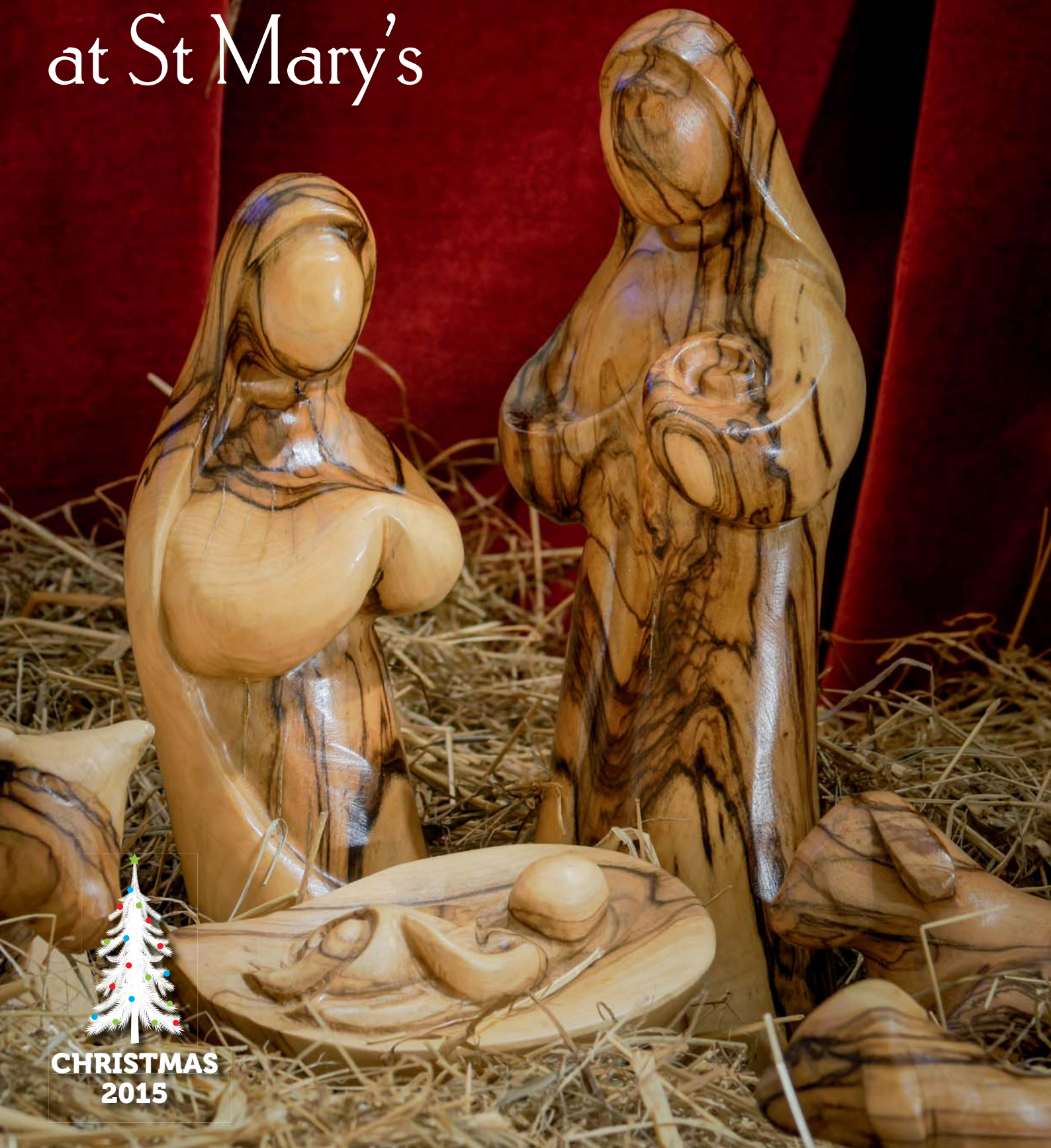


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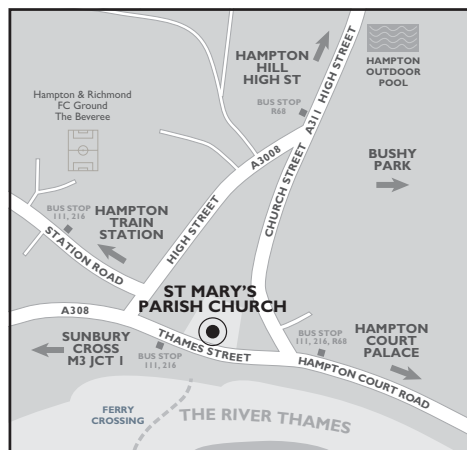
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Tel: 020 8979 3071

Email: vicar@hampton-church.org.uk
Derek is happy to be contacted at any time except Fridays.

How to find us...



