

Oct/Nov 2023

edition 183

Free!

Donations

Welcome

October/November 2023

St. Paul's Church in Touch



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

READ ONLINE at www.stpaulscanfordheath.org.uk

Free!

Donations 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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Thank you to our amazing contributors again this month. I hope you enjoy reading them as much as I have! And you can contribute too. The deadline for the December/January edition will be Thursday 23rd November 2023. John Martindale

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



Dear Friends,

We all have hopes and dreams:

For our personal lives

For our relationships

For our homes

For our careers and financial wellbeing

For our children, grandchildren, nephews, nieces etc (if we have them)

But I wonder, what are your hopes and dreams for St. Paul's Church? Perhaps it's not something you have ever thought about. Or maybe there are specific things you would like to see happen?

Last Sunday, the Church of England suggested this Post Communion Prayer:

“Lord God, the source of truth and love,
keep us faithful to the apostles’ teaching and fellowship,
united in prayer and the breaking of bread,
and one in joy and simplicity of heart,
in Jesus Christ our Lord. Amen.”

Post Communion Prayer, The Fourteenth Sunday after Trinity

What a great prayer! I feel it expresses some of my greatest hopes and dreams for St. Paul's:

That by God's grace we will continue to be a church that upholds, proclaims, and follows the teachings of Christ's apostles recorded for us in the New Testament. This won't be easy in 21st century Britain!

That our fellowship/Church family will continue to be marked by the qualities that were shown by the early church as they implemented the teachings of the apostles (see Acts 2:42-47 to see what I mean)

That we will be united in our times of prayer and Holy Communion together, not divided or split into factions, but one in Christ with a shared faith and common beliefs and values.

That we will be filled with joy together, and have simple undivided hearts, focused on knowing, loving, serving, and obeying Jesus Christ our Lord.

Will you join me in praying for these things?

May God bless you all,

Matt



MESSAGE BOARD Read it or Miss it!

St Paul's Church

Christmas Market

Saturday 2nd December

10:00am - 2:00pm



- Father Christmas Grotto
- Large selection of Craft & Gift stalls
- Cake stall, Raffle
- Christmas Tombola

Plus Cakes - Tea - Coffee - Soft drinks

MORE MESSAGE BOARD ON PAGES 8 & 9

Secure in Our Salvation^{3 >> 5}

Studies in the book of Job

Key Facts

A short course looking at the book of Job. Sundays 5, 12 & 19 November at St. Paul's Church. Come at 4pm for a 4.15pm start. Ends by 5:30pm. It's free & there will be groups for school age children of adults attending the course. Bringing children? Please let us know how many.

Introduction

As Christians, we're confronted time and time again with the profound question: "Why does God permit suffering?" This query resonates deep within our souls, echoing both our personal struggles and the inquiries of those around us. Enter the book of Job—a majestic masterpiece that dares to grapple with this very enigma. Job, the ancient author, takes us on an exhilarating journey into the awe-inspiring splendour of God and His unwavering care and safeguarding of our souls. Job's story doesn't promise us a life without problems. Instead, it shows that when we know Christ's love for us, we have the strength to face anything. Job's story was written long before Jesus came to Earth, but it helps us see why Jesus had to die and what His sacrifice means for us.

Across three sessions, we'll explore how the book of Job can illuminate the origins of our suffering, empower us to face adversity head-on, and enlighten us about the grip of sin on our existence. Ultimately, it will unveil the singular solution: embracing Christ's unwavering faith in us! We'll dive into the book of Job. and through lively group chats, clear teachings, and heart-lifting worship, we hope to make the book of Job come alive for you. Our goal is that you'll truly understand what Christ's sacrifice means for your life.

Led by...

"Hi, I'm Rev. Dan Washbrook. I'm blessed to be married to the ever-patient Becky, and to have two wonderful children - Alice and Percy. I'm currently the curate at Christ Church Creekmoor. I love opening the Scriptures with people, and drawing closer to Jesus through studying his word in our churches - and can't wait to sit and open Job with all of you!"



Dear Friends,

As Summer sun fades away, the sun lowers in the sky and nightfall arrives earlier. There is a chill to mornings and evenings and our minds turn to Autumn days ahead. We look at the beauty of autumn colours on the trees and some complain of having so many falling to the ground which has to be cleared.

My mind goes to the wonderful fruits and produce of Autumn which we celebrated at St Paul's on 17th September at a service led by Natalie and Steve and members of the Sunday Club which



helped us to thank God for providing so much for us to eat. We also remembered those who are in need by collecting items to send to the Food Bank.

