



Esther Hammond Rest in Peace

"It is a thing most wonderful" to have known and loved Esther, whose untimely death at the end of April has saddened us all. Was there common ground between us? Indeed there was. We shared a deep faith, a strong bond with our fellow parishioners, a place in the choir, deep contentment in our family life, the support, joy and fun of a loving husband, and pride in our children.

What underpins a true friendship? These are some of my feelings – an expression of my affection for her wonderful character – in acrostic form:

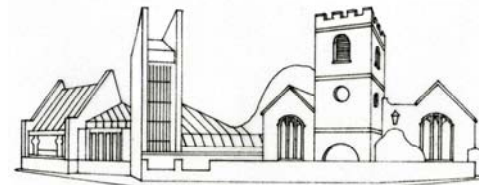
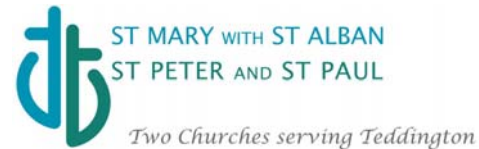
- E** She made every encounter and engagement with her enjoyable, even when her health was cruelly compromised;
 - S** Her smile lit up a room, her sweetness and sympathy gave solace in troubled times;
 - T** Long ago, the two of us became co-Thespians in a playlet where we both played tragic mothers, (she, the mother of Jesus, I, the mother of Judas) forging a bond in a harrowing story;
 - H** Her happy disposition lifted my heart. She was always offering a helping hand, for example spending hours filing heaps of choir music, quietly seated because it hurt her to stand;
 - E** Her erudite and explicit explanations of the correct, nay essential, pronunciation of all hymns welsch, starting with *Hyfrydol* and ending with *Hen Wlad Fy Nhadau*;
 - R** Her repeated and resolutely positive response to each re-appearance of the cancers that reaped their remorseless final revenge;
 - H** "Hear our Prayer O Lord" as we heap our love on Paul, Matthew and Katie in their vale of tears. May happiness and hope re-emerge as we hold them up before God in our hearts.
- Esther H**, we may not see you smile or hear you laugh again, but we will always hallow your memory. Thank you for being you, for being such a special person and for being such a special friend. We do not now wish you goodbye, but, in the sure and certain knowledge of Christ's Resurrection, we affirm you and say **Au Revoir**.

Susan Jacobs

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Vicar's Viewpoint

With four of us in the Vicarage, all working online in different rooms, our broadband has sometimes struggled to cope. As a result, a message often pops up when I'm on Zoom meetings telling everyone that 'Joe Moffatt has got limited bandwidth'. This amuses me, as it describes how I sometimes feel when going from one call to the next, day after day. But I don't think I'm alone. Lots of people are saying how much more tiring it is to do all our meetings and conversations online or over the phone. We don't get energised in the same way that we do when meeting people face to face.

I suspect that 'limited bandwidth' syndrome is a common feature when living through a time of collective trauma. When the initial 'heroic' response phase passes, it is natural to slump into a state of fatigue and have difficulty concentrating or working effectively. I've found it helpful to listen to psychotherapists who are able to explain the reasons for this.

The lesson I take from this is that I need to be kind to myself, and allow a bit more time to breathe, be calm and rest. This in turn enables me to expand my bandwidth so that I can be empathetic to others. And it is kindness and compassion that will get us through this crisis.

A priest called Martin Wroe has written an amusing poem called 'A Blessing for a Meeting on Zoom' which gives thanks for this 'awkward digital blessing' and says:

*May travelling this unfamiliar landscape,
neither lose us, nor completely exhaust us
and may our bandwidth always find room
for patience, gentleness and the peace
that bypasses misunderstanding.*

Best wishes

Joe Moffatt

www.teddingtonparish.org

June 2020

CHURCH SERVICES

With the church currently closed due to the coronavirus outbreak, we are offering worship in virtual form.

Sunday: Recorded Sunday Service on www.teddingtonparish.org

Morning Prayer (Mon-Fri, 8.30am) & **Evening Prayer** (Mon-Thurs, 6.00pm) both via Zoom: Password: 0vDrup <https://zoom.us/j/992902759>

Podcasts: Mon, Wed & Fri, at www.anchor.fm/teddington-clergy

Worship at Home resources: at www.churchofengland.org

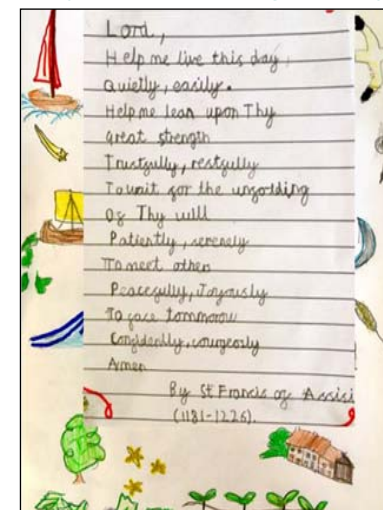
Care Team: for those in need.

