

AROUND THE SPIRE

being notes and news about
people, activities & organisations

THE ANNUAL CHURCH MEETING

This takes place on Wednesday, March 10, and it should be an occasion of the Church's turning out in strength. Reports on the past year are given, and the problems and opportunities of the future faced. This year also an unusually large proportion of the Church Council has to be elected. The Church Council has set itself a strenuous programme for this year. This includes monthly meetings, the setting-up of commissions of enquiry into various aspects of parochial life, and the carrying out of a resolution that a new small hall be built as soon as a licence can be obtained. The problem of how this new small hall is to be maintained when the present one needs an additional income of £100 a year if it is to pay its way is one that will require urgent solution. It is therefore vitally important that the Church Council should have the resources in manpower and the backing of the whole parish which will be needed to enable it to carry out the tasks that confront it. So come along to the Annual Meeting and ensure this.

LENTEN ARRANGEMENTS

"Religion is a serious business, and this is an age of technical training. Why should people not be persuaded to learn as much about the theory of their religion as they do about that of their trade or profession?" asks our Bishop. Lent is a time when we can set ourselves to do this. A special series of sermons that may help has been arranged by the Diocese, and addresses on the subjects suggested will be preached here on Sunday mornings in Lent.

The subjects will be :

March 7th (First Sunday in Lent);
—The Road to God; 14th—Reverence for the Body; 21st—Love of Neighbour; 28th—The Road of Freedom; April 4th—The Road of Grace; 11th—The Road of Humility.

For week-days, there has been a request for a "Confirmation Refresher-Course." This will be held at the Vicarage at 8.0 p.m. on Ash Wednesday, March 3, and on Wednesday 17, and 24. Dates for April to be arranged. The course

will deal mainly with the Creed, Prayer and Sacraments. All interested are welcome.

MOTHERS' UNION AND YOUNG WIVES' GROUP

We had a useful M.U. meeting in January at which the members present expressed their views on various subjects. Opinion was almost equally divided about the most suitable day and time for our Corporate Communion. While many of us felt that the "Parish" Communion on the second Sunday of the month was the right time for us to take our place with the Parish community, others felt equally sure that since the time of this—8.45 a.m.—was not suitable for some of our older members, we should keep to the Thursday following our branch meeting at 10.30 a.m. and this we have agreed to do, and to sit together in the Chancel instead of scattered through the whole of the Nave. At the same time we felt that as many as possible of us should be at the Parish Communion too, because that is the special occasion for the life and work of the parish to be offered to God, and our Branch is meant to be an integral part of that life and work.

Since the meeting before Christmas when the Vicar talked about Communion and showed the film strip our numbers at our Corporate Communion have steadily increased and this is surely giving strength to the whole work of the Branch.

After a discussion about how we could best use our Branch meetings in Lent we came to the conclusion that the thing we most needed help about was the keeping of our promise of daily Bible Reading. We are therefore planning to have weekly services in Church followed by a talk on the history and modern use of the Bible. We are being helped in this by the British Council of Churches but since the plans are not yet complete we shall give details later. The M.U. hopes that as many parishioners as possible will join them on these Wednesdays.

The Deanery Festival for both M.U. and Y.W.G. members is to be on March 25, at 3.0 p.m. There will be a nursery for children. We shall meet at 2.30 p.m. outside the Church.

Many of you will remember an outstanding address given to us by Miss Yanorsky in November. We have now been invited to hear her again at St. Michael and St. George, Fulwell, Parish Hall on March 29, in the evening. Time and further particulars will be put up in the Church porch when we have them.

There will be an Annual Enrollment for the M.U. in our Church in May. Enrolling members are bound by their office to give opportunity before that for anyone interested to find out what membership of the Mothers' Union involves. It is always difficult to know how best to do this, and this year I am trying the experiment of inviting anyone who has any interest in this matter to come to the Vicarage on March 18th at 8.0 p.m. when we can discuss it as fully as possible. If you have even the slightest curiosity on this subject please take this as a personal invitation.

But since I am so often asked, may I put it here in print that a member of M.U. is one who wishes to uphold its objects, whether she has children of her own or not and if she is a member of the Young Wives' Group she may keep her M.U. membership by attending the afternoon or evening meetings or both!

Jam Jars: We are once again collecting jam jars for the Renovation Fund Drive. Jars may be left, by kind permission with Mrs. Virgo 184 Uxbridge Road or Mrs. Lewis, 50 St. James's Road.

