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## Welcome!

Welcome to this mini edition of Inspire.

Thank you to everyone who has contributed to this issue and please keep sending in items for the next.

Wishing you a safe and restful summer .

*Ruth*

Ruth Humphreys, Editor  
August 2021



Photo credit: Colin Dandridge

***'Come away to a deserted place all by yourselves and rest a while' (Mark 6.30).***

So said Jesus to his closest friends as they found themselves overwhelmed by people needing teaching, healing and help.

He took them in a boat the hills on the other side of the Sea of Galilee, where they could rest, away from the crowds.

If that was so for Jesus' friends 2000 years ago, how true it is for us in the fast moving world today.

Jesus is God, he was there at creation, he knows how people function, and he knows that we all need rest to function well.

Rest, space, inner peace. All are really important for all of us if we are to serve God and support other people. It makes absolute sense that to care for others, we need to care for ourselves.

And many of us are not so good at that! Someone sent me this cartoon card a few years ago – and I love it because it reminds me that I can't rush rest!!

One of the early church fathers wrote that half an hours prayer was essential every day – 'except when you are really busy – then you need an hour and half!'

I have been very impressed by the way that some of the athletes at this year's Olympic Games have put their own mental health before competing. You need to be in the right 'headspace' to do your very best.

So, this August we are taking life very gently at St. Luke's and allowing all of us (and especially the ministry team) time to rest and re-created by God. Spurred on by a beautiful Quiet Day at Goosebury Hall in July, we need to follow the model that Jesus sets.

I pray that we can all have some space to be with God, with family and loved ones, and to rest this summer.

**Revd. Sally Lynch**



## Quiet Day at Goosebury Hall





On 17<sup>th</sup> July we were blessed with a beautiful quiet day at Goosebury Hall in Epping. The Revd. Canon Geoffrey Connor led us in reflections on Psalm 139. We were able to walk the labyrinth and have space to 'be' with God and with each other.



## Psalm 139

To the leader. Of David. A Psalm.

O LORD, you have searched me and known me.  
You know when I sit down and when I rise up;  
you discern my thoughts from far away.  
You search out my path and my lying down,  
and are acquainted with all my ways.  
Even before a word is on my tongue,  
O LORD, you know it completely.  
You hem me in, behind and before,  
and lay your hand upon me.  
Such knowledge is too wonderful for me;  
it is so high that I cannot attain it.

Where can I go from your spirit?  
Or where can I flee from your presence?  
If I ascend to heaven, you are there;  
if I make my bed in Sheol, you are there.  
If I take the wings of the morning  
and settle at the farthest limits of the sea,  
even there your hand shall lead me,  
and your right hand shall hold me fast.  
If I say, 'Surely the darkness shall cover me,  
and the light around me become night',  
even the darkness is not dark to you;  
the night is as bright as the day,  
for darkness is as light to you.

For it was you who formed my inward parts;  
you knit me together in my mother's womb.  
I praise you, for I am fearfully and wonderfully  
made.

Wonderful are your works;  
that I know very well.

My frame was not hidden from you,  
when I was being made in secret,  
intricately woven in the depths of the earth.  
Your eyes beheld my unformed substance.  
In your book were written  
all the days that were formed for me,  
when none of them as yet existed.  
How weighty to me are your thoughts, O God!

How vast is the sum of them!  
I try to count them—they are more than  
the sand;  
I come to the end<sup>\*</sup>—I am still with you.

O that you would kill the wicked, O God,  
and that the bloodthirsty would depart  
from me—  
those who speak of you maliciously,  
and lift themselves up against you for  
evil!<sup>\*</sup>

Do I not hate those who hate you, O LORD?  
And do I not loathe those who rise up  
against you?

I hate them with perfect hatred;  
I count them my enemies.  
Search me, O God, and know my heart;  
test me and know my thoughts.  
See if there is any wicked<sup>\*</sup> way in me,  
and lead me in the way everlasting.<sup>\*</sup>

## **An address at the funeral of Johanna Raffan, RIP, 28th June 2021,**

**The Revd. Sally Lynch, St. Luke's Church, Maidenhead**

The interviewees for the post of vicar of this church a little over ten years ago, were subjected to the usual variety of tasks and chats. I remember very clearly sitting in a circle in the chapel with half a dozen key church members. It was in that very first encounter that I recognised that the lady with the slightly unusual name was a deeply spiritual person.