Prayer Requests

For all Care Team and Prayer Requests email: care@teddingtonparish.org or leave a message on 020 8943 2262.

All details and links on our parish website www.teddingtonparish.org

Prayer for Help Through the Day



Illustrated by Samuel Ellison

SM&SP School Brings Cheer to Homemead Care Home

While staff at care homes across the Richmond Borough have been receiving hundreds of thank you cards (*see story – Cards for Care Homes*), St Mary's and St Peter's School Year Six pupils and staff helped produce happy messages, drawings, paintings, jokes, poems and cards for residents and workers at the Homemead Care Home on Park Road.



The children produced 40 pieces of excellent, cheery work and we received

much gratitude from the care home and from both churches. Their work is so good that photographs of their pictures are now being used by the churches in their online services. *Anne O'Neil*

Lent Appeal: School rebuilding in Mozambique

I am absolutely delighted to tell you that our Lent Appeal this year raised a staggering £25,583. This sum, together with the £5,000 already raised by St Mary's and St Peter's School, will go more than half way towards rebuilding the Anglican church primary school in a remote village called Chimoio, in our link parish of Pemba in Mozambique.



The school at Chimoio was swept away by the cyclone last year so it is important that a proper building is erected, which will be resilient to the weather, while money will also go towards digging a borehole. The villagers desperately need clean water which is essential for their daily lives as at the moment they have to walk many miles to collect it.

This money is absolutely wonderful and we are hoping that the remaining balance needed will come from grants. We have seen the construction budget so we now look forward to seeing it come to fruition and the children able to attend full time school rather than be restricted to half-day lessons under a tree.

See this 2-minute video for footage from the school which brings it to life: <https://vimeo.com/414195732>

Suzie Gordon

Cards for Care Homes

One of the positive things to come out of this pandemic is a new-found sense of community and a greater appreciation of

our front line and key workers, including care home staff workers.

Tina English, the director of the charity Embracing Age, wrote to churches in the borough asking whether they would provide funds for goodie bags that she was preparing for each care home staff worker in the borough – 850 in total. (*See Goodie Bags to Care Home Staff below*)

Embracing Age (embracingage.org.uk) is a charity set up by Tina whose mission statement is "Every older person in the London Borough of Richmond upon Thames will feel valued by and connected with their community, and be able to face the future with hope."

Our church sent a cheque for £200 and that could have been an end to it. However, as I know Tina, I asked whether she needed any further help. She came back asking whether people would be willing to write a few thank you cards to put in the goodie bags.

I rather tentatively wrote a request to our Morning Prayer WhatsApp group here at St Mary with St Alban, some members of our PCC, the Church Care Team and my book club friends. Within 2 hours of sending out the request there were already cards coming through our letter box, and they just kept coming. Within a week we had 440 cards. We have now collected more than 500 cards – with more promised! Some people wrote two cards, others 10 and some more than 50. A couple of people from the Care Team wrote over 100 cards each – an amazing achievement!

This just shows that although we are all having to socially distance and stay apart physically, we can still find ways to come together to show goodwill and our support for key workers – in this case for our care home staff.

Sarah Rae

Goodie Bags to Care Home Staff

In late May, the charity Embracing Age distributed 900 goodie bags to staff in care homes for older people across the Borough of Richmond. Each bag contained hand cream, lip balm,



chocolate, biscuits, a scented candle in a holder, a hand written thank you note, and a postcard with the "Footprints" poem on the front and a note on the back explaining that the bags were sponsored by churches across the Borough of Richmond, who were praying for them.

We want to thank you all for donating to this initiative. We raised £2,475 from donations from churches and individuals within those churches. Thank you so much. We have about £30 left over which we will put towards PPE for care home staff.

Staff were so appreciative that Embracing Age received a lovely email from a carer which summed up the responses they received:

"Thank you so much for your thoughtful, caring gift. It is perfect Vaseline for the dry lips after a shift wearing a mask, hand and nail cream for the hands that are repeatedly washed and the sweet treats, always appreciated. I lit the scented candle last night and relaxed. Your prayers and the message card mean so much. Bless you all and thank you."

Thank you to everyone who helped make this happen.

Tina English, Embracing Age, Director

Parish Registers

FUNERALS – We remember with thanksgiving the lives of:

- 8th April: Mr Frank Budd (104)
- 1st May: Miss Ann Sayer (83)
- 7th May: Mr Stuart Davies (90)
- 11th May: Major Malcolm Cavan OBE (83)
- 14th May: Mrs Esther Hammond (67)
- 18th May: Mrs Shirley Pagan (90)