

**ST. MICHAEL & ALL ANGELS — Parish Church of Amersham on the Hill**

**APRIL '24**

# **NEWSLETTER**



Photo by Christine Leslie

## Who's Who at St Michael & All Angels

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(10 am—1 pm Monday—Wednesday & Friday)



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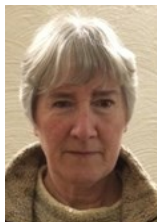
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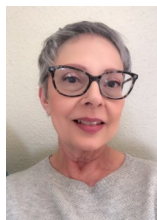
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"Police? This is St Mary's Ladies' Knitting & Vigilante Circle. We've detained two gents trying to nick the church silver."

### St Michael's Vision Statement

*As a Christian community, we seek to engage with the world around us and to be a place of welcome and acceptance for all on a journey to God – believers, doubters and those who are seeking.*

The opinions expressed in this newsletter are those of the authors and do not necessarily reflect the views of the Vicar, PCC or the official policy of St. Michael's Church.

The Newsletter is published monthly  
(with the exception of January and August).

The next issue will appear on Monday, 29 April. Please email material for inclusion to [communications@stmichaelsamersham.org.uk](mailto:communications@stmichaelsamersham.org.uk), for the attention of Rebecca, by 18 April.

#### In this issue...

Who's Who at St. Michael's	2
Words Fail me	3
A short message from The Editor	3
Joyful Easter	4
APCM	4
A Story of Death and Resurrection	5
Sudoko	6
Prayer	6
Not fixed in time or space	6
Diary & Sudoko Answers	7
Kids Page	8

#### Page



## “Words Fail me” By Neil Lynch

The enormity, significance and depth of feeling springing up from some personal experience often defies an explanation by words alone.

We struggle to explain the all embracing upwelling in our hearts at these times.

So it is with our Easter celebrations.

Candles lit from holy fire and passed from person to person illuminating the darkened church. Bells rung, incense raised and alleluias declared as we try to engage all our senses in feeling the Glory of the Resurrection and its meaning for us.

Secular imagery too has its place in expressing our joy. After all, Jesus himself used pictures of everyday life in his parables to ensure a deeper, more personal and complete understanding of his message.

The unfolding fern is a favourite Easter image of mine. Known as a KORU in Maori culture it expresses for me:

