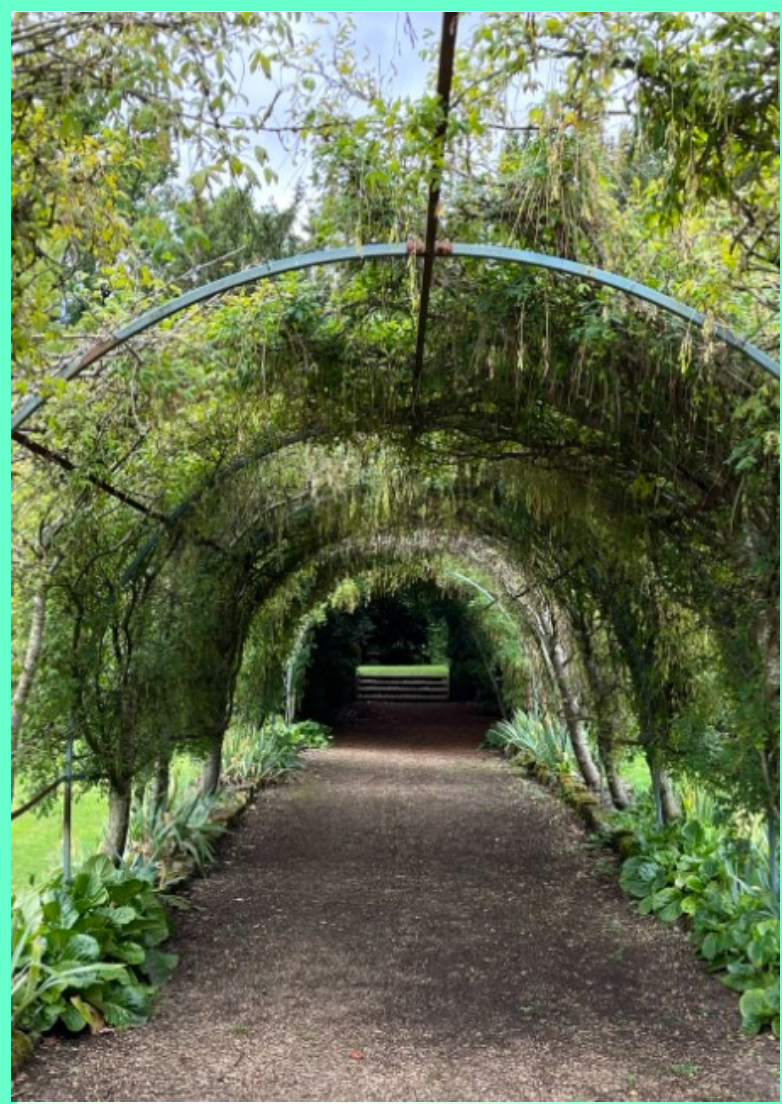


St. Paul's Church in Touch

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August/September 2023



**News for the Church and
Community on Canford Heath**

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Free!
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Welcome

Please help us if you can ...

We want everyone to continue to enjoy reading our church magazine but there is a cost to St Paul's for producing it. So we are inviting those who can afford to, to donate the cost of your copy if you can. The cost of each magazine is currently £1.25

The magazine supports the mission and ministry of St. Paul's Church by sharing the latest news, inviting people to groups, services and events, spreading the good news of Jesus Christ, and by letting people know that we are here for them, and that they are welcome to join us at any time.

Times are tough for everybody at the moment and as a church we are also facing rising costs for many of the things that we want to provide. By making a small contribution you will be supporting our ability to continue to produce our bi-monthly copies and give them away freely.

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Back cover

Deadline for the October/November magazine will be Thursday 28th Sept.2023.

Send your lovely articles to John at: magazine@stpaulscanfordheath.org.uk

Dear Friends,

Where will you spend the remainder of the summer? In your garden? On the beach? On holiday somewhere nice? As a Church we are going to spend our summer Sundays in a little New Testament book called Philippians. It is a short letter written by the Apostle Paul at a time of great personal suffering. He was most likely under house arrest in Rome (see Acts 28:11-31) and it was no summer holiday for him. He describes his imprisonment as being "in chains" no less than four times (1:7, 13, 14, 17)! So you might expect Paul's letter to be a deeply depressing read, but it's not! In fact, Philippians is one of the most joy-filled books in the Bible. Paul says some remarkably joyful things, like:

"In all my prayers for all of you, I always pray with joy..." (Phil. 1:4)

"Christ is preached. And because of this I rejoice. Yes, and I will continue to rejoice..." (Phil. 1:18)

"For to me, to live is Christ and to die is gain." (Phil. 1:21)

"I am glad and rejoice with all of you. So you too should be glad and rejoice with me." (Phil. 2:17-18)

Paul was very happy, despite his imprisonment and chains. What was the source of his joy? JESUS! Three times Paul tells them, and by extension us, to rejoice in the Lord Jesus:

"my brothers and sisters, rejoice in the Lord!" (Phil. 3:1)

"Rejoice in the Lord always. I will say it again: Rejoice!" (Phil. 4:4)

Jesus is the key to true and lasting joy. If we want unending joy, which suffering and circumstances cannot rob us of, then we need to know the Lord Jesus, and the better we know him, and the closer we stay to him, the more joy we will have.



