SPIRE

St. Stephen's Community Magazine
Autumn 2012
Issue 12



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WELCOME

Angela Emmott
Editor



As we reach the end of our Olympic Summer, where healthy, determined athletes have achieved incredible successes, is it time to focus back on our own lives?

As a Games Maker at Olympic Park, working alongside the Military, many newly back from 'active duty'; I have witnessed a surge of good feeling, shared across all ages and nations. Those eager families at 7am clutching their tickets to athletics, or diving or that amazing BMX track, spread their excitement and enthusiasm as they filed in to spend a day in a fresh and spacious environment, all at ease with each other. Wheelchairs and pushchairs, businessmen and students, patriotic people with painted faces, outrageously dressed in national colours, speaking every tongue (and English), joined together with a sense of optimism and hopefulness.

So we bring you our Autumn Edition of Spire looking at health and wellbeing in body, mind and spirit. We introduce you to St Stephen's members, who as medical professionals, smooth the way into, and out of life, whilst others direct us to ways to strengthen our own health and diet, and that of our children. Also, to Revd. Paul Holley, our Geneva based, new assistant priest. That all-important subject of men's healthcare is here too. Bernhard, our Vicar sets a good example cycling around the parish, and gives us an insight into the history of health provision. We learn of all the strenuous exercise that already happens in Dulwich Park!

So with a spring in our step we invite you to read on; to join us for Harvest Festival and wish you a happy and healthy Harvest Time.



St Stephen's Church
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Vicar's secretary - Gill Burdett
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Judy Acers who helps run our young peoples programmes writes: I've been interested in the benefits of nutrition for almost 30 years, since I came to London from Northern Ireland at the age of 18 to be nanny to a two-year-old child with Down's syndrome. I soon realised that healthy, in-season food with no additives made a huge difference to this child's behaviour and development. I've continued to promote that lifestyle with all the children I've nannied as well as my own two children, now 15 and 10. For several years I ran my own catering business before going back to my first love and working as an Early Years Professional at Ducks about 18 months ago. The children there love cooking (and eating!) and have their own vegetable patch, so I'm hoping to use some ingredients from it to make Harvest soup when we return for the new term.

SQUASH AND APPLE HARVEST SOUP

INGREDIENTS
A little olive oil and butter
2 leeks
Bunch of spring onions1 potato
1 butternut squash or pumpkin
3 chopped carrots
1 cooking apple
350ml chicken stock or vegetable bouillon
100ml light cream
Nutmeg
Powdered ginger
Salt, pepper
Snipped chives to garnish.

Fry the leeks and onion until soft then add all the chopped vegetables and sauté gently for 15 mins. Add the stock and simmer for about 20 mins.

When all the vegetables are soft, liquidize in batches, return to the pot and heat gently with the cream and seasonings.
Serve with chives snipped over the top.

The team: Angela Emmott, Peter Benton, Katie Preusser, Jessica Davies, Maria Anguita, Linda Christian-Edwards, Gemma Birt, Michael Goodman, & Sarah Bucknall.

Photos: Marzena and Adam Cytaccy, our photographers, have had a busy wedding season, marking those special occasions with photos. For portfolio and for 2013 wedding bookings visit http://www.bellestudio.co.uk/



Let us know what you think at **spire@ststephensdulwich.org**

Health and religion

Revd Bernhard Schünemann



There is no doubt in my mind that there is the strongest possible link between health and religion. Our own Christian tradition is responsible for inventing the very idea of hospitals and caring for the sick. At its heart this link is rooted in the conviction that human life in itself is sacred: it reflects something of God's beauty, should be respected and saved at all costs.

The earliest Western hospitals were Christian foundations, attached to monasteries or founded by visionary saints. Many innovative practitioners in this field were Christian women who developed modern healthcare out of deep compassion. Catherine of Sienna founded her hospital in the midst of plague ravaged Sienna in 14th century, strongly believing that proper care, promoted a greater chance of recovery. More recently Florence Nightingale and Mary Seacole became great pioneers, inspired by their Christian faith, giving birth to the modern concept of nursing.

Closer to home in Dulwich, the Anglican nurse Miss (later Dame) Cecily Saunders, founded the modern hospice movement and with it the most Christian and constructive argument against increasing calls for euthanasia in our contemporary society.