Clearly since then I got to know Johanna – and her story too.



Gerda has helped to fill in the key details of her full, rich and blessed life.

Johanna desired to become a nun in her teens while she was at school. She was persuaded not to, and she met Sandy very shortly afterwards. They both fell head over heels in love with each other and enjoyed very nearly fifty years of happy, devoted marriage.

Johanna thrived both professionally and personally. She became a Headteacher, and many people have paid tribute to her as their teacher, or as dedicated teacher of their child. I had an email from one adult, for example, who wrote: An example of her dedication was when I failed my 11 plus exam and was very upset as I knew I'd be split up from my best friends. She then came around to my house that day for a chat to make me feel better. Mrs Raffan was a true example of the perfect teacher. Tough when needed and giving great support at times of adversity.

She loved her work, and she was innovative in her approach to self-directed learning, and comfortable and carpeted classrooms. Many of us know that later in her career she diversified into providing structure and guidelines for Gifted Children and she was a founder member of NACE - The National Association of Able Children .

Here she excelled and she lectured far and wide on how this precious resource of clever brains needs protecting, supporting and encouraging. Johanna taught the teachers in Denmark, USA , Spain, Norway (of course!) and elsewhere. She was rewarded for this work in 2013, by being awarded the MBE.

Alongside her professional life, Johanna was committed to Sandy's Masonry, but her own huge commitment was to Soroptimism. Soroptimism seeks to improve the lot of women and girls – around the world and through this amazing movement Johanna has made a difference

to many lives. One particular project the Kori Project in Sierra Leone was particularly close to her heart, where the Sandy Raffan Library and its classrooms thrive. She has revelled in the last year in her presidency of SIGBI, frustrated at not being able to travel but instead able to attend local, meetings literally all over the world.

Johanna worked hard in public service, but took also literally Jesus' promise and she enjoyed life in all its fulness too. She was a great wine buff, there was never any duff wine when Johanna was ordering. A few years ago, she and another church member took part in 'Desert Island Hymns and Readings'. Her companion that evening wrote to Gerda: We each shared our faith journeys alongside our favourite hymns and readings. It was a real privilege to hear Johanna's story and to be her fellow castaway, especially with her luxury item of an endless supply of red wine!

And I think we are hearing all of those hymns again today.

Johanna was also a passionate traveller she continued to enjoy her time share in Gran Canaria after Sandy died. She also joined us on three pilgrimages to the Holy Land, which I know were a source of deep joy and spiritual nourishment.

Back to that spiritual depth.

After Sandy died Johanna spent time in contemplation and she told me, and I think others, I heard God saying to me, 'I want you back'. And He got her back – back to that original desire in many ways, and yet now with a whole lifetime of experience – of joys and sorrows – the whole mess of life into which the incarnate Jesus was born, she was able to bring to her new/old vocation.

As Martha, she had served (and still did) but Mary came to the fore as Johanna sat at the feet of her Lord- and listened. She drew strength from prayer and retreat. The story of Martha and Mary was one that resonated strongly with Johanna and those of us who were with her – on more than one occasion - will treasure her reading of that story in the very place where it happened 2000 years ago.

Johanna explored the religious life and took first a vow to the Single Consecrated Life - for which God's wedding ring is the altar today - and then become one of the first members of the Society of the Resurrection, based at Mirfield, which she called her spiritual home. The great joy she had always had in her faith, blossomed into a mature and fulfilling life committed to God in a radical new way.

That deep faith is what inspired and encouraged her, and I am quite sure comforted and supported her in her unexpected dying. She knew who she was, whose she was and where she was going.

Johanna chose all the readings and the music that we have used in our two services today. She had given careful thought to what would express her best – her life and her faith.

Johanna knew that God loved her - just as she was – that he had called her by name and redeemed her. One of her favourite contemporary worship songs is based on the first reading that we heard today: Do not be afraid for I have redeemed you. We played it to her as she lay in hospital and hospice – and the beautiful final verse sums up her faith so eloquently – you are mine, O my child, I am your Father, and I love you with a perfect love. Johanna knew that deep inside her.

