



CROSSBridges

Magazine for the Parishes of SS Philip and James, Whitton
with St Stephen's, Hounslow

No.10

May 2022

swallow a nest

where she may raise

Just as the sparrow has found a home and the

her young, my resting place is in your house, O

LORD my King and my God. Ps 84:3



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READINGS FOR MAY 2022

- 1st SS Philip and James
[Acts 9.1-6](#) (7-20); [Ephesians 1.3-10](#); [John 14.1-14](#)
- 8th Easter 4
[Acts 9.36-43](#); [Revelation 7.9-17](#); [John 10.22-30](#)
- 15th Easter 5
[Acts 11.1-18](#); [Revelation 21.1-6](#); [John 13.31-35](#)
- 22nd Easter 6
[Acts 16.9-15](#); [Revelation 21.10,22-22.5](#); [John 14.23-29](#)
- 29th Easter 7
[Acts 1.1-11](#); [Ephesians 1.15-23](#); [Luke 24.44-53](#)

REGULAR SERVICE TIMES

All services listed are in person with some being live-streamed in addition.

Sundays 9:30am - Eucharist at Ss Philip & James + Live-stream
Sundays 11:00am - Eucharist at St Stephen's
Mondays 9:30am – Morning Prayer – Live stream on Facebook
Tuesdays 9:30am - Holy Communion at St Stephen's + Live-stream
Wednesdays 9.30am – Morning Prayer – Live stream on Facebook
Thursdays 9:30am – Holy Communion at Ss Philip & James + Live stream

First Sunday in each month **All Age Service** at each church ie. 09:30am at SSPJ and 11:00am at SSH.

Sunday 8am: BCP Holy Communion on odd-numbered weeks and CW Said Eucharist on even-numbered weeks (please note that there will no sermon at this service). These will take place at Ss Philip & James Church and will not be streamed.

Facebook: <https://www.facebook.com/philipjamesstephen>

Service Booklets are now on the 'Featured events' links on the calendar pages on our websites. Click on the link to the relevant service at either:

<https://saintstephenhounslow.church/calendar> OR
<https://www.whittonchurch.com/calendar>

THE ASCENSION – 26 MAY

In Salvador Dali's picture of Jesus' ascension all you can see are his feet! As we celebrate the event this month, it prompts the question 'where did Jesus go?' Peter says Jesus 'has gone into heaven and is at God's right hand' (1 Peter 3:22). However, the New Testament tells us three things about what Jesus is doing at the Father's side.

At Pentecost Peter said that Jesus is 'exalted to the right hand of God, He has received from the Father the promised Holy Spirit and has poured out what you now see and hear... "The Lord said to my Lord: 'Sit at my right hand"' (Acts 2: 33-4).

Peter is affirming Jesus' position of authority and power at the heart of the universe. By pouring out the gift of the Holy Spirit upon us, Jesus gives us a foretaste of the life of heaven ie eternal life, forgiveness, healing, release and God's provision for our lives.

When Stephen, the first Christian martyr, was being stoned to death by the Jewish authorities he points out, 'I see heaven open and the Son of Man standing at the right hand of God.' (Acts 7:56). Our experience of heaven is only ever partial, as we live with the reality of suffering and setbacks. However, Jesus is still on the throne! We are called to trust him daily.

The Bible also tells us that 'Christ Jesus who died...is interceding for us.' (Romans 8:34, cf Hebrews 7:25). Even when we don't know how to pray, we have the assurance that Jesus is already praying for us! He knows our needs even better than we do ourselves, so when we feel condemned or defeated in our Christian lives, we have somebody on our side!

The Ascension reminds us that the risen Jesus lives in the immediate presence of God, and both transcends and embraces our present experience. This truth lies at the heart of the up language used to describe the event.

'Heaven relates to earth tangentially so that the One who is in heaven can be present simultaneously anywhere and everywhere on earth: the ascension therefore means that Jesus is available, accessible, without people having to travel to a particular spot on the earth to find Him.' (Tom Wright).