It is because Paul knew Jesus so well, that he was able to be joyful even when he was suffering in prison and in chains. This summer we may go to all sorts of places, but let's stay close to Jesus our Saviour, who can give us unimaginable and undefeatable joy.

I wish you all a very happy, Christ and joy filled summer.

Math



The Water of Life

She came to the well around midday,
To avoid all the gossip she came alone,
She met a Man there who told her all things
Five husbands she had and one not her own.

He asked for a drink and they started to talk,
A Samaritan woman there with a Jew
Breaking all barriers to meet her need
He told her how she could be made new.

The water of life that He would give
Would mean that she never would thirst again
This transforming draught He offers to all
Once tasted you never will be the same.

At Cana He turned the water to wine
A miracle no-one but He could do
Just as the water was wondrously changed
If you drink from this Fount it can happen to you.

By Megan Carter



Since the last magazine I have attended my Commissioning Service led by the Arch-deacon of Sherborne ,held at St George's Church Oakdale on a very warm evening. Fortunately we all survived the heat.

I was supported by several friends from St Paul's and we continued to celebrate together after the service in Carolyn 's garden.

Following that I spent my birthday weekend with my family in Essex where I read a prom written by one of my granddaughters which I thought I would share with you. Breesha has given me permission to put in our church magazine.

Breesha is very enthusiastic about sport , especially football. She supports Man City and the women's English national team. She is passionate about fairness and respect being given to girls and women's sport. Having read a poems about refugees by Brian Bilston at school Breesha decided to write one in the same style about football.

Please read the poem from top to bottom and then reread from bottom to top.

Football poem written by Breesha age 10

Girls can't catch a ball
So don't tell me that
Girls can play football
Just imagine !
They are not fast runners
It is simply untrue
Girls can be athletes
Because
Sport is for boys
And it's a lie to say
Women can play sport.



If you don't know Brian Bilston 's poem on refugees it is worth a read.



Back in May, after my swim at Sandbanks, I misjudged the step from the sand onto the prom and fell on my face. There were several young people sun bathing; three of them saw me and rushed over to pick me up. I was grazed and bleeding from my face and two nasty deep cuts to my big toe. These three helped me to a nearby neighbour's chair and stayed with me until the lifeguards arrived with a first aid kit. They were very kind and considerate.

What I didn't know then, was that they were all members of the Strictly Come Dancing team, all here to give evening shows at the Bournemouth Pavilion. I don't normally watch it so didn't realise until my excited neighbour, who had helped me, told me this 3 weeks later. She, being a dancer herself, even knew all their names and had a good chat to them after I had left.

Later that same week, I had to drive to Portland Bill for a week's holiday with my extended family from East Anglia. I set off on Saturday evening but between Wareham and Wool realised that the car engine was in trouble and eventually it just stopped. The driver following me pulled up behind and came to help me. She stayed with me for a good 15 minutes until I had a definite time allocated me by my breakdown company and I had to persuade her I would be ok if she left me.

During the 40 minutes I had to wait, no fewer than ten cars stopped and drivers got out to offer help or to check I was ok. One lady drove to her house and back to bring me a bottle of water. Just before the breakdown truck arrived, two ladies travelling in opposite directions to each other both stopped and insisted on pushing me to a nearby safe layby. As they were preparing to push, a 3rd car stopped and got out and helped as well.

Unfortunately the repair engineer was unable to help so he had to tow the car back to Poole. Three weeks later I was able to collect my car (along with a rather hefty bill).

Meanwhile I felt quite overwhelmed by such kindness on the road by so many strangers. Isn't it good to know that amongst all the awful things we hear or read about in the media, there is such kindness in our midst from very ordinary people.

Thanks be to God - Angela Jacobs



Does Fairtrade really concern us at St Paul's?

My answer is an emphatic YES!

Some years ago some members of the congregation at St Paul's worked very hard for the church to attain the status of a 'Fair Trade Church'. These folk, some of whom still worship at St Paul's, had become aware of the unjust conditions endured by growers of the food we expect to be available to us – many could hardly cover their costs to produce for us - and determined to do something about it. The main aim of Fairtrade is to make sure that the growers and producers receive a FAIR return for the goods they produce; this is maintained even if world prices dip.

In addition the Fairtrade movement provides advice, and, very importantly, a Fairtrade Premium which local communities can use to benefit the whole community, e.g. a medical or educational facility or the means of accessing clean water – all things we take for granted.