There are many stories about Jesus healing the sick. These are not primarily stories promoting him as some sort of wonder-healer, but show him, as opposing sickness as something that disfigures our humanity and stops us from flourishing in the way that God has created us to. As Christians we cannot re-produce these miracle healings, but we have learned from Jesus that there is a spiritual dimension to our health.

In my own personal experience I know that the practice of prayer can make a difference to our health, just as much as adopting healthy life-styles, or using complimentary remedies. Faith in my view also helps us when we cannot get better, or when age itself takes its toll. Faith gives us a sense of our intrinsic value as human beings, healthy or ill. We are called to live well here on earth, also not to lose sight of our heavenly destiny about which we know little apart from the confidence that we are called to it, to share one day in the heavenly dance, as described in the modern hymn 'Lord of the Dance': "Dance then wherever you may be, I am the Lord of the dance said he."

While modern healthcare is primarily based on scientific methods there are recurring and surprising overlaps with religious practice. A recent example is the development of 'Mindfulness-Based Cognitive Therapy' (MBCT) which uses a prayer-like activity to treat depression.

To all those who live in the parish of St Stephen's South Dulwich I would like to take this opportunity to wish you blessings for this autumn and harvest season and to our younger parishioners a good beginning to their new school term!

Photo © Nick Davies



Dr Jacob Ayeebo (article P11) needs help to set up a website for his diocese, and also - in conjunction with USPG - with sourcing a loan to set up a student hostel in Tamale. If you could help with either, please contact me. Thank you!

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And now for the chaps

by Maria Anguita

When Dr Chris Fatoyinbo, St Stephen's member since 2006 and father to 8 year-old Tyle-Rae, the youngest member of St Stephen's choir, carries out a consultation at the Links Medical Practice in Mottingham, he is not only assessing the patient's medical symptoms but he is also looking into their spiritual needs. The Links practice is run by Evangelical Christian doctors, and works within the ideal of trust, giving priority to the vulnerable and least able to speak for themselves, truth, honesty and love. Their aim is, they say, to do 'the best to care.'

So perhaps it is not surprising that Chris is concerned that men in general tend to sweep health concerns under the carpet until it becomes a crisis: 'Men are greatly affected by mental health problems such as stress and depression, chronic pain, sexual health issues and cardiovascular problems', says Chris. 'Yet amongst many men there is a stigma attached to visiting a doctor, some think it is seen to be weak to admit they are unwell or not coping, while others may simply hope that their symptoms will go away', he adds.

Of note he highlights a recent statistic that pointed out that although there are more incidences of skin cancer in women, men tend to be diagnosed later and therefore have higher mortality rates of skin cancer than women.



However, there are some triumphs: 'A young man with a testicular swelling will now come to the surgery sooner rather than later to get it looked at thanks to the national testicular cancer awareness campaigns. A few years ago this might not have been the case', says Chris.

Having been a qualified doctor for 13 years, Chris is struck by the lack of education in general about men's health: 'There is a misconception amongst men that primary care is set up for women and children, and perhaps they wonder what GP surgeries can offer them', he says.

Most clinics now offer health check clinics for men to come along and get a general MOT – heart health, diabetes, urine test, blood pressure – all of these can be checked, and offer an opportunity of speaking with a healthcare professional about any concerns they might have, and Chris encourages men to visit these clinics: 'It is an opportunity to get anything you are concerned about off your chest and make sure you are on the right track health-wise', he says.

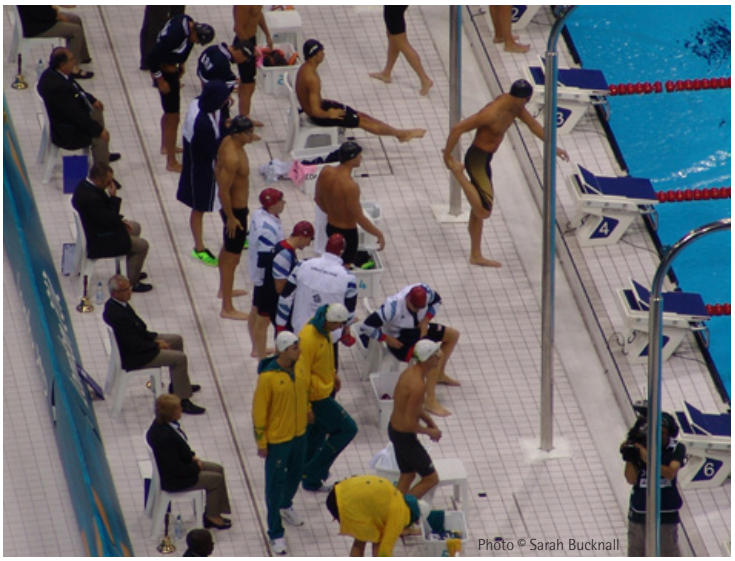


Photo © Sarah Bucknall

So how best to ensure that we all remain in tip-top condition? Chris has the following tips:

Take regular exercise

Sensible drinking

If you are a smoker, stop.