Hope and new beginnings

Personal growth and deeper understanding unfolding

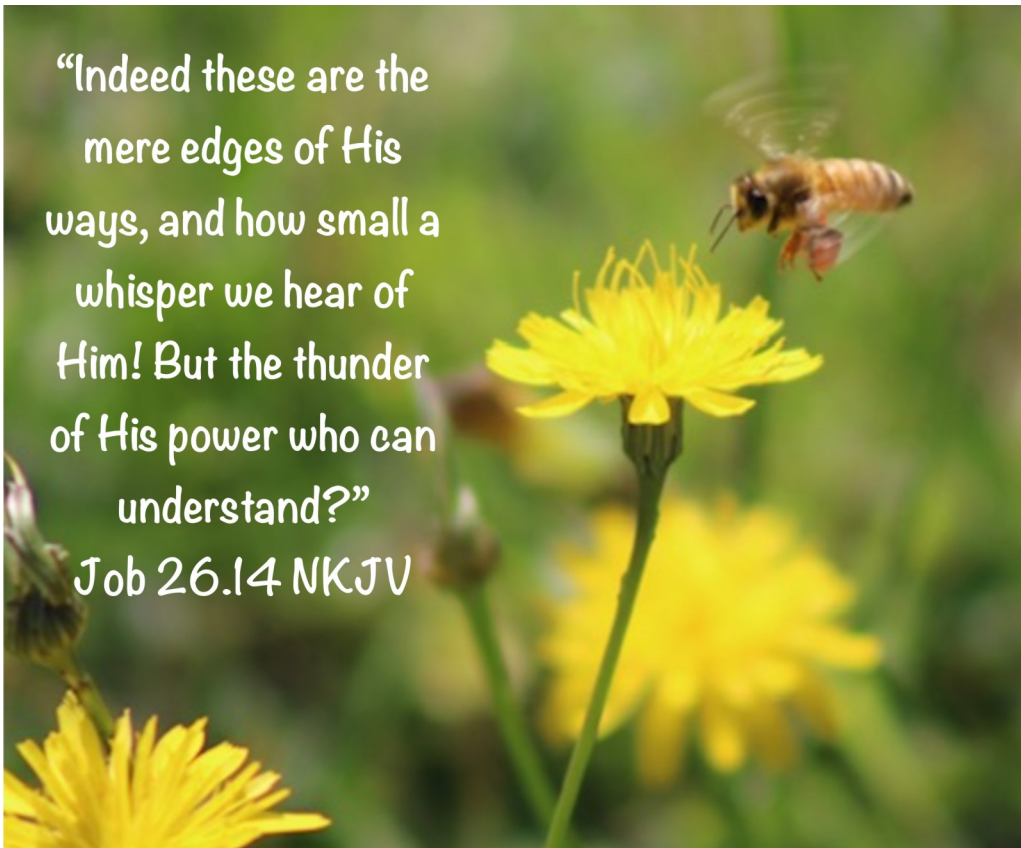
Harmony and Peace

The promise of wonderful things to come

Happy Easter



“Indeed these are the  
mere edges of His  
ways, and how small a  
whisper we hear of  
Him! But the thunder  
of His power who can  
understand?”  
Job 26.14 NKJV



### From the editor...

While preparing the Newsletter I opened an email from Neil Lynch with the beautiful fern on it that you see in the picture above. Being from New Zealand myself it filled my heart with joy to see it and reminded me to include this picture, taken by my uncle who is a minister in New Zealand. The words he chose to put with the picture speak for themselves, and to my mind tie in with the wonder that is expressed through the articles that have been kindly submitted for inclusion in this April edition of the St. Michael's Newsletter.

**Rebecca**



# Joyful Easter



The concept of Easter has dramatically changed in the modern time. As the world has become mad with digital and advanced technology, it seems that the traditions that exist alongside these changes have changed or even vanished!. We have learned to some extent, to accept the material and commercial side of it, but by far for me tradition still holds its own place and value, just as it did many years ago.

I will tell you a little story and would like to challenge you to guess where it is from and to whom it belongs. I've kept my name a secret, otherwise you will find it very easy!!

I remember, my mother spring cleaning and getting every

thing ready and sparkling clean, whether it be the house, cutlery, plates etc., for the Easter.

On the other hand, my dad used to go to market and buy a turkey a month before the Easter festivities and we would feed her/him, with nuts and seeds etc., the best organic nourishment. The poor turkey would have a very happy life for a short time but sadly, at Easter time, she/he would have ended on the luncheon table.

It is very traditional to treat yourself with all the goodness of homemade dishes. Recipes are handed over from generation to generation for cooking and baking and general preparation. For instance, having special porridge in the morning would not have been negotiable. Special wheat is slow cooked with added chicken and butter during Easter eve till morning. On the Easter day that would be served as a starter. And then comes the proud moment of the lady of the house, when the rest of us find out what will be on the menu list for the lunch. Normally this would have included roasted turkey with vegetables, dolma (choice of the lady), such as stuffed tomatoes, stuffed vine leaves or cabbage. Sometimes depending on the busyness of the lady of the house, we might have had two choices.

Surely, the significant part of the festivities would have been colouring the eggs (hard boiled) to decorate the table and of course to take with us to church. On Easter Sunday and at the church after the service, we would have had an egg fight with all the age groups. You could imagine, we would bring so many eggs to the house and so the challenge was knowing what to do with them all after Easter!! Although we still do this at home it is a pity that we don't do it in a larger scale and so surely at some stage, although I hope not, this will disappear.



## APCM—Annual Parish Council Meeting

**ANNUAL PAROCHIAL CHURCH MEETING (APCM)** – The APCM will take place on Sunday, 28<sup>th</sup> April at 10am in church, followed by a short Holy Communion Service. The APCM is in two parts: first the annual vestry meeting to elect churchwardens, which anyone who lives within the parish may attend; then the APCM itself at which attendance is limited to those on the electoral roll of the parish. The agenda and other papers relating to the meeting will be circulated to those on the roll. The meeting agenda includes elections for vacancies on the PCC.

