



# St Mary's Northchurch Newsletter



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## July 2021

## Sharing our joys and woes

**P**eople often seem embarrassed if they are asked about prayer; still more, if someone suggests praying. Yet surveys show that far more people pray, and do so more frequently, than go to church. How can we make the best use of prayer?

When Rowan Williams was Archbishop of Canterbury, at the end of a high-pressure day visiting the European institutions in Brussels, he gave a briefing to a group of diplomats and then took questions. One official, himself no stranger to hard work, asked him, "How do you manage to keep your sanity and sense of perspective in such a sustained high-pressure schedule as yours?" Rowan Williams answered without hesitation, "Wherever I am, I make it my practice to stop at fixed times, for morning and evening prayer."

"How do you manage to keep your sanity and sense of perspective in such a sustained high-pressure schedule as yours?"

Prayer is talking to God. It has been a practice of all major religions. Christianity inherited the practice of Judaism, and we can deduce from the gospels that Jesus followed the Jewish practice of regular prayer

morning and evening, with short prayers before eating or doing something important. He may also have paused to pray at the middle of the day. In all probability he used some set prayers, but we also know that he prayed before he took major steps in his ministry and that this prayer could be prolonged. Most of all, we know that he prayed to God with a great sense of intimacy, not with great verbal flourishes, but speaking to him as Abba, Father.

What should we pray about?

Christians pray because Jesus did it. We also do it because he taught us that God wants to have a relationship with us. In the same way that we talk within our families and share our joys and our woes, we can talk to God. If I stopped speaking to my wife, it would not do much good for our relationship. The silent treatment destroys personal bonds. So it is not just natural, but also necessary to pray if we want our relationship with God to flourish.

What should we pray about? A good family or a happy couple do more than present one another with lists of their needs. We tell each other why they matter, what makes them attractive to us. We make a point of thanking them for what they have done for us. We share our delights, our anxieties, our concern for people we know and about what we hear and read

about. The things we need probably come last. In short, in a good relationship we talk about everything. If things seem to have gone wrong with someone we love, we know that we should talk about it.

Prayer is just the same. To talk to God about everything, will nurture our relationship with him.

Does prayer change things? It certainly changes me. Spending some time expressing adoration to God and praising him takes me out of myself. It reminds me that the measure of good is not in me, but in God. It re-fixes my perspective.

The General Thanksgiving in the Prayer Book begins by thanking God for three fundamental gifts: our creation, the fact that we exist in this wonderful world; our preservation, day by day; and most of all that through Jesus he has redeemed us for himself, bound us securely in his love.

What we talk about  
fills our minds and  
forms our views.

What we talk about fills our minds and forms our views. There will be days when everything looks black. Then it is more necessary than ever to recall that God loves us. Minds alive to the good we have received are better placed to cope with problems.

We should pray to God about the things that bother us. In prayer, we have the luxury of telling God the truth. Since he knows our inner thoughts, there is no point in dissembling. How many times has prayer brought me to confront my own faults, or to see how someone else might feel? Prayer has also helped me unburden my anger, to shout my rage at the God who understands my prayers better than I can express them.

Relationships are not just about speaking. We may hear God speak in the Bible. Sometimes we even find that he speaks to us in silence, if we will let him. If prayer is to change us, we need to listen, too.

Yes, but does prayer change anything other than myself? The answer is one we find from experience. The experience of the Church has been unambiguous.

Rowan Williams was visiting a diocese. His schedule was heavy and varied. It included meeting dignitaries, speaking to the press, visiting a school and talking to the children and visiting the inmates of a prison. He also had to meet many clergy and discuss their issues and the challenges to the church. No doubt some of the questioning was hostile. A friend of mine was charged with preparing morning prayers. When he arrived in good time, he found that the Archbishop had been praying for more than 2 hours already, in preparation for the day. After that preparation and morning prayer with his colleagues, he was ready to face whatever the day would contain.

David White

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## The Berkhamsted Walk

### Sunday 19th September 2021

Whilst it has been a disappointing year for events and fundraising, we are delighted to announce that we will be putting on a smaller version of the Berkhamsted Walk on Sunday 19<sup>th</sup> September 2021!

The walk will be slightly different to our normal event – there will be one 12-mile route, but you will be able to walk as little or as much of it as you like – and join the route wherever suits you best. As usual, the route will be marked, and we will be providing maps – we are also aiming to have one checkpoint available. For more information and to register, please visit [www.berkhamstedwalk.com](http://www.berkhamstedwalk.com).

