



From the Vicarage

They say that comparison is the thief of joy. How true that is. All too often we can find ourselves putting unrealistic expectations on ourselves because we ought to be better in this way or that. Perhaps we should have tried harder, worked longer, been more successful, eaten more healthily, or felt as happy in ourselves as we present ourselves to the world. Expectations are all around us, from our family, neighbours, co-workers, other parents, other runners or dog walkers. The heaviest expectations though are the ones we place on ourselves.



Some expectations are beneficial; they drive us on to do the things we want or need to do. Some expectations though are unhelpful. No matter how hard we try, success is always out of reach even when it's tantalisingly close. This can affect our work, our health, our education, and worst of all our relationships with others.

Two of the most helpful bits of advice I've received helped me to change my perspective on my own expectations. First, treat yourself like your own best friend. A best friend can criticise you sometimes because they care for you. But if they only malign you, they wouldn't remain your best friend for long. Why should you let yourself treat yourself in a way you wouldn't let someone else? Second, not everything is as important in reality as they feel like they are when you're thinking about them. The 'opinions of others' fall into that category.

This is important because rightly or wrongly we can put pressures on ourselves which prevent us from realising possibilities which we would perhaps not only benefit from but actually enjoy and thrive within. At their core, however they manifest for each of us, our self-imposed limitations and negative expectations tell us "I am not good enough".

We have a tendency to self-select the communities which we are prepared to engage with by asking ourselves "Am I interested?" and "Could I fit in?" In our digitally augmented culture we can follow the topics which we enjoy, we can block or filter out the ones we don't. More significantly we can do this with people. This selectivity spills out into our physical lives such that we pick and choose how we spend our time and who we spend it with such that despite being engaged with our communities we might not necessarily know the people who live three doors down the road. If we select our communities based on interest and acceptance, then how does that shape how we think about the Church?

I have thoroughly enjoyed meeting people throughout Penn and Tylers Green, particularly over the Christmas Season. Yet there's a common theme I have noticed where people apologise to me that they only come to Church once or twice a year, or perhaps they'll say "I don't really 'do' Church, I'm afraid". I'd venture to guess that people have a couple of expectations when they meet me. One, that I want you to be in Church every Sunday. Two, because you're not in Church every Sunday I probably think you're not a good person, or at least that you could be a better person. While I understand those assumptions they're not strictly true.

The Church of England has a peculiar and perhaps old fashioned view of who the Church is for. It's not a membership club. It's not for people who are somehow 'good enough'. It's not even strictly for Christians. It's rather a matter of geography. If you live in Penn (with Knotty Green and Forty Green) or in Tylers Green, then Holy Trinity and St Margaret's are your Churches. Even if you belong to other Churches, you are welcome to these Churches.

This is not to put a claim on your time. I don't expect you to be in Church every Sunday, but I expect you to know that any Sunday (and indeed throughout the week) you are freely welcome to join us and to encounter something of the mystery of faith. You don't have to be 'good enough'. None of us are.

There is only one who has been good. Not just better than their neighbours, but who is truly and selflessly good. He is one who has walked among us such that his goodness turns the hearts of those he encounters away from their negative expectations, their fears, and their sins into a freedom which is life-giving and fulfilling. A freedom won for us by his death upon the cross and his resurrection from the grave; a moment which overturned centuries of expectations and offers us that more precious of gifts: joyful hope.

If you are at all curious about faith, but find negative expectations about 'what the Church might think' of you hold you back from coming along and exploring the life and passion of Christ please let me reassure you that we are delighted every time we see you; whether that's fifty times a year, or once or twice a year. Our Churches are your Churches, and perhaps this Lent and Easter Season is a good time to join us and explore your sense of faith, however great or small.

Every blessing,

Revd. Samuel S. Thorp
Vicar of Penn and Tylers Green

What is Lent

Traditions can be wonderful things, and lent is filled with traditions. Some are tasty, like pancakes on Shrove Tuesday, and others are perhaps peculiar like receiving the sign of the cross with ashes on your forehead on Ash Wednesday. Traditionally one would fast for the 40 days of lent (starting from Ash Wednesday through to Easter though not fasting on Sundays). This might be abstaining from meat, or we might choose to give up vices and treats which we usually indulge in such as chocolate or alcohol. In recent times the cultural habit of fasting has waned, with few people choosing to give up anything at all and those who do take part don't often do the more substantial fasts. Yet there's something here which is worth recovering, the "Why" behind the practices. Lent is a season in the life of the Church where we proactively pursue the spiritual disciplines which help us to cultivate - and explore - our faith in Jesus Christ. Fasting is a physical reminder to us of that intention. Making the choice each time we might ordinarily have a snack, or meat, or a glass of wine, creates an opportunity to refocus our hearts on God in the midst of our day to day lives.

