

SPIRE

St. Stephen's Community Magazine
Easter 2014
Issue 16

InSpire:

St Stephen's 2014 Appeal

From the Vicar's desk
Easter in all senses

Touch
Taste
Sight
Smell
Sound
Sense and no sense



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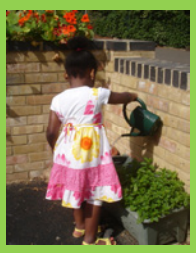
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WELCOME

Angela Emmott
Editor



I am sorry that I cannot infuse this Spire magazine with the smell of fresh bread or spring roses, or give you the sound of an orchestra as you leaf through its pages. But maybe this edition will wake up your senses and send you touching, tasting, seeing, listening, and smelling with a new awareness of these experiences! We take for granted our ability to recognise signs, pleasurable and warning, through our sensory mechanisms as we go about our daily lives.

Is 'touch'- a precious gift or an unpleasant intrusion? Read how complementary therapies can enhance wellbeing, especially amongst residents at Athol House. We invite you to refresh your taste buds and maybe visit a local farmers market for some new and succulent flavours! Read how Moorfields Eye Hospital stimulates 'sight' in more than just the medical sense, as we learn about their recent innovative lighting project.

Challenge your memory by thinking of smells that link you to past events and read some interesting recollections. If only we could hear music pouring from the windows of Kingsdale School, now famed for its high standard of musical education! Sounds can stimulate, or calm; and we have wonderful music at St Stephen's too! Our sensory journey brings us home to the lowly donkey, one of which will join us in Dulwich on Palm Sunday.

Please take time to consider our two appeals: - funds are needed to restore and renovate our beautiful St Stephen's Church and to sustain our local hospice.

St Christopher's Hospice

On 9 May the Dulwich Friends of St Christopher's Hospice are organising an Auction of Promises at Dulwich & Sydenham Hill Golf Club in aid of the Hospice. We would be very grateful for more promises to auction. The promise does not need to be extravagant, but could include tickets for a theatrical or musical event, a week in a holiday home, or some kind of donated service – e.g. cooking a meal, walking a dog or baby-sitting.

Many of you will be familiar with the name of St Christopher's through knowing someone who has received care from the Hospice; and we are sure that you appreciate this wonderful resource in our community.

St Christopher's care services support over 3,000 people each year in their own homes, on four inpatient wards (which have all recently been refurbished to a very high standard), at the Anniversary Centre in Sydenham and at the Caritas Centre in Bromley. St Christopher's programmes of education and research are highly regarded and influential nationally and internationally.

St Christopher's specialist services cost over £17.5 million each year and only around a third of this comes from the NHS, the rest they have to fund raise themselves. It is the generosity of local communities and the kindness of strangers that ensure these incredible services remain for those who need them.

For more information about the Auction of Promises, or to give a promise to be auctioned, please contact Anna Somerset at St Christopher's on 020 8768 4573 a.somerset@stchristophers.org.uk

Ticket applications can be made to triciaparry38@gmail.com

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

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t.lavelle181@btinternet.com
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The team:

Angela Emmott, Bernhard Schünemann Katie Preusser, Gemma Birt, Christine & John Murrell, Maria Anguita, Linda Inniss, Caroline Sawle & Sarah Bucknall.

Easter in all senses

by Revd Canon Bernhard Schünemann



Easter is a time for the senses! Although they have been in the shops since Christmas, through Easter eggs we renew our acquaintance with chocolate, and what a great taste it is! My wife tells me that eating chocolate is actually known for curing depression and grumpiness; apparently you are likely to be 40% happier when you have eaten chocolate.

Our other senses are also engaged, this year, with Easter being quite late, spring will be fully under way. The increasing daylight hours will wake up the plants and draw out blossoms. New noises also can make us optimistic, there is nothing like the experience of 'hearing the first cuckoo in spring' over and above the noises that the parakeets have been making all through the winter. The smells, sounds and sights of spring delight our senses, and sometimes it can even strengthen our resolve to have a new start or to view a problem differently.