Eat a healthy and balanced diet

Do not forget to put on sunscreen!

Getting young children eating healthily

by Gemma Birt

Encouraging our children to have a healthy and balanced diet is just one of the many, fun challenges of parenthood. At DUCKS Kindergarten and Infant school, chef Emma rises to this challenge on a daily basis, providing freshly cooked food to boys and girls aged 6 months to 7 years.

DUCKS Kindergarten and Infant School is part of Dulwich College, located nearby St Stephen's on College Road. The children regularly come to St Stephen's to celebrate Harvest Festival, Christmas and Easter, as a school. Children, aged from 3, take part in the services with Bernard Schunemann, our vicar.

Emma, school chef for 10 years, has a top priority:- to provide food with high nutritional value which the children enjoy eating. Emma reflects: "I thought it was really important we put back into them lots of healthy food, vitamins and minerals as they spend so much energy growing, running about, laughing and having fun while they are here."

Meals are freshly cooked on site, from purees for babies, to roasts and chicken korma for older children. Even chicken gujons are made fresh from scratch! Menus change every four weeks with a vegetarian option daily. Heather Friell, head teacher, emphasises: "First and foremost, we want the children to develop an understanding of the importance of eating a variety of foods and to try new foods, even the tiniest of tastes."

Emma says, "I love seeing the children enjoy their food and then hearing that they have told their parents about it. To me, it's my *mission completed*."

Sally Donaldson, head of Kindergarten, also praises Emma's cooking, particularly, her 'Red Sauce.' "The great thing about this sauce is that the children absolutely love it and by tucking into this they are getting a good amount and variety of fruit and vegetable in their diet. The children probably do not realise how many vegetables are hidden in the sauce."

Emma explains, "The Red Sauce is made by frying together a small amount of garlic with leek, celery, onion and carrots. When soft, we add some chopped tomatoes and cook these for a short while. Sometimes we add dried herbs, and then puree the sauce. The secret ingredient is some steamed broccoli which we steam and puree separately and then stir into the Red Sauce."





Here are some of Emma's top suggestions for encouraging a healthy diet:

Start introducing a variety of fresh foods, flavours and textures as early as possible.

Don't be discouraged! Keep trying, gently encouraging a new taste experience a few times.

Disguise vegetables in other foods or present less popular vegetables with food that you know the children enjoy.

Encourage them as much as possible, even the tiniest taste of something new is a positive step.

Let children help themselves, so they can decide how much of a particular food they would like. It makes them feel grown up!

A New life

by Katie Preusser



Photo © Ralf Preusser

Sheba Anin loves the sound of a crying baby. She admits that separates her from most people, especially frazzled new parents, who tend to prefer gentle cooing and those rare moments of silence from newborns. But for Dr Anin a hearty cry is the sound of a precious new life.

A registrar in obstetrics and gynaecology at Lewisham hospital, Dr Anin says she feels privileged to share the most special time in families' lives – the arrival of a new member.

Even after coming off a night shift and scrambling out of scrubs to take up her role helping as a server at St Stephen's, Dr Anin is overflowing with enthusiasm for her line of medicine. "It's all I have ever wanted to do," she says.

"On a really basic level it's the best part of life to be involved with. It's very satisfying for me to walk past a delivery room and hear a crying baby because then I know everything is fine in there."

The 32-year-old followed her Ghanaian father into the field and has not been disappointed. When it comes to the job satisfaction of caring for women in pregnancy, she has a whole list of highs, such as seeing patients receiving fertility treatment right through to the arrival of a baby they thought they may never conceive.

"There's a generally happy atmosphere on labour wards compared with other parts of medicine and people are generally well, pregnancy is not an illness," she says.