# A Story of Death and Resurrection

by **Kenneth Prideaux-Brune**

I have been privileged to know some remarkable people during my life but one of the most remarkable was Elizabeth Twistington-Higgins, a ballet dancer just embarked on her professional career, who caught polio and thereafter was unable to move anything but her head. She had to consciously breathe and spent every night in an iron lung.

Somehow, she summoned up the strength to learn to paint, holding the paintbrush in her mouth, and all her sense of movement went into her pictures of ballet dancers. She was an early member of the Mouth and Foot Painters and sold cards of her pictures successfully through them.

And then she started to dance again, training a small group of girls in classical ballet, doing the choreography and designing the costumes. She became a pioneer of liturgical ballet, dance used in worship. She demanded the highest standards from the girls. To hear her berating the girls was an extraordinary experience because she had to stop to breathe after every two or three words, but the girls were left in no doubt that they had fallen short of the standards expected of them.

Somehow, she got to know my friend John Hull, priest and musician (singer, organist and composer – his party piece was to put silly words to a quartet in the style of Mozart and to sing all four parts, moving seamlessly from bass to soprano within a phrase). John led a group of eight singers, who sang unaccompanied. He asked me to recite a few poems during their concerts, partly to give them an occasion-

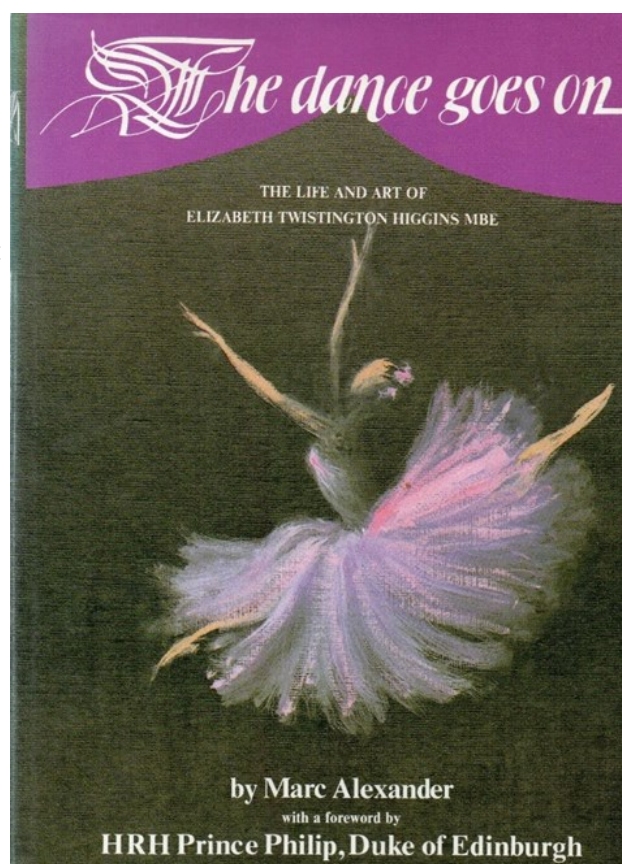
al break but primarily to help underline a theme for the evening. The singers only came together to rehearse and perform two or three times a year and so they called themselves the Occasional Singers.

John and Eliabeth decided they would like to work together, and we devised a show which we called The Song and Dance of Worship. We performed it in churches in various parts of the country and also, on one occasion, in Coventry Cathedral. One of the ballets which she created for us began to Elgar's Ave Verum (that most poignant piece of music) and morphed into the Vivaldi Gloria. It was a dance of death and resurrection and, of course, her whole life was a story of death and resurrection.

Inevitably, the time came when the girls were ready to move on, to university or college. Or, in two cases, to the Swedish Royal Ballet. Elizabeth felt she no longer had the energy to start again with a new group of girls. The very last performance of the Chelmsford Dancers (as they called themselves) took place at St Michael's. Sadly, the Singers were not available to take part but Liz Heritage joined me

for an increased number of readings. A packed church seemed to thoroughly enjoy the evening.

Elizabeth died in September 1990, at the age of 66.



