Not The Answer

Am I the only person to be concerned about the 20 mph speed limit that has been set across the whole borough? We already have the experience of driving in next door Southwark to see that it is not the answer. Once you go over the hill into East Dulwich you are supposed not to exceed 20 mph. It feels very slow. In fact, it is very slow, so that cycles and buses overtake you. For a speed limit to be effective, it needs to command the respect of the general public, taking into account the prevailing traffic conditions. 20 mph is perceived by most as unnecessarilly slow on main roads, and consequently is widely disregarded. It is difficult to hold the speed when going up hills; the car does not know which gear to be in. And as cars are generally progressing in a lower gear, they are consuming more fuel and pumping out more pollution.

I cannot deny that certain roads in Sydenham are sometimes prey to a few stupid speeding drivers, such as Westwood Hill and Lawrie Park Avenue. I detest such selfish and thoughtless driving. But there are other traffic calming measures which can be put in place. My guess is that if a few are prepared to exceed the current 30 mph limit so carelessly then reducing it to 20 mph is unlikely to deter them.

I did a bit of research online and found a very helpful RAC website. This explained that there are three national speed limits; 30, 60 and 70 mph, but under the Transport Act 2000 local authorities are able to create their own 20 mph zones.

The Act states several conditions before they can be introduced. First, that they should consult the local community likely to be affected. I am not aware of any consultation locally. Secondly, they should consult the local police, because the police may well find such a limit difficult to enforce without other traffic calming measures. Thirdly, alternative speed management options should always be considered first. Fourthly, the speed limit set should be at a level that will encourage self-compliance – ie be recognised as realistic by a majority of road-users. Fifthly they should not be implemented on roads that a strategic function or on main traffic routes.

There were other points too; I simply summarise the ones that seem relevant here. It seems to me that a borough-wide 20 mph zone does not conform to these requirements. I can well understand the limit being appropriate for local roads such as Sydenham Park Road, Bishopshorpe and so on, but not on main roads. It has to be enforceable or it will be meaningless. Do the police enforce it in Southwark? Many people also feel that lower speed limits are not in any case scientifically based.

It is important that the streets of Lewisham should continue to become safer, as they already have over the years. But there are other more imaginative, more effective ways of managing traffic and arranging streets that could serve that purpose.

Michael Kingston

St Bartholomew’s Church Sydenham – a Pokémon GO Pokestop

Pokémon Go is a popular free smartphone and tablet app game. The phone’s camera overlays streets and buildings on the screen in augmented reality.

Released in 2016 it became a global phenomenon with over 100 million downloads and is played by adults and children. Players keep active outdoors using their phone’s GPS to pinpoint their location on maps they can follow to locate a Pokémon – an animated creature – that is caught by throwing PokeBalls.

Pokeballs that are needed to play the game are found at Pokestops which are landmarks eg. Crystal Palace Sports Centre or churches such as St Bartholomews.

Players have to find, catch, train and battle on their smartphones to play the game. Pokémon trainers can battle each other at Pokémon Gyms eg. Sydenham and Forest Hill Public Library.

Pokémon GO is a big drain on phone batteries. Pokémon Gyms and some churches have Phone Charging Stations and free Wi-Fi. Be aware that they do not have USB leads, so bring your own with its charger. Some people also give a small donation. If charging at a church while there is a service going on please be quiet and respect the act of worship.

Precautions – The game is absorbing but there are some safeguards to note:
- Don’t stare at your phone and ignore the traffic, terrain or other people.

Continued on page 3...
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Editorial

In the September 1980 edition of Sydenham Life there was an article that caught my eye. It said “Hi-de-hi.” Many of you will remember the very funny television series with that name based on a holiday camp. Any way it went on to say that many people passed each other on the street as though the other person did not exist. It said that we should follow the example of the milkman and the postmen and say good morning. Well, of course, over thirty years later hardly anyone gets a delivery of milk and the post person comes at the time of day when you hardly see them.

Although, as it happens I was quite surprised when I saw a milk van called ‘milk & more’ passing by near where I live in Sydenham just the other day.

Fast forward over 30 years when that article was written and to today, where the mobile phone is ubiquitous. You just have to walk down the street and like an appendage from the body individuals are peering into a small screen or it is lodged by the side of their ear, all this whilst walking.

So in 2016 there seems to be more reason why people do not say hi or good morning, we all engrossed in our digital world. Not in the present. We are seemingly disconnected from the world around us, experiencing it indirectly through modern technology.

I like to walk through Wells and Crystal Palace Park on my way to the train station. I find that it gives me time to think and sets me up for the day. Sometimes there maybe no one there and you hear the birds in the trees or the wind blowing through the leaves or the squirrels clawing their way up the barks of the trees. I think this in modern parlance is considered as being mindful.