PERSONALIA

Mrs. Eulalia Kingsford—'Grannie' to the whole parish—has died. She was born at Clavering in Essex on September 19, 1858; married in St. Giles's, Cripplegate, in November 1876; moved to this district on January 1, 1883, and had lived here ever since. She had been a widow since 1904. She took a great interest in everything connected with the Church, and had a large store of information about events long in the past which she vividly remembered. She was a very keen and active member of the Mothers' Union, and hardly ever missed a meeting; she read one of the lessons at their Carol Service only a month before she died. The presence of Christ was very real to her, and she was very conscious of it in her brief last illness. The day of her

funeral was bitterly cold, but the Church was filled with her many friends, one of whom, Mrs. Gilbert, played the organ, while the Mothers' Union Choir led the singing. She will always be remembered by those who knew her, not just for her great age, but for the essential goodness and kindness of her whole being and nature.

As we go to Press, we learn of the deaths of the Reverend Frederick Harvey, for 27 years Vicar of this Parish, and of Frederick Virgo, a well-known parishioner. Our sympathy goes out to the bereaved. Next month there will be fuller notices.

SOME DATES TO NOTE

- March 2nd—7.45 p.m. "At Home" (Hall).
- March 3rd—Ash Wednesday, Holy Communion 7.30 and 10.30 a.m. 3.0 p.m. Mothers' Union Service 8.0 p.m. Confirmation Refresher Course begins (Vicarage).
- March 4th—8.0 p.m. News-Team Fellowship (35 St. James' Avenue).
- March 5th—8.0 p.m. Junior Sunday School Teachers (Vicarage).
- March 6th—11.0 a.m. Adult Confirmation (St. Paul's).
- March 9th—8.0 p.m. Men's Society (Vicarage).
- March 10th—8.0 p.m. Annual Church Meeting (Hall).
- March 23rd—8.0 p.m. Church Council (Vestry).
- March 25th—The Annunciation, Holy Communion 7.0 and 9.0 a.m.; 3.0 p.m. Mothers' Union Festival Service at Hampton Wick.
- March 26th—8.0 p.m. Magazine Distributors (Vicarage).
- March 31st—8.0 p.m. Young Wives' Group (Hall).

N.B. No Holy Communion at 10.30 a.m. on Thursdays 11th and 25th—at 9.0 a.m. on 25th.

BAPTISMS

- January 24th—A n n e Elizabeth Harman, 4a St. James's Road.
- January 24th—Derek Arthur Lott, 29 Park Road.
- February 7th—Paul Charles Lidster, 66 Hampton Road.
- February 7th—Janice Susan Norris, 5 Windmill Road.
- February 14th—Francis J a m e s Brunt, St. James's Vicarage.

MARRIAGE

February 3rd—Rex John Albert Dyer to Winifred Peggy Hankin.

BURIALS AND CREMATIONS

January 25th—Alfred Stephen Higgins, 76 Branksome Road, S.W.2. aged 75 years.

February 4th—Eulalia Kingsford, 110 Uxbridge Road, aged 95 years.
February 5th—S a r a h Wells, 43 Wolsey Road, aged 90 years.
February 8—Amy Eliza Stacy, 224 Uxbridge Road, aged 71 years.
February 12th—Violet Elizabeth Phipps, 90 Uxbridge Road, aged 58 years.

FROM BEYOND THE SPIRE

THE CHURCH OVERSEAS

One in Christ Jesus

Representatives of every continent in the world recently met together at an all-India Christian students' Camp. A missionary who was there reports :

"A special joy was to have a dozen African students from all parts of that continent with us. They are all studying in Indian Colleges. I was especially delighted to watch one of them happily conducting community hymn singing with an audience mostly Indian, though also including a Chinese. It was lovely when we sat down to meals together, representing every continent of the world. Surely it is true that we can be one only in Christ Jesus. We know of two students who were converted through this Camp, and many who were strengthened in their Christian life and witness."

Prison Baptism

"It was the most impressive Service I ever attended," writes an English missionary describing a Service in a Japanese prison, when three prisoners were baptised. "The Pastor was allowed to bring twenty of his congregation so that the prisoners could feel that they were really being admitted into the Family of God. About fifty other prisoners and at least seven or eight police guards were present. All three candidates for baptism shed tears of joy as they were proclaimed free from sin and sons of God, and as we all shook hands with them showing true brotherhood."

"RESENTMENT AND RHEUMATISM"

[At the end of a recent course at Edward Wilson House, Clergy were asked to write an article on this subject. It was afterwards suggested

that this might appear in a Parish Magazine. Here, for what it is worth, is my contribution.—Ed.]