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109 Cambridge Road, Teddington TW11 8DF

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7 Uxbridge Road, Hanworth TW13 5EG

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Pat Felstead, 69a Ormond Drive, Hampton TW12 2TP. 020 8979 9990

Parish Office: 020 8941 7221

Parish Manager: **Jane Holmes** email: parish.manager@hampton-church.org.uk

Parish Administrator: **Elizabeth Wait**. email: admin@hampton-church.org.uk

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Children and Families' Work Leader

..... email: sam.waako@hampton-church.org.uk

Sam Waako 07923 331108

Safeguarding Officer

Carrie Lees, 28 Cardinal's Walk TW12 2TS 020 8979 9522

Choir Director and Organist

Contact: **David Pimm, CertRCo** 020 8399 2404

New choir members, adults or children, are encouraged.

Bell Ringers

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Contact: **Alison Ward** 020 8979 9848

CELEBRATE CHRISTMAS AT ST MARY'S



SUNDAY 20 DECEMBER

6.30pm Festival of Carols & Readings by Candlelight

Our cash collection at this service will be donated to Refugee Support Network UK.

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THURSDAY 24 DECEMBER

(Christmas Eve)

3.00pm Children's Carol Service

4.30pm Children's Carol Service

11.30pm First Communion of Christmas



FRIDAY 25 DECEMBER

(Christmas Day)

8.00am Holy Communion (Traditional)

10.00am Carols and All Age Communion



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The Parish Link

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From the Registers

Baptisms

27 September..... Isla Chrissie Oxborrow
 Darcey Ffion Stalewski Simpson

18 October..... Zuzanna Pawlitzak



Weddings

19 September..... Thomas Matthew Henry Parker to Laura Dendy

24 October..... Edward Michael Short to Candice Ruth Cheers

Funerals

8 October..... Dr Colin Sydney Sinnott, aged 84 years, of Hogarth Way,
 to St Mary's Church, then to South West Middlesex Crematorium

'Popped the question? And the answer was "yes"?'

When is the best time to propose marriage? One study suggests that on average women expect (hope?) for a proposal three years and four months into a relationship, on a romantic break – preferably in Cornwall. This survey funded by a jewellery firm identified the expected cost of an engagement ring to be worth £1,046!

But in my experience however there is no such thing as an *average church wedding*. At St Mary's we take time to listen to the plans of the couple and produce something that they will always remember. For some people the drama of the building will be the attraction, others will have childhood memories of being in the church, some women have looked forward to walking down the aisle, others relish the music and others will want to hear God's blessing on their marriage.

When a wedding is booked at St Mary's there will often be an initial meeting with one of the

ministers or a lay person. We use an 'inventory', that the engaged people have completed, that outlines how they are individually approaching marriage to facilitate discussion. Then in the spring all the couples gather for 'The Wedding Preparation Course'. This is held over four nights, and is a mixture of talks, videos and opportunities for the fiancé and fiancée to talk just to each other. Before the service itself, the minister will meet with the couple to plan in detail the ceremony. We run everything through with a rehearsal just before the big day.

Often couples wonder whether they can be married here if they don't attend church. The good news is that although there are legal requirements, most couples can be accommodated. We can work out how to move forward when the couple is in touch.

If you would like to discuss a wedding in 2016 or beyond, give the vicar, **Rev Derek Winterburn**, a call on **020 8979 3071** or email him **vicar@hampton-church.org.uk**. There is more information on the church website: **www.hampton-church.org.uk** or at **www.yourchurchwedding.org**



How do you prepare for a guest?

Written by Derek Winterburn

There are at least two sorts of hosts. First there are the people who make every effort to get their home ready to receive a visitor. The house is cleaned from top to bottom, there are fresh cut flowers in the guest bedroom and the welcome meal is a carefully chosen feast. On the other hand, there are 'take us as you find us' homes, which in some cases is just a cover for 'when you come, then we'll think about you.' Similarly, I have been to parties which have been planned minutely and others when we had to wait an hour for other guests to arrive!

In the Bible story of Christmas, we see the same range of attitudes. The wise men travel a great distance carrying their treasures to welcome the baby Jesus into the world. On the other hand, Bethlehem hardly rolls out the red carpet, even though the shepherds are breathlessly enthusiastic when they hear the news.

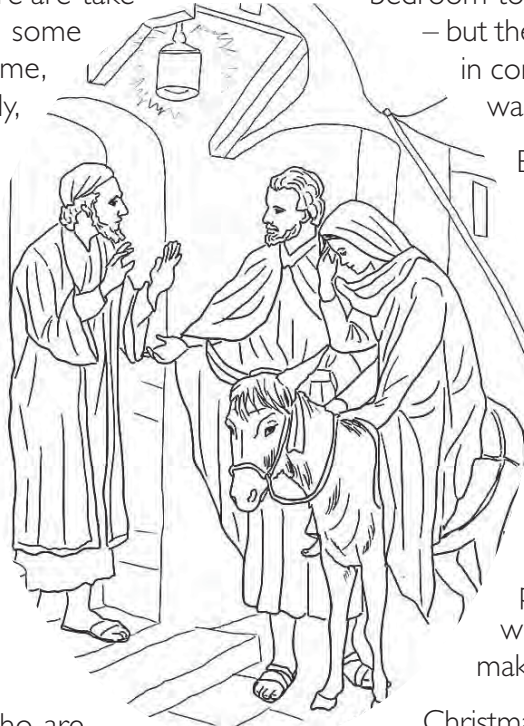
It is of course Mary (and Joseph) who are most accommodating. The cost to Mary of accepting the angel's announcement that she will carry God's son is profound. Her personal life, their standing in society and her future security are all put in jeopardy. But she holds nothing back in her agreement.