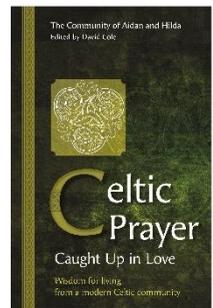
BOOK REVIEW

Celtic Prayer – Caught Up in Love

Edited by David Cole (Brother Cassian), BRF, £12.99

This rich collection of essays, conversations and reflections from 30 members of the Community of Aidan and Hilda distils the ancient wisdom of the Celtic Christians and applies it to the lived reality of contemporary readers.

It can be helpful for anyone drawn to explore teachings about prayer from a Celtic perspective. It offers deep spiritual truths woven beautifully with usable prayers, 'like a piece of Celtic knotwork flowing around the page of an illuminated scripture.' As David Cole writes in his introduction: "Celtic Christian spirituality is about embodying the Divine in every aspect of your life, and prayer is a significant part of that."



What's in a name?

By V. Charles Ward

Like our DNA, our names provide us with clues as to who we are. Our back-history. Where our ancestors came from. Maybe even what they did for a living. Names were also family property. They were handed down the generations. From father to son. From mother to daughter. I discovered late in life that my first name 'Vivian' (meaning 'lively') was the maiden name of my late grandmother Gertrude May Vivian, who died in 1941. At school I hated the name. Now, I wouldn't be without it.

Genealogy also features big in the Bible. We know that Saul was the son of Kish. That David was the youngest son of Jesse. The first chapter of Matthew's gospel charts Christ's genealogy over 42 generations back to Abraham. We also know the issues faced by John the Baptist's father, Zacharias, over the naming of his son.

I have also noticed how the naming of children changed in the centuries following the reformation, with the rediscovery of ancient Biblical names which had fallen out of use for more than 1500 years. Think of Samuel Pepys. Of Abraham Lincoln. Of Daniel Defoe. My late father's family-line is packed with Daniels; Samuels; Josephs; Hannahs and Esthers – as well as some Biblical names which I hadn't even heard of, like 'Jabez' (meaning 'born in pain').

The introduction of on-line sites such as Ancestry UK mean that it is now easier than ever to trace family histories. And at minimal cost. It may be nothing more than names pasted on a tree, with no information about the individual personalities behind those names or what they might have looked like. But sometimes a window opens onto a hidden world. Like when I discovered that my great-grandfather John Edmund Vivian was witness in an 1882 Old Bailey trial against people who had stolen furs from drapers 'Blundell Brothers' warehouse, at London's Cheapside, where he had worked as a sales-representative. And if he worked there, perhaps so did his mother Esther and sibling, Beatrice, who were both dressmakers.

Old Bailey trials in the 1880s were different to what they are today. Perhaps no more than a couple of hours and before an exclusively male jury of local business people. The same jury might have sat for more than one trial, as different defendants were paraded before them. What made this case different was that one of the two defendants was represented by a barrister, John Frith. Both were found guilty and sentenced to hard labour.

MALCOLM PEAKE RIP

MEMORIES OF MALCOLM

Judith, Malcolm's sister, writes: "You probably remember Malcolm, from over the last 30 odd years, as a quiet, shy, unassuming person often sitting in the corner not saying much; but there was another Malcolm before his illness took over so I would like to tell you a bit about that person.

"I was 2½ years younger so we played a lot together. He taught me draughts and chess, but I never once beat him! We lived near the river Crane and although we were only young we were allowed out and played down by the river. His friend Jimmy and he got up to a lot of naughty things together often at my expense, for example telling me there was a large fish in the river and "look; no, closer; get closer!" until I was up to my ankles in mud with them laughing their heads off. I was probably 6 or 7 at the time and he would get a good telling off from mum when we got home.

"Malcolm had a dry witty sense of humour. He was also very clever – passing his 11+ aged 10, obtaining his O Levels and four A Levels by the time he was sixteen. Malcolm pursued an apprenticeship with Vickers Armstrong combined with a three-year scholarship with Imperial College where he attained a First-Class Honours Degree in Aeronautical Engineering.

"Malcolm had many hobbies including gliding, motorcycle scrambling but most importantly amateur radio. Often seen transmitting in morse-code he went on to serve as a member of the RSGB (Radio Society of Great Britain) for 55 years."