That's why for me the most difficult part to believe about the bodily resurrection of Jesus is at the same time the most important: in the resurrection of Jesus, God affirms us as whole beings: our senses, our bodies as well as our souls. He has created us in that way, and he wants us to be perfected with all our senses. He wants to be our sensation.

For me it is often poetry and in particular the poetry of George Herbert which gets under the skin of what it means to have faith even in the face of the ordinary and often disappointing conditions of real life. He can be touchingly domestic in writing about some of the deep sadness that is stirred up when we think about Easter and what went before on that cross. For him Easter becomes the simple wiping away of tears, and he suggests that the grave-clothes left behind at the resurrection are there for us to use as handkerchiefs to dry our eyes with:

Arise sad heart: if thou dost not withstand,

Christ's resurrection thine may be:

Do not by hanging down break from the hand,

Which as it riseth, raiseth thee:

Arise, Arise;

And with this burial-linen dry thine eyes:

Christ left his grave-clothes, that we might, when grief

Draws tears, or blood, not want a handkerchief.

(From 'The Dawning' by George Herbert 1663)



A letter from the Appeal Committee

Peter Frost (Chair of appeal), Bernhard Schünemann (Vicar), Joan Greenwood & Patrick Robathan (Churchwardens), Martin Davies (Treasurer), Howard Jacobs (Car park slippage)

St Stephen's Church is a great architectural asset to the parish of South Dulwich. Our beautiful Victorian building is treasured and maintained to a high standard by our Church Council, parishioners and neighbours.

A number of items have been identified for urgent attention: namely, the lower south roof, which needs replacing, and the valley between the church and the church hall which needs repairing.

Secondly, part of the surface of the car park is 'moving' and needs to be assessed for action.

Thirdly, our organ needs attention and we may need to install humidifiers.

To meet the cost of these repairs we are making an appeal for £50,000, based on the following tenders:

£34,000 for roof repairs; £10,000 for an in-depth survey of ground slippage in the car park and £6,000 for works to preserve our organ.

The car park survey will help to determine (a) whether the slippage represents a danger to the church or church hall and (b) whether we can start negotiations with Network Rail for remedial works to be agreed and apportioned.

If the appeal raises more than £50,000, the excess will be used to meet any additional expenditure on the above items, the repair of the car park, which may prove to be expensive, and the general upkeep of the church.

We very much hope that you will be able to support this appeal and we will be grateful for all donations.



Donations can be made by

- *cheque (payable to St Stephen's Church) and send to the Donations Secretary, Raymond Cousins, at 33 Hitherwood Drive SE19 1XA*
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a truly wonderful force for good?

by Linda Inniss

At any 'Kindergarten' (including the Montessori Nursery located in St Stephen's Church hall) toddlers delight in kneading, rolling and shaping Plasticine or pressing hands dunked in paint onto paper. Adults are equally tactile, relishing the sheer sensory pleasure of walking barefoot on grass or the smooth feel of a pebble, yet instantly recognising the sensation of a nettle or hot iron as unpleasant.

Our sense of touch is a double-edged sword. Victims of physical or sexual abuse may shrink from touch, recalling their physical pain, while bearing profoundly damaging psychological and emotional scars.

How we touch is significant. It expresses our mood and feeling and produces an emotional response in others. The physical and emotional effects of touch (positive or negative) are inseparable: Babies asleep on chest or shoulder enjoy both the warmth of the human body and the sense of security this closeness brings. Toddlers love the physical softness of a favourite toy, rag or blanket, for comfort and reassurance.

The growing interest in 'complementary' therapies requiring touch and the plethora of local businesses offering holistic treatments, testify to the fact that touch and healing are inextricably linked.

At Athol House, a care home in Dulwich, "...supporting individuals with physical disabilities, sensory impairments and complex needs," touch is a necessary part of moving and handling residents with dysfunctional bodies. Reflexology and massage, offer residents an entirely different (pleasurable) touch experience, enhancing well-being and self-esteem.