But longest in preparation for the coming of Christ was God himself. The New Testament says 'But when the fullness of time had come, God sent his Son, born of a woman... so that we might receive adoption as children.' The people in Bethlehem, who did not have a bedroom to spare, might have been caught out – but the birth of Jesus had been a long time in coming (more than nine months!). This was a carefully chosen moment.

But still humanity was not ready. One of the saddest lines in the Christmas readings is this: 'He came to his own people but they did not welcome him.' John 1:11

It is much the same today. Of the 60% of English people who accept that Jesus was a real person (and there is no sound reason to think he wasn't) over two thirds would describe him as spiritual, loving and peaceful. But most of these people who value Jesus don't see the need to make space in their life for him.

Christmas offers everyone an opening, a new invitation. John's Gospel continues: 'But to all who received him, who believed in his name, he gave power to become children of God.' Think again about Jesus this holiday time. You don't really have to get everything sorted out first, he would just love to come in and stay.



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Peace on earth this Christmastide?

Written by David Pimm, Choir Director and Organist, St Mary's Hampton

As the choir prepares again the carols for Christmas, I am struck by the seemingly bright and breezy words of Henry Wadsworth Longfellow's famous carol:

*I heard the bells on Christmas Day
Their old familiar carols play,
And mild and sweet the words repeat
Of peace on earth this Christmastide.*



At first sight, this looks like a twee, chocolate box view of Christmas – typical perhaps of the Victorian period in which he wrote (Christmas Day 1863 or 1864) – all very nice but rather devoid of any depth of meaning for today's troubled world. It may be consistent with the Bible verses we read at Christmas of a great company of the heavenly host praising God and saying, 'Glory to God in the highest and on earth peace to men on whom his favour rests'. But two thousand years on, the trouble spots of the world seem as venomous as ever, and they overspill bringing anything but peace to the streets much closer to home as well.

As the choir sing on to verse three (verse six of the original seven verse poem) the tone of the carol acknowledges this by turning altogether more dark. In the version we will be singing at the carol service, this verse is set in the minor key:

*And in despair I bowed my head:
There is no peace on earth', I said,
For hate is strong, and mocks the song
Of peace on earth this Christmastide.*



In fact, the American poet was writing during the American Civil War; his eldest son had received crippling war injuries and his wife had recently died from an accidental fire at their home. Not for him the chocolate box Christmas.

So what really moves me is Longfellow's undeterred final verse of hope:

*Then pealed the bells more loud and deep:
'God is not dead; nor does he sleep!
The wrong shall fail, the right prevail,
With peace on earth this Christmastide'.*



Of course, there are many in our modern, self-seeking society who positively blame religions for hatred and violence, and would see the Christian truth as at best irrelevant. And there are plenty of examples across the centuries of religion being subverted to suit people's selfish and violent purposes. But the Christian message is incontrovertibly one of peace and forgiveness; it is the way of hope for mankind:

*'For to us a child is born, to us a son is given,
and the government shall be on his shoulders.
And he will be called Wonderful Counsellor,
Mighty God, Everlasting Father, Prince of Peace.
Of the increase of his government and peace
there will be no end.'*

Isaiah 9:6-7

The kingdom that burst into the world through Jesus, God's Son, is radically peace-loving. As well as telling us that murder is wrong, He tells us that just being

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angry with our neighbour is wrong. He repeats the Old Testament message not to seek revenge, or bear a grudge, but to 'love your neighbour as yourself' (Leviticus 19:18) but goes way further: 'You have heard that it was said "Love your neighbour and hate your enemy." But I tell you; Love your enemies and pray for those who persecute you.' (Matthew 5:43,44) and 'Love each other as I have loved you.' (John 15:12) If we all lived like that then indeed there would be peace on earth!

If that all sounds like a tall order to live up to, it is vital to hear too that the heart of God's Christmas offer goes much further still:


'For God was pleased to have all his fullness dwell in him (the Son), and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.'

Colossians 1:19,20

Then pealed the bells more loud and deep: 'God is not dead; nor does he sleep!'

The way of hope for today's world remains, as it was for Longfellow, in God's kingdom. May God bring you peace this Christmas.

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St Mary's Drama Group news...

Written by Andrea Harris

Our Autumn 2015 production of Noel Coward's *This Happy Breed* at Hampton Hill Theatre proved to be a tremendous success, with a strong cast and yet another wonderful set that drew many favourable comments from our audiences on successive nights. Especial congratulations to Jean Wood, Director, for her ingenious choice of this gem of a play that tugged on our heart strings, stirred our souls and made us laugh a little too!

