

Let's face it, Lent is meant to be tough! Maybe it is tough to do without sugar in your tea or to cope with the chocolate cravings. Yes, maybe it is hard to get out of bed earlier and say morning prayer on a regular basis. But why should it be easy?

Lent has certainly had a checkered history. The early church took it very seriously with real fasting and abstinence. For them keeping Lent was much more like the observance of Ramadan by faithful Muslims today. We could indeed learn much from our Muslim brothers and sisters not least in this regard. In the Middle Ages Lent was taken very seriously in the cities of our country and in London strict rules about what you could and could not do were imposed upon the population. Certainly there were no trips to the theatre!

So what are we going to do with Lent? The danger is that we will just let it drift. Marking a time of difference can be hugely beneficial to us, be it holidays over against working days, Sundays over against weekdays or Lent as opposed to Easter. If we are going to keep a fast then we could do no better than go back to what Isaiah says. He tells the people:

Should aloud without restraint;
Lift up your voice like a trumpet.
This is what I require of a fast:
Loose the fetters of injustice
Untie the knots of the burden
Snap every yoke.
Set free those who have been crushed.
Share your food with the hungry,
Care for the homeless, clothe the naked
And then the glory of the Lord will be seen.

Obviously we can't all go out and do all these things. But every one of us can do something. Make Lent different this year. Use a daily guide such as the Hodder and Stoughton and Christian Aid Lent book: "Jesus Way of Peace", copies of which will be available in church. Support our London Diocese Lent appeal for the work of our partner churches in Mozambique and Angola amongst HIV and Aids sufferers and particularly children. Inform yourself of the issues for the hungry, the poor and the homeless in our city and our world today. There are endless ways of keeping Lent.

But remember Isaiah's advice and remember that for the children of Mozambique and Angola, the homeless and the destitute in our own city Lent is every day and not just for 40 days. Have a good Lent and everyday you will be welcome at St. James'.

Brian Leathard

MORE NEWS FROM MPONDAS COMMUNITY DAY SECONDARY SCHOOL

Life for Angela Mullens teacher and missionary in southern Malawi is never dull. However, it is often frustrating, painful and sad due to the prevalence of famine and Aids. Here are a selection of excerpts from Angeia's recent newsletter.

- My vehicle is well used. Every time I go to Mangochi I carry people including the postman and the chief. On the way back the truck is usually full of maize, flour, bicycles and even five fowl. When I went to Blanytre the other day I carried luggage, people, babies, and a duck in plastic bag. I've also carried the dead. The other week I had to fetch the coffin from the coffin maker and take it to the house. On another occasion my vehicle was used for the funeral procession. Funerals are lengthy here. Once I was away from home for 12 hours.
- You are probably aware that we are in middle of a food crisis. Children have been sold for maize, people have died of hunger, people's hair has turned ginger and there are many swollen bellies. At the height of the famine in January and February 2002 I had up to six people daily begging for food and at the school gate forty small boys and a deranged woman came after each meal to take scraps from the remains of the student meals.
- Teachers in Malawi have to work hard. There is a shortage of teachers and the quality of teaching is variable as well as the training they receive. I would also add they are constantly told they are lazy and never praised. Two new members of our staff have not been paid for six months. There are no resources and no money for resources. Some lucky schools have had a starter pack of books i.e. - one book per school. Some university courses have one book for an entire group. Teachers in subjects like English literature are expected to read the book and then to summarise it and give notes to students. The syllabus requires students to have studied 4 novels, 4 plays including Shakespeare, 50 poems and short stories plus an advanced literature genre. All this to students who are second language learners.
- Another project I am trying to develop is to give my houseworker a small amount of goods to sell. Each time he gives me a small amount of money back to purchase more goods. He pedals on his bicycle from village to village, selling sugar, salt, plastic mugs, sweets and biscuits. The money is going towards paying the fees for secondary school for one of his children.
- Malaria, TB, Aids and Cholera are the main things that threaten us here. During the Easter holidays we lost another colleague (TB) the third in ten months and a week later the workshop manager died of Aids. Currently our driver's daughter is dying.
- Health care is struggling. The latest statistics report that the maternal mortality rate is 620 per 10,000 women which compares to Britain's 7. St. Luke's Hospital Malosa Nutritional Unit has no money and no food.

