

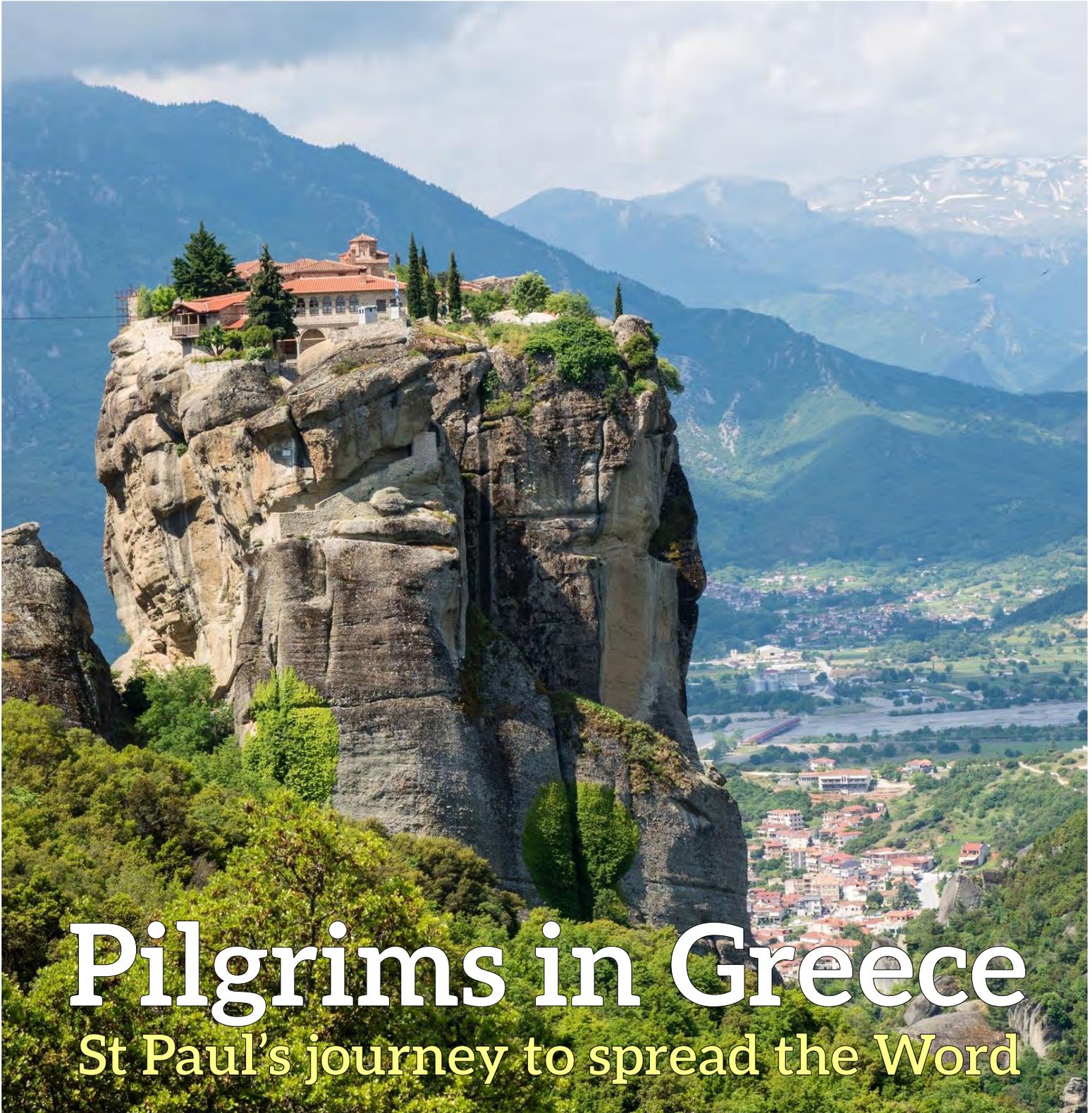
AUGUST-SEPTEMBER 2019 PILGRIMAGE

SPIRE



HAMPTON HILL'S PARISH MAGAZINE

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Pilgrims in Greece

St Paul's journey to spread the Word

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WELCOME

Meet the clergy



VICAR Rev Derek Winterburn

Derek was born in Orpington, Kent, and ordained in 1986. He served in several diverse London parishes before becoming vicar here in 2016. He is married to Sandra, a teacher, and has two children. A keen photographer, he posts a picture online every day, combining it with a daily walk or cycle ride. He can be contacted at any time other than on Mondays (his day off).

Tel: 020 8241 5904

Email: vicar@stjames-hamptonhill.org.uk

ASSOCIATE PRIEST Rev Jacky Cammidge

Jacky was born in Abertillery, South Wales, and ordained in 1915. She is a self-supporting minister and has been at St James's since starting her ordination training. Jacky is married to Alan, and has three children. During term-time she runs Hampton Hill Nursery School, based in the church hall, with her family.

Tel: 079 5012 2294

Email: curate@stjames-hamptonhill.org.uk



ASSISTANT PRIEST Canon Julian Reindorp

Julian was born in Durban, South Africa, and ordained in 1969. He has worked in parishes in East London, Chatham and Milton Keynes, and was Team Rector in Richmond until retirement in 2009. He continues to lead a busy life, often out and about on his trademark red scooter. Julian is married to Louise and has four children, three stepchildren and nine grandchildren.