Personal choice is paramount, at Athol House, where participation is encouraged, depending on the individuals own wishes and limitations. Residents enjoyed participating in a recent cabaret evening for example, performing simple actions to the music such as banging tables with champagne flutes, shuffling poker cards or throwing dice. Activities and life experiences generally are extremely varied, including attending Services at St Stephen's, appealing directly to all five senses. Books are available in braille or on audiotape, while the therapeutic effects of water are enjoyed in the Jacuzzi bath! Art workshops and film nights are popular too.

Two iconic images from art and film are: The Creation of Adam and John Alvin's poster for the film E.T. the Extra-Terrestrial. In Michelangelo's fresco painting, God's outstretched arm reaches out to touch Adam and impart life. In Steven Spielberg's film, a young boy, Elliott, befriends an extraterrestrial stranded on Earth. He experiences a psychic connection with the alien, an empathy continuing beyond E.T.'s time here. Bidding farewell, he points his glowing finger to Elliott's forehead, telling him "I'll be right here". Both images represent loving relationships.



The Creation of Adam part of a fresco painting in the Sistine Chapel by Michelangelo (1475 –1564)



Poster for ET by American John Henry Alvin, cinematic artist (1948 – 2008)

Touch is hugely powerful in forming a bond with others, empathising with their situation and often dispensing with the need for words; a congratulatory 'high five' or pat on the back, a friendly or conciliatory handshake, a consoling hug, a kiss. When human beings connect in these caring ways, touch is a truly wonderful force for good!

you won't go hungry!

by Maria Anguita

We are constantly challenged about food: - eat healthily, eat less, eat sensibly...no sugar! Our quest for food starts at birth, with those taste buds, (sensory organs on the upper surface of the tongue) searching out familiar, comforting flavours. Children often reject new foods on sight, yet as adults we regularly search out new taste experiences.

From Michelin starred restaurants to exotic street food, you are sure to find a culinary delight in any corner of London, and our patch in South East London is no exception. Just on our doorstep,



Dulwich College farmers market has been serving home grown and organic produce every fourth Sunday of the month since 2001. Currently the market is on hold because of works taking place at the College, but those intent on seeking their marinated olives and organic goat's cheese fix can chose from many other farmers markets in the surrounding area; East Dulwich's North Cross



Road, Herne Hill, Peckham and Camberwell host weekly and monthly markets.

For the more adventurous, Southwark's Borough market, just by Southwark Cathedral, has become a tourist attraction in its own right with an estimated 4.5 million visitors a year. Home to some 100 stalls, selling a wide variety of British and international produce, it has hosted a market since the 11th century.

However, you do not have to trek far from St Stephen's to feast like a king. Shepherds Food (88 Dulwich Village) has been selling products from around the world, since 1996 and one of it's lines, Partridge's, holds a Royal Warrant. Ali, the store's Deputy Manager, explains that people come from as far away as Blackheath. "We also have a whole shelf dedicated to American brands," adds Ali. The Village, East & West Dulwich have no shortage of delis either.

If you are looking to have a day off from cooking, Crystal Palace is emerging as another foodie destination south of the river. There is a generous sprinkling of gastro pubs, and Joanna's restaurant, described by Time Out as 'East End glam without the journey', has been serving brasserie classics for the last 30 years. For those who like to eat well on a budget, Brixton Village is the place to head to. Just off Atlantic Road behind the station, this indoor space has become a microcosm for cheap world street food. On both my visits I have struggled to find an empty table; Spanish, Chinese, Mexican, Asian, Caribbean... it is a difficult choice. Jay Rayner, the restaurant critic and author, has described it, "the most vibrant restaurant scene in London."

I have been typing this whilst sipping a guava flavoured drink bought at one of the local delis. It is now lunchtime and my tummy is rumbling. Now, where shall I go?





there would be no sight

by Christine Murrell



The muscles that control your eyes are the most active in your body. From the moment you wake up to the time you go to sleep your eyes are acting like a video camera. You are able to see objects because beams of light bounce off them into your eyes, so without light we would be literally in the dark.

The sense of sight is so important. It gives information to the body about everything in daily life, almost dominating the other senses. We use our eyes in nearly every activity, whether reading, working, watching television, driving a car and countless other ways. Many people would agree that sight is the most precious of the five senses and fear blindness more than any other disability.

