'

Gill, a model student for LS Lowry

Gill Gostling, who inspired one of LS Lowry's best-known paintings, has been reunited with her portrait.

Gill was just 14 and at stage school when she appeared in the Pirandello play *Six Characters in Search of an Author* at the Mayfair Theatre, London, 44 years ago.

She said nothing and had to remain perfectly still on stage, but her demeanour was perfect for Lowry. He so loved the play that he went to see it nine times, and was inspired by her to paint *Little Girl Seen from Front and Back* (1964).

Gill, 58, only discovered its existence from a newspaper article in 1970 in which Lowry admitted he had sketched her from the audience.

Now, for the first time, she has been to see the portrait hanging at the Lowry Theatre, Salford, alongside a new production of Pirandello's play.

'It looks bigger than I remember it. The more I look at it, the more I see myself looking back, but it's still surprising to see it and to realise that it's me. It's a real privilege.

'When I look at the picture, it's just like looking back at me when I was a girl. I can see myself as I was then, but it's definitely not like looking in a mirror.'

Gill went to see it there for the first time four years ago, but it was then in storage. Staff discovered her story after she filled out a postcard saying she was the girl in the picture.



Picture courtesy of Manchester Evening News

Doggedly into 2008

Good news for Peter! Dog owners tend to have lower cholesterol and blood pressure, fewer minor physical ailments, and are less likely to develop serious medical problems.

Dr Deborah Wells, a senior lecturer at the Canine Behaviour Centre of Queens University, Belfast, said: 'It is possible that dogs can directly promote our wellbeing by buffering us from stress and ill-health.'

FEATURE

Born again

Transplant offers the gift of life

When Toby Butler was told he had chronic kidney disease he faced a stark future: dialysis or a transplant. Here, his mother **Liz Butler** describes the emotional ups and downs they went through in the search for a donor organ - and the surprise outcome.



Toby was a healthy child. The only issues he had were persistent tonsillitis and five limb fractures. Then, when he was 23, he suddenly became ill and was admitted to hospital suffering from cellulitis in his legs.

After extensive tests he was told he had Bright's disease, one of the most common causes of kidney failure. Slowly, but surely, both Toby's kidneys would deteriorate and after about five years they would fail.

There were no restrictions to his diet or lifestyle, although a few years later he found his body didn't tolerate beer or bananas. You can probably guess which one he was particularly sorry about! Other than this the next eight years were fairly problem-free, though closely monitored by his hospital.

Then 18 months ago Toby's health showed a faster decline and the check-ups became more frequent. He was permanently tired and lacking his usual energy and zest for life, though he managed to continue working (luckily it was a desk job).

A year ago talk of dialysis or transplant started. Because of a huge shortage of donor organs, there is a big push to get live donations from relatives or friends. I was keen to donate a kidney and went through all the tests. My blood and tissue type matched, but unfortunately my filtration rate wasn't fast enough.

The best chances are from the family. My other son, my daughter and Toby's uncle volunteered, but, again, none was suitable.

Toby knew that if he didn't have a donor kidney he would need dialysis by the end of the summer. His wife Rachael had always been keen to go for tests. Now she did - and miraculously was a good match. They decided to go ahead and their hospital gave them a date for a transplant in October.

The preparation and education was really fantastic. The head renal nurse got to know our whole family and was extremely supportive. As part of the preparation Toby had a special, but very boring, diet to reduce the potassium level in his blood. This

meant eating very little fruit, vegetables and fish (all of which he loves) and potatoes boiled to mush. There was no place either for tomatoes or bananas, though he could eat any amount of pasta and rice.

The day of admission to St George's Hospital, Tooting, was Tuesday October 16 and Rachael's parents and I accompanied them both. We sat around trying to be supportive and positive (though secretly aching inside), while they had loads of final tests to make sure they were ready for surgery.

Afterwards, they were allowed out for the evening so the five of us went for a meal. Rachael was noticeably quiet, but Toby was bright and eager. We delivered them back to St George's and returned to my house. We had stiff drinks and went to bed. I lay there wondering what was going through Toby's and Rachael's minds.