Last year St Paul's PCC voted to renew St Paul's' status as a Fair Trade Church, and therefore to support Fairtrade. So I am appealing to everyone at St Paul's to honour that commitment and do all you can to support Fairtrade. This is something we can all do to obey the command to love our neighbour.

In the April/May magazine I gave some pointers to where you can find Fairtrade goods in our shops; please look for the Fairtrade Mark when you are shopping. I hope you have noticed that the Fairtrade stall at St Paul's (usually on the first Sunday of the month) has a wider range of goods again. Do take a look – you might find just the thing you're looking for!

Lastly, thank you to all of you who make a point of buying from the stall; the thanks are really from those who work so hard to produce the goods and who rely on us to purchase them for their livelihoods.

Val Renyard (Fair Trade Rep at St Paul's)



If your eye was first drawn to the picture on the right, you may have recognised it. It shows the excavated base of what was the first Salisbury Cathedral at Old Sarum. Surprisingly, the ruins were discovered only a little more than a hundred years ago.

The grounds are now stewarded by English Heritage and there are fantastic views from its vantage point on the hill. The second picture shows the city of Salisbury and if you look closely you will see the present cathedral with its 404 feet (123m) spire pointing to the heavens.

In Neolithic times (3,000BC) Old Sarum was probably a meeting place for people to gather. Much later during the Iron Age (approx. 1200BC to 600BC) it probably became a fort and when the Romans came in AD 43 the hill had a strategic importance, guarding the crossroads of two important routes. William the Conqueror invaded in 1066 and a little later took control of Old Sarum and had a “Motte and Bailey” castle built there in 1069.

But Old Sarum began as a castle and those ruins date back to around 1075. The cathedral followed towards the end of that century. The castle with its nobility and garrison, and the bishops at the cathedral co-existed for about 150 years until, in the late 1100s they fell out with one and another. The tensions were caused by the wealth of the churches compared to that of nobility, which eventually led to the dissolution of the monasteries, priories and friaries by Henry VIII in the 1530s.

An interesting fact is that in order to afford to build a cathedral it was prudent for the bishops to “build” a market town so that the resulting trade would result in a revenue stream in the form of taxes to help pay for it. So Salisbury fulfilled the vision and Salisbury Cathedral as it is today was built in the early 13th century.

Now the original St James church in Poole was built in 1142 and was a daughter church of Old Sarum. St Georges, Oakdale followed ... in 1932 and is a daughter church of St James's. In turn, St Paul's (and Christchurch, Creekmore) are daughter churches of St George's which makes St Paul's the Great Granddaughter church of ... Salisbury Cathedral!

**The remains of the Iron Age fort at Old Sarum
resembling Badbury Rings**



It's summer, it's been hot and there hadn't been much rain! The hosepipe ban is imminent! I thought I would share a tale from my Dad.

A bit of background first. I was brought up in a home where you didn't mention the war, we knew that Dad had a bad time and he had been a Prisoner in the Far East, although we had no idea where that was! In 2004 the Government initiated a programme called "The Heroes Return" a chance for people to revisit the places that had been important to them in "their" war.



Dad asked me and my brother to go with him to Thailand, to look for friends' graves, and visit some of the Prisoner of War camps that he had been in. He was very specific about some of the details. We were to go to Chungkai prison/hospital site (now a cemetery) by boat. All a big mystery to us, but it became clear as time went on. We found out so much on that trip and a lot became clear.

One of the places Dad worked was on the Burma/Thailand railway, in particular Hellfire Pass, blasting out the rock to enable the passage of the railway. It was filthy work in sweltering temperatures and not much to wear. The route of the railway at this point was along the edge of the River Kwai. It was an emotional place to visit, for us all. The staff at the visitor's centre were so welcoming to him, he couldn't have been treated better at any point of the trip. Dad explained to us that when he became too ill



to work at this site, he was taken to the hospital camp by boat. See, it becomes clear!

When we got home, over the next 15 years Dad opened up to us and talked about some of his experiences. The Water one centres around his time at Hell Fire pass. As I



said, it was a filthy job and at the end of the day all the men delighted in being able to take a dip in the river, clean their skin of the rock dust and wash their loin cloth. BUT, the men were getting ill, they still had to work, but they were ill. No one took any notice of it until the Japanese captors

started dropping like flies too. Cholera, Typhoid and Dysentery on top of Malaria. There was now an edict that NO ONE would go into the river. Instead, each man was issued a mess tin of clean, uncontaminated water, with this they had to wash their whole body. Dad and his mate realised they could manage to wash themselves with one mess tin between the two of them!! This left an unadulterated tin of water, which they drank. He said this was the absolute best part of the day, an extra drink of clean water!

So, when we are moaning about having to shower instead of bathe, not water the garden and adhere to any other restrictions that the water company encourage us in, remember, one mess tin (about 1 litre) is enough for two men to have a full body wash!