To complete the celebration we had a picnic style lunch in the church hall attended by Squirrels, Beavers, Cubs Scouts and young leaders several of whom served the food. It was a happy time.

I also remember an "incident" which led to an unhappy time for me personally.

When I was about 6 years old I went with friends looking for blackberries to pick. We had walked quite a long way from home when we saw a big bush laden with fruit and hurried towards it. What we didn't realise was that although the grass covering the ground around us looked sound, as I put my foot down the grass gave way and my left foot got stuck in a hole! Unfortunately it contained broken glass and

barbed wire which caught in my leg.

With help I released my leg to see a large gash and blood pouring down my leg. A friend ran to get adult help. When one of our neighbours arrived it was quickly realised that I couldn't stand on the leg. Then someone had a great idea of getting an old pushchair. I had the humiliation at 6yrs on being pushed home!

This was followed by a trip to the village doctor to have my knee cleaned and 8 stitches inserted without any form of pain relief. I was given a book for being brave. However I did not go blackberry picking again for a very long time.



At the present time I can pick the berries in my garden where the only danger is pricked fingers from the thorns. My parents were very grateful for the kind neighbours and friends who cared for me then as I am for the wonderful friends I have at the present time.



SMILES LINES ...

Don't mention it!

As part of his annual talk to our local Town Council, our minister told some funny stories. Since he planned to use the same anecdotes at the forthcoming Harvest Dinner at church, he asked the young reporter covering the event not to include them in his report.

Reading the newspaper on the following morning, he noticed that the well-meaning reporter had ended his story on the banquet with the observation "The minister told a number of stories that cannot be published."

Oh! No, It's

**St Paul's Players presents an original
Pantomime set in the 1960s**

Suitable for all ages

Oh! Yes, It Is!

Dates:

Friday 24th November

Evening 6:45 for 7:00pm

Saturday 25th November

Matinee 2:15 for 2:30pm

Evening 6:45 for 7:00pm

Cost

£5 per ticket under 5's free

£20 for a group ticket (5 persons)

Location:

**St Paul's Church, Neighbourhood Centre,
Canford Heath, Poole, BH17 9DW**



Tickets available from the Church Office (01202 605311) between 10:00 and 12:00 from Monday to Friday inclusive.

Also available Saturday mornings between 10:00 to 12:00 or from cast members.

All proceeds will go to St Paul's Church and Christian Aid

HEATH SOCIAL CLUB

FRIDAY 3RD NOVEMBER 2023

AT ST PAUL'S CHURCH, CANFORD HEATH, BH17 9DW

COST £3



PROGRAMME

MEET 13:30

13:45 – THE LAND GIRLS

14:45 HIGH TEA

15:15 SOCIAL BINGO

16:00 END

HEATH SOCIAL CLUB

**The Rock
Chicks + 1**

<https://www.freepik.com>



FRIDAY 6TH OCTOBER 2023

AT ST PAUL'S CHURCH,
CANFORD HEATH, BH17 9DW

COST £3

PROGRAMME - MEET 13:30

13:45 – THE ROCK CHICKS + 1

14:45 REFRESHMENTS

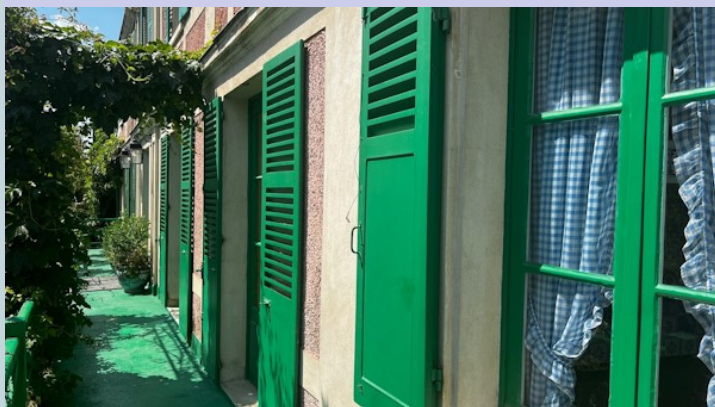
15:15 SOCIAL BINGO

16:00 END

Have you ever been surprised by an unexpected holiday opportunity? Yvonne, and I were very surprised in April earlier this year, when we received an email from Dick and Angel Strawbridge