And we can know that too. Which is why she asked for no black to be worn – in her words – in celebration for a wonderful life. We wrestle with that – we loved, we love her, we mourn her and we miss her – but she speaks to us through the words of the second reading – she is already experiencing that new heaven and new earth, where there is no more death or crying or pain. Johanna is with God – all is well. When I ran out of words in the little time that I was able to spend with her towards the end – or perhaps I should call it the beginning – I found that all I could do was to quote mother Julian of Norwich: all shall be well and all shall be well and all manner of things shall be well.



All is well for Johanna, because she accepted Jesus' offer of life and she drank deeply, daily from the spring of water that he offered. For Johanna, a part of that regular sustaining from God involved the sacrament of Holy Communion. I am so glad that we were able to find a way of sharing the sacrament with her in her last days – feeding on Jesus for strength. And that is what she wants for us as we are gathered around God's table today. Perhaps not quite as we would wish due to the pandemic, but we still join together in this act of remembrance - anamnesis.

Bishop Richard Holloway writes that the Eucharist is not about Jesus, it is Jesus himself, come to us in bread and wine. Jesus who wept at the death of his friend, Lazarus, the brother of Martha and Mary, knows how we weep for our sister Johanna, and he comes to each of us today and says, all will be well. Do not be afraid. I love you with a perfect love. I sense that that is what Johanna wants to say to us today: All is well. I am fine. And you can be too. Just trust 'Him'.

And so we come today to thank God for our sister, friend, companion on the way, Johanna. To commend her to his care – even though she is already there! To look to God for comfort and

perhaps even to learn from Johanna, to seek to emulate her faith. And although we wanted more of it, to celebrate a wonderful life.

Gerda writes this:

'All who met Johanna know she was a brilliant raconteur and excellent company. She was interested in people and their trajectories.....the presence of so many adult Godchildren here today is testament to this .

She made friends and kept them all her life, like her lovely parents, she loved parties and cooking for people .

We will all remember her for her generous hospitality, her sense of well-being and her extreme happiness, her pleasure in her garden, her contentment with life and the lovely way she had with everyone , that made each and every one of us feel special'.

Today we thank God that each of us shared a little bit of Johanna.

May she rest in peace – and rise in glory. Amen

# Johanna

JOHANNA  
 VERY SPECIAL AND  
 TREASURED MEMORIES  
 OF OUR PILGRIMAGE  
 TO THE HOLY LAND  
 IN 2019

Johanna  
 is a mention  
 Her love of Mashed  
 sweets / puddings  
 Her love for her  
 garden.

Johanna  
 Thoughtful,  
 capable.  
 Wine expert.  
 Devout  
 Fun

Johanna  
 or her  
 osity and  
 FAITH

Deep faith  
 Smile

Johanna -  
 Her inability to  
 be frustrated  
 by anything -  
 true calming  
 spirit

Johanna's  
 Wisdom & beautiful  
 Soul.

- ♥ helpful & kind.
- ♥ welcoming.
- ♥ positive
- ♥ funny

Johanna.  
 A clever, wise  
 astute lady  
 who so loved  
 and cared  
 about children.

Johanna  
 Her chuckle, her  
 warm strength  
 and utter reliability.  
 Her spiritual depth  
 which radiated from her

Kind  
 Smiley  
 helpful  
 Welcoming  
 Thoughtful

Johanna,  
 The twinkle in  
 her eye when  
 she said something  
 mildly contentious

A calm presence

a teacher to the  
 end, so the Lord  
 said "Johanna,  
 your work is done"

champion  
 of  
 the Gifted

For being  
 an excellent  
 tutor to our  
 family

Lighting a candle  
 in their memory...x

Listening to certain  
 songs they used to listen  
 to x

I REMEMBER  
 JOHANNA FOR  
 HER SENSE OF  
 HUMOUR

JOHANNA  
 YOUR FAITH LIVED OUT  
 THE FUN WE HAD  
 YOUR WISDOM,  
 YOUR CARE FOR  
 OTHERS  
 YOUR LOVE OF ART

Johanna  
 Her day wit  
 and her gener  
 help + advice  
 when participate  
 in church activities

A very kind  
 lady who loved  
 to share a  
 smile and a  
 pearl of wisdom

But knowing  
 because in her eye  
 and my smile

Johanna took my  
 two daughters into  
 the side chapel to  
 show them the  
 eternal flame, and  
 out.