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Letter from the Editor

The lovely picture on the front cover was taken in Greece where Derek Winterburn led a pilgrimage *In the footsteps of St Paul* earlier this year. Our centre pages feature Janet Taylor's impressions of the journey. We hope you enjoy it.

Back home, Dennis Wilmot returns to the City of London for ten more favourite churches. I have a personal interest in this selection as my school was linked to St Helen's Church in Bishopgate.

St James's weekend was another great success, with lots of people taking the opportunity to climb the tower and ring the bells. The Sunday service was well attended and Brian Leathard, a former vicar at St James's, was welcomed back as guest preacher. The vicarage garden, bathed in sunshine, was looking splendid for the barbecue after the service.

We hope everyone is enjoying a well-earned break whether at home or abroad. August can be an anxious time for those awaiting exam results.

Best Wishes

Janet

Janet Nunn



Cover photo: A monastery perched on a rock formation in the Meteora region of Greece

SPIRE

The Spire is published nine times a year for the Parochial Church Council of St James. We make no charge for this magazine, but if you are a regular reader we hope that you will contribute towards printing costs to enable us to expand our outreach across the parish. Cheques should be made payable to the PCC of St James, Hampton Hill and sent to Spire Appeal c/o the church office.

STORIES FOR THE SPIRE

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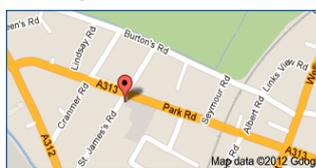


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Finding us



The church is on the corner of St James's Road and Park Road. The hall is next to the church and vicarage. There is ample parking. Buses include R68, R70 and 285.

Follow us

For the very latest news go to our website or follow us on social media:

stjames-hamptonhill.org.uk

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Clerical Capers



Wilfred hoped to discourage drones spying on the parish's Summer Open Day with extra incense

Fighting the 'naughty but nice' messages in media



DEREK WINTERBURN

Years ago US President Calvin Coolidge returned home from church on Sunday. His wife asked him what the minister had talked about. Coolidge (who was famous for being concise) replied 'Sin.'

When his wife pressed him as to what the preacher had said about sin, Coolidge responded 'I think he was against it.'

Well, in church, one would hope so! But in other situations 'sin' is treated far more leniently. We give ample space in our popular culture to tales of violence and anger. TV programmes like *Love Island*, above, magazines and online adverts deliberately stir up envy and greed, lust or gluttony. 'Naughty but nice'; it is obvious that sin sells.

Sin is not benign

But while one might hope that we have learned to resist dangerous temptation (succumbing only to very slight lapses) across society we know that there are all kinds of abuses caused by aggression, selfishness and misdirected desires. Sin is not benign.

Sadly the Church has failed at many times and places. In recent times we have had to face up to the evil of sexual and physical abuse in churches.

Time has shown, however, that in most other institutions a similar wickedness can flourish (schools, hospitals, prisons, the BBC, uniformed youth organisations, the military, and many others).

They say we are hypocrites

Christianity has a long history of reflecting on sin, reaching back to Jesus and, before him, to the Old Testament. There is a maturity of thought and depth of wisdom in our tradition. However many modern people would pass over Christian ethics because of the failings of Christians. 'It is all hypocritical' is a familiar charge.

A speaker said recently on the radio programme *Moral Maze*, 'In a world without moral absolutes, the worst sin is hypocrisy. That is the one peg on which they can hang you.'

But if we take the Biblical view that our behaviour and our actions can please God (or not), or just accept the plain truth that some actions that we would take for our own benefit harm others, then we must talk about right and wrong.

The answer to sin, wherever we face it in society is not silence. Even at the risk of the accusation of hypocrisy we must take a stand.

A key insight that we learn from Jesus is that our attention should be less on the wrong action and more on the intention. Of course what we do matters (and the only thing that can be truly judged by another person) but the heart of the problem (and therefore the remedy) is deep down. Cruelty would top most

people's list of wrongs, but does not that so often start with anger or envy or pride? Theologian Harry Blamires wrote, 'The virtuous man admits his sins, the Christian admits his sinfulness.'

Seven deadly sins

Over the summer at our 9:30 Sunday services we will look in turn at one of the 'seven deadly sins'.

This list came out of the desert monastic movement of the fourth century and was later accepted by the wider church as a memorable summary of the fundamental ways people go wrong.

As Jesus taught, these are not sinful acts as such, but are attitudes of the heart: pride, envy, anger, sloth, avarice, gluttony and lust.

We will consider 'the sins' not as defeated and condemned sinners, but as a people loved by God, forgiven in the death of the Son and in the process of being transformed by the Spirit.

We will deal with sin not to be shamed but to be set on the right path. In particular we will set the seven sins against the seven beatitudes of Jesus's *Sermon on the Mount*, when he sets out positively the defining characteristics of his followers.

Sin in the Summer

I first thought of advertising this sermon series under the title *Sin in the Summer*, but while perhaps that might draw a crowd, it would send out the wrong message!

Rather, how about 'Seven Virtues for Seven Sins'?