- The reality of life here is that Malawi relies heavily on aid. They are 3800 classrooms short. In last week's paper an exam candidate was quoted as saying that her progress in the exam had been impeded because she had to sit on the floor to write the exam.
- Police are present with guns at all public school exams. The head teacher has to go to the police station and collect the papers and is then escorted by an armed policeman back to the school where the exams are taken. The scripts are then returned to the police station. This is all done to avoid cheating which of course still occurs in a large way, including the selling of exam papers on the streets of Blantyre.
- I have also been actively involved with Sunday Schools. The other week we ran a good Christmas chorus competition. Very interesting renderings of 'While shepherds watched their flocks by night!' I transported some of the Sunday Schools to a remote village. The excitement and enthusiasm of the children when they saw my truck arriving was marvellous. The teachers seemed to gain a great deal and have asked for similar events. The following day the teacher at Malindi Sunday school organised the children in a brilliant presentation of gifts to the Deacon and his new wife. The children danced into the church singing joyful choruses, carrying a gaily decorated banner, which they had made, and a live chicken.

SERVICES AT LAUREL DENE AND MARLING COURT

Short services are held every Sunday afternoon at 4p.m. in each home for those residents who wish to attend. They are organised by local churches and our turn comes every 7-8 weeks for both Marling Court and Laurel Dene. For several years the services have been the responsibility of a very small group and are simple - a reading, prayers, hymns and a brief talk, but appreciated by those who attend. Residents also enjoy meeting visitors, with the opportunity for a chat and maybe an extra bit of hymn singing. If you care to come along and join us we should very much welcome your company. We are anxious to enlarge our group with fresh ideas and new faces. The Guides have already agreed to help and we hope to encourage the Young Church. If you only want to sing the hymns, your presence will be valuable and I think you might enjoy yourself. The next date is:

| | |
|-----------------------|---------------|
| 6 th April | Marling Court |
| 4 th May | Laurel Dene |

Give us a ring if you are interested.

Margaret and David Taylor
Tel: 8979 3961

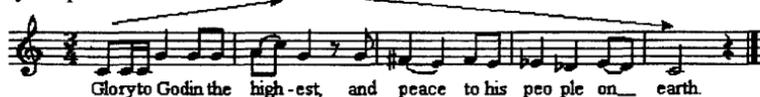
A NEW MUSICAL SETTING OF THE LITURGY (PART 3)

In the first two articles I gave the background to this project and explained the harmonic basis of the setting. This time I will concentrate on how I set the *Gloria* ('Glory to God in the highest') and *Sanctus* ('Holy, Holy, Holy') and try to take you 'inside' the musical process.

Both pieces make use of the same two basic melodic building blocks:



The *Gloria* is the longest continuous sung text in the liturgy and, as shown in the service book, falls into three sections. I have kept to tradition by making the outer sections musically similar - a triumphant affirmation of God's glory. It is in 3 time, following early church music practice of symbolising the Trinity by this means. The melody of the first two lines paints a musical picture, leaping up to depict 'highest' and falling by step back to 'earth':

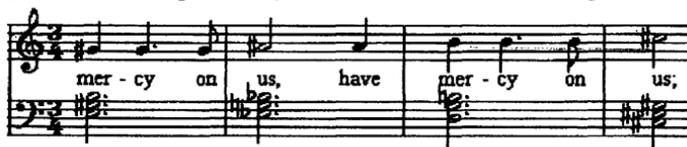


The next two pairs of lines start with the same rising melody but have different endings, the last one ending high instead of low.

The first half of the middle section is characterised by unease about our lack of worthiness to receive God's mercy. This is achieved musically by the harmonies, particularly on the words 'sin of the world' where notes from two different versions of the scale clash with each other:



However, we grow in confidence in asking Jesus for that mercy and this is reflected in the rising melody underpinned by some dramatic chord changes:



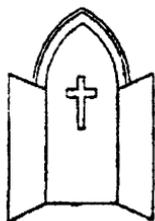
This section ends with a return to the mood of the beginning, the melody emphasising an image of Christ in glory with more upward leaps, and our conviction with repeated notes:



The final section maintains this triumphant mood and ends on a high 'Amen'. The *Sanctus* is built on a similar melody and chord sequence because there is the similar liturgical intent of praising God's glory. However, to underline God's 'power and might', the music is in a more march-like 2 in a bar.