Spring Production 2016

Our next production, to be performed in St Mary's Community Hall on 7, 8 and 9 April 2016, will be *84 Charing Cross Road* by James Roose-Evans. Bob Dilley will direct this play, based on the book by Helene Hanff. The play has parts in a range of ages for five women and four men. Two of the male parts are non-speaking.

Auditions will be held on Friday 11th December. All sessions will start at 7.45pm in St Mary's Community Hall. Full rehearsals will start in the New Year.

The Group loves to welcome new members, so if you are interested in taking part – acting or behind the scenes, and becoming a member of St Mary's Drama Group, do please get in touch with the group's Secretary Sue McMillan (020 8941 1267). We should be very pleased to hear from you.

Quiz Evening

We are delighted to announce that Andy Smith and Margaret Lamb have again agreed to host our Quiz Evening which will be held in St Mary's Community Hall on Saturday, 23rd January at 7pm for a 7.15pm start. Our Quiz Evenings are always great fun, so do join us and rest assured that, win or lose, you will be guaranteed a very enjoyable evening!

Tickets, to include a fish or chicken and chips supper, are priced at only £10 per person.

This year it is intended that we start the evening with the meal and we aim to serve as near to 7.15pm as we can manage. The quiz itself will start around 8pm with a short interval half way through.

Wine, beer and soft drinks will be available for purchase by the bottle or the glass. Come as a group, or teams of up to six can be formed on the night. Bookings should be made through:

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Please try to book tickets by Wednesday, 20 January so that food can be ordered in advance.



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This Happy Breed: an appreciation

Compiled by Ray Wait

St Mary's Drama Group was founded sixty-five years ago. It speaks volumes that the group still exists after such a long period of time. It continues to entertain the public and gives so many people – actors, those with specialist skills in set design, lighting, sound, costume and millinery et al – an opportunity to deliver their expertise. *This Happy Breed* provided many challenges and the company rose to these in an exemplary manner.

The curtains parted to reveal an austere set which accurately portrayed the living conditions of a lower middle class family. A few additions to the set throughout the play reflected the modest improvements in the family's fortunes. Coupled with the music of the era, which was a joy to listen to, we were transported back to an age where moral standards were maintained, often regardless of the consequences.

Noel Coward has taken a simple story and created a scenario which embraces family relationships, love, despair, comedy, patriotism and more. It was fascinating to observe the actors growing older in posture, gait and mannerism as the play progressed. It is a compliment to the players that they were able to discard their personas and become the characters. As a member of the audience, I was drawn into the plot and felt a sense of relief with the happy ending. I was impressed by the ability of the lead actor in memorising and reproducing such a lengthy script. Also, the whole cast entertained us without a single prompt throughout the run of the play. Well done! SMDG has such an abundance of talent.

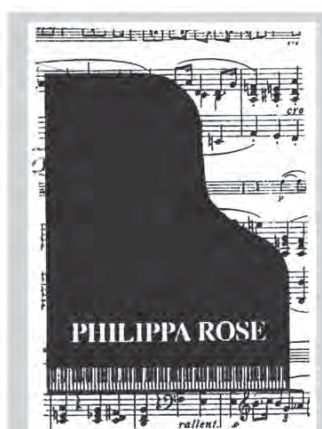
I wish to express my appreciation and admiration to the company and all those who were involved in the production of *This Happy Breed*. The director (Jean Wood) hoped the audience would leave the theatre 'suffused with a warm glow and a feeling of having had a pleasant evening's enjoyment'. This objective was more than realised – congratulations and thanks to all for a memorable experience.



Philippa Rose ARCM DipTCL Pianist

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Childhood Christmases in Uganda

Written by Sam Waako, St Mary's Children & Families Worker



Growing up in Uganda, Christmas was the best time of the year. Even just thinking about it, writing this short article brings back wonderful memories.

There were so many things I looked forward to during Christmastime and some of those include;

FAMILY

Christmas is an opportunity for my very big extended family to be together once a year. To give you an idea of how big my family is: my grandparents on my mum's side had 16 children and all of them have children, apart from one and the average family has at least four children. It is very similar on my dad's side. The families are scattered all over the country, so at Christmas we meet up at our grandparent's home. The excitement of getting to see aunts, uncles, cousins, nephews, nieces and new relatives is uncontainable.

FEAST

From as far ago as I can remember, every time the families met for Christmas, we slaughtered a cow, a goat and a few chickens, depending on numbers. This was and still is regarded as a time to eat and make merry.

CHURCH

Christmas was a time of thanksgiving as a family for what God had done for us during the year. We all dressed up very smartly and headed to church first thing in the morning. It was a must to go to church, there was no option (unless one wasn't well enough to walk).

SCHOOL HOLIDAY

Unlike here in the UK where the long school holidays are in the summer, in Uganda, the long school holidays are at Christmas. Schools break off in the first or second week of December and return the first or second week of February (with NO homework!)