Toby had the hope and prospect of a normal, active life again, but he must have been worried about rejection too. I expect Rachael just hoped that the kidney would be accepted so that she could have back her 'real' husband. I did not sleep easily that night. Nor did they.

The next morning we were there when Rachel was taken to theatre. She was full of beans and keen to get it done. Toby, however, fretted about her and the next hour was probably the hardest of the whole thing for him. My older son was with me and was terrific support. Finally, Toby was wheeled off and I cried and prayed.

Rachael returned to the ward at around tea-time and was looking good. Toby did not return until nearly

8pm and we were all very anxious, but he too was fine.

The next few days were spent at the hospital watching their amazing recovery and talking about hospital food, the various different routes to the hospital, comparative incision sizes and, inevitably, bowel functions!

Rachael came home with me on the Saturday, just four days after admission, and Toby a day later. The

It is difficult to express the joy at seeing my son's health restored. His eyes are bright and his vision is sharper



first meal that Toby requested (no restrictions now) was chilli con carne! His new kidney was settling in well and there were no signs of rejection. They stayed with me for a week and then felt able to return home and look after themselves. Friends helped out with their return hospital visits.

It is difficult to express the joy at seeing my son's health restored. His eyes are bright (and he says his vision is sharper) and he has a good colour in his cheeks. He will have to return frequently to the hospital for close monitoring of his drug regime and will take tablets for the rest of his life, but this is a small price to pay for the reward of new life.

Rachael is fine too and gradually her remaining kidney will increase in size as it does the work of two. Bizarrely, Toby now has three kidneys as the old ones are left in and the new one positioned in the lower abdomen.

Three-and-a-half weeks after the operation, Toby returned to work and said he'd never felt better. Rachael was due to return to work the following week as she had had a cough.

I would like to thank every one for their cards, kind words and prayers over the past month or so - but most of all a huge thank you to Rachael who gave the best present ever.

IT'S GOD'S PLANET!



Green tips for a better world

Greener Christmas

To avoid an all-consuming, all-disposing frenzy, here are a few tips to Reduce, Reuse and Recycle. (Some will keep children busy during Advent!)

Cards

- Send e-cards
- Have a 'communal' card at church or work
- Buy cards directly from a charity
- Make your own cards
- Only buy new cards that are printed on recycled paper

Decorations and trees

- Buy a replantable or locally-grown tree
- Buy Fairtrade decorations from Oxfam and Traidcraft
- Make decorations from salt-dough or felt; use magazines for paper-chains; make strings of paper snowflakes
- If buying lights, look out for LED ones - they use 100 times less energy.

Wrapping paper

- Reuse last year's paper
- Avoid sticky tape (use string or ribbon) to make reusing paper easier

Presents

- Buy local or Fairtrade
- Look in antiques or charity shops for second-hand gifts
- Make your own - cakes, preserves, sweets, or knitted items
- Avoid battery-powered goods
- Create 'coupons' for a service, such as child-minding, spring-cleaning, gardening
- Give an 'alternative' gift - goat, trees or school books
- Give a subscription to a Christian environmental charity, such as A Rocha
- Give an eco-gift such as a solar phone-charger, recycled products or wind-up gadgets

Food

- Buy a free-range turkey - more expensive, but they lived better and taste better too!
- Buy local, seasonal vegetables
- Buy Fairtrade wine
- Try to find wine bottles with natural corks - it's eco-friendly

After Christmas

- A tip from Carole Greville-Giddings: re-use old cards to make gift tags, note cards or postcards. Backs of cards can be used for shopping lists.
- Recycle your Christmas tree
- Pass unwanted presents to your local charity shop

Have you joined the NHS Organ Donor Register?

my life  my gift

Did you know?

- You are more likely to need a transplant than become a donor.
- A donor can donate a heart, lungs, two kidneys, pancreas, liver and small bowel and can restore the sight of two people by donating their corneas.
- Donors can also give bone and tissue such as skin, heart valves and tendons. Skin grafts have helped people with severe burns and bone is used in orthopaedic surgery.
- The majority of relatives agree to organ donation and the Human Tissue Acts make the wishes of the donor paramount. It is important that you discuss organ and tissue donation with the people closest to you so that, if the time ever comes, they will know what to do.
- You can make a permanent record of your wishes by joining the NHS Organ Donor Register.
- The age profile of people who have donated organs after their death has changed in the past decade with more aged over 50. Older donors are less likely to be able to donate than younger people,



but organs from people in their 80s are transplanted successfully.