Barbara, Malcolm's other sister continues: "Malc was very studious, always having his nose in a book. He loved to build model planes in the loft and his love of aircraft continued throughout his life. Malc was also very knowledgeable. He loved speed and at one time he drove a Jaguar and a motorbike. He never complained or made a fuss, even when he fell from his motorbike and broke his arm, the day he was meant to act as best-man at Clive and Judy's wedding! Malc was a kind, honest, generous, gentle man – a true gentleman in every sense of the word and his family will really miss him.

Fr David writes: "It was my privilege to minister to Malcolm albeit for a very short time, most of which was eclipsed by the pandemic. Once St Stephen's re-opened Malcolm rarely missed a Sunday, when many others remained too afraid to come into buildings with others. In fact, he was in church with us the day before he died so suddenly. Members of the congregation have spoken in warmest terms of a man who gave very little away and were so surprised to hear of his exploits at his funeral.

Malcolm had a deep spiritual sense and a broad library of Christian books. As we remember a dedicated, quiet Christian whose ministry was one of quiet support and faithfulness, we came away from his 'goodbye' with a very real sense that we could all do with being "A Little More Malcolm" before God. May he rest with our Lord in Paradise."

THE REFUGEE

All that I was, I no longer am
All that I have, I hold in my hand
My home, my love, my world are all gone
One among thousands, I shuffle along.

Only last week I knew who I was
All that has gone, and only because
Someone in a land a long way away
Turned life into hell one terrible day.

He started a war, his heart icy cold
He rained down his hell on the young and the old
I ran for my life for I had no choice
And nobody heard the fear in my voice.

Everything's gone, and all that is 'me'
Summed up in a word – the word 'refugee'.
I have no control, no say in my fate
Just one in a crowd, I stand and I wait.

Waiting for what? The future's unclear,
For armed men have taken all that I held dear
Along with my hopes, and all I had planned
All swept away by the tanks in my land.

One thing alone puts a smile on my face
A far nicer stranger has come to this place;
A bed for the night? A cup of hot tea?
And – best of all – someone who sees me as me.

By Nigel Beeton



GARDENER'S PHILOSOPHY

EATING IS WEEDING

By Angela Sharp

As a child, when I played in the garden we used to do things like making potions such as rose petal perfume, mud pies of course and I used to break off leaves from an oxalis plant that had pink flowers and ate them (I'm sure it wasn't the only thing friends and I tried serving to each other!). Its clover-like leaf and stem tasted quite nice - crunchy, crisp and vaguely peppery. Indeed there are many plants we don't necessarily think about as food but which are perfectly edible, and many of them are weeds.

In fact yellow-flowered *Oxalis tuberosa* (wood sorrel) is known as Oca, or New Zealand yam and is well known for being edible. You can eat all parts of the plant, in salads, with meat or fish and it's been cultivated for its tubers for centuries. It also has many medicinal benefits, as so many of these types of plants do. It used to treat scurvy, urinary infections, sore throats and the Kiowa Indians used to chew on it to alleviate thirst.

Weeds are in fact often secret superfoods with medicinal properties thrown in for good measure. Chickweed, that annoying string-like weed that grows so fast I sometimes take it out of borders in handfuls, is excellent raw in salads or sandwiches when really fresh, though it can be cooked too. It has a high fibre content and helps the body absorb nutrients. It is a mild diuretic too and so can clean the kidneys. Medicinally it can be used in treatments for many things including cuts, insect bites, can soothe arthritis and juice of chickweed can draw out splinters. I must try that one sometime as splinters can hurt for weeks.

Plantain, that ridged leafed weed that's often found in grass, has leaves you can steam to eat (best to use the young leaves). You can also add its young seed heads to stir fries and you can make a tea with either of these. Medicinally and used as a 'spit poultice' it can treat insect bites, cuts and rashes, oh and snake bites if you should be particularly unlucky.

Certain flowers are edible and will look pretty on the plate into the bargain. Nasturtiums and violas are often used as an edible decoration, despite not tasting of much. You can also eat aquilegia (columbine) flowers (only the flowers mind – the rest of the plant is inedible), day lily flowers can be sweet and crisp in your salads, and then there are dandelions, which are the most super of the superfoods of the weed world. All parts are edible, and whilst the flowers can be used fresh in salads, they can also be used to make a tea, the roots can be made into a drink said to be similar to coffee. You can also eat young leaves but in a salad they can be on the

bitter side and are better cooked. It's worth it, though, as all parts are said to contain anti-oxidants, have anti-inflammatory properties, are rich in potassium which helps regulate blood pressure, can lower cholesterol, and may help in diabetes control. I think our neighbour's tortoise knew all this already as it's his favourite food.