Let's plan to go home from church with more than a vague unease with sin like Coolidge, but with a determination to make our lives and world more full of goodness and grace.



Sundays

- Holy Communion (said) 8-8:30am
- Parish Communion 9:30-10:30am
- Summer Sermon Series
- Seven Virtues for Seven Sins**
- 28 Jul: Pride + Poor in Spirit
- 4 Aug: Envy + Mourning
- 11 Aug: Anger + Meekness
- 18 Aug: Sloth + Hunger & Thirst for Righteousness
- 25 Aug: Avarice + Mercy
- 1 Sep: Gluttony + Those Persecuted
- 8 Sep: Lust + Purity of Heart

Together at Eleven 11-11:35am
Continues all summer, perfect for young families. Followed by crafts and refreshments

Mon-Fri

(but not Tuesdays)
Morning Prayer 9:15-9:40am

Tuesdays

- 6, 20, 27 Aug; 3, 17, 24 Sep
- Holy Communion 9:30-10:15am
- 13 Aug, 10 Sep
- Holy Communion and Coffee 10-11:30am

Life Groups

- Thursday 1 Aug 8pm; Tuesday 6 Aug 8pm
- Thursday 8 Aug 3pm

Fairtrade Stall

- Sunday 4 Aug, 1 Sep 10:30am
- Stock up on Traidcraft food and goods

Youth Group Social

- Wednesday 14 Aug 7-9pm

Ark Playgroup

- Mondays 9, 16, 23, 30 Sep 10:15am-12:15pm
- Weekly playgroup for under 5s and carers.
- £2 per family with craft, singing, refreshments.

Connections

- Tuesday 3 Sep 11am-12:30pm
- Drop in for games, craft, and hearing aid clinic.

Pop-up Cinema presents

- Saturday 14 Sep
- 6:30pm *Stan & Ollie (2018)* (PG)

Steve Coogan and John C Reilly star as Stan and Ollie in the untold story of the world's greatest comedy act as they tour the UK

★★★★★
TELEGRAPH
★★★★★
GUARDIAN
Free entry - no need to book



Paul's stony ground



JANET TAYLOR

Saint Paul made his first journey to Greece with Timothy and Silas in about AD 50. Our band of 25 pilgrims set out to follow his route. After a 5:55am flight from Gatwick to Thessaloniki in

northern Greece, we were met by our local guide Evi and intrepid driver Fabio and drove eastwards to the small coastal town of Kavala with its harbour and fortified old quarter.

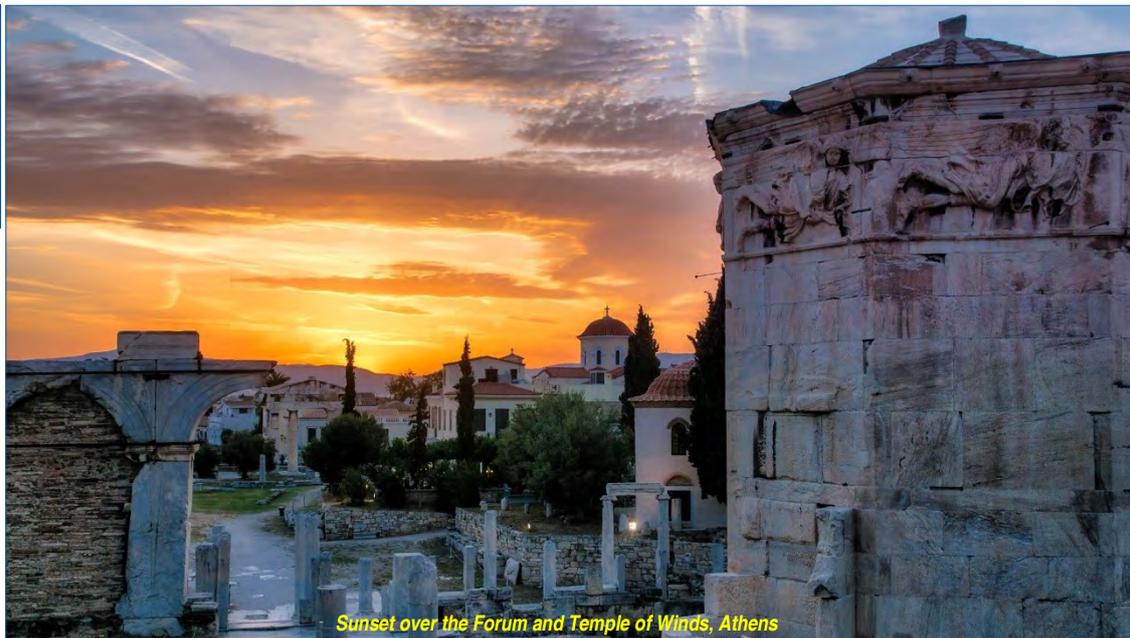
Our tour was led by David Uffindell and Derek Winterburn. We soon got to know each other – although the bigger groups were from Hampton and Farnham (David's parish) there were several independent participants, including a couple who were Salvation Army officers, a Methodist minister who came from Korea and another Anglican vicar from Slough – an interesting mix.

We hit the ground running

No time was wasted; morning prayers on the coach, information on history, archaeology and geography from Evi en route (she was very knowledgeable). We visited places of significance in Paul's journey and sites of importance in classical and Roman Greece.