- The number of people needing a transplant is expected to rise steeply over the next decade due to an ageing population, an increase in kidney failure and scientific advances.
- The oldest recorded cornea donor was 103. The oldest recipient of a cornea transplant in the UK was 104.
- All the major religions support organ donation and actively promote it.
- 30% of people on the NHS Organ Donor Register are aged between 16 and 25 when they join. A further 24% are aged between 26 and 35. 9% are 65 or over when they join.
- Throughout his life Jesus taught people to love one another. Christians should consider organ donation as a genuine act of love and a way of following Jesus's example.
- Sacrifice and helping others are consistent themes in Christianity, which teaches the principle of doing for others what you hope others would do for you.
- Christians are encouraged to help others in need. Discussing organ donation with family and friends is a responsible and thoughtful act.
- **Anyone can join the NHS Organ Donor Register by ringing 0845 60 60 400 or via the website www.uktransplant.org.uk**

YOUNG SPIRE

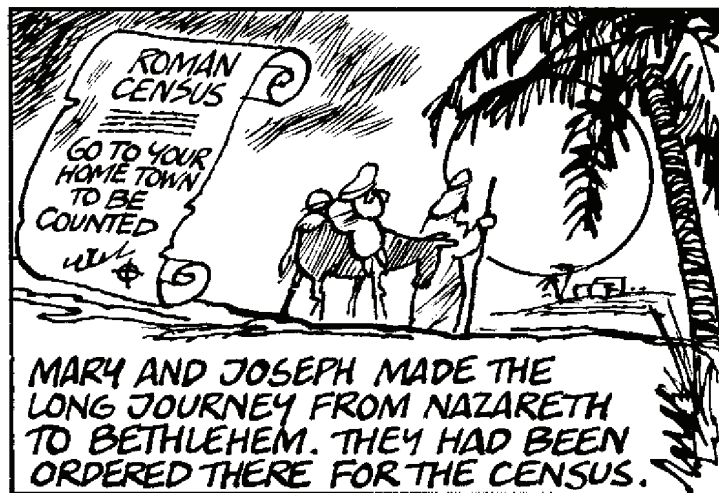
ADVENT

Advent begins on the Sunday four weeks before Christmas Day. It is the beginning of the church year and is the time that we look forward to the birth of Jesus at Christmas. The word Advent comes from the Latin word *adventus* which means arrival or coming. **The Christingle service** takes place on the first Sunday in Advent. The orange represents the world, the lighted candle represents Jesus, the Light of the World, the red ribbon shows God's love everywhere, the fruit and sweets signify the fruits of the earth. We also make a circular **Advent Wreath** with five candles. The outer four candles are lit week by week during Advent, and the white candle in the centre, the Christ candle, is lit on Christmas morning, to mark the birth of Christ, the light of the world.

JESUS WAS BORN ABOUT 2,000 YEARS AGO IN THE SMALL TOWN OF BETHLEHEM, NEAR JERUSALEM.



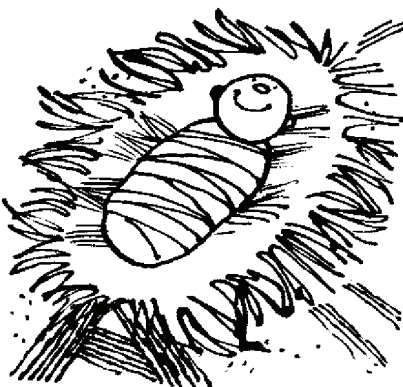
AN ANGEL HAD TOLD MARY SHE WOULD HAVE A VERY SPECIAL BABY.



BUT THE TOWN WAS FULL



...WHICH IS WHERE JESUS WAS BORN.