**Above: One of Elizabeth's paintings on the cover of her biography.**

**Below: Elizabeth Twistington-Higgins**





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		3			7	5		
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1			9					

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## Not fixed in time or space

By Rebecca Olsen

The powerful Easter services held at St. Michael's each year seem to remind us that: 'The crucifixion is not fixed in time or space. It therefore happens anew every Holy Week. Indeed every time we think of it. So every part comes – the good, the bad and the ugly too.' *Anonymous (from St. Michael's)*

Even now, almost 2000 years since Jesus' death on the cross, we feel the pain and sorrow of Holy Week. We may wonder how many times we too have let Jesus down just as Peter did, by following our ego rather than God's word; or recall times we have sold Jesus, as Judas did; or perhaps we find ourselves relating to Simon, rushing to help Jesus carry his cross for a while. Whatever our thoughts, somehow the music, the lights, the seriousness of the words, and

the vision of the cross before us, draw us into the moment.

Then, as the darkness of the crucifixion turns to light through the resurrection, our sorrow turns to joy and remembering that Jesus died for us so our sin may be forgiven. The cost Jesus paid for each of us, and continues to pay for us even now, through carrying the weight of our sin, reminds us to continually refine ourselves through deeper self-reflection and communion with The Holy Trinity.

As the same anonymous writer from St. Michael's said to me recently, 'We all want to be Mary, who saw the risen Lord first. We don't want to be Peter who denied, Judas who betrayed, or indeed any of the disciples who went to sleep. But we, at some time, will be all of those.'

## Prayer

Your tuneful ear, alive to the groanings  
Of your earthly flock,  
Squirming beneath the endless pulse of War,  
*Hear and save us, Lord!*

When poverty swells a child's belly  
And beggars line our streets, stripped  
Of dignity,  
*Hear and save us, Lord!*

When we fail to listen and pass  
A stranger on the other side,  
And turn our heads, deaf to his sorrow,  
*Hear and save us, Lord!*

When gossip and spiteful words resonate  
Across our screens, tainting  
Youthful minds,  
*Hear and save us, Lord!*

When tribal feuds and snares of  
Hateful thoughts poison  
And imprison us,  
*Hear and save us, Lord!*

For such frailty, help us make amends  
By letting Love and Wise Discernment  
Infuse our prayers and actions,  
*Hear and save us, Lord!*

And at the finish, may you know we've listened  
To your gentle promptings, so we can  
Change the course of human pain,  
*Hear and save us, Lord!*

by Janet Gibbs

## Eucharists:

**Sundays** 8.30am and 10am  
(Gathered Round on the second Sunday of each month is especially designed for families)

**Tuesdays** 10.30am

## Morning Prayer:

**Tuesdays** 9am in the Lady Chapel.

**Messy Church:** 20 April '24

(The third Saturday each month 11.30am—1pm, except Aug)

**APCM & Short Eucharist—28 April, 10am** This is instead of the usual 10am Eucharist.

St Michael's is usually open for private prayer from 10am—4pm Mon– Fri. <https://www.youtube.com/@stmichaelandallangels/streams>, will access live-streamed services.

## WORSHIP

### WARDENS

7 April Alan Bacon  
14 April Andy Connor  
21 April Roger Leslie,  
28 April Roland Gillott

Please see:  
[stmichaelsamersham.org.uk](http://stmichaelsamersham.org.uk)  
for more details

## ACTIVITIES AT ST. MICHAEL'S & BEYOND

**WISE CHOICES FILM CLUB — 5 April— THE QUIET GIRL —2pm-4pm—Wheeler Room**

Irish Cait is sent away from her dysfunctional family to live with relatives for the summer. Cait senses that something is plaguing her new foster parents. Running Time 1hr.30mins.

**A CRAFTY CUPPA—12 & 26 April — 10.30am-12 noon**

A drop-in session for everyone who wants a cuppa and some company. Bring a craft with you or come and find out more about knitting from Audrey (12 April) or try your hand at dried flower arrangements on 26 April. Bring your own silk flowers, a few leaves and a picture frame if you wish to; glue will be provided.