Some might say, why bother? God is everywhere and always with me, why should I do anything different?

The answer is because of Christmas. The God who is everywhere and knows everything became a human being in one particular place, and who met particular people. He did this so that he might live amongst us, teach us, die for us and conquer death itself so that we might share in his resurrection love and glory.

God stepped out of eternity to spend time with us in our

mortal lives so that we might step beyond our mortality to share eternity with him. If he's prepared to make that effort for us, perhaps we might find it helpful to use Lent as a season of intentionality, of reflection, and of prayer - seeking to know God better for ourselves.

You are of course more than welcome to join us for our Lenten services, and there will be daily reflections on the parable of the prodigal son that you can sign up for on our website.

Holy Week

In Holy Week, the last week before Easter, we shall have services each day. Monday, Tuesday, and Wednesday there will be compline services journeying through the story of faith at 9pm. On Maundy Thursday there shall be a communion service at 8pm, and on Good Friday there will be reflections on the passion of Christ around midday. Easter Saturday will be an opportunity to creatively engage with the Easter story at the Easter Crafternoon. Then on Easter Day we shall have a Sunrise service at 6am, followed by breakfast, before having our usual complement of Easter Services at 8am, 9:30am, and 11am.

To round everything off, there will be the 'traditional' Easter Monday walk to the pub for lunch. For more details please check the website closer to the time!

I hope and pray that you will all have a blessed Lent, and that through it you might catch a glimpse of the heart of God for you.

Quiz & Fizz

Following last year's highly successful Quiz & Fizz night, we will again be letting our hair down but with extra zing provided by Quizy Sue. The doors of the Village Hall will open at 7pm and the food will be served on arrival. So grab a glass of Fizz (alcoholic or soft drink), find a table and then select your choice of food from our charcuterie and cheese table with extra cold sides. The Quiz itself will commence at 7:30pm. There will be breaks during the evening for you to top up your plate and the bar will be open to sell you further drinks.



Tickets are £15 a head with a maximum of 8 per table. You can buy tickets online at <https://holytrinityandstmargarets.co.uk/quiz-sign-up> (or QR code below) or you can buy in person (cash/cheques) from King's Ride Supermarket, Jo Gleeson's (butcher in Hazlemere Road), the Village Hall (Mon-Fri, mornings only), the Parish Office opposite Holy Trinity Church, Penn (Mon-Fri, 9pm-2pm)



**Saturday 24th
February**
Doors open and dinner
served at 7pm
Tylers Green Village Hall
HP10 8LN

£15 per person
Includes a glass of fizz (or juice)
Cheese & Charcuterie Table Platter

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Jo Gleeson - Butchers
Emma Byrne - Tylers Green Village Hall (mornings only)
Gail Wellings - Church office at Holy Trinity Church
(Mon-Weds, 9am - 2pm)

Or online at: <https://holytrinityandstmargarets.co.uk/quiz-sign-up/>



Recap of Christmas

Last issue I invited you to step into the light of the mystery of the Christmas story with us and I was truly delighted to be able to meet and welcome so many of you to our various services and events. The Christmas Tree festival was an unqualified success where we raised money for Myocarditis UK, the carols services were fantastic, the midnight communions were profound and atmospheric. However the Crib services at both Churches were clearly a highlight of the Christmas season for many of you and all who were there would agree that both children and those who are young at heart all enjoyed engaging with the Christmas Story of Jesus Christ, the Son of God, born of the Virgin Mary and laid in a manger.

We hope that whatever your Christmas' looked like that you found something worthwhile to treasure from the Christmas story, and we also hope to see you again in December for much of the same, but also perhaps some new events as well!