SHEPHERDS IN FIELDS NEARBY RACED TO SEE THE BABY



AN ANGEL HAD TOLD THEM WHERE JESUS HAD BEEN BORN.

WISE MEN CAME FROM THE EAST. THEY TOO WANTED TO SEE JESUS. THEY HAD BEEN GUIDED BY A STAR.



CHRISTMAS

Christmas is the time when Christians around the world celebrate the birth of Jesus Christ, the Son of God. The word Christmas comes from the Old English name *Cristes Maesse* - Christ's Mass.

EPIPHANY

The word Epiphany comes from the Greek *epiphaneia*, meaning to show or appear. It is when we remember the coming of the wise men, Magi, (traditionally named Caspar, Melchior and Balthasar) bringing gifts for the Christ child.

JAYS AT LARGE

Lily-Ann has gained her grade one recorder with distinction, Helena Baglin can now tie her laces, Will Baglin has gained the 15 metre swimming badge and Alice Coaker-Basdell has gained her grade 4 flute. Well done to you all.

CHARITIES & LINKS COMMITTEE



Keeping up to date

The Children's Society

Christingle services in churches around the country provide vital funds to support the work of *The Children's Society* with some of the nation's most vulnerable and marginalized children.

Our Giving in 2007

By the end of the year, St James' will have given about £12,500 to various charitable causes – a most important part of our outreach. The list of recipients will be displayed in church in time for the Christmas services. We hope this section of *The Spire* has kept you better informed about the charities that St James' supports. Any comments would be most welcome.

The Upper Room in Hammersmith

Thanks to the Young Musicians' Recital, our Harvest Festival plate collection was boosted to £500 (including gift aid). Together with the £800 from our planned annual giving, St James' sent £1300 to The Upper Room in October to support their breakfast club (Upper Room 4 Kids) on the White City Housing Estate – written about in the August Spire. This has been a huge blessing while the Upper Room awaits funding decisions for the next three years.

SPEAR

The local Richmond charity working with homeless people needs sleeping bags, blankets, duvets and mobile phone handsets which are in working order and have a battery. Contact the parish office or Ann Peterken on 8891 5862 if you can help with any of these over the coming months.

Parish Fairtrade stall

You will be aware that the Eco group has run a Fairtrade stall on the first Sunday of the month in the run up to Christmas. Thank you to everyone who has placed orders and/or bought from the stall. Orders totalling at least £475 have been received and £50 of items were purchased on 4 November. Please continue to support this initiative in 2008 for some of your routine purchases, including tea and coffee.

SEND US YOUR ARTICLES

Inspired to write something?

The Spire is your magazine and we welcome articles about things that inspire you. If you have something you would like to see in print, why not tell us about it? We regret we cannot print any fiction or poems or anything subject to copyright. We can't promise to publish everything, so please contact us before you begin writing.

Email your ideas to Prill at: p.m.hinckley@blueyonder.co.uk or telephone 020 8979 0528.



OUR CHURCH WEBSITE



NEW SECTION

Have a look at our church website and you will find a new section called 'Young St James'. This section is a revamp of the old 'Young Magazine'. It has had a complete overhaul with a new design. It is intended for our younger members, but the not so young will also find it interesting.

There is a section on the Church year, and page for each of the major festivals and saints' days with photographs taken in our church. There are sections describing our Worship and Services, Groups to join, the inside of our church and the churchyard.

Another section explains the major religions, another has puzzles and games (which will be added to), another contains links to many different Bible stories for both younger and older children.

Youngsters, do check it out. **Parents** have a look yourselves. Go to: www.stjames-hamptonhill.org.uk

STAMP COLLECTING

I've got this hobby licked

By Pip Rowett

Some time ago Sid Heaford gave me his small stamp collection housed in a 1890s Lincoln stamp album - the proceeds to be donated to charity. I added some of my duplicate stamps, put it into auction and have just received £90 which has been donated to St James'.

By the time St James' was being built, less than 25 years after the introduction of the first postage stamp, the penny-black, stamp collecting had become by far the most popular of all hobbies.