(they of the Channel 4 'Chateau series' inviting us in June to their 'Meet and greet' event at their Chateau in France. In February 2022, along with a couple of our friends, we went to see the Strawbridges' live event at the BIC. At this presentation, Dick and Angel announced that due to the continuing issues with Covid, they would be unable to 'Meet and Greet' in the foyer after the show. Therefore, we were encouraged to register on a specific email address, and they would later organise a get together. So, 13mths later we received this communication inviting us to the Chateau del la Motte Husson for a 'Meet and Greet.' They were doing this over a two-day period in June (12th-13th). It was a lovely, exciting opportunity for us, especially as we have been following the series from the outset. Having secured our slot for Tuesday 13th June @ 2pm, we began to plan and book our trip. It was decided we should go to France for a week, this was a real treat because it was our favourite place to holiday. Not only did



we plan to go to the Strawbridge's Chateau, but this trip also enabled us to travel on to Giverny to visit Monet's Garden.

Once in France we travelled down to, an overnight stay in Normandy and on the



12th down to Montsûrs. Our B&B was strategically only a few miles from the Chateau. The next morning, we were very excited, and we were so looking forward to going to the Strawbridge's home later in the day. The weather was glorious, and we felt extremely blessed, in anticipation of our 'Chateau' experience. On arrival, we were able to visit the walled garden before we were introduced to Dick and Angel. Our two hour visit included refreshments served in Angel's teacups, freedom of the grounds and a personal

tour of the restored Chateau conducted by either Dick or Angel. There were approximately 30 or so other folk who were privileged to be able to be a part of this whole experience. Yvonne and I joined the tour that Angel conducted. The house was amazing, it was especially surreal because we had seen and followed, via our TV the ongoing restoration of the Chateau. To be there was incredible and Angel and Dick were very hospitable and welcoming. Another endearing thing as well, was the presence of various characters known to viewers of the programme, Steve the builder and Angel's parents who live on site to name but a few. As we left, we were given autographed cards and a French pastry. It was a memorable day, and we have taken away some sweet memories.

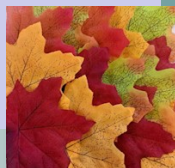
On our journey to Giverny we wanted to visit the Emmaus Charity in Lavel. This is a store run by a national charity that raises funds for the most deprived and disenfranchised people in France. Angel used this place to purchase several items for the restoration of the Chateau. She was passionate to support this work and used quite a number of second-hand goods to upcycle. It was very encouraging to see an organisation working in another country that reaches out in love and compassion to the vulnerable and needy.

As I close, we finished our trip by visiting Giverny, it was a desire for us both that one day we would visit Monet's house and garden. Again, we were truly thankful for the lovely sunny weather as we stayed high up in the hills close to the Seine valley. The garden is kept as close to the original layout when Monet lived and painted there. The house was fascinating, it was beautiful, and one could easily imagine the famous impressionist painter creating his masterpieces in that exquisite environment of both house and garden. In the garden it was full of colour, the poppies, the garden lilies, and alliums all set out in dense rows. Added to this the roses, various colourful bushes,



which smelt so sweet filled the landscape too. To our surprise the garden is split into two. And both parts are joined by an underpass which takes you to the Japanese garden, and to the famous lake, which was sublimely edged with large bamboos, trees, such as acers and edged with plentiful

bushes. The water was festooned with water lilies, which were just beginning to open. One's eyes were drawn to the famous green bridges. The very same bridges that appear in numerous of Monet's paintings. All in all, this excursion was a great finale to our recent, unexpected visit to France.



SMILES LINES ...

Apples

Mother: "Martin, last night I put two apples in this cupboard and now there is only one. How do you explain that?"

Martin: "I expect it was so dark I couldn't see the other one."

By Alex Greene From B&B by the Sea - BBC Good Food Guide

Method

Preheat the oven to 200C/180C Fan/Gas 6.

1. Melt the butter and sugar slowly over a medium-high heat in an ovenproof frying pan. Stir constantly until it reaches a pale straw colour, making sure the mixture does not burn. Add the pears cut-side up – it is best to place the pears in a circle around the pan, with a few in the middle. Cook the pears in the sugar mixture, stirring very occasionally, for about 10 minutes or until the sugar mixture turns amber.

2. Place the puff pastry over the top of the pan, tucking the edges around the rim of the pan. Use a sharp knife to poke a few air holes into the pastry. Bake in the oven for about 25–30 minutes or until the pastry is flaky and golden brown. Remove from the oven and leave to cool slightly before running a knife around the edges of the pastry to loosen it from the pan.

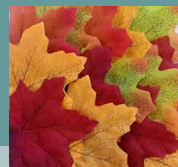
3. Take a large plate that completely covers the top of the pan and pop the plate on top of the pastry.