Easter Monday Walk

Come and join us for a circular walk on Easter Monday, open to the all the community, children and dogs very welcome. Paths can be muddy so please make sure you have boots or wellies. For those joining us on the walk we will meet at 10:30am at the Sanctuary, opposite St Margaret's. If you are not so able to join us for the walk you are welcome to come and meet us at the pub at 12:15pm and enjoy a meal together. Food orders will need to be pre done, please contact the office for our tailored menu or look on our website for more details.



ST MARGARET'S

Easter Crafternoon

FREE ADMISSION

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Dates for your Diaries

Shrove Tuesday, 13 February – 6pm in the Sanctuary (opposite St Margaret's) Pancakes

Ash Wednesday, 14 February – 8pm at Holy Trinity:
A service of Holy Communion with imposition of ashes

Mothering Sunday, 10 March – 9.30 at St Margaret's and 11am at Holy Trinity: A service of Holy Communion with the giving of flowers

Palm Sunday, 24 March – 9.30 at St Margaret's and 11am at Holy Trinity: A service of Holy Communion with the blessing and distribution of palms

Holy Week, 25 March – 27 March – 9pm at Holy Trinity: Compline (Night Prayer)

Maundy Thursday, 28 March – 8pm Service of Holy Communion*

Good Friday, 29 March – 2pm: Service of Meditation*

Easter Day, 31 March – 6am at Holy Trinity: Sunrise Service (Holy Communion) followed by breakfast; 8am at Holy Trinity: Holy Communion; 9.30 at St Margaret's: Holy Communion and 11am at Holy Trinity: Holy Communion. The Holy Trinity service is followed by an Easter egg hunt in the churchyard

Easter Monday, 01 April – 10.30am meeting at the Sanctuary for the Easter Walk to the Hit or Miss Public House for lunch in Penn Street*

Sunday services

Each week – 8am Book of Common Prayer (BCP) Communion Service at Holy Trinity

9.30 at St Margaret's and 11am at Holy Trinity: main morning service of Holy Communion or Morning Worship*

Weekday services

Monday to Thursday – 8.30am Holy Trinity: Morning Prayer

5.00pm St Margaret's: Evening Prayer

Every other Tuesday at 10am at either St Margaret's or Holy Trinity – Service of Holy Communion*

*Please go online and visit www.holytrinityandstmargarets.co.uk for up to date information or contact Gail in the Parish Office.

The Penn Doom revisited, Part 1

When Kenneth Mumford, a newly arrived and very active Vicar, set about a general cleaning of the church in the summer of 1938, our remarkable medieval painting of the Doom or Last Judgement, 12 ft wide and 6 feet 6 inches high, on sixteen oak boards, was found high up above the chancel arch, but unrecognised since covered in whitewash and by lath and plaster.

Clive Rouse, an expert on medieval church wall painting (of whom more later), wrote that the badly decayed oak boards were taken out of a 'hole' in the east bay of the roof above the tie-beam where they found the whitewashed oak boards covered in lath and plaster, which were further broken up and pitched outside into the churchyard ready to be carted away. A fortnight later, a workman, Tom Randall, picked up a piece, and, taking the laths off, discovered what looked like the image of a bell inverted on it. As a result, Clive Rouse was eventually invited to go and see the find, which was set out in the old parish room. After the laths and plaster had been removed, they saw the very dim and dingy outlines of a few figures; enough, however, to see that it was an object of the very greatest importance, and many weeks' work resulted. What was eventually revealed was described by Clive Rouse, when he had restored the medieval oil pigment to its original freshness, as 'the most spectacular thing of its kind in the country', one of only five surviving medieval paintings of this type.

Kenneth Mumford died the following year after only two years in office - he had been badly gassed during the WW1 - and his obituary recorded that his associations and work in connection with the Doom painting were great, so we must give him credit for ensuring its immediate survival and layout in the Parish Room. Herbert Druce (born in 1915) remembers it all very well and confirms that Revd Mumford played an important part in the discovery of the Doom. Clive Rouse wrote that he had spent two days combing through the rubbish tip and Herbert confirms that 'a good many pieces were found in the dell used as a parish rubbish tip in the field off Gravelly Way' (opposite what is now called Lions Farm). I have also seen a report that some boards had been used for a pig pen.



