**Daily prayer needs to become a habit**

Denise Mumford

This is exemplified in the requirement on clergy to say the Daily Office. Lay Christians do not have that particular obligation, although some may accept it as part of a formal or informal Rule of Life.

What is important is that prayer becomes part of our daily life and so of our daily routine. Someone told me recently that his Spiritual Director had insisted: ‘Get it over early, or it won’t get done’ – crude but practical. Having a regular prayer time that works for you – however short – is helpful. Most adults are overwhelmingly busy, and many feel guilty and distressed that prayer gets left out of their daily lives. Yet there are spaces in the day. Many people travel to work by public transport; instead of listening to music on a personal stereo, one can close one’s eyes and say the Jesus prayer.

I often see people reading their Bibles on the train, and prayers can be said over a verse, which stays in the mind. Some people ‘pray the News,’ either while watching television or reading the newspaper. When taking a brief walk in a park during lunch hour, or going into the garden at home to see what plants are in bloom, one can reflect on the beauty of nature and thank God for it.

To create regular times in the day when God is present is a habit that cannot guarantee to meet needs, but it is never dull, and one can feel on an intimate level God’s love and guidance.

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**Cyril Bridgland 1921-2003**

A congregation of over 400 packed Holy Trinity, Redhill, in February to pay tribute to the Rev. Cyril Bridgland who died in December.

Cyril Bridgland was Vicar of the parish for 29 years (1958 to 1987), during which time the congregation more than doubled.

People came from all over the country to share memories of Cyril and to give thanks for his ministry. Representatives of former parishes in Islington and Northwood were also present – together with his widow, Eleanor, son, Jonathan, daughter, Elizabeth, and several grand-children. Canon Philip King, a former curate of Holy Trinity, was the preacher.

Cyril Bridgland is particularly remembered for his preaching. David Storer, a Reader and former curwarden, said ‘although his voice was not strong, he was never dull, and often passionate’. He had strong views about the conduct of services, which he said should be ‘bright, sparkling, relevant, as excellently done as possible’ so that visitors would want to come and feel at home when they did so.

The Wylye Bible Translators, of which he was UK chairman, he travelled all over the world to encourage the work of bible translation.

Daid concluded: ‘It was a man of boundless energy and ceaseless activity. He would make himself available at any time of day or night to anyone seeking his help or counsel’. Gary Jenkins, the present vicar said we were delighted to host this thanksgiving for a deeply loved man of God.”

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**Eileen Pinnegar 1932-2003**

Eileen Pinnegar, who died on 31 December, was for many years a Redundant Church Furnishings Officer for the Diocese of Southwark.

She lectured on antiques to W.I’s and Townswomens’ Guilds from Canterbury to Chichester. In 1973 Eileen Pinnegar and John bought the derelict Hammerwood Park and over the following 15 years supervised the rebuilding of the house. It is now a popular venue for Hammerwood Park Garden Centre.

John’s was a full life. He had a lifelong passion for steam trains, even to hiring one on the Bluebell Railway for his daughter’s wedding reception. He was a lover of food and wine, and an accomplished cook.

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**Southwark People**

He could have accepted that of the Lambeth Conference, but not General Synod. In spite of this, he never ceased to support women in their ministry, and gave encouragement to his daughter, now training for ordination.

However, John remained a loyal son of the Church of England, and was ever mindful of the rights it gives to every resident in England, whether churchgoer or not – believing it to be enshrined in Magna Carta.

John’s ministry was noted for his deep and sincere pastoral care, especially noticeable at Rural Dean’s meetings with Archdeacon’s when clergy and their needs were being discussed. His reports were the fullest of any: he clearly cared for all his clergy.

Nor did he shirk duties outside the parish: among others he was Anglican Borough Dean of Lewisham, Diocesan Finance Officer, and was an Honorary Canons of Southwark in 1995.

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**Canon John Adley 1939-2004**

The Rev. John Neal writes:

I first met John Adley, who died on 1 February, aged 64, at Wimbledon College Court.

We were to administer communion together at the Southwark Diocesan 75th Anniversary Eucharist. When colleagues heard I was paired with him I was congratulated, for ‘He’s such a nice man’, and nice he was, in the best possible sense.

Born in Greenwich, and baptised a Roman Catholic, John was involved with various denominations until, under the influence of Fr Antony Bailey of St Dunstan, Bellingham, he became an Anglican. A teacher, Head H.R.E. at Malory School, Downham - John became a Reverend in 1990. He told me recently that his Spiritual Director had insisted: ‘Get it over early, or it won’t get done’ – crude but practical. Having a regular prayer time that works for you – however short – is helpful.

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