We visited Greek Orthodox churches (more than 90% of the population are GO). We travelled westwards via Thessaloniki, then through central Greece to Delphi and Athens before crossing into Peloponnese on our final day.

It was a long journey but the short stretches of motorway were quiet and



Sunset over the Forum and Temple of Winds, Athens

Less than 20 years after the death and Resurrection of Jesus, Paul, arguably his greatest Apostle, brought the Word to Greece. Paul's first visit was prompted by his vision of 'a man of Macedonia' pleading for his intercession. Janet Taylor followed in the footsteps of Paul, who travelled from the port city of Kavala to Corinth, bringing Christianity to Jew and Gentile alike.

interspersed with twisting mountain roads that Fabio negotiated skilfully.

At places of significance to St Paul, David and Derek led short acts of worship, reading from the Acts of the Apostles and Paul's epistles to the early church, concluding with prayer. Every evening before dinner we met to

exchange our highlights and experiences. Instructions for the following day were followed by evening prayers.

The Greek landscape

I was struck by the rugged, often mountainous, terrain, the lush vegetation, the intense red carpets of poppies, bright yellow broom,

profuse wild flowers. There were vineyards and olive and citrus groves in the valleys and the cotton crop was just sprouting.

Our hotels were in interesting places: by harbours, at the foothills of monasteries, or within easy reach of the Athens Acropolis.

Food was variable; highlights included fresh fish, many Greek salads, jelly... and jelly!

St Lydia's Baptistry

Paul made landfall at Neapolis and went inland to Philippi, a town established by the Romans. Outside the walls Paul baptised Lydia, a wealthy Jewish merchant, his first European convert.

The site is marked by a modern baptistry with mosaics and stained glass depicting the life of the saints and events on St Paul's journey.

In the gardens, sheltered from the drizzle, we celebrated the Eucharist together. On the river bank, still used for adult baptism, we dipped our hands in the flowing water and reaffirmed our baptismal faith.

The archaeological site of Philippi included the well-preserved Theatre antedating the Roman town, and the Christian basilicas that were built in the 5th and 6th century AD.

In the marketplace we read of Paul's encounter with the slave-girl fortune-teller and saw the possible site of Paul and Silas' imprisonment.

Back in Kavala we wandered round the walled old town and spectacular aqueduct.

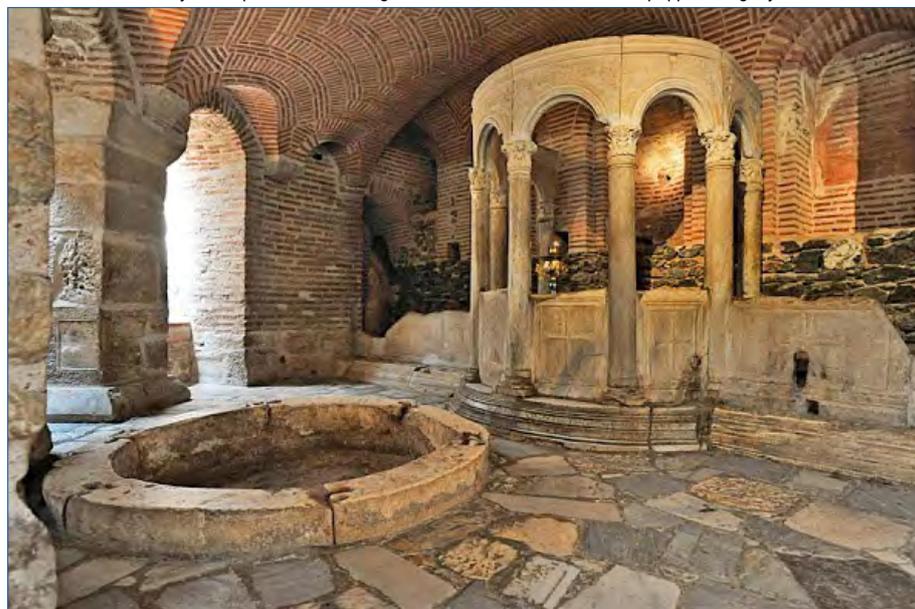


St Lydia's Baptistry

Standing on the Byzantine walls of Thessaloniki we celebrated Paul bringing the message of Christ to the Jews living there. We descended through Ano Poli to the church of Agios Dimitrios, patron saint of the city. This huge structure built on a Roman bath is believed to be the site of the martyrdom of Dimitrios.

The church is elaborate and some of the 8th century mosaics survive, but it was the elegance and simplicity of the crypt that conveyed a lasting impression of the sanctity of the site.

After a walk along the seafront and lunch we made the long drive to Kalambaka and our hotel at the foot of the Meteora.



The crypt at the church of Agios Dimitrios in Thessaloniki

made fertile



Philippi, where Paul famously baptised Lydia, Europe's first Christian. Pictures: Derek Winterburn

The monasteries of Meteora

A striking geological feature, these tall sheer pillars of rock (see cover image) were inhabited by hermit monks from the 11th century. From the 14th century the monks built permanent structures, all supplies hauled up to the summits in nets and baskets. Each of six monasteries open to the public has a central church in a courtyard surrounded by chapels, monks' cells and a refectory. We visited Moni Varlaam and Moni Agiou Stefanu, home to nuns. We learned of the significance of the detailed frescos and mosaics that adorned the churches and admired the magnificent views from the terraces.