My final article will look at some of the more reflective moments elsewhere in the liturgy and explain how and why I arrived at the, admittedly, somewhat strange harmonies that can be heard there.

Martin Hinckley

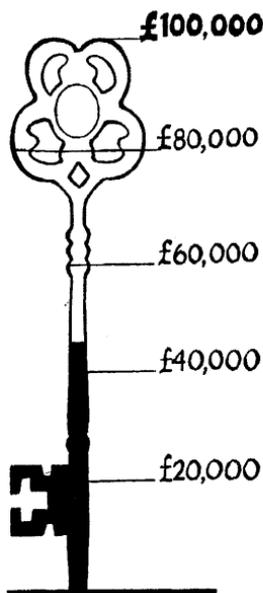


THE KEY

to

Opening Our Doors

Our Key shows that we have now raised £45,000 of the £100,000 needed to fund the redevelopment of the West Porch. A most enjoyable Quiz Night at the beginning of February boosted the total and we now look forward to our next fundraising event



A ROVING SUPPER

Saturday 5th April

6p.m. in St. James's Church Hall

Enjoy a starter in one home
a main course in another
and a dessert back in the church hall

Suggested minimum donation - £20 a head.

Contact: The Vicarage on 020 8979 2069

If you would like any information on the "Opening Our Doors" project please contact Kim or Jon Smith on 020 8979 2617 or look on the website: www.stjames-hamptonhill.org.uk

Please wear a Key lapel badge to help spread the message about the project and its aims to our wider community.

ST. JAMES'S CHILDREN'S CHOIR

After our successful Christmas debut, the choir will be singing on 30th March for the Mothering Sunday Service. We are all looking forward to singing together again and would really welcome any new singers from Year 1 and above - especially junior aged singers - no experience needed, just lots of energy and enthusiasm!

We'll rehearse in the church on Friday 14th, 21st and 28th March, 6.30p.m. - 7p.m.
Do ring Susannah Nettleton (8979 4609) for further information.

EXPLORING HAMPTON HILL HIGH STREET - 3

STEWART & YOUNG

How long have we been in the High Street? Approximately 27 years but we have been in the repair business for almost 39 years. Stewart & Young Ltd. was forced into existence when Hoover Ltd. made all their Service/Sales Engineers self-employed - somewhat of a gamble for a young couple "just married". Many engineers worked from home, as did Trevor Young, until doing so became too disruptive to home life - telephone calls at all hours and people knocking on the door for a belt for their Hoover.

Eventually, an empty property became available in the High Street - No. 105, originally the Grill Restaurant. With another engineer, Bruce Shepherd, the shop was run solely as a service office and spare part sales. With the repair side expanding a further engineer was employed (and he is still with us!) and we diversified into sales. We soon realised that being solely Hoover (we were known locally as the Hoover Shop) meant we had all our eggs in one basket and we introduced other manufacturers. Just as well because, there being no loyalty in business, Hoover Ltd. - changed their service policy and employed their own service force.

An indication of the standard of our repairs was acknowledged when we members of D.A.S.A. (Domestic Appliance Service Association) whose aim is to promote good service and to protect the consumer from bad trade practices. Space is always at a premium and as we expanded further into sales, No. 107 became vacant (originally a dress shop) and so refrigeration was taken into stock. At this point, we were approached to join an electrical buying group - C.I.H. Ltd. (better known nowadays as EURONICS). With their combined buying power Euronics dealers are able to offer an excellent service, at competitive prices.

As we expanded, space became a constant problem - white boxes take up a lot of room. A shop became vacant in close proximity i.e. No. 30. Hence Cooking & Cooling came into existence selling, as the name implies, refrigeration and cookers. Harvey Young runs this aspect of the business which also integrated appliances. Fortunately, we have trained a Corgi-approved engineer for all our gas installations.

And so time marches on. The business still remains "in family". Trevor Young is semi-retired but still retains an interest. Bruce Shepherd is responsible for service and spares. Mrs. Young battles with the ever increasing mountain of paperwork and Harvey Young has overall control of sales.

LENT . . . not the past tense of lend . . . but a time to give . . .