Smile  
 friendliness  
 Welcome

Johanna -  
 The Mother of St. Paulinus

# **A eulogy and address at the funeral of Enid Barber, RIP, 30th June 2021,**

**The Revd. Sally Lynch, St. Luke's Church, Maidenhead**

Enid was born 87 years ago in Highams Park. She was a sister in the middle of two brothers – Don, sadly no longer with us, and Robin.

Enid's whole family was involved in Scouting and Guiding, and she was one of four generations to earn the Kings Guide (or, in Mary's case, Queens Guide) award.

She trained as a teacher at Brighton College, and it was whilst there that she met Tony at Cecil Sharp House – through the English Folk Dance and Song Society. It was not just English dancing that they did and over the years they travelled all over Europe finding out more about different dances – hence some of the music played before this service.



Enid and Tony were married at Highams Park on 15th February 1958, and enjoyed 63 years of marriage – living in a variety of places, moving with Tony's RAF career, before settling in Maidenhead in 1972.

Enid had started teaching at a school for the deaf on the Old Kent Road where she threw chalk to get the attention of the children – in those days you could do that! She then taught in Yarmouth, just as she met Tony and so that was a short lived appointment as she followed him, doing some supply teaching before and after the arrivals of Mary, Bill, Ann, Steven and John. Enid never forgot Ann, who died at just ten days and sometimes spoke to us about her.

The family moved to Waddington, Grimsby and then to Cyprus which is where Enid met their firm friends Beryl and Brian McDevitt godparents to John. There were more moves back in the UK before Tony left the RAF in 1972 and the family moved the Maidenhead... and became firm members of St. Luke's church family. Enid taught in a few schools, primarily at Furze Platt Infants School, retiring from there in 1994.

Enid has written a series for our occasional parish magazine about the various churches that she belonged to. Unfortunately, she owes us the last one in the series, about this church – that may be fortuitous! She clearly had a tale to tell of this church community – she was so well versed in our life. Over the years Enid served as a helper with all ages of children from creche to teens. She led prayers, read, organised quiet days, cleaned this beautiful space (indeed she was the cleaners key holder), she served, administered the chalice, and introduced baptism anniversary cards. Enid was a champion of the various charities that we

support and an amazing prayer for many of them. Crucially, she served with Roger Clarke as churchwarden through a challenging time in our story.

As a church we owe Enid a huge debt of gratitude. She is one of those firm foundation stones on which this church is built – not just the building but the people, who remember her contribution with deep love and affection.

Of course, that is all important, but at her heart Enid was quite simply a teacher (and she never stopped being a teacher) who became a mother and loved and nurtured her whole – growing – family with deep, sacrificial love and patience, pride and joy.

### **The address**

'See, the home of God is among mortals.

He will dwell with them;

they will be his peoples,

and God himself will be with them;

he will wipe every tear from their eyes.

Death will be no more;

mourning and crying and pain will be no more,



We have heard a very brief potted history of Enid's long life and also about the series she wrote about the churches she has been a part of. Faith has always played a key part in Enid's life, alongside her family.

We come today to thank God for Enid and of course to mourn her – to be sad for ourselves and comfort each other in the shock of her sudden passing.

But Enid herself was quite clear that when the end of this life came, it would mark the beginning of eternity and a full, complete life with her Lord, in far better place than this and for a blissful eternity. She was also clear that today, whenever it came, was to be a celebration. On one level we rail against that, and yet we know that for Enid, although her manner of death was sudden and somewhat unexpected, it was for her the entry to the fulness of eternal life that she believed in so strongly.

The reading we heard from the book of Revelation is very familiar to many of us and there is a danger that we take it for granted. Enid did not. She knew, deep down inside, that God

was with her and would bring her to his holy place. For her there are no more tears. She cannot die again. She is alive, very much alive and vibrant in that place that we call heaven because we have not yet experienced it and have no other words for it.

In the New Testament St. Paul writes of Jesus' promise of a new, recognisable, perfect, whole resurrection body and I suspect that Enid was rather looking forward to that. We know that in recent years she has slowed up a little. She has struggled with a body that was wearing out – through jolly good use! And the social distancing of the pandemic allowed her the comfort of a blue 'bucket chair' as she called them rather than the hard pews in church. Yes, Enid now knows and enjoys the lightness and freedom of her resurrection body – able to dance once again in the heavenly country dances - and what a host of them there will be to choose from and participate in – as she joins the dance of Father, Son and Holy Spirit – intertwined in love.