Is this just a cliché from the new-fashioned school of so-called psychosomatic medicine (i.e. the medical approach which does not consider your body only, but your whole personality and the inter-relatedness of all its parts)? Or is there really some connection between what goes on in our minds—often perhaps unconsciously—and what happens in our bodies? It appears that there is. We are not denying that there are physical and hereditary causes as well, and that purely physical treatment—by drugs of various kinds, physiotherapy and so on—often produces excellent results. But modern research—medical, psychological, and pastoral—is showing ever more conclusively that what happens in our minds, our souls, our spirits, does have its influence, for good or ill, upon the workings of the body, its nervous system, its organs, its cells. That emotion we feel, and dislike because it is unworthy of us—what do we do with it? We try to drive it away—but often, without our knowing it, we drive it **down**, into the deep unconscious areas of our mind. There it continues alive and active, again without our realising this, except perhaps in our dreams. If it would die, or shrivel away, it might make little difference: but it does not do this, but goes on, unconsciously trying to express itself. Any strong feeling always wants to express itself in action: fear wants to express itself in flight, anger in fight, and so on. If we deny these emotions their normal outlet, and repress them to the unconscious depths of our personalities, they still go on trying to find some kind of way out. If they are emotions that

we would normally regard as negative or destructive, the influence they still go on exercising within us cannot be a healthy one.

Resentment is one of those feelings which we as decent people and as Christians do not welcome. We are sorry when we have felt resentful, and we try hard not to feel like this. When a resentful feeling against a particular person arises, we suppress it—a quite normal and honourable thing to do. This process of suppression is one means the mind has of keeping us stable. An ever-conscious resentment—against Communism, against the Germans, against Mrs. B. next door—would never let us have any peace: it has to be expressed or suppressed. But the danger is that this natural and inevitable activity of suppression can be carried out to an extreme degree. It can pass over into repression, another mechanism of the mind, but unlike suppression, one of which we are totally unconscious. The emotion becomes buried so deeply that it rarely bothers us now. But it is still alive and kicking, and sending out its poisonous influence—perhaps not now into our conscious mind, but into our **body**.

Think for a moment of that form of resentment which is a kind of recurring hostility. "How I would like to have a go at that terrible person, smash that evil system and those who uphold it." Hostility like this, when it has its normal expression in fight stimulates our sympathetic nervous system, makes our heart beat faster, sends up our blood-pressure. It can still do these things when suppressed or repressed—and one result of this over a period may be that disorder which we call "high blood-pressure." Or it may lead to that form of rheumatism known as neuritis—it would really like to express itself through my arms in hitting someone or something, but I in my kindness refuse to let it. So the wretched thing gets its own back on me by causing me to suffer extreme physical discomfort! The hostility has turned inwards upon itself, and the natural consequence is some form of rheumatism. If I had lived in the Stone Age, I should have expressed my aggressive feelings by vigorously wielding a club. But I can't

do that now: and besides, Mr. X is my friend, and really a decent fellow, despite those annoying habits of his which arouse my ire. So I turn my feeling inwards, and instead of taking it out of him, I take it out of myself—and in particular out of my body: stiffness, neuritis, sciatica, and so on. This is all very much over-simplified, but perhaps you see what I am driving at.

Now suppose the beginnings of some such resentment go back to the very early days of my life, so that I perhaps couldn't for the life of me recall them now. Suppose I felt unjustly treated as a child, and the bitterness I felt then has been stored away in my unconscious mind ever since. Might not the outlet found by this resentment become in time that particular form of rheumatism known as Arthritis? This may seem far-fetched, but some of the leading investigators into the subject, such as Dr. Loring Swain, have shown that this does happen, though again we must be careful not to over-simplify what is often a complicated situation.

Well, here I am, with rheumatism, or inclined to have twinges now and then. My doctor cannot see any one definite physical cause. It will then not do me any harm if I face up to the fact that one aggravating factor may well be some deep-seated resentment which is trying to find its expression through my body in this particular way. It is not a question of blame attaching to me for this—I may be quite blameless. If I can accept this fact peacefully, I may be able in time to remember the cause of the resentment, bring it up to my surface mind, cast it on God (see 1 Peter ch. 5, v. 7), and obtain release. There are also ways I may be able to influence my unconscious mind, such as the methods of contemplative meditation about which the Reverend Jim Wilson (who preached in this church, you will remember, two years ago) has lately been speaking on the B.B.C.'s "The Silver Lining" programme recently. These methods should also help me to deal positively and constructively with the fresh resentments, which, because I am human, are bound to arise from time to time. Perhaps we may be able to have another magazine article about all this later!