But to get back to the importance of light and colour when considering sight. We need light for security, for entertainment, for welcome, for romance; that warm welcome when walking up to a brightly lit front door, those myriad colours at a funfair, that feeling of security when driving along a well lit motorway at night. We feel warmth and affection when we sit in a softly lit home or restaurant.

Light can bring out the textures and colour of a building, as at The Moorfields Eye Hospital in London. Roger Beckett, who designed and installed the lighting at a new hospital wing, is a member of our congregation at St Stephen's. Roger explained that the Moorfields project consists of five platforms down the front of the facade -100ft high and 100ft wide. These platforms sit on a block of light and using LED technology comprises red, green and blue light to create numerous other colours. The building is warmly lit from 7am until 11pm and a shining, ever changing canvas of bright colours meets people arriving there.

Roger explained his confusion, whilst checking the work one day, when 'a young boy arrived and asked him about the colours'. Roger explained they were red, green and blue and when mixed would give an amazing volume of colour. The boy was listening in a way that children don't normally listen and told Roger, "I'm really looking forward to it because they told me that after my operation I will be able to see it." Surprised, Roger asked "surely you're not blind are you?" He said, "no, but I can only see greys, between different shades of black and white". Could you imagine a world without colour, I can't!

At St Stephen's, we are fortunate to worship in one of the best lit churches in the South East. It makes our church so warm and inviting.

Our beautiful world is full of wonderful sights to discover and observe, but without light they are meaningless. Gaze upon a luminous sunrise or a stunning, red sunset and I think you will agree that the best lighting designer of all is the Lord.

LET THERE BE LIGHT



smells!

by Katie Preusser

The smell of new-cut grass sends Joan Willsher back decades. Just a sniff of its fresh aroma on a summer's day and she is sitting on a tractor in rural Buckinghamshire, working for the Land Army. Joan, now 87, also has less happy triggers for wartime memories. "The smell of rubber reminds me of gas masks," she says.



Smell is the sense most closely linked to memory and many of us can name a scent that brings back images from as far back as early childhood.

We asked members of the St Stephen's congregation to tell us theirs. They had an array of favourites from soaps and lotions to the smells of nature and childhood foods.

For 89-year-old Joan Stewart the smell of face powder brings back her teenage years.

"When I was about 14, I used to put it on my face and I would hear 'My girl, you're not going out with make up on!'"

Rita Miller finds one particular smell sends her back to a summer when she was six years old and sent away for some relief from wartime London.

"The smell of lavender always puts me in mind of a care home I was sent to in the war... I was absolutely in love with it and didn't want to come home. They used to take us for a walk every day and the whole field was full of lavender."

Elo Allik-Schünemann, local artist and wife of St Stephen's vicar, Bernhard Schünemann, finds a whole array of smells trigger strong memories. "When I smell clean washing, then I remember my baby brother because in those days nappies had to be washed," she recalls. Many smells take her back to the land of her youth, Estonia - especially a smoking chimney. "There is so much wood in Estonia and people burn it to heat their homes," she explains.

Researchers believe smell is such a strong trigger for memory because the olfactory bulb, which helps process smells, is close to the parts of the brain that control emotion and memory.

The strong power of the sense is used by carers and therapists working with people with memory loss from conditions such as Alzheimer's. The website www.elderlyactivities.co.uk has suggestions for how to use the sense of smell to tap into memories.

Memories triggered by smells can be very vivid. Roger Beckett from St Stephen's says: "Honeysuckle is a smell I associate with the warmth of summer. I can actually visualise the cascade of it in our family garden next to the gooseberry bush."

If you are now wondering what smells tap into your memories, we'll leave you with some more ideas from our straw poll: matches, bread pudding, fireworks, camphor ointment, incense, the sea, cigars, autumn leaves and sugar melting into porridge.








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transforms education

by Revd Canon Bernhard Schünemann

When you approach the music department of Kingsdale Foundation School you literally hear how important listening and making music is in the life of the school. Fifteen percent of the students here are on a music or sports scholarship, 450 of the fifteen hundred students play a musical instrument.