Over the years the practice of giving something up for Lent has become deeply rooted, rather in the same way writing New Year Resolutions has. Often both suffer the same fate: a few days in . . . the chocolate cravings begin, or the pressure of the social occasion makes it churlish to refuse that drink . . . and then there's the little mocking voice that undermines the whole thing anyway . . . what exactly do we hope to achieve by giving up X or Y in our land of plenty?

When Jesus spent his 40 days in the wilderness, it was primarily a time of preparation for his public ministry, which lay ahead. Self-denial was part of the process of moving towards the realisation of his calling. We too have the opportunity to see Lent in this way - a time of preparation, including self-denial, to focus on our calling to 'Feed his sheep'. This Lent we, in the London Diocese, have the opportunity to do this collectively.

GIVE HOPE is the London Diocese Lent Appeal for HIV/AIDS projects in Angola and Mozambique. We are invited as individuals, as families, as friends, as home-groups, as churches, as schools, and as colleagues (for this is an aspect of our faith that we can take into our workplaces and share with any who may be pleased to join us) to

GIVE UP something for the duration of Lent: 5th March - 10th April

GIVE the money saved to the London Diocese Lent Appeal

GIVE HOPE by enabling the funding of specific projects in Angola and Mozambique for AIDS education, orphan care and care of the dying. (More information on the Appeal leaflet).

In the face of the terrible reality of HIV/AIDS, particularly in Sub-Saharan Africa, we often feel powerless and overwhelmed. This appeal is just one way of enabling us to do a small thing to stand alongside those living and coping with the impact of AIDS.

Across Africa there are ordinary people doing extraordinary things, living as salt and light in their communities, in their care of the dying and the orphan. They need our love, our prayer and our resources. Shall we journey with them this Lent?

Adults and Children estimated to be living with HIV/AIDS (end 2002)

| | |
|---------------------------|-------------------|
| Australia/NZ | 15,000 |
| Caribbean | 440,000 |
| N Africa/Middle East | 550,000 |
| Western Europe | 570,000 |
| North America | 980,000 |
| E Europe/Cent Asia | 1,200,000 |
| E Asia/Pacific | 1,200,000 |
| S & SE Asia | 6,000,000 |
| Sub-Saharan Africa | 29,000,600 |

Source: UNAIDS 2002

WOMEN'S WORLD DAY OF PRAYER

The service this year has been prepared by the Christian women of Lebanon, a country which some of us have visited together. It will be held as always on the first Friday of March. This year St. James will be the host church. On 4th March Brian will be giving the address in the afternoon at 2p.m. In the evening at 7.30p.m. the preacher will be Clare Amos who has worked for several years in the Lebanon with the United Society for the Propagation of the Gospel one of our overseas charities. The theme of the service is "Holy Spirit fill us." Please come and share one of the services with friends from the churches in Hampton. We wish to show warmth and hospitality to our guests, so join us at the service and for a cup of tea afterwards. You will all - men as well as women, be very welcome.

Tina Bunce and Margaret Taylor

ELIJAH

This poem written by the Rev. Chris Swift, who led the recent Quiet Day, was used as a guide to prayer and meditation.

Success was a short season.
The prophets of Baal were crushed
but still the people had no use
for an ambassador of the invisible.

So Elijah lost his nerve and
fled to the broom tree's pathetic shelter;
trying to escape the inescapable knowledge
that we are no better than our ancestors.

The One who loves us will not
let us rest in the sleep of sorrow;
feeding us until we are strong enough
to journey into the depths of our loneliness.

Then the ear of the heart may hear
the elemental forces' usual uproar, unsurprised,
until, attuned by solitude, it allows
the voice of thin silence to break through.

Once heard, there is no more success or failure,
no more light or dark, joy or grief.
The heart is no longer a dank cave
but a castle whose mansions are infinite.

PRAYER
CONTINUES
IN THE DESIRE
OF THE HEART
THOUGH
THE UNDERSTANDING
BE EMPLOYED
ON OUTWARD THINGS

John Wesley



Congratulations to the Sazegar family on the birth of Sally's daughter Amber Yassaman and Sanaz's son Joshua Arash. They are all of very proud of the new arrivals.