Enid knew in this life the love of the whole Trinity: Father, Son and Holy Spirit. She shared that love with others – family, church family and neighbours. We knew Enid – each of us in different ways and at different times – through her doing for God. But we also knew her in her being for God. Enid revelled in Quiet days, in silence and in taking time with God. Her active service for God was fuelled by that underlying prayer and gentle faith. She offers us a model for a good foundation in Christian discipleship.

Enid is in a good place now. She is with her Lord, and ours. All is well.

The vision in Revelation of a new heaven and earth is of the end of time. for Enid that has come and so she can fully embrace that lack of tears and being wholly with God.

We who are left are not there yet and so for us there will be tears. I don't think that the message that we should take from this beautiful Bible passage is that we should not cry and mourn for Enid. Of course we should! We loved her. We love now, and we will continue to love her, until that time when we see her again with our Lord face to face. Jesus himself wept at the death of his friend Lazarus. He expects us to weep for ourselves at the loss of our wife, mother, sister, aunt, friend, companion on the way.

But as St. Paul suggests, we not weep as those with no hope – for through our tears we can glimpse eternity – which Enid now fully inhabits and which is offered to each one of us too.

So we give thanks to God for Enid, we comfort each other in our grief, but we rejoice that she has taken her heavenly place for ever.

May she rest in peace, and rise in glory. Amen.

# Enid.

Enid's beautiful  
Smile + Warmth

A dear, clear memory  
of Enid is being sat  
at her kitchen table  
as she assessed me  
for 2 Brownie  
badges.

Nicola x

capable  
good example  
observant  
faithful  
thought  
deeply → solution

loving  
family lover

Enid.  
for her  
memories  
of things in  
church + Maidenhead

Enid  
A pillar of  
the church  
Devout  
Always there  
to help

\* chatty, loved  
her conversations.

\* smiley

ENID

YOUR THOUGHTFULNESS

YOUR SMILE

YOUR FAITH -  
LIVED OUT

YOUR QUIETNESS

ENID

Remember  
her  
Happy  
smiles. Jean  
+ Indi.

Enid was the first  
person I met as she  
was on the door +  
I remember her  
lovely welcoming  
smile.

I REMEMBER  
ENID FOR  
HER KINDNESS

F.M.P.  
After we've  
never forget  
love

Enid,

For making me  
feel welcome  
when I first  
arrived, and her  
smile.

Always kind  
Always interested

Suite  
Friendliness  
Welcome

ENID

HER HUMOR  
AND SMILE  
THAT LIT UP  
THE ROOM.

Smile 😊

Welcome

Enid

Passing on  
useful things  
for flower arranging  
& crafts, eg basket,  
shells etc.

Enid was the first  
person in the church  
that I came out to and  
her total acceptance  
was re-assuring.

Enid.  
A very kind  
welcoming  
lady - full of  
friendliness  
& fun. She was  
a great asset to  
church & society.

Enid  
Churches Together

## A Nurse's Experience of the COVID Vaccination Clinic

At around the beginning of December last year I was happily enjoying retirement when I received a phone call from my previous Practice Manager to ask if I would consider being part of the local COVID-19 vaccination team. It was a very easy decision to make, and I instantly agreed to join the team settling up at the Desborough Suite at the Town Hall. Even though my nursing registration was still active, I needed to undertake over 30 e-learning modules to bring myself up to date with all the legal requirements and clinical knowledge surrounding the COVID vaccination programme!

Before starting the clinics, Rev Sally invited Phyl and I into church to give us both a socially distanced Blessing.

The first clinic took place on 22nd December 2020 and those initial clinics were incredibly moving experiences as the elderly and those most at risk came forward to receive their first vaccines. Most had been shielding for many months and had not seen their close family and friends, other than perhaps on Zoom or video calls. The virus numbers were very high, and the numbers of hospital admissions and deaths were rising on a daily basis. The vaccine was seen as something of great hope and a real triumph of science and technology.



Revd Phyl Sopp (left) Jeanette Lock (right)

I have been a nurse for over 40 years, and I can honestly say that my work with the vaccination programme has been the most rewarding thing I have done in my nursing career. The hours worked are busy and long but I am sustained by the feeling of joy and hope which each vaccine gives to people. Despite the masks, it is easy to see the emotion in people's eyes as the needle goes into their arm (and that's not about my injection technique!).