Getting back to my 1980 edition Sydenham Life as it said a cheery ‘good morning’ can make all the difference to everyone we meet, including ourselves. If you are wondering about the phrase hi-de-hi, its origins lie when a Commanding Officer in World War II thought that instead of saluting, individuals should greet each other with salutation “Hi de-hi”, to which the response would be “Hi-de-ho”.

I thought I would say hello to a fellow gym user as he entered himself on the self-service machine. I said “Hi, how you doing?” at this point he took off his headphones. I said, “What are you listening to?” and he replied that it was an audio book called “Chimp paradox and mind management”. I have since discovered the full title is “The Chimp Paradox and the Mind Management Programme to Help You Achieve Success, Confidence and Happiness.”

Geoffrey Cave

Continued from page 1...

- There is a ‘Vibrate’ option when a Pokémon is nearby.
- Accidents and theft have occurred.
- Don’t trespass on private property even if there is a Pokémon there.

Be aware that most churches have Safeguarding Officers and how to contact them if you have any concerns. Please make sure you read the advice on the NSPCC’s website https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/pokemon-go-parents-guide/

If you need support setting up parental controls or understanding social networks NSPCC online safety helpline 0808 800 5002 is a good resource.

Pokémon GO is free to download and play, but the game’s currency, Pokenews, which can make the game easier can be bought. 100=70p but 14,500=£79.99p. It may be practical to be aware or turn this facility off.

Finally – Enjoy your game!

Written by Jane Somers
Coming Events

Harvest Thanksgiving

**Sunday October 3rd**
We all depend on the earth to supply our needs. And remarkably, despite there being so many billions of us, earth delivers. The earth has enough resources to feed and clothe us all. It’s just that they aren’t shared around fairly enough. Harvest Thanksgiving is there to remind us of that, to be thankful that we have our need met, and to do what we can to remedy at least some of the unfair sharing. We shall keep our Harvest Thanksgiving Service at the Parish Eucharist on Sunday October 2nd. Any cash or cheque donations will go to the work of Christian Aid, the ecumenical charity that helps people in the developing world to make the most of their resources, often by teaching and giving skills. Any packets and tins you donate at the service will be taken to Voluntary Services, Lewisham, to give to people in need in the local area.

Jumble Sale

**Saturday October 8th from 12:00-3:00pm**
Bric-a-brac - clothes - toys
accessories - books - etc.
Refreshments available

Dedication Festival

**Sunday October 23rd**
This day celebrates the dedication of the church itself, the day when St Bartholomew’s was set aside for the worship of Almighty God. We give thanks for our parish church, as well as rededicating ourselves to God in service.

All Saints Day

**Sunday October 30th**
All Saints is the day when we give thanks to God for the unnumbered company of the saints in heaven, most of whose names are known only to God alone. We too can be saints if we follow their way.

Rememberance Sunday

**Sunday November 13th 10:00 am**
At the Parish Eucharist on this day we give thanks for the courage and sacrifice of servicemen and women and civilians who have been caught up in conflicts between nations, especially the two World Wars of the 20th century. We learn the lessons of war and pray for peace. We keep the Two Minutes Silence at 11 am, and take steps to ensure that this tradition is handed down to the next generation by making the service accessible to children and young people.

Annual Memorial Service

**Sunday November 13th at 6:00pm**
This is a service of thanksgiving and commemoration for those who have recently died. We invite the relatives and friends of people who have died, not just in the past year but in recent years. The service is fairly simple, just readings, prayers, hymns and a sermon; with the climax being the reading out of names of the departed in prayer. You are invited to offer a flower on the altar at this point.

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Through The Letter Box

It is four years since my husband passed away. Soon after, I went through a stage of not wanting to see anyone - relatives or friends it made no difference, I just wanted to be alone. I did not want to admit to feeling angry, feeling despair, trying to fill the emptiness in my heart. Although I still went to work each day (because I had nothing else to do), I was just going through the motions. I was walking through fog with no clear understanding of what I was doing, where I was going or what the future held now that I was alone. I prayed that God would help me get this through this unbearable pain and show me the way to go on alone.

One day, I was driving home from work and couldn't wait to tell my husband about my day, when suddenly tears were streaming down my face, realising that he would not be there. “Oh God! Please help me through this” I said. As I let myself into my home feeling very low I saw a paper through my letter box, it was the “Sydenham Life” magazine. As I browsed through the pages I saw an advert for Sunday School Teachers, “I would like to do this” I said to myself. I picked up the phone and dialled the number. June answered and after a short conversation asked me to meet her at the church on Sunday. I arrived outside the church on Sunday morning feeling very apprehensive, but there was no need. As I walked through the door I was greeted by a lady standing there; it was such a lovely welcome. I stood there for a moment looking at the splendour of the church inside. The large stained glass windows in front of me took my breath away. I felt like I was stepping into the Lord's arms, being surrounded by peace and calm. I met with June that day and my life was changed.