But pregnancy can end in tragedy. Dr Anin explains: "There are horrible days. There's nothing worse than stillbirths, late miscarriages and bad scan outcomes. But it's a privilege to help people through that very difficult time and sometimes you are lucky enough to see those people in their next pregnancy."

Dr Anin says she feels fortunate to work in a country where specialist care for difficult pregnancies is so readily available. Her family ties to Africa make her acutely aware of how little even basic antenatal care is available in the developing world. "I have a link to a country which is at the opposite end of the spectrum. In Ghana it's an achievement for a woman to get to nine months and still be alive," she says.

With the help of the St Stephen's congregation, Dr Anin has raised funds for the charity Joliba Trust that trains birth attendants in Mali. She is also working with UK colleagues to raise awareness of mati4life.org, which makes online videos training midwives and carers around the world. But her ultimate ambition is to work in Ghana at a women's hospital her father, uncle and older sister are currently setting up.

"I am very fortunate to have been trained here... I want to give something back," she says.





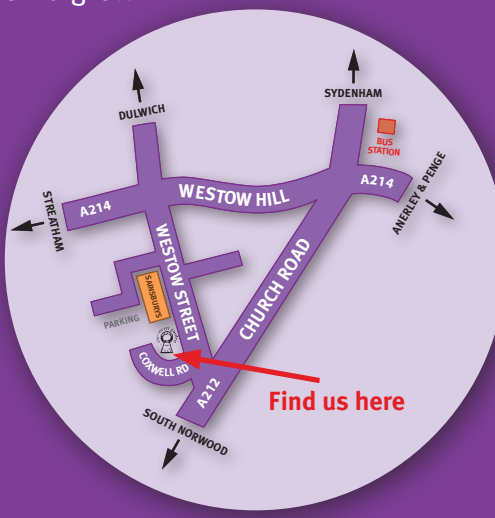



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Hurrah For St Christopher's Hospice

by Michael Goodman



As a society, we still avoid talking about death and dying. According to a recent survey only 29 per cent talk to family or friends about how they would like their death to be managed. Breaking down this taboo through public education is important because if we can't talk about death and dying, we can't be sensitive to each other's needs.

Dame Cicely Saunders founded St Christopher's Hospice in 1967 as a haven where the terminally ill can die in peace, supported by skilled, compassionate care of the highest quality. It was the first modern hospice to link expert pain and symptom control, palliative care, education and clinical research. However St Christopher's is not just a home for the terminally ill, it has a full social calendar with events such as the weekly Curry and Art Night, Quilting Group, Community Choir, monthly Open House on Fridays and the outstanding Dame Cicely Saunders Concert Series. These are open to all.

Apart from its excellent facilities and its all-day cafe, St Christopher has become the first regional training centre for the national Gold Standard Framework (GSF) for staff working in 120 nursing care homes in the London area. Its clinical nurse specialists are helping 300 GP practices and numerous district nurses to review their patients' end of life care needs. Moreover St Christopher's has rolled out a programme for 650 Volunteers who give more than 115,000 hours per year working in care homes, visiting patients in their own homes and working in the hospice itself. It is, as so many have testified, highly rewarding work in that it makes patients feel supported, comfortable and content. Support also extends to families and friends, both during their loved one's illness and into bereavement.

Inevitably work on this scale costs a lot – more than £14m per year. Even after a welcome NHS contribution, it is still necessary to raise £9m from donors every year. All sorts of imaginative schemes have been devised to raise funds and the response has been very good. St Christopher's has 10 shops, producing a net profit of £355,000. Gifts in memory of someone who has died, including the Remembrance Tree, raise £660,000. As already indicated, many give of their time as Volunteers. But still more is needed to meet the increasing needs and requirements of an ever-growing ageing population.

As Dame Barbara Monroe DBE, Chief Executive adds: 'Care is not a commodity, it is a partnership that we create together – one that must be firmly centred around the needs of individuals and families'

Do please support St Christopher's and, if you want to find out more, they will welcome a visit www.stchristophers.org.uk



In 2001 Dame Ceclily Saunders received the world's largest humanitarian award - the Conrad N. Hilton Humanitarian Prize, worth £700,000 - on behalf of St Christopher's





Born 22 June 1918 in Barnet, Dame Cicely Saunders trained as a nurse, a medical social worker and finally as a physician. Involved with the care of patients with terminal illness since1948, she lectured wrote widely on this subject.
She was educated at Roedean (1932-37), St. Anne's College Oxford (1938 – 1939 and 1944-45). She trained as a nurse at St Thomas's Hospital 1940-44; qualified AIMSW (Medical Social Worker) in 1947 and trained as a doctor at St Thomas's Hospital Medical School (1951-57) MB, BS with Honours in surgery.
Dame Cicely died peacefully on 14 July 2005 at St Christopher's

Photos © St Christopher's Hospice

Sign up for St Christopher's Midnight Walk 13 October, and raise money for the Candle Project helping bereaved children!