Wearing oven gloves, hold the top of the plate and the bottom of the pan and firmly flip the tarte tatin onto the plate. Lift the pan away and the tarte should have come off cleanly onto the plate. If not, re-

move any stuck pears and place them back onto the tarte. Dust with some icing sugar and serve with cream or ice cream.

Ingredients

- 50g/1¾oz unsalted butter
- 100g/3½oz caster sugar
- 5–6 pears, firm, small and ripe, peeled, cored and halved lengthways
- 320g pack ready-rolled puff pastry, defrosted if frozen
- icing sugar, to decorate
- cream or ice cream, to serve



As the 'plane jetted off from Bristol Airport, looking at the rain pouring down, I was met with a true sense of calm and relief to be escaping that miserable weather for 2 weeks to spend a lovely, sunny holiday in Italy. Imagine my horror when upon arrival, we were greeted with the Italian equivalent of one of the many named storms that hit those shores across history.

However, aside from that unfortunate arrival (plus a mix up with rooms when we arrived - a story too long to explain here), our holiday soon brightened up and throughout the remainder of our two weeks in the south of Italy, we were met with



scorching temperatures and dazzling sunlight. We stayed in Sorrento, which if you didn't know, is a beautiful coastal town in South western Italy and is just opposite Naples. It was full of various lovely cafes and restaurants, where you could enjoy a cool drink or a pizza in front of a beautiful view. The town itself was only a short 5-10 minute walk from the port, which we made use of when we went to Amalfi and Positano on a day boat trip (more about that later). Our hotel, Hotel Girasole, was positioned about a 15-20 minute walk from the town centre, which although was a fairly lengthy walk, was very picturesque and relaxing to do, especially at night, with the bars bustling and beautiful lights shining down all across the pavements. It was a truly wonderful place to stay.

However, we couldn't just stay in Sorrento for 2 weeks (however tempting it seemed), so we went on trips to various places. Out of these trips, the one I personally enjoyed the most was Pompeii, famously the target of the devastating Mount Vesuvius eruption in 79AD. As an A-Level History student, I found myself absolutely intrigued by the normality of the once busy town. We were shown the sights of where the houses used to be, where the shops used to be, where the cafes used to be and it really hammered home the point that such a normal town, like the one we live in, can be reduced to rubble in almost an instant. Much of Pompeii was also covered in a dust colour as that's what hit the town, the lava from Pompeii hit Herculaneum (another fascinating

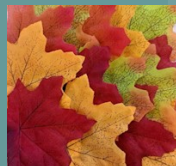
sight we visited and got a tour of.) Pompeii was most certainly a highlight of the holiday and such a fascinating place to look around - a definite must if you ever go on holiday to any of the surrounding areas. Plus I got a great view of Mount Vesuvius!

We also were able to visit and soak in many more areas of culture within Sorrento and the surrounding areas. We were lucky enough to visit an Andy Warhol exhibition, an artist who famously had painted a picture of Marilyn Monroe. As well as this, we got the chance to visit the cathedral in Sorrento itself, and the Duomos in Amalfi and Positano, which was hosting a wedding at the time. These particular places were an absolute spectacle to look at, with big window designs lining the walls, and a beautifully quiet atmosphere which rang around the Duomos, with the pews and various religious images offering an opportunity for reflection and a chance to pray to and celebrate God. They were also filled with various portraits of historical figures, who were influential in these particular Cathedrals and Duomos. All of these were incredibly interesting to view from both a religious and historical point of view.



Having described two of my favourite trips, I shall end with a word on the hotel. I love staying abroad and hotels are very important and Girasole didn't disappoint. The building was old but still very ornate the staff were extremely friendly (our waiter Rafaella was lovely), and the pool was stunning. It was positioned in a little garden area, with a lunch and drink bar next to it, from which I bought huge quantities of Granitas over the course of the two weeks. We were very lucky with the food which we got served as well, a continental buffet breakfast and a 3 course meal served to us for dinner. The hotel was only 3 stars, but deserved 5. It was lovely and made you feel very spoiled.

Overall, I had a lovely holiday in Italy. We were met with beautiful weather, beautiful sights, beautiful food, beautiful trips and a beautiful hotel. I would very much recommend anyone to go and try Sorrento out for themselves. It's a beautiful town and guarantees you a lovely, relaxing holiday.



During August Masha and Nika returned to Ukraine. This was Nika's first visit home for 17 months, because she has been waiting for her passport. She was so delighted to eventually receive it.