Mary Graham (Director of performing arts and assistant head teacher) says, "music gives children a sense of belonging and at the same time they are developing skills for life, many become professional musicians." I was bowled over to hear three students practising a Schubert Piano Trio: Millie Ashton (violin), Harvey Gibbons (cello) both at the Junior Guildhall School of Music and Chloe Wong (piano) is hoping to study medicine.

There are over thirty musical ensembles including orchestras, steel bands, jazz and brass bands, African and Brazilian drumming groups and several choirs and traditional string and symphony orchestra. Between 60 and 100 pupils take music GCSE every year, and school hosts over thirty specialist instrumental teachers. "Playing in groups and ensembles develops children's creative side and social skills, and children very much learn from each other because the groups consist of students across the age range," explains Mary Graham, "the children also learn to listen to each other and to value each other's gifts."

This aspect of Kingsdale School has hugely contributed to the schools popularity with many more pupils applying for a place than can be offered; the school is substantially oversubscribed. Mary Graham, who herself comes from a family of professional musicians, says that for this reason many London based professional musicians like to send their children to Kingsdale.

In the basement of the three storey music school is the recording studio where I encountered the composer Ellen Stafford and the singer Emily Dessi-Makin who were recording and editing a song, their own composition, the poetry and music of which would compare favourably with 'Florence and the Machine'.





Every year in the month of December alone the music department organises fifteen sell-out concerts, during which every ensemble features, and every student has the opportunity to perform a solo. When I visited in February they had just had a concert in which teachers, parents and sixth-formers performed together, raising funds for the proposed trip to Brazil. As well as workshops with the London Philharmonic Orchestra, performing at the Royal Festival Hall, there is currently a project of collaboration with the Simòn Bolivar Youth Choir from Venezuela.

Every Christmas Mary Graham brings the whole of year seven (250 twelve year old students) to St Stephen's for their annual Carol Service, the students sing and the teachers read the lessons. For me this is one of the highlights of my Christmas, simply because of the sheer enthusiasm of the children's singing and the high quality of the Kingsdale Chamber choir.

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A Meat Free Day each week?

I'm Thomas Micklewright from the Dulwich Vegan Society. We run a scheme called 'Meat Free Days' and Lent is a great opportunity to give this a go. Lent, more than any other time of the year is an opportunity to practise self-restraint and give our thoughts over to others.

Reducing your meat consumption is very beneficial for a number of reasons:

- *for the environment:* reduces your consumption of water, land and oil and reduces deforestation.
- *for your health:* meat is high in salt and saturated fat, adding to issues with heart disease, high cholesterol and obesity.
- *for animal welfare:* Scriptures teach us to be peaceful and kind, and that includes towards animals too.

God gave us a beautiful planet and we should do our best to preserve it for future generations. Please join a growing group of people with a weekly meat free day.

For tasty meat free recipes please see:-
http://www.meatfreemondays.com/recipes/ or
contact me on 07789 322 920 or thomasmicklewright@gmail.com Web: http://www.dvvs.vegangroup.co.uk
Facebook: Dulwich Vegans Twitter: @DulwichVeganSoc

an animals' eye/ear/nose-view?

by Angela Emmott

We humans get by with five senses: touch, taste, sight, smell, and hearing, but other animals have developed many strange and wonderful ways to find their way around.



Lions prey on zebra and antelopes, which have extremely good hearing and eyes on the side of their heads to help them avoid predators. Moles use touch and smell to move around underground, whilst dogs, as we know, have well developed olfactory glands and alert hearing, supporting humans in many key ways including as guide dogs for the blind.

Some dolphins, whales and bats navigate and track prey using 'echo location' – advanced hearing that allows them to 'see' their surroundings by listening to how sound reflects over the objects around them. Many fish sense their surroundings by detecting changes in water pressure.

Flowers often reveal patterns in ultra violet light to entice the pollinating bee!

Have you ever heard someone say "Oh I have known him or her for donkey's years"? It comes from a pun on the idea of donkey's ears being so very long! Their ears can move round to locate sound and they greet each other by smelling and blowing in each other's noses. We often think of donkeys as less intelligent animals as they are slow movers with a 'bouncing gait' who take all 4 feet off the ground at the same time. Yet there are 41 million of them in the world today, working in various ways.