Users of the upper room in the Church Hall will notice new user friendly beanbags and cushions bought by the Young Church from their funds allocated out of the Budget. The P.C.C. of Hersham Parish Church recently used the hall for an Away Day. We were pleased to feel that our Hall is being well used by many

groups.

The last few weeks have seen the deaths of members of our church family. We remember Les Wilder, Doris Clack, Suzanne Waikden, and Arthur Edwards. Louise and the Wilder family wish to thank all their friends at St. James for the support, love and friendship they received during Les's illness and after his death. They were pleased to see so many gathered in church for his funeral. Liz Butler was especially glad to have the choir at the funeral of her mother Doris Clack and thanks friends for their support and concern over the last few years of Doris's life.

We all enjoyed the Quiz Evening on Saturday 1st February. The 'Opening Our Doors' fund benefited by £550, thanks to Kim and Jon. Come along to the Roving Supper on 5th April. Details of this event to follow. News of travelling and working abroad - Ben Newman is off to Uganda to teach in a college near Jinga, and Gwynneth Lloyd will be using her nursing skills with Operation Raleigh in Namibia.

Eve would like to thank all her friends for her 65th birthday party - those who helped and those who came to enjoy themselves. Special thanks to the man washer-up (he knows who we are referring to).

Everybody at the Week of Prayer for Christian Unity Service very much appreciated David Brodowski's violin playing. He will be with us again on Friday 28th February, so don't miss him.

News of the Barrett girls: Cressida will be playing Lacrosse for England in home international games whilst Venetia plays in the school netball team which has qualified for the National Championships.

Remember in your prayers, Peg Boarder who has recently died in hospital, and her sister Sylvia with whom she lived for so many years.

Finally Many Happy Returns to Andrew Craig who recently celebrated his 50th birthday.

CANTANTI CAMERATI

"Just a Song at Twilight"

at York House on March 14th at 2.30p.m. and 7.30p.m.

Details from 020 8898 8020 (6 - 7p.m.)

COPY DATE FOR APRIL MAGAZINE: 10TH MARCH

FROM THE JANUARY REGISTERS

Baptisms

- 12 Sebastian Hyde, 31 Park Road, Hampton Hill
19 Lauryn Mafe, 175 Powder Mill Lane, Whitton

Funerals

- 8 Eva (Billie) Williams, 1 Gordon Court 88
19 Burial of Ashes Deryke Rosten
20 Suzanne Walkden, 1 Parkside 78
22 Les Wilder, 133 Burtons Road 81
26 Burial of Ashes Lorraine Clements
30 Doris Clack, 5 Blandford Road 74

DATES TO NOTE IN MARCH

- 1 10 - 12p.m. Music Review in Church. All welcome.
2 **Sunday Next Before Lent**
3 Parochial Church Council
5 **Ash Wednesday**
8p.m. **Parish Communion and Imposition of Ashes**
7 Women's World Day of Prayer at St. James'. Services at:
2p.m. & 7.30p.m. All welcome.
9 **First Sunday of Lent**
15 7.30p.m. Apocalypse Singers Spring Concert in Church
16 **Second Sunday of Lent**
17 Patrick, Bishop, Patron of Ireland
19 **Joseph of Nazareth**
21 Thomas Cranmer, Archbishop and Martyr, 1556
23 **Third Sunday of Lent**
24 Oscar Romero, Archbishop of San Salvador, 1980
25 **The Annunciation of Our Lord to the Blessed Virgin Mary**
30 **Fourth Sunday of Lent, Mothering Sunday**
31 John Donne, Priest and Poet, 1631

CHURCH SPRING CLEAN: 20TH, 21ST MARCH AND 11TH APRIL

This year the annual Spring Clean of the church is planned for Thursday 20th and Friday 21st March, followed by a final floor clean and polish on Friday 11th April. We start work on the Thursday, at 10a.m., by cleaning the high level areas, roof trusses, window ledges, column caps and chandeliers. On Friday we dust chairs, polish pews and clean the carpets. Possibly we might get the tiled floors cleaned and polished also by the end of Friday evening, in which case we will not need the April date to finish. A planning schedule detailing the work to be done and timing will be displayed in church on Sunday 2nd March. Much depends on helpers who we hope will write in their names for the times listed, indicating any specific tasks which they are prepared to undertake. Please help if you can.

The Properties Committee