Healthcare the core of the Church's work

by Katie Preusser

A vicar on a bike is a cliché. But one racing through the night with a snake bite victim on the back is a little rarer. For the clergy of Ghana it is all in a day's work.

Anglican bishop Dr Jacob Ayeebo sees healthcare as core to the church's work in Ghana and that is a belief he has been sharing with St Stephen's church as it sets up a partnership with the country's northern diocese of Tamale.

Dr Ayeebo's links with this parish go back to his student days shared with St Stephen's vicar Reverend Bernhard Schünemann in Oxford. The collection from Revd Schünemann's own wedding



Photo © Nick Davies

service funded a new church in Ghana and since then the congregation has fundraised to help Dr Ayeebo's work. His focus on areas such as women's health and education are a key part of his calling, the Bishop stresses.

"I started on a bicycle as a missionary. I would pick up pregnant women and take them to hospital on my bike or people with snake bites in the night," he recalls. It is a role that continues today. "I want to put the social service wing of the diocese centre to meet the daily needs and challenges of the people. People say I should be just preaching but the social services we provide are integral to evangelism," he adds.



Dr Ayeebo is speaking during a visit to Dulwich alongside a conference of the Anglican mission agency USPG, where he was last year appointed a board member. The Bishop has helped bring the plight of his poor region to the attention of the UK-based organisation, particularly in the wake of devastating floods in recent years and USPG has responded with emergency grants.

It is a region home to many religions and Dr Ayeebo himself is the first Christian in his family. He was even beaten by his great-grandfather when he told him of his conversion from ancestral worship to Christianity. But he held fast to his belief and it pushed him on to eventually study in the UK. He says he is grateful for the role he now has at the age of 52. "I am now a bishop of a church of God and my parents were not even educated."

That passion for education is something he wants to pass on throughout his region and Dr Ayeebo says he has already helped more than 500 children into school, some of whom went on to become teachers. Again, it is core to his faith, says the Bishop: "Believing is doing. We can't say 'I believe' without doing."

Photos: www.uspg.org.uk



Our non-stipendiary curate Rev Paul Holley

by Gemma Birt

Revd. Paul Holley is the new assistant priest at St Stephen's, having joined in February 2012. He is based in Geneva where he works as the co-coordinator of the Anglican Health Network ("AHN"). He helps out with church services when he is in Dulwich, where he shares a home with his wife Denise, who is a nurse at Kings College Hospital.

Paul worked as a financial adviser in the personal finance industry for 6 years before he trained to become a priest. He has been a priest for 16 years now, having been ordained in Manchester, where he served as a curate and then, a rector of two parishes in Salford. Paul then moved to Geneva, Switzerland, where he became a chaplain to an Anglican congregation. He is also a member of the Anglican Communion Office at the United Nations in Geneva.



It was through his work with the Anglican UN Representation and the World Health Organization that he became aware of the need to establish a stronger and coherent voice that focused on the significant health issues, such as HIV/AIDS and maternal health, facing the world today. He saw the potential for linking Anglican health organisation and professionals from across the globe with the aim of sharing information, resources and knowledge and committing the Christian mission of healthcare for the poor. Together with Lee Hogan, he co-founded the AHN. In 2009, the AHN was mandated by the Anglican Consultative Council meeting in Jamaica and soon after held its first inaugural meeting in Geneva. Examples of the type of projects that the AHN is assisting on include distributing medical equipment from Anglican hospitals in the USA to Anglican hospitals in India and Africa, working on projects to improve maternal health and developing micro insurance for health care.

Looking ahead, the AHN is organising a conference in Birmingham in April 2013 entitled "Faith in Health and Healing." Paul sees it as an opportunity to bring together chaplains, parishes and external speakers who have a healing mission. The conference will explore three themes: Health, dying and human flourishing; the healing ministries of the church, and the church in the governance and delivery of health care.