In 1547, an Order in Council required 'the obliteration and destruction of popish and superstitious books and images so that the memory of them shall not remain in their churches or houses.' It was at this stage that the Doom would have been covered by limewash with lath and plaster probably added in the 1730s when the chancel and chancel arch were widened and nave roof raised.

Clive Rouse was a remarkable man, an archaeologist of national renown who specialised in medieval church wall paintings throughout Britain. He lived all his working life in Gerrards Cross - I went to talk to him there - and he was a regular contributor to Records of Buckinghamshire of which he was Editor or deputy Editor for 35 years from the 1930s and was later President of the Bucks Archaeological Society from 1969 to 1979. In the wider world, he was President of the Royal Archaeological Institute (1967-72), and the author of a multi-volume series, 'English medieval wall painting'. We were so fortunate to have such expertise on hand.

The Doom was taken down for analysis and conservation in 2002 and the next article will discuss the discoveries that were made.

Miles Green
January 2024



What's the significance of hot cross buns at Easter?

Although the Ancient Greeks, Romans and Saxons all baked a type of bun divided in to four equal sections, representing the changing seasons, it was Brother Roccliffe a Christian monk at St. Albans Abbey, who made the Alban Bun in 1361. A sweet, fruity bun bearing a cross on top representing the crucifixion of Christ, the spices represent the spices used to embalm Jesus and orange peel to reflect the bitterness of his time on the cross.

The buns were distributed to the poor and consumed after breaking the fast on Good Friday.



HOT CROSS BUNS

Prep: 30 mins

Cook: 20 mins

Plus proving

Makes 15



Ingredients

For the buns

300ml full-fat milk, plus 2 tbsp more

50g butter

500g strong bread flour

1 tsp salt

75g caster sugar

1 tbsp sunflower oil

7g sachet fast-action or easy-blend yeast

1 egg, beaten

150g sultanas

50g mixed peel

zest 1 orange

1 apple, peeled, cored and finely chopped

1 tsp ground cinnamon

1 tsp mixed spice

For the cross

75g plain flour, plus extra for dusting

For the glaze

3 tbsp golden syrup/apricot jam

Method

Step 1

Bring 300ml full-fat milk to the boil, then remove from the heat and add 50g butter. Leave to cool until it reaches hand temperature. Put 500g strong bread flour, 1 tsp salt, 75g caster sugar and spices, and 7g sachet fast-action or easy-blend yeast into a bowl. Make a well in the centre. Pour in the warm milk and butter mixture, then add 1 beaten egg. Using a wooden spoon, mix well, then bring everything together with your hands until you have a sticky dough.

Step 2

Tip on to a lightly floured surface and knead by holding the dough with one hand and stretching it with the heel of the other hand, then folding it back on itself. Repeat for 5 mins until smooth and elastic. Put the dough in a lightly oiled bowl. Cover with oiled cling film and leave to rise in a warm place for 1 hour or until doubled in size and a finger pressed into it leaves a dent.

Step 3

With the dough still in the bowl, tip in 75g sultanas, 50g mixed peel, zest of 1 orange, 1 finely chopped apple and 1 tsp ground cinnamon. Knead into the dough, making sure everything is well distributed. Leave to rise for 1 hour more, or until doubled in size, again covered by some well-oiled cling film to stop the dough getting a crust.

Step 4

Divide the dough into 15 even pieces (about 75g per piece). Roll each piece into a smooth ball on a lightly floured work surface.

Arrange the buns on one or two baking trays lined with parchment, leaving enough space for the dough to expand. Cover with a clean tea towel, then set aside to prove for one hour more.

Step 5

Heat oven to 220C/200C fan/gas 7. Mix 75g plain flour with about 5 tbsp water to make the paste for the cross - add the water 1 tbsp at a time, so you add just enough for a thick paste.

Spoon into a piping bag with a small nozzle. Pipe a line along each row of buns, then repeat in the other direction to create crosses.

Bake for 20 mins on the middle shelf of the oven, until golden brown.

Step 6

Gently heat 3 tbsp golden syrup/apricot jam to melt, then sieve to get rid of any chunks. While the syrup/jam is still warm, brush over the top of the warm buns and leave to cool.