Hairy bittercress is a great name isn't it? It's a very common little weed that you often find in pots and borders. Round shaped, small leaved, they produce a central stem with tiny white flowers and later explosive seed pods. You can eat the leaves of this plant, in salads or as a pesto as it tastes like cress crossed with rocket, so quite useful. The other bane of my gardening life is ground elder. Yes you can eat the young leaves of this persistent weed in salads, and slightly older ones can be cooked like spinach. But don't leave it too long to try it as when it's flowering you shouldn't eat it because it becomes a mild laxative, diuretic and can have a soporific effect as well. Traditionally it was used as a poultice to treat gout.

What we all often call wild garlic is in fact more likely to be the thoroughgoing nuisance that is few-flowered garlic. With its long and thin, ridged leaf, onion smell and white flowers it multiplies like mad in any soil it's in as the flowers develop bulbils at the top and the whole stem bends down to release them into the soil to grow as more plants so it can be hellish to try and get rid of. In the countryside it's actually illegal to plant it or help it to spread so perhaps we should all eat it instead. All parts of it are edible and it tastes like a cross between onion, chives and garlic.

A final word. Whilst this is not an exhaustive list of what plants are edible, some can react with prescribed medications so ask your doctor if you're on regular medication before you embark on eating wild plants. And of course don't forget that many plants such as daffodils are poisonous to us despite squirrels being able to eat their fill of our favourite spring flowers so do make sure you know what you're picking before you eat any of it!

APPY CHURCH



Over the past two issues of CROSSBridges, Debby Johnson has provided a couple of recommendations for mobile apps that are useful in worship and prayer. We'd like to hear of more. Please send us your recommendations to either Debby or your editor (elizabethmalone@blueyonder.co.uk). Thanks!

OUTSIDE THE BACK DOOR BUTTERFLY SEASON

I am delighted to say as I write this in mid-April, that there are butterflies fluttering around the garden. Today I've seen Brimstone, Holly Blue, White and a Peacock, for which I am truly grateful as the picture nationally in terms of numbers is rather depressing. The [Butterfly Conservation](#) charity regarded the summer of 2021 as one of the worse on record. If you think back, last spring had a long cold spell which put everything back by a couple of weeks which can't have helped.

Seeing a butterfly in the garden on one of the first warm days of the year always gives me a little thrill. It's real sign that spring is just around the corner, but there's more to butterflies than their delightful colours and a little bit of seasonal joy.

Butterflies are an indicator of the health of our environment and are also an important pollinator. It's easy to focus on bees as pollinators but, see a butterfly perched on a flower probing for nectar, and you're quickly reminded of their importance.

I'm no expert when it comes to butterflies and I had to look up how many species we have in the UK. Apparently it's 59, two of which are regular migrants. The migrants are the Painted Lady and Clouded Yellow. I do remember seeing several Painted Ladies in the garden one summer when there was a huge migration and it made headline news. When I say that I'm no expert, I really mean it. I think I can identify about ten species of butterfly and I'm afraid to say that when it comes to moths my knowledge is non-existent! I find butterflies and moths surprisingly hard to identify. I have a book that groups them by colour but I can often find myself in the 'blue' section, only to discover that they book considers the butterfly to be 'white'. It is not helpful! You can also get rather distracted by names in the process too. After all, who wouldn't want to come across a Dingy Skipper!



Small Skipper – Bushy Park
© John Malone

The beauty of butterflies is that you really don't need a garden to appreciate them. A walk in your local park on a summer's day is definitely enhanced by butterflies. If you venture into one of our wilder, larger local spaces such as Bushy or Richmond parks, you are also likely to see species that might otherwise not turn up in your garden. Two summer's ago I finally worked out what a Small Skipper was courtesy of a walk in Bushy when they seemed to be everywhere. Crane Park is also an excellent spot for a walk with butterflies. I saw one

of my first Jersey Tiger moths in Crane during the summer of 2020. They adore nettles and there are plenty of those in Crane Park!