This enabled her to take Masha back to Korosten, to her parents. It was decided by Nataliya and Valery that Korosten, in the North of Ukraine, was safe enough for her to return. Masha was understandably delighted, and excited about seeing her school friends and family. It also meant she would be home to celebrate her 11th birthday.

We received photos of her on her birthday and enjoying the river nearby. She has settled back into school, although it was reassuring to know Nataliya was having trouble getting her to do her homework, so it wasn't just me! Like all youngsters she would rather be out playing.

Nika returned after three weeks. She visited her sister Olya in Kiev but found the sirens even more frightening after the quiet of Poole. She had no desire to remain in Kiev and will continue her studies online and working at Lush.

Olya lives with her boyfriend Sergey, he stays close to work and their flat, for fear that he will be served papers to fight.

(Another of our Chernobyl girls, Arina recently got married and her new husband is in the army so probably soon of to serve his country.)

Thank you all for your interest and love you extended to our girls.



SMILES LINES ...

Past & Present

As half-term ended, the English teacher returned to teaching with a sigh. He felt nostalgic. He found the past perfect and the present tense

On a recent holiday we arrived at our destination (I won't say where!) fairly late on a Saturday afternoon, so we went to the local small town to find a church to worship on the next day. I was surprised, but very pleased to read this notice on the church door:

“You are very welcome at St Luke's

We extend a special welcome to those who are single, married, divorced, widowed, gay, questioning, well-heeled or down at heel.

We especially welcome wailing babies and excited toddlers, no need to struggle to keep them quiet (that goes for adults too).

All ethnicities and nationalities are warmly welcome here.

We welcome those with operatic singing voices and the tone deaf.

You're welcome here if you've just woken up or just got out of prison.

We welcome those in recovery or still addicted, hard working and/or out of work.

We don't care if you're more Christian than the Archbishop of Canterbury, haven't been to church for a while or are just having a look.

We welcome all wheelchair users, armchair activists and hidden illness troupers.

We welcome you if you are having problems, are down in the dumps or don't like 'organised religion'.

We welcome exhausted parents, those desperate for a family and people who are perfectly content thank you very much.

We offer a special welcome to those who could do with a prayer right now or who have religion down their throat as kids (though I disapprove of the use of the word 'kids'!)

We welcome pilgrims, tourists, seekers, doubters and you.

Well, I thought, this sounds interesting – a church which sets out to be truly inclusive, in fact my kind of church. So I looked to find out the time of the service the next day.

Aye, there's the rub! At the very bottom was a small notice saying 'No service here on Sunday' – and there was no indication of where we might find a service!

... And it was too late to look elsewhere.

Well, we tried!





We are all blessed by living near enough to the sea so that we can enjoy the wonderful seascapes, breath in the fresh air and listen to the waves as they roll in. Carolyn and I have two favourite walks. We usually park in Shore Road car park, (There is plenty of free on-street parking if you want to avoid the car park charges). Some days we walk “around the loop” along the beach to the ferry then back along the harbour shoreline. The picture above was, however, taken when we walked from Shore Road towards Bournemouth. We usually walk as far as the Portman Ravine zig-zag path just west of Branksome Chine, and I took the picture as we climbed the slopes - and a couple of flights of concrete steps. As you reach the top you find yourself in one of the cliff-top heritage gardens with more spectacular views.

Above the garden is the cliff path which we follow back to Flaghead Chine. The path is separated from the road by a narrow strip of nature reserve, bringing you to a small car park where you meet the main road by Canford Cliffs Library.

Continue walking along the main road to Canford Cliffs village. As you draw level with the Mazda Garage opposite, turn left and follow the road as it turns past “The Cliff” pub. There is a wooded area on the left. We follow the path past the top of Canford Chine (The Canford pub is across the road on your right), reaching the cliff path until it turns inland to meet the white gate at the top of Flaghead Chine where we descend back to the prom and return to Shore Road.

Sea-Fever BY JOHN MASEFIELD Set to music: John Ireland "Sea Fever" 1902



I must go down to the seas again, to the lonely sea and the sky,

And all I ask is a tall ship and a star to steer her by;
And the wheel's kick and the wind's song and the white sail's shaking,
And a grey mist on the sea's face, and a grey dawn breaking.

I must go down to the seas again, for the call of the running tide

Is a wild call and a clear call that may not be denied;
And all I ask is a windy day with the white clouds flying,
And the flung spray and the blown spume, and the sea-gulls crying.

I must go down to the seas again, to the vagrant gypsy life,

To the gull's way and the whale's way where the wind's like a whetted knife;
And all I ask is a merry yarn from a laughing fellow-rover,
And quiet sleep and a sweet dream when the long trick's over.