This Palm Sunday, the Choir, Clergy and congregation of St Stephen's along with those of neighbouring parishes will parade from Kingswood Estate through to College Road accompanied by 'Alice', a donkey who celebrated her 22nd birthday this February. Though derided as a beast of burden the bible tells us how one carried a triumphal, Jesus, proclaimed as King, into Jerusalem on the path to His crucifixion and resurrection. Humble yet important, the donkey gave dignity to this journey.

'Alice', along with 'Hermione' lives at Surrey Docks Farm, a 2.2 acre site on the south bank of the Thames at Rotherhithe. They are 'jennies' female donkeys originally coming from semi-desert areas where their long ears kept them cool and along with their loud 'braying' helped them to communicate with other donkeys.

You can visit 'Alice' and 'Hermione' any day as the farm is free, though donations are very welcome. Fay, their keeper told me that well treated donkeys have a life span up to 30 years, or even longer. This is the 8th year that we have been able to start our Palm Sunday Service with a Surrey Docks Farm donkey to guide us along. Our thanks go to Michael Jenkins, from St Stephen's, who liaises with the farm.

Do come on Palm Sunday (13th April) and bring the children to give 'Alice' a stroke - 9.45 meet at the shops on Kingswood Estate.

www.surreydocksfarm.org.uk



Easter at St Stephen's



Mothering Sunday – 30 March

8am Holy Communion (BCP - 1662)
10am Family Service with Eucharist and distribution of daffodils

Palm Sunday – 13 April

8am Holy Communion (BCP - 1662)
10am Procession with donkey, brassband and singing - together with the other churches in the area. Assemble next to the Shops in Seeley Drive ready for 9.45am

Wednesday - 16 April

9.45am Holy Eucharist

Maundy Thursday – 17 April

8pm The Maundy Thursday Service starts in the church hall with an informal parish supper, followed by a commemoration of the foot washing, a Holy Eucharist and the watch service until midnight. Our choir will sing for this service. Everyone is welcome to all or part of this event!

Good Friday – 18 April

2pm Good Friday Liturgy with choir, sermon and Veneration of the Cross

Easter Sunday – 20 April

5.45am – Dawn Service: Vigil of readings, the lighting of the Easter fire, the blessing of the Easter Candle and the first Communion of Easter.
8am Holy Communion (BCP - 1662)
10am Choral Eucharist for Easter

Regular Services

Sundays

8am *Holy Communion (BCP)*
10am *Choral Eucharist with Sunday School during term time*
12noon *Holy Baptisms*

Tuesday to Friday

8.30am *Silent Prayer followed at* **8.45am** *by Morning Prayer*

Wednesday

9.45am *Holy Eucharist*



St Margaret Clitherow RC Church

4 Kingswood Drive, SE19 1UR
Fr Sean Hearty (020) 8670 1639
Palm Sunday Procession followed by 10.30 Mass
Maundy Thursday **7.30pm** mass for the Lord's Supper
Good Friday **3pm** Solemn Liturgy **7pm** Stations of the Cross
Holy Saturday **9pm** Easter Vigil Service
Easter Sunday **10.30am** Mass
Regular Services
Sunday Mass **10.30am**
Portuguese Mass **9am**
Wed – Fri Mass **9.30am**
Holy Days: Mass **9am & 7.30pm**

Kingswood Community Baptist Church

Pastor: Mawuli Doe (further info: Sandra Surrey 07986 002389)
Dulwich Wood Federation Primary School (previously Langbourne School) Bowen Drive SE21 8NS
Palm Sunday – Procession followed by 10.30 Service
Wednesday 16 & Maundy Thursday - 7.30pm Teaching and Prayer: the essence of the cross - Ketra Rooms, Telfer House Seeley Drive
Good Friday - **10.30am** Service
Easter Sunday – **10.30am** Easter Service
Regular Services
Sundays **10.30am** Service
Wednesday **7.30-9.00pm** Non-denominational Bible Study Ketra Rooms,
Saturday Prayer Group **10am-12noon** 37 Kingswood Drive, Pastor Mawuli's home