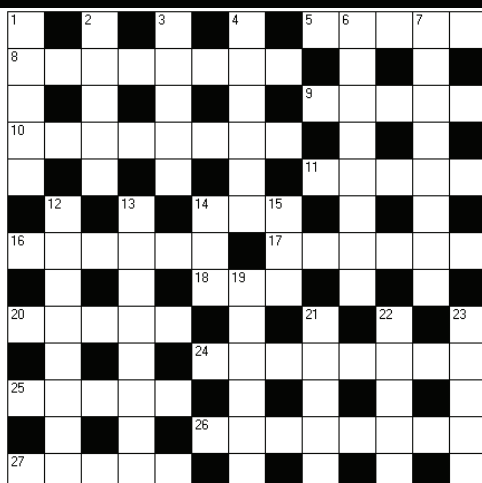
It has remained so for more than 100 years, made popular in a wide range of society, notably including kings (George V) and presidents (F D Roosevelt).

I am sure that a number of you reading this article will have your own or a family stamp collection gathering dust in the attic or wherever.

I would be happy to provide you with a written description and valuation of your collection without any charge. If the collection should be of more than nominal value you might like to consider making donation to St James' or your favourite charity.

Browsing through your collection you should remember that although most valuable stamps are old, there are plenty of old stamps that are valueless (except in quantity).

Even if they are highly catalogued, value depends (like antiques) on condition. As for lottery-type dreams, the most expensive stamp has been sold for well over £1 million! Happy hunting!



Crossword

No 2007012

Across

- 5 ..to ___ him into their city (Josh 20.4) (5)
8 Insane (8)
9 Feel a sharp stinging pain (5)
10 The Lord commanded Elijah to turn in this direction in 1 Kings ch. 17 (8)
11 Fluid gushing from the brook in Psalm 105 (5)
14 Lamentations ch. 4 mentions heaps of this residue (3)
16 The name of the Lord is such a tower, says Proverbs ch. 18 (6)
17 You lie on beds ___ with ivory (Amos 6.4) (6)
18 Finish (3)
20 Used a hassock in church (5)

- 24 Description of the chariots in Isaiah ch. 22 (8)
25 St Augustine (354-430) was its bishop (5)
26 Come to light again (8)
27 Concur, like Joseph's brothers in Genesis ch. 37 (5)

Down

- 1 Where Moses defeated Og in Deuteronomy ch. 1 (5)
2 Christian symbol (5)
3 Bites on, as men bit on their tongues in Revelation ch. 16 (5)
4 Unsearchable parts of kings in Proverbs ch. 25 (6)

- 6 Deserving of a curse (8)
7 Modern day inhabitants of Bethlehem (8)
12 .. ___ beside the canal (Dan 8.3) (8)
13 Fall down, like the wicked mans victims in Psalm 10 (8)
14 Era (3)
15 What a servant did with his master's money in Matthew ch. 25 (3)
19 Relationship of Lot to Abram in Genesis ch. 5 (6)
21 Jumped (5)
22 Snake hatched in Isaiah ch. 59 (5)
23 How right they are to ___ you (Song 1.4) (5)

Answers to November Crossword (200711): Across 1 Storm 4 Archery 8 Vinyl 9 Malachi 11 Psalter 12 Vicar 14 Sacrilege 18 Light 19 Mortals 22 Shriven 23 Metal 24 Spotted 25 Thief. Down 2 Thirst 3 Royal 5 Reap 6 Healing 7 Reheat 10 Heart 13 Flood 15 Atheist 16 Bishop 17 Cleave 20 Teeth 21 Gene.

WHAT'S ON

Forthcoming Events

A Course for Advent

'O come, O come Emmanuel' - Looking for Christ. The Advent course continues on Mondays at 7.30pm in church on 3, 10 and 17 December.

Soon to be Born - Celebrating the Coming of Christmas

Saturday 1 December, 7.30pm at St. John the Divine, Richmond.

Tickets £10 (£8 concessions) on the door. A concert of music for Advent sung by Concordia Voices.

Christingle Service

Sunday 2 December. The 9.30am all-age worship will be our annual Christingle Service in aid of the Children's Society. Fairtrade Christmas gifts will be on sale in the Church Hall, as will charity cards.