Quite often, as Christians we are, we should be true to ourselves and not be ashamed of our faith. We should be more open! It isn't always easy!

Some years ago, a job became available that I was really interested in, it was working for a man who was one of the best in his field in the UK. I wanted to work with him. I could really learn a lot; the experience would be invaluable. You can't write that sort of thing in a job application, can you?

I wasn't completely sure this job was what God wanted for me. He had directed me in most of my job applications before and since. So I placed it in His hands.

I applied, with no mention of why I really wanted the job. I wrote the CV. It was the first in many years. When it came to the personal statement, the "all about me" bit, I decided to make sure they knew I was a Christian. I wrote, as in depth as you can on these occasions, about being a Christian, my involvement at my church, with young people, home



groups, children's holiday clubs and wrote that I was a worship leader with one of the worship bands. No mention of any of that was made at the interview, but I was offered the job on the spot, and accepted it.

When working a late shift, a couple of months later, I was alone in the reception area when the "big boss" came in. He said, "Do you remember the bit in your CV about being a Christian and being part of a worship band?"

"Whoops," I thought, this is it!! "Yes"

"So am I" was the reply. It was the beginning of a good friendship, great discussions and sharing new songs with each other!

The job was fantastic, VERY high pressure at times, very good experience and excellent preparation for the job I eventually took up here in Dorset.

I believe God honoured my openness.

The writer of this article is a St Paul's member who asked to remain anonymous - Ed.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:6-7 (New Living Translation). We are so delighted to announce the return of formal Prayer Ministry after such a long time without.



Apandemic, of course, got in the way of a safe return and we wanted to ensure that everyone was protected even after the restrictions were lifted. However, we found many people in need of and seeking the support of experienced Christians to pray with them and we are very privileged in being able to offer this powerful ministry.

We currently have five members of the team who are eager to pray with you. At present, we are able to offer prayer after Holy Communion on the second and fourth Sundays of the month. Our hope is that in time and with more on the team we will be able to grow and offer prayer at every Sunday service.

The team go into the chapel half an hour before the service begins and pray for the service and all who participate therein, asking the Lord to bless us and protect us all. The minister leading the service will announce the availability of Prayer Ministry just before the communion part of the service begins.

Everything shared is confidential, unless there is a Safeguarding reason, which of course we have to disclose. We want people to come forward for prayer, as the last thing we want is for people to leave after the service with continuing anxieties. If you have never been for prayer before, please do not worry, we will explain what happens and gently guide you through. Nothing is too small and most people report how much better they feel afterwards.

Even if Prayer Ministry is not officially on that week, we will endeavour to pray with people should they need it.

If anyone would like to know more about the team or be interested in exploring what it entails, do speak with Rev'd Matt Williams, Vicar.



Tenby is a beautiful place to visit and the area is packed with historic buildings, lovely fishing villages with sandy beaches, and great scenery. St David's is not far



Saint Ethelwold is celebrated on 1st August each year. He was a Wessex saint who founded the first monastic cathedral

St Ethelwold (c.912 – 84) did great things for the church at Winchester, which in those days was the principle town of Wessex. He began as a simple monk, eager to restore the Rule of Benedictine in England, a major reform for the church of the time. So, after serving at the abbey in Glastonbury, he was sent on to restore the old abbey at Abingdon. The king thought highly of him, and used him to teach his son, the future king, Edgar.

When in 963 Ethelwold became Bishop of Winchester, he replaced the cathedral canons with monks, thus founding the first monastic cathedral in the land. This was a uniquely English institution, which remained until the Reformation. The monastic reform quickly gained momentum: with the King's support, Ethelwold restored old monasteries such as Milton (Dorset), New Minster and Nunnaminster in Winchester, while new monasteries were founded and richly endowed at Peterborough (966), Ely (970) and Thorney (972).

Ethelwold was austere, able and dynamic. Under his leadership, the monks excelled at music, illumination and writing. When Ethelwold set the monks to work with the masons in the cathedral at Winchester, he built the most powerful organ of its time in England: it was played by two monks and had 400 pipes and 36 bellows. In music, Ethelwold's Winchester had the distinction of producing the first English polyphony in the Winchester Troper.

Ethelwold's monasteries also produced a surpassing new style of illumination, and his school of vernacular writing was the most important of its time: with accurate, linguistically significant translations. A major event of his episcopate was the consecration of Winchester Cathedral in 980



Paul and I had previously booked a cruise to Norway that was cancelled due to the Covid lockdown, so this time we had decided to visit three countries; Norway, Denmark and Germany with 14 nights onboard P&O's Flagship Britannia. It was an amazing experience and well worth doing again. We did have a few concerns: What happens if... etc., however everything was very smooth through remembering that Jesus was with us and God was in control.