If you do have a garden, or even a balcony, you can help our butterflies by planting pollinator friendly plants. Back in 2011, the RHS launched a scheme which is now called '[Perfect for Pollinators](#)' and enabled growers to label certain plants with the bee symbol so that gardeners can identify wildlife friendly plants. Perfect for Pollinators may have a bee as its symbol but it is targeted at all pollinators – bees, hoverflies and butterflies. Most flowering plants listed here will have single flowers as these are easier for pollinators to access but it will also include plants that are known to be rich in nectar and pollen. I hope it goes without saying but if you want a butterfly-friendly garden, you will need to ditch the pesticides and you may also have to be a little less tidy. Enabling your grass to grow a little longer encourages wildflowers which are good sources of nectar. You don't need to go as far as ploughing up the lawn and sowing a wildflower meadow, even though they can be very beautiful.



Comma in our garden last summer
© Elizabeth Malone

As is often the case when writing these articles, it's made me list the butterflies I regularly see in our garden. I'm pleased to say the list includes Large White, Small White, Peacock, Brimstone, Speckled Wood, Gatekeeper, Holly Blue, Red Admiral, Small Tortoiseshell, Comma, Orange Tip and an occasional Jersey Tiger. I think that's probably the limit of what we're likely to attract.

Last June we spent a week in Dorset. Three things really stood out for me. Firstly, Dorset County Council has a conservation project of

verge trials which meant that all the main roads we drove along were lined with an astonishing display of wildflowers. It was really stunning. Secondly, we walked around a sculpture trail in a disused quarry where there were butterflies everywhere, and I mean everywhere! I don't know when I've seen so many. In particular, we kept seeing large white ones with lots of spots which I have since learned is the Marbled White. Thirdly, we walked a small stretch of the South-West Coastal Trail near Osmington Mills where again we were accompanied by dozens and dozens of butterflies. All of this added up to the feeling that we were in an area that truly values its wildlife and biodiversity.

Elizabeth Malone

Read an illustrated version of this article at <https://outsidethebackdoor.wordpress.com>



DATES FOR YOUR DIARY

14th May – May Fair – SSPJ – More information to follow

11th June – Platinum Jubilee Celebration – Afternoon tea at SSPJ

3.30pm – 5.30pm £8.00 – Prosecco extra charge on the day!

Tickets from: Karen Mackay on Sunday or secretarysspj@gmail.com

Linda Schubert on Sundays or linda.schubert@hotmail.co.uk

16th July – Nigel’s Family Fun-day – SSPJ Grounds / Hall - More information to follow but entertainment specifically for our young families. Bring your own picnic.

Gardening and Coffee @ SSH

All hands on deck to ensure our exciting gardening project is delivered on time. The key sessions are:

- o Saturday 28th May
- o Saturday 25th June
- o Saturday 23rd July (With celebratory BBQ)

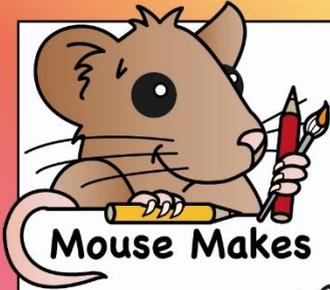
JUNE IS JUBILEE TIME



To mark the Queen’s Platinum Jubilee, it would be lovely to publish any personal stories you may have relating to the Queen or perhaps previous Jubilee celebrations. Please email them to the editor – elizabethmalone@blueyonder.co.uk by **Sunday 15th May** at the latest. Let’s make it a special commemorative issue of CROSSBridges!

KNIT A CORGI!

If you don’t fancy writing for CROSSBridges Jubilee edition, apparently you could be knitting a corgi instead!! Thousands of people across the country are buying in light brown and white wool just now, in order to knit up a corgi in honour of the Queen’s Platinum Jubilee. It is a fun way in which anyone with knitting needles can get involved in the coming celebrations. If you google ‘knitting patterns for corgis’, you will find a wide variety of free patterns on offer. Knitted corgis could help decorate house windows, local shops and churches as the big day approaches.