**LUNCHBREAK – Amersham Free Church**

**Every Tuesday – 12noon-2pm** Tea, coffee and soup available **1.10pm-1.30pm** Music, a talk, or short service.

**Mondays**

**Tiny Talk—Baby Signing** 10am (Tel: 07809 157 428)

**Mature Movers** 1.45pm—2.45pm

**Amersham Dance Studio** Children from 3+. 4pm—10pm  
(email: [emma@amershamdancestudio.co.uk](mailto:emma@amershamdancestudio.co.uk))

**Stay Steady, Stay Strong** 1.30pm—2.30pm & 2:45pm—3:45pm (Tel: 07951 294178)

**Tuesdays**

**Tuffney Performing Arts Academy** 4.30pm (Email: [office@tuffney.com](mailto:office@tuffney.com))

**Yoga with Shiv** 6pm—8pm (Science based approach, open to all. Tel: 07815132157).

**A Capella** 7pm—11pm (<https://www.amershamacappella.com/>)

**Wednesdays**

**Oakden Pilates** 9am—12pm ([oakdenpilates@gmail.com](mailto:oakdenpilates@gmail.com))

**Karate Club** 7pm—8pm (Tel: 07951 024 397)

**Badminton Club** 8.15pm—10.15 pm (Tel: 01923 264791).

**Thursdays**

**Badminton** 1.30pm-3.30pm

**Amersham Dance Studio** Children from 3+. 4pm—10pm  
(email: [emma@amershamdancestudio.co.uk](mailto:emma@amershamdancestudio.co.uk))

**Chiltern Spirit Combat** 7.30pm-10pm

**Fridays**

**Karate Club** 7pm—8 pm (Tel: 07951 024 397)

**Saturdays**

**Popstars Academy** 9.30am—12pm (email: [hazel@popstarsacademy.com](mailto:hazel@popstarsacademy.com)).

Please see [stmichaelsamersham.org.uk](http://stmichaelsamersham.org.uk) if you would like to book the hall.

## COMMUNITY ACTIVITIES IN THE HALL

**Saturday, 20 April, Messy Church** will be on in St. Michael's from 11.30am to 1pm, including fun activities on the theme of Easter; lunch, which is provided for all, and more. No need to book, just turn up. All welcome. This activity is free but donations are welcome to cover costs.



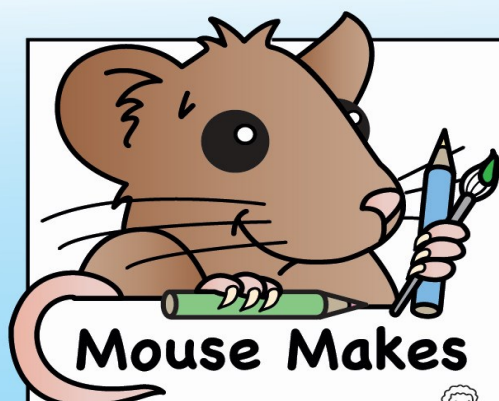
**Weddings,  
Births and Deaths  
RIP  
Basil Macnab**

**The Article on page 4 is  
by Edmond Eiliazadeh**

2	7	9	4	8	6	1	5	3
4	8	1	3	7	5	6	2	9
6	3	5	2	1	9	4	8	7
7	6	4	5	2	3	8	9	1
3	1	8	7	9	4	2	6	5
9	5	2	1	6	8	3	7	4
8	9	3	6	4	7	5	1	2
5	2	7	8	3	1	9	4	6
1	4	6	9	5	2	7	3	8

Answers to Sudoku on page 6

**DIARY** APRIL '24



## Mouse Makes



How many times  
had the risen Jesus  
revealed himself to the  
disciples before this?

Read  
John 21:14



How many  
disciples were there?  
Who were they?

Read John 21: 11

Some time after Jesus had risen a few of His  
disciples met together to go fishing.  
They fished all night but caught nothing.  
As the sun rose a man on the shore asked;  
"Have you caught anything?"  
"Not a thing" they answered.

He said to them "Throw your net out onto the  
right side of the boat and you will catch some."  
So they did and they and they caught so many  
fish they could not pull in the net.  
Then John recognised the man,  
"It is the Lord!"



**READ**

the story in  
**John 21**

How many fish  
did they catch?  
Read John 21: 11



DISCIPLES • TIBERIAS • SEA • SIMON PETER • THOMAS • NATHANAEAL • JOHN • DAY  
FISHING • BOAT • NIGHT • CAUGHT • NOTHING • WATER • SHORE • FISH • CAST • NET  
RIGHT • FIND • HAUL • LORD • FULL • LAND • FIRE • BREAD • BREAKFAST • JESUS

Colour in all the fish

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