Delphi, on the slopes of Mount Parnassus, was smaller than I expected. Hearing about the elaborate ceremonies that accompanied the oracular functions of the priestesses I wondered what Paul would have thought of these practices if he came here.

En route to Athens, we detoured to *Monastery Osios Loukas*, a

remote and tranquil complex, the two churches and terraces almost deserted. We were awed by the beautiful frescoes and entertained by a cat and her new kittens.

In Athens we visited the recently opened Museum of the Acropolis, built to house treasures deteriorating through exposure to weather and pollution. Marbles of the Parthenon Frieze are pointedly displayed with spaces for 'missing' panels.

At nightfall we returned to the museum to enjoy the beautifully illuminated Acropolis.

Paul's sermon on the mount

From Areopagus Hill, where Paul delivered his sermon on 'an unknown god,' we climbed the Acropolis in the relative cool of morning, crowds already gathering. The Parthenon was shrouded in scaffolding, but the Caryatids of the Erechtheion were magnificent.

Next we visited the Ancient Agora, meeting place, centre of

worship and important market of pre-Roman Athens.

In free time after lunch we sought out the smaller, more tranquil Roman Agora nearby. Acts 17 records Paul's daily visits here to debate with Athenians.

Paul spent 18 months in Corinth. After a visit to the well-preserved theatre of Epidaurus we stopped on the coast where Paul departed Greece.

Finally we visited Ancient Corinth where we celebrated communion together in the peaceful city remains.

We said our goodbyes at Gatwick Airport and went our separate ways to reflect on our experiences. Our visit was well organised and Derek and David brought the Pilgrimage to life, giving our holiday a real sense of purpose. We made new friends and learned much about Greece and its history. Thank you.



The Temple of Apollo, in Corinth, towards the end of Paul's journey through Greece

Around the Spire

The sun shone and the people came!



ST JAMES'S FESTIVAL weekend stayed dry once more, attracting people to church over the two days.

The 'open day' on Saturday 6 July began with an organ recital, continued with church tours and the chance to climb the tower and ring the bells. There were also stalls selling plants, books and DVDs, as well as refreshments and a bottle tombola.

The afternoon ended with a showing of the film *How to Train Your Dragon: The Hidden World*.

The following day we welcomed our former vicar Brian Leathard, who was guest speaker at the service. We then enjoyed a barbecue lunch in the vicarage garden where a raffle and



auction raised £850 for our charities. Our thanks to Hampton Hill traders, who

Eila Severn dies, aged 92

Eila Severn, a lifelong member of St James's Church, died on 14 July. A Service of Thanksgiving for her life was held in church on 25 July, following a private cremation. A tribute will appear in the next *Spire*.



Last piece of garden jigsaw added

A BENCH HAS been added to the new garden at the front of church, marking its completion. The Gardening Club has worked hard to transform the area into formal beds and a lawn, alongside a tree and bench.

It forms part of the churchyard, a precious space anyone is welcome to enjoy. Enjoyed for its tranquillity and wildlife, trees and seats, the

area is maintained by the local council. Supplementing their work is a growing team of enthusiasts who meet to plant up flower beds and shrubberies, tend the smaller trees and plants and care for the overall environment.

Newcomers are welcome and the next meeting is **Saturday 21 September at 10am**.

Now an Associate Priest

THE BISHOP OF Kensington has officially recognised that Jacky Cammidge has completed her training period, or curacy.

For many curates the first year is a gentle introduction to ministry, but with Peter Vannozzi moving on, Jacky had to learn quickly.

Supported by parishioners she has continued to grow in her ministry, while managing Hampton Hill Nursery School. We are delighted that she has chosen to remain with us. Jacky was welcomed as Associate Priest on St James's Day. She is pictured with husband Alan and Bishop Graham at her ordination as priest in 2016.



My pick of the best Bibles

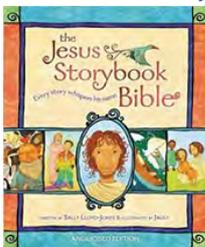


DANI ROBERTSON

Walk into any bookshop, and you'll see a dazzling array of storybooks for children. Nestled amongst them is an ever-growing collection of children's Bibles, with enticing covers, but all that glitters is not gold.

Whether you are a parent or godparent, you will want the children in your care to come to know Jesus through His Word. Any children's Bible you choose for them needs to support that aim, not hinder it. So here are some of my favourites...

The Jesus Storybook Bible



Written by Sally Lloyd-Jones and illustrated by Jago, this book has 21 stories from the Old Testament and 23 from the New, intelligently told, yet accessible to a

younger audience. Each story has stunning illustrations with colourful and imaginative drawings throughout. The images are non-threatening and enhance the details of the story. This storybook has been one of the standard and highest recommended storybook Bibles for a number of years.

■ Published in 2012 by Zondervan. Age range 3-6 years. RRP £12.99.