Paul also sees the church as having a fundamental role to play in contributing to promoting a healthier society. "A major threat to our health in the UK is actually non infectious disease such as diabetes, heart disease and cancer which are shaped mostly by our lifestyles. The church could potentially have a very positive impact on these diseases by challenging the lifestyle choices we have adopted and that are damaging to us and then supporting and encouraging change." Ultimately, what Paul would like to see is a whole hearted reunion of medical care, compassion and faith. The AHN is a big step in that direction.

Photos: www.anglicanhealth.org

Maternal Health

AHN is currently working in partnership with USPG, the Liverpool School of Tropical Medicine, NHS Northwest and Our Mobile Health to institute a programme that will significantly reduce the high rates of maternal and newborn mortality and morbidity in rural districts in Africa...



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Fight for your space in the park!

by Jessica Davies

On a busy Saturday morning it's hard to imagine that the 29-hectare playground we know as Dulwich Park was once peaceful farmland. Some of the ancient oaks survive, as do the glorious rhododendrons in the American Garden that bloom in May and were favourites of Queen Mary.



Were she to whizz through time and join us in the 21st century she might be very surprised by all the frenetic lycra-clad activity that makes even this quiet corner of the park hum. Our modern obsession with health and fitness means that even I – a person with no sporting ability – can be spotted occasionally flexing my weary middle-aged muscles among the rhododendrons, while my bored dog and saintly personal trainer Julia look on.

I favour this tranquil spot because, frankly, everywhere else is mayhem. Woe betides any small child who on a Saturday morning wants to zigzag their scooter along the park's tarmac thoroughfares. If they aren't knocked flying by a teenager on a banana bike or a posse of young mums pushing prams at high velocity, they will surely fall victim to the flinty-eyed runners who hurtle round performing 5k timed circuits.

These wiry speed freaks compete for road space with cyclists and with the women who sail forward in a leisurely line, sweeping all before them into the grass verges, passionately engaged in gossip and only occasionally pausing to corral their tiny, yappy dogs. Some of their friends will be on their backs rolling in mud – and who knows what else – at the command of bellowing British Military Fitness Trainers; while others will be doing Geoff Capes impressions with weights; and yet others will be clickety-clacking around the park, yakking and power walking with those long sticks which look like ski poles.



In the tennis courts patient fathers lob gentle balls to enthusiastic five year-olds and flirting teenagers park their bikes and congregate around the 13 outdoor gym machines. There are pilates and yoga classes in the Francis Peake Centre, a bowling green and table tennis. There are roller-bladers, impromptu football matches and agile boys balancing improbably on rip-sticks.



When summer draws to a close and the new academic term begins the Saturday park numbers swell as people take stock of post-holiday waistlines and Olympic-inspired resolutions. As the leaves on the great oaks start to turn I will be back in the park with Julia and my dog doing gentle sit-ups and stretches, dreaming of lost poundage and watching this pulsing parade of humanity that would have astonished Queen Mary.

Photo © Sarah Bucknall

Autumn at St Stephen's

Events & Services

Sunday 9 September
10am International Sunday, celebrating the variety of countries in our congregation. Our celebration will reflect the traditions of Sierra Leone with a choir and special food! Everybody welcome.

Saturday 15 September
7pm "St Stephen's unplugged" a concert featuring a variety of pop and rock groups from some of our local schools (proceeds to St Christopher's Hospice).

Sunday 16 September
3pm Concert by the members of the 'Cello-workshop'

Sunday 30 September
6pm Hymn Singing evening - organised by the Social Committee: suggestions for hymns to be sung welcome during September

Saturday 6 October
7pm Concert by the Astreaus Ensemble (a group of professional wind instrument players).

Sunday 7 October
10am Harvest Festival Service

Sunday 7 October
4pm (tbc) Animal Blessing Service

Saturday 10 November
12-3pm Christmas Bazaar.

Sunday 11 November
10.15am Special Remembrance Day Service.

Saturday 24 November
7pm. Quiz Night with fish & chip supper

Regular Services

Sunday:
8am Holy Communion (BCP)

10am Choral Eucharist with Sunday School during term time

12am Holy Baptisms

Tuesday to Friday:
8.30am Silent Prayer followed at 8.45am by Morning Prayer

Wednesday:
9.45am Holy Eucharist