To find out more about The Children's Society's work, take a look at their website: [www.childrensociety.org.uk](http://www.childrensociety.org.uk)

# Who Would Live in a House Like This?

## The Limes – Part 2

The Limes was purchased in the 1850s by Wadham Locke Sutton, a wealthy Mercer whose father, Robert Sutton, had owned the Rossway estate until his death in 1848. Born in Highgate, London in June 1815, he was christened two months later at St Mary's Church, Hornsey alongside his older brother, William. He grew up on the Rossway estate and remained there for several years after his father's death. A keen amateur astronomer, he was elected a Fellow of the Royal Astronomical Society in 1854 and later built his own observatory at The Limes. Around the same time, he joined the Buckingham Lodge of the Masons which met regularly in Aylesbury.

1858 was key year in Wadham Locke Sutton's life. That year he became a Master of the Mercer's Company and married Louisa Ann Ludlow, the daughter of an Anglican clergyman, at All Saints, Langham Place, London, the service being conducted by the Bishop of Chichester. The following year their first son, Wadham Locke Sutton (jnr) was born. Louisa would later give birth to three more children.

For the remainder of his life Wadham Locke Sutton was heavily involved in the life of both Northchurch and Berkhamsted becoming the President of the Berkhamsted Cottage Garden Society, a founder member of the Berkhamsted Mechanics Institute and a Trustee of the Berkhamsted Town Hall Company. In 1877 he became a Trustee of the Northchurch branch of the Salter Charity, alongside fellow local dignitaries, Charles Stanton Hadden, the owner of Rossway, and John Loxley, the owner of Norcott Court. He also served as Churchwarden at St Mary's Northchurch from 1860 until his death in 1896. Away from the local area he was also an Honorary Member of the Foresters and a Life Governor of the London Asylum Hospital in Watford.

Wadham Locke Sutton died on 25<sup>th</sup> September 1896 after a short illness. His funeral took place at St Mary's, Northchurch a few days later with a substantial number of mourners attending. His body was buried in the churchyard.

Richard North

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### THE CHARITY OF DR SMOULT (312140)

The object of the charity is to promote the education of persons under the age of 25 who are in need of financial assistance and are resident in the parishes of St Mary's Northchurch or St Bartholomew's Wigginton or have an active association with St Mary's Church or St Bartholomew's Church.

Applications from students/young people going on to or continuing further education in the academic year 2021-22 will be welcomed by 15 August.

For an application form please email the Charity's Secretary, Mrs Rosemary North, at: [rosemary.north2@virginmedia.com](mailto:rosemary.north2@virginmedia.com)



# PARISH PANTRY @ St Mary's



## Food needs for July

**The following items are in short supply as we meet the needs of our community through July.  
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Soap powder/pods  
Toothpaste  
Toothbrushes  
Baby food/nappies

### FOOD

UHT Milk  
Cereals  
Tinned meats/pies  
Tinned vegetables  
Tinned fruit  
Tinned/packet soup  
Stock pots/cubes  
Tinned Rice Pudding  
Coffee/Tea  
Pasta sauces  
Powdered potato

**The donation box can be found on the table just inside the side door of the church.**

**The Coronavirus has changed our country and our church in ways we could have never anticipated.**

**The Church of England, being present in every community, is well placed to lead and co-ordinate efforts to help those who find themselves in need.  
2021 will be a time of adaptation and innovation for the church and we all need to be part of it.**

**“For I was hungry, and you gave me something to eat”  
Matthew 25:35 NIV**





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Hello from **everyone at St Mary's Northchurch and we do hope that everyone is safe and well.** Please do remember that we are here to help and support our community. If you or anyone you know is experiencing difficulties during this time, please do get in touch. St Mary's Church runs one of the Northchurch Community Pantry venues and is open daily for donations or if you need help.

- ✂ Our Sunday morning service is at 10am every Sunday morning.
- ✂ Every evening at 10pm, we have a short Night Prayer (Compline) service on Facebook.

Look at our Facebook page <https://www.facebook.com/stmarynorthchurch> for these services and for more information.

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**Contacts for the Newsletter: Currently we are only able to publish online.**

Editorial by email to the Editor, Jill Hipson [Jill.hipson@live.co.uk](mailto:Jill.hipson@live.co.uk).  
Copy date is 25th of each month.



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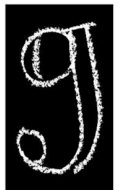
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## No words to pray



## A candle prayer

God,  
Wherever you are,  
I have no words to pray.  
I am in the darkness,  
Aching,  
Lost,  
In pain.

As I light my candle,  
I reach out to you,  
For my family and friends,  
For the world around me,  
For myself,  
Give me strength  
To face another day.  
Shine your light into my  
dark places  
And help me to know  
I am not alone.

Amen

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