There have been so many highlights but here are just a few:

- vaccinating a lady who was about to go into hospital for surgery and chemotherapy for breast cancer.
- vaccinating an elderly man who hadn't been out of his house for ten months.
- vaccinating the staff and residents of Larchfield Care Home on New Year's Eve.

It has also been lovely to be able to work alongside Phyl again since we had spent many years working together as Nurse Practitioners both in Slough and locally in Maidenhead. We both found it incredibly rewarding to be able to go together into care homes and learning disability care homes to vaccinate people who are incredibly vulnerable.

I see the work I do at the vaccination clinic as a form of Ministry; serving God and sharing His love with people in a very practical way as well as being His witness to all those I meet. The COVID vaccination delivery programme has been an amazing effort by our NHS and it has been an absolute privilege and pleasure to be involved in it.

Jeanette Lock  
June 2021



**Knitting prayer shawls for Gaynor's Gifts**

## Gaynor's Gifts

### Have you heard about Gaynor's Gifts, our prayer shawl ministry at St Luke's?

Every two weeks, a group of knitters and crocheters get together for an hour, in church and/or Zoom, to create simple but beautiful shawls and lap blankets.

The shawls and blankets are knitted or crocheted (or even sewn) with care and blessed at the altar during a Service. They are then given away with love – perhaps to someone who is unwell or going through a dramatic or traumatic change in their lives. They may be given to someone mourning the loss of a loved one or celebrating a joyful event.

At the beginning and end of our time together, we pray for God's blessing on the work of our hands, and for the people who will receive the shawls we make. We hope that when a recipient wraps the shawl or blanket around them, they will feel embraced by God's love and know the comfort of God's presence.

Whilst we knitters and crocheters might not know who has been given a shawl, we have received the most heartwarming and beautiful feedback. It's a lovely ministry to be involved with.

So if you can knit (or would like to be taught how), crochet or sew and would like to join us for a gentle hour of creativity, please do get in touch with me, or have a word with our Vicar, Sally, when you see her. We can provide wool and needles if necessary, and there is more information and a suggested knitting pattern at <https://bit.ly/3jSQPSu> - or ask us for a printed copy.

We call our shawl ministry 'Gaynor's Gift' because Gaynor is the name of the lovely person who got us going by donating a huge bag of colourful, chunky, machine-washable yarn.

If you have an unwanted stash of yarn at the back of a cupboard, we would willingly take it off your hands and turn it into something beautiful and full of love!

Also, if there is someone on your heart whom you think would like to receive a shawl, please do let us know.

Terrie, [terrie.robinson2702@gmail.com](mailto:terrie.robinson2702@gmail.com),  
tel 01628 634107



# Girlguiding

Girlguiding is the leading charity for girls and young women and is an opportunity for girls aged 5 and up to have fun, adventure and the space to discover their own potential. Right now, it's more important than ever to laugh, learn and to enjoy social interaction with friends outside of school and home.

Here, is a taste of what units in Maidenhead have managed to do during the last 12-18 months. Some Brownies (age 7-9) became secret agents and a Rainbow unit (age 5&6) adopted some lions and tigers at London Zoo. There have been Guides (age 10-14) completing science experiments and using newspaper engineering to build towers while Rangers (age 14-18) recently modelled themselves out of clay.

Aisling aged 9 says "It's my favourite part of the week!"

There have also been lots of virtual sleepovers with either fantastic sleeping dens inside or fabulously decorated tents with eggy bread for those camping in their gardens.

In more normal times we do all of that plus lots of exciting outdoor adventures; anything from archery and canoeing to skiing and zorbing, not forgetting our camps! Now that some units are back in person, we've had Guide and Ranger groups; den making, fire lighting, following trails and learning first aid. We even have some residential trips planned for the summer - fingers are crossed!

## Why not become a leader?

Volunteering with Girlguiding isn't just about campfires and helping girls to get their next badge –although these are special moments! It's about empowering girls and giving them new experiences.

It's being a role model and helping girls to realise their full potential. Its sharing and developing your skills. No experience is required, though a sense of fun and enthusiasm are a must!

Sue, a Guide Leader says "It's like a big guiding family. There are lots of opportunities, both as a young member or as a leader." Sophie a Brownie leader, described how experiencing every section of Guiding as a young member has given her valuable life skills, confidence and drive.