The Beginner's Bible

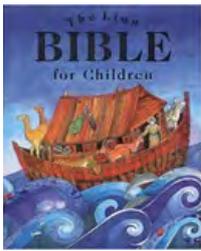
Written by Karyn Henley, illustrated by Dennas Davis, this book comes highly recommended. Its illustrations are perhaps more basic than other books, but this simplicity helps children



focus on the most important aspects of the story, mainly putting a bright face on the abundance of characters. The language is ideal for a younger listener or reader. We use this in our 11am service at St James's.

■ Published in 2017 by Candle Books. Age range 5-6 years. RRP £12.99.

The Lion Bible for Children



The Bible retold by Murray Watts and illustrated by Helen Cann contains over 200 tales from Old and New Testaments. This would be ideal for older children as the stories are longer and more text heavy.

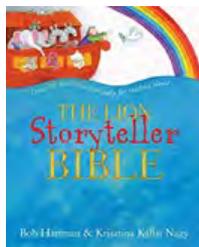
The illustrations, though smaller, are rich and imaginative. The stories show an admirable balance between modifying them for children while not compromising scripture.

■ Published in 2002 by Lion Children's Books. Age range 7-11 years. RRP £15.99.

The Lion Storyteller Bible

This is another book frequently used in our 11am service. This is a slimmer volume, offering 70 stories from the Old and New Testaments. Each story usually lasts only a couple of pages. The stories have alluring names such as *Jonah the Groaner* or *The Marvellous Picnic*. Author Bob Hartman has a natural gift for painting vivid pictures in the minds of readers. Illustrations by Krisztina Kallai Nagy are large and vibrant, with particular attention to a wide range of facial expressions.

■ Published in 2013 by Lion Children's Books. Age range 5-7 years. RRP £15.99.



Children of God Storybook Bible



This is a retelling by Archbishop Desmond Tutu. Each story ends with a short prayer which merges stories with the real life of its reader. The stories are short, usually

one or two pages, but the text is smaller and might not be ideal for little ones wanting to practise their reading skills. The stories use simple language and quickly get to the heart of each story — perfect for short attention spans. The illustrations incorporate the widest range of artistic styles. This is the Bible that St James's gives to children we baptise.

■ Published in 2010 by Collins. Age range 5-7 years. RRP £12.99.

Cotton comes at a price



Cotton picking can be labour-intensive



LAURENCE SEWELL

The role of cotton as a clothing fabric is much in the news these days as we hear about the harms of 'fast fashion', the health and livelihoods of cotton farmers, and the issues of modern-day slavery in textile factories in parts of the world.

In the space here, we can only touch on some of these matters, but maybe it will invite you to investigate further and perhaps sign the petition organised by Traidcraft Exchange together with Fashion Revolution to ensure the UK fashion industry commits to tackling standards and modern-slavery in their supply chains.

Background

Cotton is a soft, fluffy staple fibre that grows in a boll, or protective covering, around the seeds of the cotton plants of the genus *Gossypium* part of the mallow family Malvaceae. It is one of the oldest fabrics used by mankind. There is evidence of cotton being used at least 7,000 years ago in Mexico; and it was widely grown, spun and woven into cloth in the Indus valley in what is now Pakistan and Egypt's Nile valley from about 3,000 BC, from where Arab merchants later introduced it into Europe.

Although a wonderful material, cotton can be harmful in many different ways. Growing cotton can require a lot of synthetic fertilisers, pesticides and chemicals; spraying cotton crops can cause a lot of health problems for farmers or workers unless they are well protected. Where irrigation is used given its high water requirement, there can be significant environmental costs — e.g. much of the shrinkage of the Aral Sea is due to irrigation of cotton in Uzbekistan, and the earlier state farming practices of the Soviet Union. That is why organic cotton is preferred as it ensures sustainable production methods and minimises pesticide use.

Challenges for ethical cotton production

Producing cotton fibres is a complicated process — ginning, cleaning, combing and spinning — all of which can have high labour and energy requirements. As many as 100 million households are directly engaged in cotton production and an estimated 300 million people worldwide work in the wider cotton sector. For farmers, the challenges range from the impact of climate change,

poor prices for seed cotton, through to competition from highly subsidised producers in rich countries and poor terms of trade.

World cotton production is dominated by India, the largest producer, followed by China and the USA, but it is in some of the poorest countries in West Africa where cotton is most vital to the national economy; for example, Burkina Faso where it makes up to half of their national exports. Bangladesh and Vietnam are the most significant importers of cotton providing the raw material necessary for their large textile industries which in turn are the major suppliers to the UK clothing and fashion market.

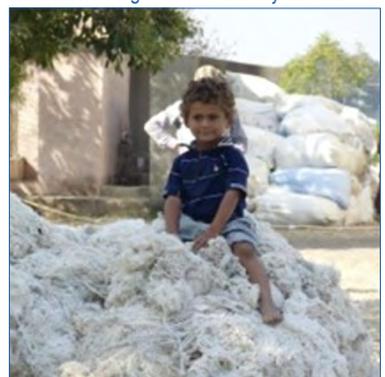
Risks in the textile industry

You may recall news of the Rana Plaza building collapse in Dhaka, Bangladesh, in 2013 when more than 1,300 people died and 2,500 were injured. Most of the victims were young women making clothing for the UK market. This is only one example of the often sweat-shop conditions pervading in such textile factories. Cheap fashion has a cost when there are the pressures of poor pay and working conditions on producers of clothing in order to satisfy the tight margins demanded of the garment businesses in the West.