From the Registers

Up to Dec 2023

Holy Trinity

Funerals

Gillian Homer 12 December
Peter Sachs 21 December

Burial of Ashes

Geoffrey Thomas King 8 November
Rita Mary King 8 November
John McDonald 14 December
Anne Pretty 22 December

St. Margaret's

Baptisms

Florence Ivy Goodchild 19 November

Funerals

Peter Martin 2 November

Burial of Ashes

Jean Nicholls 30 November

Thank you deliverers

A big thank you to the good folk who have responded to our plea for more people to take on some of our vacant delivery areas in the east of our Parish. Not forgetting our loyal deliverers who have been faithfully delivering for a good while. Both groups are much appreciated.

Thank you. Pat Seddon

HALL HIRE

Penn Church Hall:
Gail Wellings: 813254

St Margaret's Parish Rooms:
Mary Coker: 812162

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Who's Who?

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Linnea Thorp 813207
Mary Lee 07816 441386

Benefice Administrator

Gail Wellings 813254

Parish Office for St Margaret's and Holy Trinity

(Monday-Friday 9.00am-2.00pm)

Parish Office, Holy Trinity Church Hall, Church Road, Penn, HP10 8NY.

Tel: 01494 813254 **email:** office@holytrinityandstmargarets.co.uk

www.holytrinityandstmargarets.co.uk

Contact the office for baptisms, weddings and funerals.

Holy Trinity, Penn

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Paul Ricketts 814402

PCC Secretary

Gail Wellings 813254

Treasurer

John Scurrall 813181

Electoral Roll Officer

Hilary Forbes 816438

Parish Archivist

Miles Green 815589

Flower Coordinator

Anna Taylor 815262

Chief Bell Ringer

Peter Barrett 07720 594880

Parish Safeguarding Officer

Hilary Forbes 816438

St Margaret's, Tylers Green

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David Winder 07753 162683

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Treasurer

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JOIN US FOR *Shrove Tuesday!*

PANCAKES AND TOPPINGS

With soft drinks, teas and coffees

THE SANCTUARY
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FEBRUARY 13TH 5 - 7 PM



Holy Trinity Penn &
St Margarets Tylers Green

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Shrove Tuesday - Come and join us for a traditional pancake or two!!

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on Shrove Tuesday, Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins).

It started around A.D. 600 when Pope Gregory prohibited Christians from eating all forms of meat and animal products during Lent.

So Christians made pancakes to use up their supply of eggs, milk and butter in preparation for the Lenten fast.

Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9. This year it falls on 13 February and we will be celebrating a pancake feast in the Sanctuary at the Parish Rooms starting at 5.00pm. Please do join us - you will be most welcome.

WHAT'S ON?

If you are new to the community you may not know yet all that is happening in our churches. The best way is to have a look through our website (www.holytrinityandstmargarets.co.uk) but to summarise events during the week...

MONDAY TO THURSDAY

Morning Prayer at Holy Trinity 8.30am

Evening Prayer at St Margaret's 5.00pm

MONDAYS

Bell Ringing Practice at Holy Trinity 7.45-9.15pm. Ringers meet in the bell tower.
Contact Peter Barrett 07720 594880

TUESDAYS

Coffee in the Sanctuary

Please drop in any week between 10 and midday for coffee at St Margaret's Sanctuary. Everyone welcome!

Bible Study Group every other Tuesday morning at various local venues.
Call Annik Heal (673188)

Afternoon Home Groups

Every 1st and 3rd week, 4.00pm at various venues. Contact Sue Wallace (812879).

SUNDAYS

Service at 8.00am Holy Trinity 9.30am at St Margaret's with TYGRE Club 11.00am at Holy Trinity

COME AND JOIN US AT TYGRE CLUB!

Tygre Club is church for children! We share Bible stories, sing, play games and do crafts. Why not pop into church to see some of our colourful creations? We meet every Sunday during term time, except the first Sunday in the month. We meet in St Margaret's Church at the start of the 9.30am service before going across to The Sanctuary. We come back to rejoin the adults during Communion. If you are very young, we have a creche, with toys for you to play with. Parents are welcome to join us or remain in church during the service. If you are twelve years old or younger, come and join us to find out more!

DEMENTIA CAFE

Come and join us on the 1st and 3rd Thursday of the month

Where - The Sanctuary

Time - 2.30 – 4.00pm

To book your place please call Marie on 01494 812074.

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