Trains were traveling to Southampton despite rail disruption, so we hopped on one and then a taxi to the ship to unload our luggage. We had three cases of clothes for all weather conditions and any special occasions. We were not able to board the ship until 2pm so once we dropped off our luggage, we walked 2km back into Southampton – yes to geocache! What else is there to do? We picked up a couple of Adventure Labs, one about the Titanic. (We hoped our cruise would have a better outcome!) - before walking back to the ship at 1.45pm ready to go through security. Once on board the ship we located our cabin and luggage then off to find our muster point in case of any incidents. By around 3pm we were unpacking our suitcases whilst watching a safety video in our room and checking out our life jackets. We then went for a wander trying to get our bearings and finding out where things were. They have lifts and stairs. I chose to do the stairs as I don't like lifts which meant we had a 2-week fitness programme! The main stairs from bottom to top on Britannia are at the back (Aft) and front (Bow) of the ship and our cabin was on deck 11 of 17. Events happened on decks 5, 6 and 7 and then 16 and 17. There was no floor 13, which took a few days to figure out!

The entertainment onboard ship was excellent. Headliners, the crew cast, performed generally every other night with song and dance routines. They were spectacular and I even watched their evening performance twice a couple of nights. There were guest singers either singing with the ship's band or orchestra, or on their own. There were also comedians on other nights that made very good entertainment.



The food was excellent. In the Buffet on deck 16 there was food available all day from 6:00am until 1:00am in the morning, covering every meal. There were also restaurants that were included in our holiday to choose from and some extra special restaurants at additional cost. They catered for

all dietary requirements; you never went hungry. As one passenger said you come on as passenger and go off as cargo. We were mindful of that and enjoyed ourselves but didn't overindulge.

Our first main day was at sea on the way to Norway. The sea remained reasonably calm throughout our trip. You often forgot that you were even on water until you felt some movement and a bit of gentle rocking. I think the ship was enjoying the entertainment as much as we were and wanted to rock along too. There was plenty to do onboard. Each day we were given a newsletter which explained the activities available for the next day. We joined a small choir of 20 that grew to about 75 by the end of the trip. We sang a small concert of 6 popular songs that we had learnt over 5 sessions for an audience in the Atrium, (an open space in the middle of the ship). Each sea day we listened to a lecture. Subjects included Vikings and what they got up to, Denmark, Sweden, Lord Nelson and Lady Hamilton and Mary Queen of Scots. The talks were about 40-50 minutes long and were captivating and the Denmark talk gave us more understanding of Copenhagen that enhanced our visit.

Our visit port was Haugesund, Norway on a Sunday morning, a town that was very quiet and clean. For us it made a great opportunity for caching as nothing, except a souvenir shop and a café, was open. The only people about were the 3500 that disembarked. We could hear church bells ringing in the distance and at one point we found ourselves standing outside a red church and heard was familiar hymn which we couldn't identify. It could have been in English or Norwegian, we couldn't tell. Then people started coming outside so it must have been the end of the service. We had about six hours in Haugesund before needing to get back on to the ship so we had



plenty of time to cache. We teamed up with another passenger, from Ireland, who was more experienced at caching and had more efficient software on his GPS. Caching in a foreign country has different challenges. Translating Norwegian into English to understand the question was done by google translate. However translating English back into Norwegian was more interesting. But we were thrilled when we worked out a Norwegian anagram correctly and then found the cache.

Our second port was Skjolden which is located 120 kilometres up a Sognefjord northeast of



Bergen. Skjolden is a small town of 200 residents, with beautiful countryside and waterfalls. A businessman had paid for the port to be built to help with the tourist economy. Again of course there were some caches to find, which held our attention as there wasn't much to see or do in the village. We walked up towards the waterfalls and found ourselves crossing a wobbly bridge, before heading to a viewpoint. We found a cache located along some tracks and up a series of very steep tracks with a rope handle rail. One of the challenges we had forgotten was that when it rained biting insects emerged so it was impossible to stand still unless you wanted to be munched! You could see them quite clearly on your legs or arms, and they were enjoying foreign blood. The trip was worth it because we found a cache by a small hut that used to be lived in. When we were walking back towards the town, we saw the hut up on the hill and realised how high and remote it was. We wandered around the town. Outside one house was an enterprising young lad about 14 years old and his young sister. He was playing a keyboard and his sister had paintings to sell that she was creating. On the way back to the ship, there was a small beach and as I was prepared, I took the plunge and went swimming in the fjord. It was surprisingly warm at 15C. Paul kept watch and took photos. The water was clear, but I was pleased to have brought my swimming float buoy as you were very much out of your depth very quickly. We were told the fjord was over 200 metres deep. In fact, I googled it and the deepest part of the Sognefjord is 1308m (4,290 feet). No wonder massive cruise ships can trav-



el up it.