It's been over five years now since I last had Christmas in Uganda and this year I am going to be very fortunate to travel and enjoy it again with my family and the rest of the extended family.

Merry Christmas!



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Governance at St Mary's Hampton CE Primary School

Written by Alan Jackson



Our vision statement is: 'A place where we learn, a family where we belong, a space where we grow, together with Jesus by our side.'

St Mary's School is now in its third year with three classes (90 children), five teaching staff, three teaching assistants and two members of the administrative team. Following our 'good' Ofsted inspection (with elements of outstanding) last summer, the school goes from strength to strength. We were considerably oversubscribed for this year's September intake and have a substantial waiting list for places. Success is due to a tremendous amount of hard work by all the school staff. They have managed all the additional work of setting up a new school from scratch with limited management capacity in a rapidly changing educational climate, which even the Department for Education acknowledges as highly demanding of all those who work in it. The quality of teaching is high and the pupils' attainment significantly above the national average as well as highly ranked among Richmond Borough schools. The children's behaviour is exemplary and the school has a positive Christian ethos frequently remarked on by parents and other visitors. Children have opportunities to develop their wider potential in our specialism of music and creative arts as well as a range of after school activities.

Whilst the school is effectively managed by the Senior Leadership Team of the Head, Miss Catherine Davis, and the Deputy Head, Miss Lucia Apicella, the Governing Board also plays a crucial role in setting and maintaining the vision of the school and the strategies employed to achieve it. The governors work in partnership with the school staff as 'critical friends', making visits to the school and working together and in sub-committees to fulfill their role of 'Ensuring clarity of vision, ethos and strategic direction; holding the headteacher to account for the educational performance of the school and its pupils, and the performance management of staff; and overseeing the financial performance of the school and making sure its money is well spent.' (DfE Governors' Handbook). To this end governors attend courses to further their knowledge and keep up to date with developments, which continue to proceed non-stop in the educational world. We enjoy professional support from the local authority's advisers and the staff of the London Diocesan Board for Schools.

In addition to the headteacher and staff representative, the Governing Board consists of 12 further members from the church community and a wide variety of professional backgrounds. It includes five parents of current pupils. All governors are volunteers, who give generously of their



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time and abilities to support the work of the school. After an intensive three year period of inauguration, the governors are currently engaged in a major review of their role and ways of working to become more strategic and focused on identifying and monitoring the key priorities of the next 4 years on our journey from 'good' to 'outstanding'.

The chair of governors, Rev. Derek Winterburn, has invested an enormous amount of time, energy and enthusiasm in the founding and supporting of the school to this point, and he now feels the time is right for him to move out of the chair, whilst still remaining a governor. The governors and the school owe a great debt of gratitude to Derek for all that he has contributed thus far to the life of the school. Discussions are under way to move to a new structure with two governors acting as co-chairs for this next stage in the work of the Governing Board.

Further information, pictures and news updates can be found at www.stmaryshampton.school.org.uk



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A great year for MTV Youth

Written by Anna Harris

About two years ago an agreement was signed between the YMCA London South West and St Mary's Church, establishing a partnership approach to the running of MTV Youth Club. It has been my privilege as the Head of Youth Work for the YMCA to be involved in this project and see the lives of many young people impacted in such a positive, and for some life changing, way.

With Christmas approaching, I always find this time of year a good time to reflect and be thankful for the blessings that have come about. When I was asked to write something about our involvement in MTV Youth, I found myself reflecting on the highlights of the year. Below are my top three.

The Staff and volunteers: I am constantly impressed by the staff and volunteers at MTV. Their enthusiasm and willingness to contribute is testament to their ongoing commitment and genuine care for the young people. At YMCA we have the privilege of supporting staff and volunteers with training opportunities, covering travel expenses and access to YMCA facilities. We are committed to ensuring each staff member and volunteer is valued, as we could not run programmes such as MTV without them.

The community: It is wonderful to see the Hampton community behind MTV Youth supporting the club through volunteering, fundraising and donations. Through individuals getting involved in initiatives such as running for us in the Kingston Breakfast run, to local

businesses supporting us with donations and raffle prizes, I am encouraged to know that the community values the work that is being done giving opportunities to local young people.

The Young People: Last but certainly not least are the young people! My role within MTV means that I get to visit on a Friday every so often and as a result I have been able to build a relationship with some of the young people who regularly attend. I have had the honour of working with the MTV Junior Council and hearing their creative and innovative ideas for the club and was able to get involved in some of the workshops for the *Preparing for Work Scheme*. It has been great to be a part of some of these young people's journeys and see how the work of MTV has enabled them to go from strength to strength and achieve things they didn't even know they could!

In summary, MTV has had a great year and there are too many highlights and people to mention here. I am looking forward to being involved in MTV for yet another year and meeting new volunteers, working more within the community and seeing more young people take hold of the opportunities that MTV offers. If you would like to find out more about how to become a volunteer or other ways to support this work please do not hesitate to get in touch.