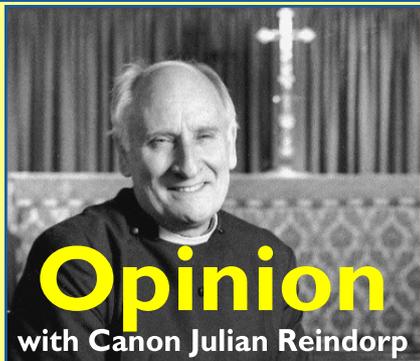
Benefits of cotton

Nevertheless, we shouldn't lose sight of the fact that there are many organisations supporting farmers and sustainable production systems, and clothing and fashion businesses that ethically source their products and provide traceability along their supply chain. Cotton is sustainable, renewable, and biodegradable, making it an excellent choice as an environmentally-friendly fibre throughout its entire product life cycle.

■ Who made my clothes? The petition is at: traidcraft.org.uk/who-made-my-clothes.



Growing cotton has health concerns



Opinion
with Canon Julian Reindorp

PALESTINIANS BUILD ISRAEL

Stone Men: The Palestinians Who Built Israel, by Andrew Ross, is a painful book to read. As one Palestinian stonemason said: 'They demolish our houses while we build theirs.' Ross says these men, using some of the best quality limestone deposits in the world and drawing on the skills of generations, have built 'almost every state in the Middle East except one of their own'.

For almost a century Palestinian labour has been used to build the state of Israel, and is now used to build houses for Jewish settlers in the River Jordan's West Bank. The legally-planned UN Two State Solution would have given both Israel and Palestine their own state. But by 2010 42% of the West Bank territory was occupied by Jewish settlers, and today the total is almost 60%. Some 750,000 Jewish settlers now live in the area destined for the Palestinians and whose labour is being used all the time to build more settler homes.

POPE & LORD'S PRAYER

The Pope has caused controversy by suggesting that the Catholic Church alter one phrase in the Lord's Prayer. The line, 'lead us not into temptation', is being altered to 'do not let us fall into temptation.' As the Pope said when first suggesting the change in 2017, 'It is not a good translation as the original speaks of a God who induces temptation.'

It is likely that Jesus spoke originally in Aramaic, which was then translated into Greek, and the English version is derived from the Greek. Supporters of the Pope point to the Letter of James 1:13: 'When tempted, no one should say, God is tempting me. For God cannot be tempted by evil, nor does he tempt anyone.'

The Pope has left it to each country's church leaders to update the original phrase. So far Roman Catholic Bishops in this country have made no change. I rather agree with the Pope; I wonder how you respond to his suggestion?

SHOPS CHANGE

The Centre for Towns compared changes in Cambridge and Wigan between 1980 and today. Banks in Cambridge went from 47 to 28, in Wigan from 32 to 17. Butchers in Cambridge from 44 to 16 and in Wigan from 68 to 11. Cafes in Cambridge from 6 to 101, in Wigan from 10 to 36. Pubs in Cambridge from 147 to 89, in Wigan from 90 to 88. Charity shops in Cambridge from 16 to 25, and in Wigan from 1 to 36.

SURE START CLOSURES

As so often, the poorest are hit hardest by cuts as Sure Start centres are closed as part of local authority cut backs. There has been a 62% cut in Early Years education spending since 2010.

The charity Action for Children estimates that 1.8 million children used the centres in 2017/18, down from 2.2 million four years ago. The centres offer childcare and play sessions, parenting advice and employment coaching. At their peak in 2010 there were 3,600 centres, but as many as a 1000 have now been closed or their services dramatically reduced.

A recent study by the Institute for Fiscal Studies found that Sure Start centres in deprived areas offered high levels of service, delivered major health benefits and millions of pounds in NHS savings through reduced need for hospital treatment.

SATNAV MISTAKE

I don't have satnav on my scooter (or in our car) and a couple of times I have turned up in the wrong street for a funeral visit. But compare this with the 81-year-old man from Newcastle who went 650 miles off course to the West German hamlet of Rom. The Italian was attempting to drive to Rome to meet the Pope, but put the wrong destination on his satnav!

Hot food begins the long road to recovery



DENNIS WILMOT

The Upper Room in Hammersmith is about food more than anything else. Food means a hot, three-course meal, and a long queue forms Monday to Friday evening as 60-80 homeless and needy people travel from as far away as Ham, Barking and Greenwich.

Charities City Harvest and Felix Project deliver food donations collected from supermarkets, often up to twice a day. This is food which is getting close to its sell-by date (though never past it), or bruised fruit and veg.

The restaurant chain Nando's supplies large quantities of frozen chicken, exactly the same as used in their restaurants. All these ingredients are made into a tasty meal by a professional chef.

The Upper Room feeds a very diverse range of recipients without any barriers, including those with mental health issues. The majority of guests return every week night, as without The Upper Room they wouldn't know where to turn. Many are homeless, but others are in rented accommodation where the rent is so high they cannot afford food too. Whilst the majority are men, there is an increasing number of women, a worrying trend.