Our third port in Norway was Aalesund further North. This place was much bigger than Skjolden and it had a massive hill to climb - 418 steps - to find some WW2 bunker (thanks to the information on our geocaching app). We even had a wander around in one. With the use of a phone torch, we discovered it was quite large. Norway didn't seem to do health and safety. You have to use your common sense, so we didn't stay inside for long. We often could see our ship in the port and it was joined by a German cruise ship.

We had a day at sea before arriving in Oslo, the Norwegian capital. What was particularly noticeable in Norway was that it was so clean. There

were rubbish bins, but they weren't overflowing and there was no rubbish in the street. We went to have a look at the palaces and sculptures. At Frogner Park, Oslo there were many sculptures about 100 years old, all nude as clothing dates the sculptures. We also walked to Oslo Opera House and walked up to the top of their roof as was like a ski slope. We didn't stay long because it was raining, with thunder rolling in.

After another sea day before we arrived in Copenhagen, the capital of Denmark. We had two days here. The first day we took the shuttle bus into the town from the port. It was £4 per person each way, but as we walked over 15 miles that day, it spared us extra miles. From our talk onboard the day before we sort of knew what we wanted to go and look at, plus having more caching opportunities. This time we had to translate Danish. Some of the questions were a bit too challenging, but we collected enough to get our caching souvenir for Denmark, so I was happy. We saw some of the houses where Hans Christian Andersen lived. We saw some im-



portant statues too;

King Fredrick V was on a horse in the main palace square looking at a marble church which he commissioned but never saw, as took over 130 years to complete. We saw the Little Mermaid – which is quite small and a tourist trap, but she welcomes seafarers which I suppose we were! In Copenhagen there was an interesting



shaped building which turned out to be an incinerator that burnt rubbish from both Denmark and Sweden to generate heat and electricity. It also has recreational use with gardens and an artificial ski slope on the roof. The second day we had a tour with a guide which was interesting and a canal cruise which meant less walking.

Unfortunately, we were unable to go to Skagen, at the top of Denmark, due to strong winds and swell so we sailed about in the North Sea for two days before arriving in Hamburg Germany. We were only in Hamburg port for 8 hours and we had an excursion booked to Miniature Wunderland in the heart of the city. We had a couple of hours to kill before our excursion, so we cached around the port. There was even a theatre in an industrial area showing the Lion King that we discovered while caching. Once on our excursion, our guide took us for a trip around Hamburg, showing us the sites including the area where “The Beatles” started and what to look out for at the miniature Wunderland, which was wonderful. It has sixteen Kilometres of model train track and elaborate scenes from a number of different countries. There was even Hamburg airport with model planes landing and taking off. We only had 2 hours there which wasn’t really long enough, but we were pleased that we had the opportunity to visit it. When we got off the bus the driver saw my GPS and asked if I did caching. He also cached and pointed us to a nearby cache which we hadn’t found earlier. He even stopped the now empty bus a couple of times to talk to us and we got his caching name and messaged each other. At this cache was another cacher who was German speaking only, but he was pleased that we found the cache so that he could also sign the logbook.

After we had another day at sea we arrived safely back in Southampton and took the train back to Poole.



SMILE LINES (With thanks to Sue Hanmore)

Which days of the week are strongest?

Saturday and Sunday, the others are just weak days

Which kind of birds stick together?

Velcrows

What do you call a pile of hay in a church?

Christian Bale

BOOM, BOOM!



"But I said you'd be happy to lead a House Group this autumn"



Bishop's selfie!

What about the knowledge of God that gets trampled, churned too deep in the mire of life to receive the warmth and light it needs to develop into faith? Buried seeds don't always die, but they can lie dormant, remaining alive but inactive until the earth is turned over. The possibility of that moment of connecting with something divine, scrap of knowledge, or snatch of conversation resulting in a changed life may seem infinitesimally small, but it's not zero. The seed may be incredibly tough, just waiting for a chance to grow.

The Gospel narrative plays on the fact that it took a long time for the disciples to understand the full implications of Jesus' teaching: a germination process that took many of them three or more years. They could have been discouraged, but Jesus was not. I don't think it's too much of a stretch to draw out of the parable of the sower to include the observation that it can take a long time, sometimes decades, for people to work their way through the various barriers, sticking points, and phases of forgetfulness that may keep them from following through on their spiritual experience. When we finally receive – or are open to – the encouragement, challenge, or experience that helps our faith in Christ grow, we can experience the rich fruit of a transformed life.