ANNA HARRIS, YMCA Head of Youth Work
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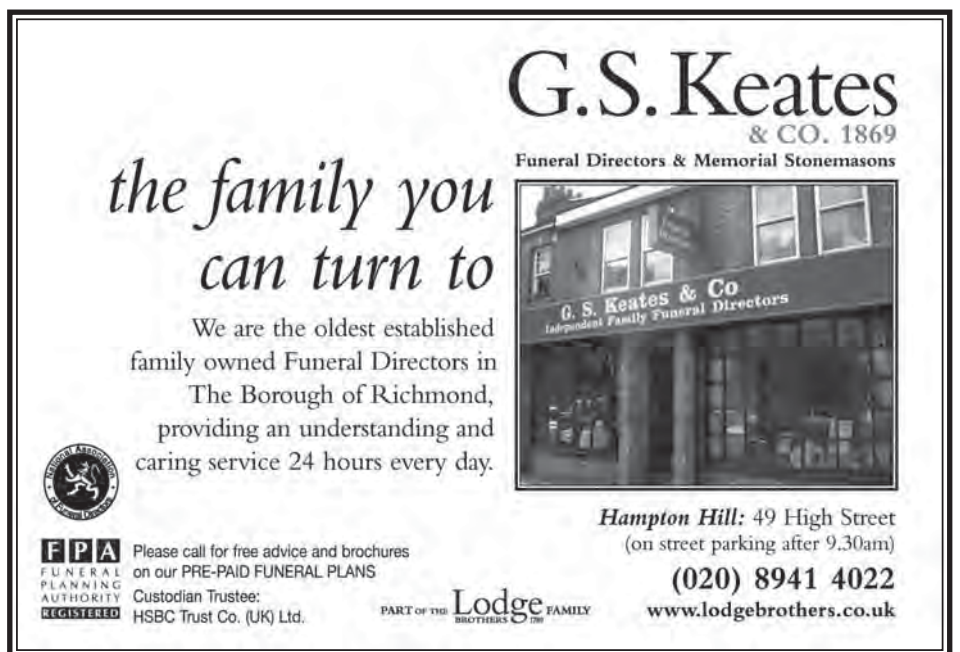
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Christmas in Germany

Written by Nicola Rother

From the beginning of Advent until one day before Christmas there are Christmas markets in most towns. At the stalls you can buy handcraft, Christmas decorations and lots of other things. Most important are the stalls where you can drink 'Glühwein' the hot spiced wine. I loved to stroll across the Christmas market in Dortmund with my colleagues, have some Glühwein, Eierpunsch (eggnog), sausages and chips. In the centre of the Dortmunder Weihnachtsmarkt is a huge Christmas tree made of hundreds of fir trees.

The most important day is 'Heiligabend', 24 December. In the morning we decorate our Christmas tree in the lounge. We then put the wrapped gift parcels underneath the tree together with the Christmas crib. In the afternoon we attend the service at our local church. The service traditionally ends with the Christmas carol 'O du fröhliche' ('O how joyfully'). After church we walk home through the darkness and peer into the windows to catch a glimpse of other people's illuminated Christmas trees. At home my mother lights the candles on our tree (we personally still prefer real candles to electric ones) in the dark lounge, while my daughters and I wait in the hall to be called in to the 'Bescherung' (gift giving). We sing some more carols and I play the piano, making lots of mistakes. After

wishing each other 'Frohe Weihnachten!' we unwrap our gifts and enjoy lots of sweets and crisps. Later we have dinner. In our family this is mostly smoked salmon. Other people have fondue, raclette or even just potato salad with sausages, as dinner on Christmas Eve is often kept simple. On Christmas day my family meets at my mother's for a more elaborate lunch, followed by an afternoon of Canasta. 26 December is the second Christmas day and a bank holiday. All shops are closed from 24 December noon until 27 December morning and most people have these days off.

I would like to tell you just one thing – about New Year's Eve in Germany. One of the most essential traditions is to watch 'Dinner for One', the ancient English sketch with Freddy Frinton and May Warden. It is broadcast on TV at least fifteen times throughout New Year's Eve, so you can not miss it.



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the parenting children course

Written by Charlotte Gurney

Love my children to pieces. So much that sometimes I think I'll go 'pop' with love and leave a terrible mess for someone to clear up. I love them so much that I physically want to squeeze them, follow them around and hold their hands. Forever. They'll both tell anyone that listens that 'Mummy says we'll always be her babies. Even when we're all grown up. (giggles)'. As nauseating as it may sound, I have to say, it's no lie. However, despite all of this, sometimes (okay, quite often) they make me scream. They make me scream, they make me cry and they make me swear (not in front of them, mercifully). Because whilst I try to be (and try to portray on FaceBook that I am) the perfect mum, I'm far from it. Little things just seem to trip me up and get in the way of me being a perfect parent. A late night (mine or theirs), a bad day at work or school, a tantrum, homework not done or a week's worth of dirty pants left tucked down the side of the bed. Again.