Confirmation

Sunday 2 December, 6.30pm at All Saints', Hampton.

Come and support our two candidates, Grant and Georgia Clifford.

Community Christmas Concert

Wednesday 12 December, 6.30pm at St James'.

All are welcome to this candlelight service, hosted by VCG, followed by mulled wine and mince pies.

Fairtrade stall

Sunday 6 January and Sunday 3 February, from 10.30am in St James' Church Hall

There will be a Fairtrade stall on the first Sunday of each month. Come and see what is available and consider switching more of your staple shopping needs to items with the Fairtrade mark.

Lent 2008

The Lent course will be on the following Mondays at 7.30pm in church - 11, 18 and 25 February, 3 and 10 March. *Compline* in Lent will be on Sunday evenings at 8pm. *Quiet Day* will be on 16 February - details to follow.



SERVICES

(Christmas - See Page Two)

Sunday

8 am Holy Communion

9.30 am Parish Communion

1st Sunday in the month

9.30 am Informal Service

Monday-Friday (except Tues)

9.15 am Morning Prayer

Tuesday

9.30 am Holy Communion

1st Wednesday in the month

7 am Commuter Communion

1st Thursday in the month

2 pm Holy Communion

CHURCH CALENDAR FOR DECEMBER/JANUARY

Dates for your diary

- 02 Dec **ADVENT SUNDAY** - 9.30am Christingle Service
The first Sunday of a new Christian year. 'Advent' means 'coming' and in this season the Church both looks forward to its celebration of the birth of Jesus at Christmas and for his coming again in glory. It is a time of preparation and expectation.
- 09 **SECOND SUNDAY OF ADVENT**
- 14 John of the Cross, Poet, Teacher of the Faith, Mystic, 1591
John was Spanish and lived at a turbulent time, both in terms of politics and religion. He tried to reform his religious order, the Carmelites. These days his works are still read. They show a man seeking union with God and looking for God even in the darkness when God seemed to be absent. He coined the expression 'Dark Night of the Soul.'
- 16 **THIRD SUNDAY OF ADVENT**
- 23 **FOURTH SUNDAY OF ADVENT** - 6.30pm Carol Service
- 24 Christmas Eve - 4.30pm Crib Service; 11pm Midnight Mass
- 25 **Christmas Day** - 8am Holy Communion; 9.30am Parish Communion
- 26 St. Stephen' Day - Bank Holiday
Stephen was the first Christian martyr and we read about him in the Acts of the Apostles, chapters 6 and 7. He was one of seven chosen to be 'deacons' which means 'servants.' They were appointed to help the poor. Stephen began to preach about Jesus and was stoned to death. One day we celebrate birth, the next the death of the first martyr.
- 30 **FIRST SUNDAY OF CHRISTMAS**
- 01 Jan Naming and Circumcision of Jesus - 12pm Holy Communion
The first day of each new year is a feast celebrating Jesus. In accordance with Jewish religious law he was circumcised eight days after his birth and named 'Jesus' which means 'God saves.' We begin the new year with the name of Jesus on our lips.
- 06 **EPIPHANY OF THE LORD** - 8am Holy Communion; 9.30am Parish Communion
'Epiphany' means 'revelation' or 'showing.' The wise men came to find a new-born king, Through them Jesus was revealed to the world.
- 13 **SECOND SUNDAY OF EPIPHANY Baptism of Christ**
This festival celebrated Jesus being baptised in the river Jordan by John the Baptist. A voice was heard from heaven declaring Jesus to be God's Son. This is another moment of 'epiphany' when Jesus is shown to be the very revelation of God to the world.
- 18-25 Week of Prayer for Christian Unity
Jesus prayed at his last supper that all his disciple should be one. During this week, Christians make his prayer their own.
- 20 **THIRD SUNDAY OF EPIPHANY**
- 27 **FOURTH SUNDAY OF EPIPHANY**



ONLINE CALENDAR/DIARY This facility shows what is happening in the Church, the Church Hall and other venues around the parish. It is accessed from the left-hand navigation column on the website and can be used to see if dates are available, as well as what's on. You can also request bookings online.