AUGUST CROSSWORD

ACROSS

1 and 3 Two of the disciples who witnessed the transfiguration of Jesus (Luke 9:28) (4,3,5)

3 See 1 Across

8 'Let us draw — to God with a sincere heart in full assurance of faith' (Hebrews 10:22) (4)

9 O Simon is (anag.) (8)

11 Form of government under the direct rule of God or his agents (10)

14 How Jesus found his disciples when he returned to them after praying in Gethsemane (Luke 22:45) (6)

15 In The Pilgrim's Progress, the name of the meadow into which Christian strayed, which led to Doubting Castle (2-4)

17 Glad sin rat (anag.) (10)

20 Spinal column (Leviticus 3:9) (8)

21 Valley of the Balsam Tree with a reputation of being a waterless place (Psalm 84:6) (4)

22 'The oracle of Balaam son of Beor, the oracle of one — — sees clearly' (Numbers 24:3) (5,3)

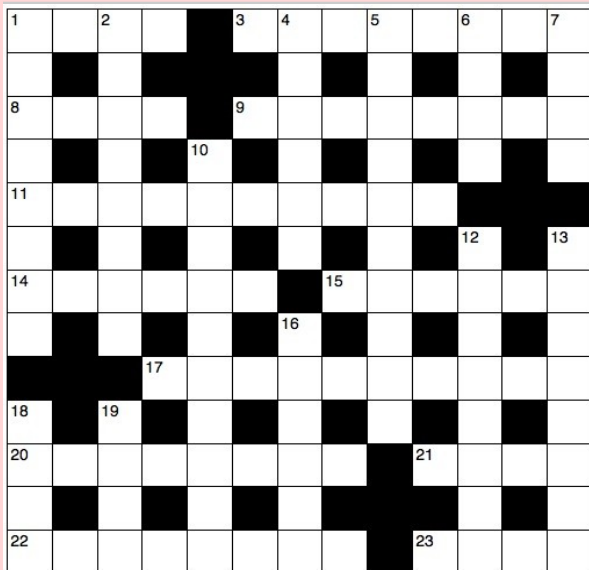
23 Adam and Eve's third son (Genesis 4:25) (4)

DOWN

1 David's great friend (1 Samuel 20:17) (8)

2 'The Lord... will bring me safely to his — kingdom' (2 Timothy 4:18) (8)

4 'I, Daniel, mourned for three



weeks. I ate no choice food; — — or wine touched my lips' (Daniel 10:3) (2,4)

5 Seeking to vindicate (Job 32:2) (10)

6 Female servant (Isaiah 24:2) (4)

7 'For Christ died for — once for all' (1 Peter 3:18) (4)

10 'Offering spiritual sacrifices — to God through Jesus Christ' (1 Peter 2:5) (10)

12 Jesus said that some people had renounced this 'because of the kingdom of heaven' (Matthew 19:12) (8)

13 One of the three men thrown into the furnace for refusing to worship Nebuchadnezzar's golden image (Daniel 3:20) (8)

16 'You have — of good things laid up for many years. Take life easy; eat, drink and be merry' (Luke 12:19) (6)

18 'There before me was a white horse! Its rider held — — , and he was given a crown' (Revelation 6:2) (1,3)

19 Equipment to Charity Hospitals Overseas (1,1,1,1)



ARCH (Association of Residents of Canford Heath) love the diversity of events taking place on Canford Heath. Although we organise community events ourselves, we love attending those organised by others!

We were recently invited by Canford Heath Group Practice to take part in the Carers Event at the Junction as part of Carers week that they helped to organise. ARCH, represented by Sheila, went along with an information stand.

We were also invited to attend the blessing of the chapel at Nicholas O'Hara - their premises in the Neighbourhood Centre have been given an elegant make-over. We are thrilled that in spite of change of ownership, the new owners want to continue to support our events like the Poppies and the Christmas Lights switch-on.

We attended the Neighbourhood Watch AGM which included a talk by the police about missing people. They also said farewell to Monique who is stepping down as the CHNW Chair – thanking her for all she has done for the Canford Heath community. ARCH also organised the second meeting of the Canford Heath Network for group organisers and those with a professional role on Canford Heath as a way to connect and share information, news and resources. The next one will be in September so contact us by email if you would like to attend.

Resident's coffee mornings are proving popular. Newly launched they are an informal monthly get together at the Canford Heath Library and are a great way to bring people together. The next one will be on Wed August 9th from 10-11.30am in the Canford Heath Library – please pop along – we would love to see you.

Website www.canfordheathnetwork.org

Email; canfordheatharch@gmail.com



Every Thursday morning at 10 o'clock it's the Community Coffee Morning at the Pilot Pub. Pop along for coffee, cake and great company.



This recipe can be made with whatever summer fruit is cheap in the shops at the moment. Strawberries, raspberries, blueberries, pineapple, apricots, mangos etc

Make it or Buy it?!

You can't beat baking it yourself. You know exactly what is in it and there are no unhealthy additives. Get the children involved and it's a great educational, morning activity for them during the holidays.

Sarah Cook's scrummy cake is really easy and versatile – use whatever fruit you like, and you'll make it again and again. The recipe is from the BBC Good Food Guide (online).