Mouse Makes

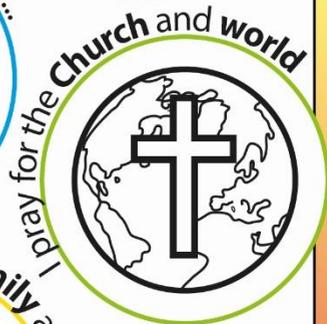
"Give thanks to the Lord for He is good, His love endures forever"
Psalm 136:1



I praise you Lord for...



I thank you Lord for...



I pray for the Church and world



I pray for my family and friends



I am sorry for...



I ask for...

Jesus said,
"This, then, is how you should pray:

Our _____
in _____
hallowed be your _____
your _____
come,
your _____ be done, on _____ as it is in _____.
Give us this day our daily _____.
And _____
us our _____,
as we also have forgiven our debtors.
And _____
us not into temptation, but _____
us from the _____ one."

Read Matthew 6:9-13 to fill in the words.

"Never stop praying."
1 Thessalonians 5:17

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
Philippians 4:6

COOKERY CORNER

PEAR AND FENNEL SALAD



Ingredients:

- 40g pecans
- 2 ripe conference pears
- 1 small fennel bulb, trimmed
- 3 tbsp lemon juice
- 1 tsp fennel seeds
- pinch chilli flakes
- 2 tsp mild honey
- 3 tbsp extra virgin olive oil
- 60g wild rocket

Method:

Preheat the oven to 200°C, gas mark 6. Spread the pecans out on a baking tray and toast for 5 minutes. Cool, then roughly chop. Using a vegetable peeler, mandolin or sharp knife, shave the pears and fennel into paper-thin slices, leaving the cores behind, and toss with 1 tbsp lemon juice. Chop and reserve any fennel tops.

Put the fennel seeds in a cold frying pan and set over a low-medium heat. Toast for 1-2 minutes, until fragrant. Lightly crush in a pestle and mortar or with the base of a sturdy jar, then add the chilli flakes, honey, oil and remaining 2 tbsp lemon juice. Season and whisk, then add 1 tbsp water and whisk again.

Combine the pear and fennel slices with the dressing and the rocket. Divide between 4 plates and scatter with the toasted pecans and reserved chopped fennel tops. Finish with some shavings of pecorino, if liked.

Serves 4 as a starter or 2 as a main. If serving as a main, provide some crusty bread as an accompaniment.

WORDSEARCH

Is taking a holiday this month. A new wordsearch and solution to the Tools Wordsearch will be with you next month.

John Barnes

JOHN RUTTER – AN ANTHEM FOR UKRAINE



John Rutter, the composer, has written a new choral work in response to the invasion of Ukraine. Funds raised from 'A Prayer for Ukraine', are going to the Disasters Emergency Committee's Ukraine appeal.

Rutter explained: "How can a composer respond to a global tragedy? I suppose by writing music: like everybody I have been shocked and dismayed by the events of recent days.

"The first thing I wanted to do was write music that would respond in my own way. I went to a late-night service in my old college chapel where they sang a setting of a lovely Ukrainian prayer, so having encountered the Ukrainian text, on Thursday I wrote my own music. I hope the meaning of the text will resonate in people's hearts."

The words of the piece, which are originally in Ukrainian, translate into English as: "Good Lord protect the Ukraine. Give her strength, courage, faith, and hope. Amen."

He added: "I hope it speaks in terms which reach out to the Ukrainian people in their hour of need."

The score is available for free by submitting this [form](#). You are welcome to duplicate the score for the sole use of your own choir. You may like to make a donation to a Ukrainian relief charity, perhaps equivalent to the approximate cost of the copies had you purchased them. If you wish, you are free to make an audio or video recording of the piece without a special licence to do so.

Listen to the new work at: <https://www.youtube.com/watch?v=2bx4QFxfW2s>

CROSSBridges DEADLINE



The next edition of CROSSBridges will be June 2022 issue. Items for inclusion should be emailed to the editor – elizabethmalone@blueyonder.co.uk
Please forward your contribution by **Sunday 15th May 2022 at the absolute latest!**

The deadline is normally the 2nd Sunday in each month but we make an exception when it's a five Sunday month – like May!