I have had the privilege of meeting the kindest and most sincere people I have ever met and I knew I wanted to join this family so much. My faith has always been strong and I know God showed me the way and led me to St Bartholomew's Church. Through Him I found a new love, a new purpose and this only reinforced my belief that God had shown me the way.

Being part of children's church is a privilege and a complete joy. Teaching the children in Sunday school, discussing the many miracles Jesus performed, together reading the many stories taken from the Bible, I know that we are learning lessons that will carry us through life.

On Sunday 24th January this year I was baptised at St Bartholomew's Church by Father Michael. And the following Sunday I was confirmed at Southwark Cathedral. They were the happiest and proudest times I have experienced in a long time and I would like to thank everyone for their encouragement and support, especially Father Michael and Father Stephen.

Since I have attended St Bartholomew’s I have become involved in a few other things and feel very blessed to be part of the whole community.

Lesley Page

Teen Sense

Prayers about everything from a teenage point of view

Written in conjunction with teenagers
Author: Canon Michael Kingston

Published on Kindle £2.07 Amazon
Excellent resources to have with you - you can put it on your smart phone or i-pod
The Rev Charlotte Elvey, who was curate of St Bart’s from 1994 – 98, died this summer, not long after having retired to Shrewsbury. The following is an excerpt from the tribute that was given at her funeral by her long-standing Sydenham friend, Annette Elliott:

I met Charlotte whilst singing in Helen Fielder’s choir. I admired Charlotte because she could read music and had a lovely alto voice. I will really miss her speaking voice. We loved travelling to foreign parts, with Ian to Dubrovnik and Mâcon in France; and just with Charlotte to Prague, where she taught me to shop; then we had the trip of a lifetime to Iran. In Shiraz we both stood at the poet Hafiz’s tomb where the guide read out one of his poems and I noticed that Charlotte knew it. I quote “From the large jug drink the wine of unity, so that from your heart you can wash away the futility of our grief” In Isfahan we saw in the blue and golden mosques the beautiful face of Islam.

Even back then we shared a deep love of the spiritual, not just the Christian tradition, but Jewish and Muslim. We were part of the people of the Book. She was not sentimental in her faith. We did question God especially around her cancer, but also around world wars and close at home events. We only quarrelled once when I had been a bit cynical about something that Charlotte passionately believed in. I loved Charlotte for her passionate outlook on life. I was quickly forgiven.

When Charlotte applied to start her training to become an Anglican priest, and was in training to become a Jungian Analyst, she asked me to be one of the lay friends to accompany her. I was a Catholic and she an Anglican; it just felt right. We weathered the analytic and religious storms and the deep feelings that came up. She was so good at reasoning with me when I would go off at the deep end. She was already and will always be a priest.

From that moment we met every Friday afternoon and I cooked a meal, often trying new recipes. We laughed, sometimes cried and we talked God and Jung. She would comment how Jung helped her deepen her faith and understand congregants. She was one of the few people I could talk to unreservedly at such depth. I am so going to miss that. She was quite private: in her sadness and her happiness; but her eyes and her face showed quite a lot, hence my opening quote.

It was hard when she went to Shrewsbury but this had been her dream for such a long time. So we phoned and I visited and when she came to London we met. And we talked...... and talked. Towards the end we texted daily. One of the texts was Dylan Thomas: I quote “do not go gentle into that dark night, rage against the dying of the light”. I just wish she could have had a bit more time to integrate this last phase of her life...but it was not to be.

Her analyst phoned her on the Sunday she died and read her a Psalm as she was too tired to talk. He cannot be here today, but he sent this Jewish memorial prayer that I will now read, in part.

“Lord God, may the light of your presence shine upon us as we gather here, our hearts bowed down by the loss of Charlotte whom you have gathered to Yourself. Accept in Your great mercy the earthly light which has now ended and shelter with Your tender care this soul that is so precious to our hearts.”

Have you heard of....?

Sometimes this question comes up in conversation, and after some thought we say “Oh, s/he's the person who.....”, and bring out the only information we know. It has struck me that there are a lot of people in the New Testament like that, mentioned briefly and then forgotten. But sometimes we can put a little flesh on the bones and they become more interesting.

So let’s think about Joseph (or Justus) Barsabbas and Matthias. Remember them? We meet them in the first chapter of Acts. They were the two men from whom one was selected to be the replacement apostle instead of Judas, but what interests me about them (and the other possibilities) is that they were men “who have been with us the whole time the Lord Jesus went in and out among us, beginning from the time of John’s baptism to the time when Jesus was taken up from us.” I had never before thought about disciples other then the Twelve who had continually been followers of Jesus right from the beginning, maybe not always with him but having continually followed him and his teaching. They would have been in Jerusalem at the time of the crucifixion and were certainly some of the 500 who witnessed the resurrection (1 Cor. 15.6) – men and women who have no name but were there and constant all the time.