Back into work and society

The Upper Room's philosophy is that by taking away the worry of where regular meals will come from, it is possible to move on. The charity provides help with writing CVs and job applications and with getting a driving licence, which makes them more employable.

The charity is currently in temporary accommodation while a mezzanine floor is built above their existing 'Upper Room' in St Saviour's Church. This will provide a 'Hub for the Homeless', better equipped to meet their needs.



Hot meals are provided for the homeless. Pictures: Teresa Walton

Daryl Brown, the Mayor of Hammersmith and Fulham, has chosen The Upper Room as one of her two designated charities for 2019-20.

■ As in previous years our Harvest giving will support The Upper Room. This year's appeal is mainly for food, toiletries and clothing, plus cash donations from the **Harvest Sunday (6 October)** collection. Details of what items to bring will be available from church nearer the time.



Double joy at baptisms



CONGRATULATIONS to Christian and Nadine Bassani, whose seven-month-old twins Freya and Phoebe were baptised by Derek and Jacky at St James's on 23 June.

The couple, daughter and son-in-law of Roger and Kathy Rajan, were married at St James's in July 2017.

REGISTERS

JUNE

BAPTISMS

- 23 Freya Natharie Bassani, Weybridge
- 23 Phoebe Sithara Bassani, Weybridge

FUNERALS

- 6 David Charles Redmond, 86, Twickenham
- 28 Joan Sophia Sindall, 94, Hampton Hill

INTERMENT OF ASHES

- 21 Elizabeth Sorina Riches, 89, Teddington



Wren, the great rebuilder



DENNIS WILMOT

Sir Christopher Wren was responsible for the rebuilding of 51 of the City churches after the Great Fire of London in 1666. Wren was a high churchman, an astronomer, mathematician and architect. He was good friends with Charles II and was appointed along with the Bishop of London and the Archbishop of Canterbury to the committee managing the project. Despite never having travelled beyond France, Wren's designs showed great diversity, and apart from a prominent altar and pulpit had nothing else in common.

St Andrew, Holborn



This was a large church for the City, and was originally designed to be seen from the Fleet River. It has double rows of clear glass windows on either side (a Wren speciality), opposing the gothic tradition of stained glass and so showing off the wood carvings, painted altar pieces and ironwork. The interior of the church was rebuilt in 1960 and included some stained glass. The organ, given by Handel in 1750 to the Foundling Hospital, is at the west end. There is a marble font and gilded organ case, and wrought iron communion rails.

St Lawrence Jewry, Guildhall Yard

The church was gutted during the blitz and the vestry, which had the richest plasterwork in the city, was completely destroyed. The restoration included new stained glass not really suited to a Wren church. In gothic times the congregation was largely illiterate and the stained glass told them stories in 'picture' format. As literacy became common it



was more important to read in church and clear glass made this easier. The highest windows are clear. The ceiling has extensive plasterwork.

St Katharine Cree, Leadenhall Street

This church might be considered an attempt at the Renaissance style before the Great Fire. The outside walls appear Tudor, but with a classic porch. The interior is similarly hybrid with classical columns supporting Renaissance arches. Victorian 'modernisation' brought unsympathetic pale green and blue glass to the windows. The organ, of 1686, was played by Purcell, Handel and Wesley.



St Ann and St Agnus, Gresham Street



The inside of this church is a surprise, with a low central dome supported on four Corinthian columns giving a cross plan. The church was rebuilt according to Wren's plans after both the Great Fire and the Blitz, and rededicated in 1966, largely paid for by the Lutheran church whose exiled Estonians and Latvians used it.

St Bartholomew-the-Less, West Smithfield



This church was rebuilt in 1798 by George Dance Junior. A Royal Academician, he created an octagonal interior within the shell of the medieval chapel, rising above the old walls.

St Andrew Undershaft, St Mary Axe



Of all the Gothic churches in the City, this is considered the most stately. Although the building survived both the Great Fire and the Blitz more or less unscathed it sustained serious damage from an IRA bomb in 1993. Ninety percent of the only surviving pre-Victorian stained glass in the City (late 17th century figures of English monarchs in the west window) was destroyed. The Victorians installed an ugly tiled floor.

St Helen's Bishopgate, Great St Helen's



St Helen's was another of the few to survive both the Great Fire and the Blitz during World War Two, but suffer damage from two IRA bombs in 1992 and 1993. The roof was lifted and one of the City's largest medieval stained glass windows was shattered. The church has now been fully restored.

St Giles' Cripplegate, Fore Street



St Giles' was devastated by German bombing, but this gave the restorer, Godfrey Allen, a free hand. It sits at the heart of the Barbican development and a considerable section of the ancient Roman wall here was revealed by the bombing. Most of the windows are new. Some say the Germans did us a favour by blowing out much of the Victorian glass, which was subsequently replaced by clear glass as intended by Wren.

St James, Garlickhythe, Garlick Hill

St James was bombed during the war and struck by a falling crane in 1991. It has since been sympathetically restored, and greatly improved by having clear glass in the round-headed windows, finally



justifying the nickname *Wren's Lantern* owing to its profusion of windows. It has the tallest church interior of any in the City.



The City churches have suffered many disasters down the centuries, yet each has a rich history which is part of their modern function in the centre of London today.