Follow us: @GG\_Maidenhead on Twitter and 'Girlguiding Maidenhead' on Facebook and Instagram. #YouGoGirl





## Revd Phyl's Ordination

it was with great joy that we celebrated Phyl's ordination as priest at Reading Minster on Saturday 26th June. Although very few people could be there in person, the service was live streamed so we could all watch, join in, and pray for her

Phyl presided at the Eucharist for the first time on Sunday 27th June.





## Messy Church Outside



Our first face to face Messy Church was held in the vicarage garden in early July. After months of faithful participation on zoom, it was great to be back together again and to think about the parable of the rich fool





***"It was a fab event and such a joy to be part of real live inclusive church with my family again" Jose Kershaw***

# Eat a Rainbow Every Day with the Foods of the World

Submitted by Dorothy Strack-Hankey

**Just for fun, test your knowledge about these colourful foods, using the clues given.**

1. This tuber, originally from Peru, can be red, white or purple. \_\_\_\_\_
2. This red fruit has its seeds on the outside. \_\_\_\_\_
3. What colours are *Aubergine* ? \_\_\_\_\_
4. This green fruit, rich in Vitamin C, is from New Zealand. \_\_\_\_\_
5. A dried leaf, black or green, used for beverages. \_\_\_\_\_
6. A green vegetable that gave Popeye his strength. \_\_\_\_\_
7. A red berry when roasted is used in beverages. \_\_\_\_\_
8. This dark fruit comes from the 'Tree of Life' in Persian Gulf. \_\_\_\_\_
9. The seeds of a grass grown in flooded areas of Thailand. \_\_\_\_\_
10. A brown 'nut' that grows underground in Senegal. \_\_\_\_\_
11. A red 'fruit' high in Vitamin C from Ecuador. \_\_\_\_\_
12. This blue fruit grows on small bushes in northern climates. \_\_\_\_\_
13. A long yellow fruit comes from the West Indies \_\_\_\_\_
14. This green or black fruit, is used by itself or for making oil: \_\_\_\_\_
15. A 'seed', usually yellow or white is from North America. \_\_\_\_\_



***The answers can found on page 26***

## New Brainstorm School

In the last issue of Inspire we wrote about New Brainstorm School in Uganda. We decided that NBS should be one of our three charities for 2021. Since then we have been able to send £1400 to the school, initially to respond to a need for new desks and benches, and a new bridge. The funds have enabled far more work, which is really exciting, and we have had several emails from Mr Kintu, the headteacher, who thanks God for this provision, which has also enabled them to mend and re-paint the school building, install a new wire safety fence and a swing for the children.



## Who's who

and how to contact us

All numbers prefixed with Maidenhead 01628... unless otherwise stated

### Ministry Team



**Vicar**  
*Revd Sally Lynch*  
783033



**Associate Priest**  
*Revd Canon*  
*Terrie Robinson*  
634017



**SSM Curate**  
*Revd Phyl Sopp*  
781390

### Write to us at:

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### Churchwardens

*John Salter 634439*  
*Jacqueline Lewis 07904541031*

### Assistant churchwardens

*Mike Mason 628013*  
*Aaron Wilson 07411 692662*

### Flowers

*Rita Salter 634439*

### Electoral Roll Officer

*Parish Office 631486*

### Gift Aid Secretary

*Kim Rumble*  
*07973 294082*

### Director of Music

*Adam Went*  
*01753 643974*

### PCC Secretary (acting)

*Ralph Hinchliffe 784724*

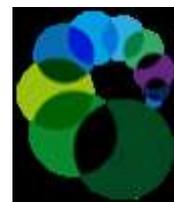
### PCC Treasurer

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### Parish Administrator

*Ruth Humphreys 622733*

*St Luke's is part of*  
*Inclusive Church*  
*Find out more at*



[www.inclusive-church.org.uk](http://www.inclusive-church.org.uk)



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*Maidenhead*  
*on Facebook*

Answers to Rainbow Food Trivia questions: 1. Potato, 2.Strawberry, 3.Dark Purple and white, 4. Kiwi, 5.Tea, 6. Spinach, 7. Coffee, 8. Dates, 9.Rice, 10. Peanuts, 11.Tomato, 12.Blueberry, 13.Banana, 14. Olive, 15. Sweet corn/maize,