Of Joseph Barsabbas we hear no more in the NT, nor of Matthias by name. But he had to be "part of the apostolic ministry" and “become a witness with us of his resurrection”, i.e. go and tell others. He would be there with the others apostles at Pentecost, feeling the effect of the Holy Spirit and witnessing indeed in a language he didn't know. He would have seen the martyrdom of Stephen but stayed in Jerusalem when the persecution began (Acts 8.1); he would have been one of the people who heard from Peter how the Gentiles had received the Word of God (Acts 11), been praying for Peter when he was in prison (Acts 12), welcomed and heard the report of Paul and Barnabus when they returned from their first missionary journey,and helped compose the letter to the gentiles (Acts 15)...... and so on. A lot of things done by a person who is named only once – just as has been the case throughout the church for all time. Some people stand out, but it is the ordinary people who keep the work going.

Hazel
Promoting Wills and Legacy giving

There are a number of free and discount cost will writing opportunities through which church members could write wills and also leave gifts in their wills to their church and other charities. Here are two examples:

**Free Wills Month - in England and Wales**

Every March and October it’s Free Wills Month. It offers - as the name suggests - free wills. But to get one you must be aged 55 or over.

- Enter your postcode during March or October on the Free Wills Month website: freewillsmonth.org.uk The website will list solicitors close to you who are taking part and you can call directly to book your Free Wills appointment.

- Register your interest now to be sent a reminder email on the day the campaign begins.

However, the scheme covers simple wills - so if your affairs are complex, your solicitor is likely to ask you to pay a contribution to cover the extra time they spend writing your will.

**Will Aid**

Will Aid will again be available from local solicitors this November. It has two main advantages:

- It doesn’t impose a minimum age on who can get a will

- You also get free will registration (to make it easy for your family to find your will) via Certainty National Wills Register.

Participating solicitors will write wills without a fee in return for a donation to the Will Aid charities — including Christian Aid and NSPCC. The suggested donation is £95, or £150 for mirror wills for a couple. To avoid disappointment, we recommend booking early. Booking opens in the first week of September. See www.willaid.org.uk for details.  

*Molly Wickert*
**Services at St Bartholomew’s Church**

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**Weekdays**

- 8.30 am  Morning Prayer, Monday–Friday
- 9.30 am  Saturday
- 5.30 pm  Evening Prayer, Monday–Saturday
- 9.15 am  Eucharist, Wednesday
- 12.45 pm  Eucharist, Thursday* (from 20/09 - 31/10 Eucharist will be on Tuesday)

**Sundays**

- 8 am  Eucharist (Said)
- 10 am  Parish Eucharist (Sung)
- All-Age once a month
- 6 pm (some Sundays) Evening Service

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**Vicar** - The Rev Canon Michael Kingston  
4 Westwood Hill, Sydenham, SE26 6QR 020 8778 5290  
michaelkingston@btinternet.com

**Assistant Curate** - Rev Stephen Edmonds  
020 8676 8925  
curate@sedmonds.co.uk

*Father Michael is not available on a Monday.*

*The church is open every Saturday morning between 10 am and 12 noon for anyone to drop in.*

*A member of staff is always available.*

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**From the Parish Registers**

**Baptism**

- July 3rd      Eliza McCormack  
- July 10th     Stanleigh Soper  
- August 7th    Alfie Partridge  
- August 28th   Alby Brophy  

We welcome them into the family of the church

**Marriage**

- August 13th  Rachel Greenwood and Mark Vaughan  
  Those whom God has joined together let no one put asunder

**Funerals**

- September 12th David Ronald Branscombe (83)  
- September 19th Caroline Crouch (57)  
  May they rest in peace

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**Floodlighting**

**October:** 10th - In loving memory of Peter

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**TACISAD**

One of our young people, concerned about the rise in mental health difficulties among teenagers, has devised a way of raising money to help. Here is her message:

*With the help of a friend, I invented TACISAD which stands for They Are Clothed In Strength And Dignity, a quotation from the book of Proverbs and it also stands for ‘Tackling Sadness’. I chose this quotation because it gives sufferers the strength to overcome mental illness and the dignity to fight the stigma that comes with it. I have a supply of wristbands (£1) and lanyards (£2.50) that say TACISAD on them for sale at the back of the church on Sundays. All the profits from these will go to the mental health charity Young Minds, which I’m an ambassador for. So far I have raised £400.*

Thank you,  
Naomi Kingston  
*PS: if you can’t come to church to buy them, you can order on this number; 020 8778 5290*

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**Sydenham Life**

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*Send in your contributions for November Sydenham Life by 5th October*

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