Find the song on Youtube and see if you find yourself singing it when you visit the sea!

Psalm 107: 28-29 Dear Lord, I pray for sailors at sea and we pray that in line with Your Word, they will call out to You at any time, during any storm, knowing that You will hear. It is You who is in control of the sea and it is You who calms all storms so that the waves are still.



Once again the uniformed organisations joined us for our Harvest Festival. We welcomed Squirrels, Beavers, Cubs and Scouts to our service. Following the service, the Scouts arranged games for everyone whilst a lunch was prepared. The rain did not dampen the spirits and we all joined together for the shared feast. It was a great opportunity to make new friends and chat with old ones. As a result of everyone's generosity we were able to donate much needed food to the Poole Food Bank.



The Little Treasures Toddler group also celebrated harvest with lovely craft pictures. The families donated food and we welcomed Matt who gave a fun talk on The Creation:

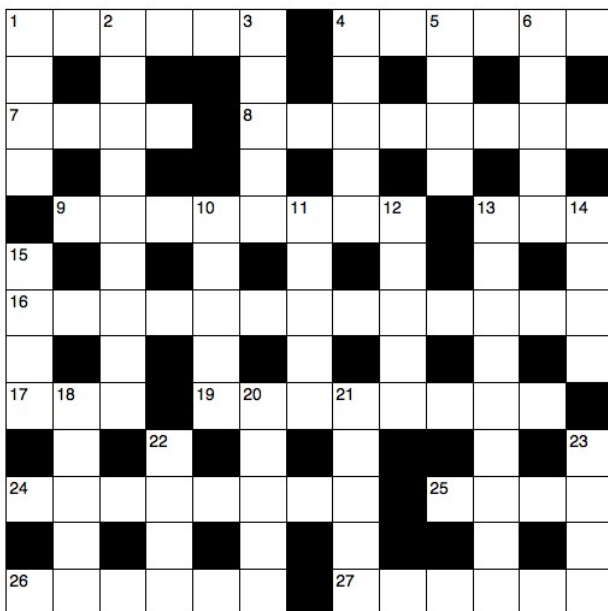
Everything is made by God and we are very thankful.



OCTOBER CROSSWORD

Across:

- 1 He must be 'the husband of but one wife and must manage his children and his household well' (1 Timothy 3:12) (6)
- 4 'For we must all — before the judgement seat of Christ' (2 Corinthians 5:10) (6)
- 7 'They reeled and staggered like drunken men; they were at their — end' (Ps 107:27) (4)
- 8 See 19 Across
- 9 It concerned who among the disciples would be the greatest (Luke 9:46) (8)
- 13 Formed by the Jews in Thessalonica to root out Paul and Silas (Acts 17:5) (3)
- 16 'He has sent me to bind up the — ' (Isaiah 61:1) (6-7)
- 17 Moved rapidly on foot (Matthew 28:8) (3)
- 19 and 8 ' — a great company of the — host appeared with the angel' (Luke 2:13) (8,8)
- 24 Hindrance (Romans 14:13) (8)
- 25 Comes between Luke and Acts (4)
- 26 Empower (Acts 4:29) (6)
- 27 'Get these out of here! How dare you turn my Father's house into a — !' (John 2:16) (6)
- ### Down
- 1 Sunrise (Psalm 119:147) (4)
- 2 The part of the day when Cornelius the Caesarean centurion had avision of an angel of God (Acts 10:3) (9)
- 3 He was one of those who returned with Zerubbabel from exile in Babylon to Jerusalem (Nehemiah 7:7) (5)
- 4 'No one can see the kingdom of God



- unless he is born — ' (John 3:3) (5)
- 5 Animal hunted or killed as food (Ezekiel 22:25) (4)
- 6 'He encouraged them — — remain true to the Lord' (Acts 11:23) (3,2)
- 10 Ruses (anag.) (5)
- 11 Jewish priestly vestment (Exodus 28:6) (5)
- 12 Visible sign of what had been there (Daniel 2:35) (5)
- 13 This was the trade of Alexander, who did Paul 'a great deal of harm' (2 Timothy 4:14) (9)
- 14 'This is my — , which is for you; do this in remembrance of me' (1 Corinthians 11:24) (4)
- 15 One of Noah's great-great-grandsons (Gen 10:24) (4)
- 18 Traditionally the first British Christian martyr (5)
- 20 Relationship of Ner to Saul (1 Samuel 14:50) (5)
- 21 Jacob had one at a place he named Bethel while on his way to Haran, fleeing from Esau (Genesis 28:12) (5)
- 22 Bats (anag.) (4)
- 23 'You strain out a — but swallow a camel' (Matthew 23:24) (4)



“15 days in clay” is a remarkable ceramic organisation based in Poole.