On good days I tell myself it's normal to have an emotional reaction to some of this. I'm only human after all. Other days I just feel inadequate, like everyone else copes and no other middle-aged woman shouts and cries in front of her five year old, and then spends

the rest of the day apologising. Don't get me wrong, life isn't like this every day. But sometimes it is. And when it is, I feel like the worst parent in the world.

That's why when I saw that St Mary's was running a Parenting Course, I signed up. Any help would do, especially any divine help. I took it as a sign that I needed a helping hand, and decided I'd be a fool not to take it. So, for the last couple of months, Duncan and I – ('we're a team' I told him) – have joined other parents in a similar boat at St Mary's on a Wednesday evening.

The course is for parents of children aged 0 to 10 years old. It's run by Derek and Carrie, but the curriculum is set by relationship and parenting coaches Nicky and Sila Lee. It only cost £5 each for the five sessions and Duncan managed to eat enough homemade cake to justify the cost. We chatted, watched videos and chatted some more.

I'd love to say that the course has turned me into a magical parent. That my children don't have tantrums now, they behave impeccably and there's no pant mountain building up in Harry's room. But I'd be lying I'm afraid. What I did take away from the sessions was far more valuable though. We talked in groups

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about building strong foundations, meeting our children's needs, how to set boundaries, teaching (and practicing) healthy relationships and setting some long term goals. I learnt that I need to listen to my children more rather than 'telling' them. I also discovered that the most valuable thing I can give my children is time. Not guitars, quad bikes, dolls, swimming lessons or flash holidays. Just time. We've banned all mobile devices (grown ups) and TV (children) at meal times now. We've always eaten together on a Sunday, however, now we actually ask each other questions about the week past and the week ahead. It's much more productive than the usual, 'Take your elbows off the table. You're dropping food on the floor. Stop kicking each other.' We're learning all about what little people our babies are growing up into.

More than anything though, I realise now that we're not the only family that has to work at the parent/child relationship and that, when times are tough, there is somewhere that we can go for help.

Thank you St Mary's



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Limited Edition etching of St Mary's Church



Phil Weller of the Hampton & Richmond Borough Football Club Supporters' Trust has organised the production of a limited print run from this etching by Sheila de Rosa MA.

This iconic view of St Mary's Church from the Molesey bank dates from c1910 and originates from the John Sheaf collection. The print is achieved by a new non-toxic process called Solar Plate Etching, in which the image is 'fixed' onto a metal etching plate using sunlight which alters the chemical structure of the polymer surface of the plate. The artist has then hand printed 50 copies, each numbered and signed. If demand is high, another 50 will be produced and after that the plate will be destroyed.

The image area is 150mm x 230mm and is presented in a generous ivory mount (350mm x 280mm), sealed in cellophane. The price for this limited edition print is just £39.95. Contact Phil directly to secure your copy. Email: phil.weller@hotmail.co.uk

Phil hopes to follow this first print with further editions, including Thames Street looking towards Hampton Court and Hampton Hill High Street.

Phil writes: I am primarily raising funds for the Supporters' Trust at Hampton and Richmond Borough FC.

Our function is to help to fund capital expenditure at the club to improve our facilities and services; and to provide a link with the local community. In recent years we have funded numerous ground repairs, purchased a minibus, new toilets, a defibrillator, mowers, etc.

We are members of the Hampton Society and the Local History Society, and are an active part of the Hampton Village Traders' Association.

We also try to support local charities. This season we have arranged fundraising collections with Gateway (Mencap), Linden Hall and the Greenwood Centre. We have also hosted occasional fundraisers for The Anthony Nolan Trust.



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MINDFULNESS (in a Christian context)

Written by Sue McCoulough

Go to your local bookshop and you'll find lots of new books on the subject. Mindfulness sayings, anti-stress mindfulness exercises, even mindfulness colouring books! Some Christians are very wary of mindfulness practices because of their ancient Buddhist roots, but rightly used, I believe the exercises are a means to an end – the end being to 'still' us, in order to better listen to God, rather than our endless internal 'chatter'.

In a nutshell, mindfulness exercises encourage you to pay more attention to the present moment, rather than what many of us do – flip almost continually between situations/things said in the past or anticipate/predict what might happen in future. Instead, mindfulness is about getting into the habit of really being in the 'here and now' i.e. 'watching' your thoughts and feelings, really focussing on the world around you, even noticing how each part of your body may be feeling at a given time. So for example, instead of telling yourself that your body is 'too this or that', a mindful Christian response would be to remember we are 'fearfully and wonderfully made', as Psalm 139:14 says.

Try this simple mindful body scan, focussing on the truth that God loves you and accepts you, however you look and no matter what your body can or can't do. Let go of any usual judgements you make about it. Focus on each part of your body in turn, reflecting on how amazing it is, how each part moves, how it senses, how all the internal processes work together. Even if some parts of your body are in pain or not functioning at their best, doing the body scan can remind you of what your body can do and where it is functioning well.

More positive attitudes can be developed through mindfulness practices, such as becoming less judgemental and more patient. Take patience, for example. In Psalm 40, the psalmist, David talks of being in a slimy pit, waiting patiently and crying out to God. Eventually God gives him a 'firm place to stand' and changes his situation and his attitude, with 'a new song' and 'a hymn of praise' in his mouth.