STEP 1

Heat oven to 180C/160C fan/gas 4. Grease a 900g/2lb loaf tin and line the base and ends with a long strip of baking parchment. Put the butter, caster sugar, flour, eggs and vanilla extract into a large bowl and beat with an electric hand mixer for 5 mins until pale and creamy – the mixture will be very thick.

STEP 2

Spread one-third of the cake mix into the tin, then scatter over 50g of the fruit. Carefully dot and spread another third of the cake mix on top, and scatter with another 50g fruit. Finally dot the rest of the cake mix over and gently spread with the back of a spoon. Bake for 1 hr, until an inserted skewer comes out clean.

STEP 3

Poke the cake all over with a skewer. Put remaining 75g fruit into a bowl with the granulated sugar. Stir in 1 tbsp of the citrus juice first with a fork, mashing a little of the fruit as you go. If it's a bit dry, add a splash more juice and spoon over the cake. Leave in the tin until the cake is cool and the topping is set and crisp.

Ingredients

2 large eggs
2 tsp vanilla extract
175g fruit, stoned and diced weight
140g granulated sugar
1-2 tbsp citrus juice - lemon, lime or orange
175g very soft butter, plus extra for greasing
175g golden caster sugar
250g self-raising flour



When Summer Looms - John Martindale

When summer looms, brings floral blooms,
Which fix our gaze, and worries erase,
The birds that sing, more pleasures bring,
Our ears attuned, our thoughts consumed,
By that sweet sound makes peace abound,
Our voices stifled to listen unrivalled ,
As the gentle breeze disturbs the frieze,
Of this short time, life's paradigm,
And we discern the cuckoo's turn,
To make us pause, to wonder cause,
'Tis God's creations quench our frustrations,
The light that shines to cleanse our minds,
And draws us nearer, His word now clearer.



CROSSWORD ANSWERS -- No Cheating!

ACROSS: 1, John. 3, And James. 8, Near. 9, Omission. 11, Theocratic. 14, Asleep. 15, By-path. 17, Stallingrad. 20, Backbone. 21, Baca. 22, Whose eye. 23, Seth. **DOWN:** 1, Jonathan. 2, Heavenly. 4, No meat. 5, Justify-ing. 6, Maid. 7, Sins. 10, Acceptable. 12, Marriage. 13, Shadrach. 16, Plenty. 18, A bow. 19, ECHO.

St Paul's Parish Church, Neighbourhood Centre, BH17 9DW

www.stpaulscanfordheath.org.uk

Office - Email: stpauls.canfordheath@btinternet.com 01202 605311

Alpha Courses/home groups Contact the church office 01202 605311

Church Run Clubs & Activities

Heath Social Club Vic Martin 01202 605311

Sunday Club Natalie Williams 01202 605311

Little Treasures parent & toddler group Church Office 01202 605311

Sequence Dance Church office 01202 605311

Fair Trade representative Val Renyard 01202 682460

Clubs & Activities

Over 55's Lunch Club Vic Martin 01202 699282

Art on the Heath - Vic Martin www.artontheheath.org.uk 01202 699282

Brownies (Thursday 6:00pm-7:30pm) Sarah Humby Call in

Rainbows (Thursday 5:30pm - 7:00pm) - Janette Simpson 01202 382187

Guides (Thursday 7:30pm-9:00pm Sarah Humby Call in

Pre-School Jumping Jellybeans Debbie Southern 0770 883 9918

Bournemouth Rehearsal Orchestra Graham Baynes 01929 551050

Who to phone for:

Hall Bookings Jill Wellington 01202 605311

Weddings, Baptisms and Banns for Marriage Church Office 01202 605311

Practical church issues - **Church Wardens:**

Ann Harmsworth 01202 385565

St Paul's is the Church of England serving the whole of Canford Heath. It stands beside ASDA's car-park and is open most weekday mornings. You can usually speak to someone in the church office (605311) on weekdays between 9.30 and 12 noon. That's where to go about hall bookings, banns, baptisms weddings and funerals, or any general church enquiries. There is a post-box in the door

The Vicar Revd. Matt Williams can be contacted through the Church Office on 01202 605311 (Weekday mornings) for any enquiries or on 07986 097099 if more urgent.

Parable: The Strength of a Seed

At this time of year, we enjoy the fruits of our gardens, fields and hedgerows: vegetables ripen, crops are harvested, and berries begin to show bright among the leaves. Much of this growth started with a few seeds in spring:



the miracle of life coming from small dead-looking things. There is a league table of long-lived seeds. The winners so far are from the narrow-leaved campion, buried by squirrels in the Siberian permafrost over 30,000 years ago. When those seeds finally germinated, they became healthy plants that flowered and produced seeds of their own.

The Bible contains many links between seeds and spiritual growth, and the parable of the sower is the most famous (in Matthew 13). A person may hear or experience something of God which has the potential to germinate into a life of following Him, resulting in the fruit of others coming to know God too. But things can happen that snatch that seed away, killing it before it has finished germinating, or choking its growth.

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