It was set up to give small groups of adults with additional needs, the opportunity to enjoy working with the accessible medium of clay.

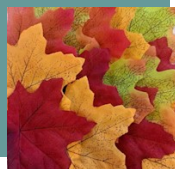
By working towards high creative standards each person is enabled to develop as an artist in their own right. Its aims are to inspire and nurture the creative development of every person.



It was all started with a grant from ‘Awards for All’ In November 2003. The project was based at “Livability”, Holton Lee for one day a week over 15 weeks. Now the project has grown to four days a week with over 40 people attending. This is made possible by a dedicated team of teachers and volunteers. Linda regularly attends the sessions at the Parkstone United Reformed Church with the fantastic teacher Janna.

This is Linda’s amazing clay owl. It has now been painted and is ready to be fired in the kiln.

Well done Linda!



Early in 2023 Vic asked if I would organise a group of us to sing for the Canford Heath social club at their afternoon entertainment. We had previously sung songs from Oliver. This time we sang a selection of ABBA songs from Mamma mia. It had been Leslie Cross' birthday and she had really enjoyed herself and suggested to Lynn Warner that we might like to sing ABBA songs again for Venusians as a fund raiser for the church.

We were commissioned to sing again! Our group had grown to nine and we are made up of singers from the local community choir "Citrus Singers" as well as some members of the lunch club and the church. Our aim is for everyone to have fun and to give our audience a chance to sing along too, as the words are on the screen. The songs are like karaoke and do take a bit of practice to sing them, but the rehearsal time allows us to experiment with harmonies and have fun.

Enjoyment is most important thing and we managed to raise £300 for the church at Venusians. It was another great night. Our next performance is Friday 6 October for the Canford Heath social club and maybe a repeat performance for Venusians in 2024.



Once again, ARCH (Association of Residents of Canford Heath) will be putting up Lamp Post Poppies across Canford Heath to remember our heroes and to raise money for the Royal British Legion. Residents, local groups and businesses are all invited to sponsor a Poppy for £5.00 and every penny will go to the Royal British Legion Poppy Appeal. This year we will be putting them up on over 200 lamp posts across the main roads of Canford Heath including Adastral Road, Culliford Crescent, Sherborne Crescent and Canford Heath Road and for the first time and by popular demand we will be also be putting them up along Tollerford Road and Stinsford Road.



From the end of October there will also be a display of crocheted and knitted Poppies in the Canford Heath Library which will be available to buy for a small donation. Knitted Poppies can also be bought from Nicholas O'Hara Funeral Care in Culliford Crescent. We would be very grateful for any donations of knitted or crocheted Poppies which can be handed into the Canford Heath Library (by

Thursday 26th October please).

If anyone would like to sponsor a Poppy, or would like more information, please email arch.poppies@outlook.com for a sponsor form or alternatively you can call in to Nicholas O'Hara or The Hub on the Heath Café for a paper copy.

Email: canfordheatharch@gmail.com

Website: www.canfordheathnetwork.org

Facebook: [@ARcanfordheath](https://www.facebook.com/ARcanfordheath)



Saturday Friends

The Association of Residents of Canford Heath (ARCH) and Prama Life extend a warm welcome to all older adults living on Canford Heath to pop along to the Saturday Friends. The group is mix of activities and chat and we make sure new visitors are made to feel welcome. The group is supported by local volunteers including students from the Magna Academy. The group is great fun and not only because of Sheila's freshly made cakes. Fellow participants tell us that they have made friends, learnt about local news and been able to help their peers because of Saturday Friends.



Saturday Friends will meet on the following dates in;

St Pauls Church Hall from 10am - 12 midday

- Saturday October 14th and 28th
- Saturday November 18th and 25th
- Saturday December 9th

Please come along, encourage your friends and neighbours to come along, and if you would like further information please call Christopher Beale on 07485572449

SMILES LINES ...

My budgie died

I decided to get another one.

I was told that my local pet shop had birds going cheep. I went along there and found that this was because they were on higher perches.

Dear life - by Tahlia Hunter

(Thank you to Sasha Morgan for sending this in.)

Grant me the courage to change
What I am capable of changing
And the grace
To accept what is beyond my control
And choose my battles wisely.

Please help me fix what has fallen apart
and is broken in my life
That would benefit from being mended
And accept what would not
And move on accordingly.