Continued on page 20






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This doesn't just affect David. Others around are impacted by what happens: 'Many will see and fear and put their trust in the Lord.' This reminds us that some things have to happen in their own time – in God's time. Maybe you've already had the experience of going through a tough time, but are able to praise God for bringing you through it. With hindsight, you've realised that God's timing worked out for you and for others. Perhaps that's why patience is named as the fourth fruit of the Spirit in Galatians 5:22. Patience helps us to develop the way God wants us to develop – and of course, can also make daily living a lot less stressful!

For more information about local Christian Mindfulness meetings and therapy services, contact Anne Williams at <http://www.christiantherapyuk.com> (Anne has provided the above exercises) or visit www.mindandsoul.info.

Other exercises are:

The Bible tells us that God is 'mindful' of us, His people. In Psalm 8, David says: 'What is man that You are mindful of him?' (v 4). Then in Luke 1, Mary says: 'for He has been mindful of the humble state of His servant' (v 48). Therefore, it seems right that we should focus our attention back on Him when we are 'mindful'. You might like to try the following example for a few minutes, sitting at home, or at work, or in a public place such as Bushy Park, a supermarket car park or the doctor's waiting room. Watch and listen to what is going on in your surroundings. Ask yourself: What/ who can I see or hear that I can thank God for? What / who can I see or hear that I can pray for? Can I feel God's presence in my surroundings? Is God saying something to me now? Is there something I want to say to Him? Is there someone here He wants me to talk to, help or just smile at?!

Penny Cavan writes:

For me, Christian Mindfulness is simply slowing down and being quiet in the presence of God, in order to talk and listen to him. Being aware of one's breathing and surroundings can aid the slowing down process. The Christian Healing Mission says "You will never know the power and effect of your prayers, but to open yourself to prayer in this way is to let yourself be used by God to bring something of his Kingdom to the situations and people around you, which might not be possible by any other means.



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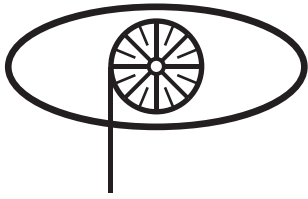
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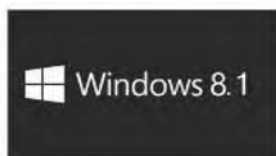
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 020 8941 3583

hamptonhill@alangreenwoodfunerals.com

**AMB Maths
 Tutoring**

Private 1-1 tutoring

GCSE
 A Level
 &

Further Maths

07929 939357
www.ambtutors.co.uk

Life at St Mary's

For further information visit: www.hampton-church.org.uk, be a fan on Facebook, Twitter or Instagram, or phone the Parish Office on 020 8941 7221 (Mon-Thurs 9.30-1.30).

Service Times

Sunday

8am

Holy Communion

A quiet, traditional service

9.30am

Holy Communion

A choral service, with liturgical structure and traditional hymns

11am

'Sunday Praise'

An informal service using a mixture of old and new music
(Children's groups and crèche)

6.30pm

Prayer Book Evensong

A gentle, traditional service
Or

Refresh Informal Service

(4th Sunday)

Monday to Thursday

9am

Morning Prayer

(Wednesday, Holy Communion)

First Steps

(Fortnightly Wednesday mornings at 10am)

A service for carers and young children with craft, games and refreshments

Home Groups

Meeting every fortnight in people's homes for Bible study and prayer.

Further details: Derek Winterburn 020 8979 3071

Pub Lunches

Bi-monthly get-togethers.

Further details: Parish Office 020 8941 7221

Teatime Fellowship

Meets first Thursday in the month in St Mary's Community Hall, 2.30-4pm.

Further details: Pat Felstead: 020 8979 9990

Men's and Women's Breakfasts

A full English feast! 8.30am Saturdays periodically in the Hall

Bookclub

Meets in the Jolly Coopers on the first Monday of the month
(2nd when there is a Bank Holiday)

Choir

For keen and able singers of any age. Practice Friday evenings 7.45pm, for 9.30am Sunday Services. Trainee choristers (adults and children) welcome

Contact: David Pimm on 020 8399 2404

Worship Band

Plays at 11am Sunday services

Additional singers and players always welcome. Tuesday 8pm practice

Contact: John Winterburn on 07816 855941

Bell Ringing

For anyone who would like to combine pleasant physical and mental exercise. Tuesday 8pm practice

Contact: Alison Ward on 020 8979 9848

Friends of St Mary's

Help care for the upkeep of the building by fund-raising and social events. Discretionary annual subscription fee. All welcome

Contact: Nigel Francis 020 8941 1467.

St Mary's Drama Group

Perform several plays each year. Actors and backstage help always welcomed

Contact: Jean Wood 020 8979 5735

Children and Young People at St Mary's

We have activities for children and young people of all ages at St Mary's, see pages 10 to 14 for further details.