Grant me the strength
To fully seize each day
And make the most of each moment
Savouring the ones that provide me with
joy, meaning and fulfilment

And remind me to treasure time spent
with those I love
And pursue my passions and what uplifts
and energises me

And focus on all that lies ahead of me
Rather than all that lies behind me.

Please help me to embody love
And radiate it to all whom I encounter
Regardless of whether they remain in my
life
Or are no longer with me.

Please help me to remain calm and at
peace
During the chaos and shifting seasons of life
And flow with it
Understanding that everything is fleeting
and temporary
But that the true nature of who I am is
eternal

And more than this limited body
And transitory physical experience

Please show me how to let go of fear,
pain and resentment
So I can feel light, unburdened and free
And prioritise what is important
While disregarding what is not.

Please comfort me in my grief
And reassure me with the
knowledge
That I will one day be reunited with
those I love who have left this reality
But remain in spirit with me

And in the times when I am hurt
May you show me how to heal and
move forward

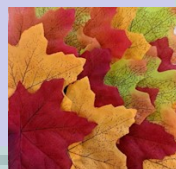
In the times when I feel small and
fragile
May you remind me of my inner
strength

In the times when I feel weak
May you remind me of my inner
power

In the times when I feel lost
May you help me rediscover purpose
and meaning

In the times when I feel lonely and
isolated
May you remind me that everything is
interconnected

And in the times when I have lost
confidence and trust
in myself
May you help me
remember who I am.



ACROSS: 1, Deacon. 4, Appear. 7, Wits. 8, Heavenly. 9, Argument. 13, Mob. 16, Broken-hearted. 17, Ran. 19, Suddenly. 24, Obstacle. 25, John. 26, Enable. 27, Market. DOWN: 1, Dawn. 2, Afternoon. 3, Nehum. 4, Again. 5, Prey. 6, All to. 10, Users. 11, Ephod. 12, Trace. 13, Metalwork. 14, Body. 15, Eber. 18, Alban. 20, Uncle. 21, Dream. 22, Stab. 23, Gnat.

CROSSWORD ANSWERS OCTOBER 23

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	01202605311
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

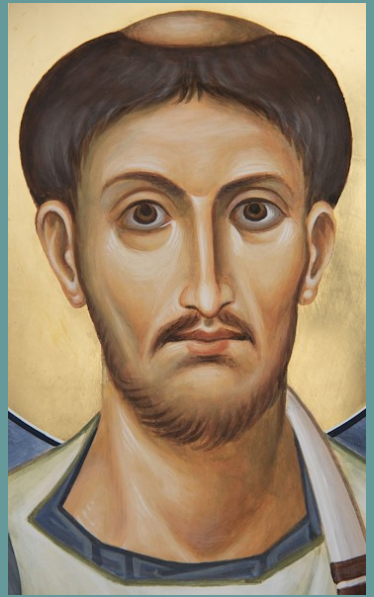
The Vicar Revd. Matt Williams can be contacted through the Church Office on 01202 605311 (Weekday mornings) for any enquiries or on 07986 097099 if more urgent.

James the Deacon

James the Deacon is the saint for any lay person who has stepped in to lead their church when the clergy are far away.

In fact, an historian has called James the Deacon 'the one heroic figure' in the Roman mission to Northumbria. No wonder – in a time of political chaos, with the king murdered and even the bishop fleeing for safety, James the Deacon stood firm.

It had begun when Pope Gregory the Great sent Paulinus, Bishop of York, to take Roman Christianity to Northumbria. James the Deacon, almost certainly an Italian, was among those who went with Paulinus.



The mission began well, and Edwin the king of Northumbria was converted. Roman Christianity in Northumbria took root and began to grow. But then in 633 Edwin fell in battle with Penda, the ruthless pagan king of Mercia. A pagan backlash began. The queen and her son fled for Kent, with the bishop Paulinus going south with them.

All that was left of Roman Christianity in Northumbria was James, now a solitary deacon.

But James was made of stern stuff, and despite the danger from Penda, James stayed on at a village near Catterick, often risking his life as he cared for the Christians, and continued to preach the gospel.

His success was discovered when the Northumbrian mission returned five to ten years later, and found an active Christian community still in Northumbria. James had been a faithful servant.

After Penda died, and Christian rule was re-established in Northumbria, James turned to teaching music, especially Gregorian Chant, to the fledgling churches in the region. Bede praised him for his honour and integrity. James was present at the Synod of Whitby in 664, which met to discuss the differences between the Celtic Northumbrian Church of the North, and the Roman Church of the South.

