

DEC/JAN 2024

EDITION 184

Free!

Donations
Welcome

December/January 2024

St. Paul's Church in Touch



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

READ ONLINE at www.stpaulscanfordheath.org.uk

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.

CONTENTS

Letter from Rev'd Matt Williams, Vicar at St. Paul's	3
Letter from Ann Harmsworth, Churchwarden	4
Hope Explored	6
Sound Improvement Project Update - Rev'd Matt Williams	7
Congratulations to everyone involved in another excellent pantomime	8
MESSAGE BOARD - READ IT OR MIS IT!	10
Christmas Crackers	11
Advent and Christmas	12
A message about this magazine - John Martindale (Editor)	13
A Tough but Rewarding walk at Lulworth - John Martindale	14
Tinsel and Turkey Weekend - Vic Martin	16
The Birth of Jesus according to Saint Luke (New International Version)	18
3 Course Christmas Dinner for under £15 - STARTER - By Justine Pattison	22
ARCH - Poppy Appeal and Christmas Lights switch on reports - Sasha Morgan	26
Poem - The Everlasting Turkey!	28
DECEMBER CROSSWORD (Answers on page 30)	29
Final Thoughts - Poem: -Christmas 2023 - Megan Carter	30
St Paul's Church Contact Information	31
Christmas Services	Back cover

Deadline for the February/March edition will be Thursday 25th January 2024

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

Dear friends,

Contrary to what every Christian parent has told their children, Christmas really is about the presence. Not 'presents' but 'presence'.

Hundreds of years before Jesus was born, the prophet Isaiah made a stunningly accurate prediction: *"The virgin will conceive and give birth to a son, and they will call him Immanuel" (which means 'God with us').* (Matt. 1:21. C.f. Isa. 7:14).. Jesus is 'God with us' – that's the presence we need. We need Jesus in our lives.

About 2000 years ago God came to earth in the person of Jesus. It was the greatest act of condescension ever. He lowered himself for our sake. He didn't come just to let us know he exists, he came to pay the penalty for our sins, to take away the barrier between humanity and God so we can be together forever.



Before he returned to heaven Jesus assured his disciples that he would never really leave them. He made big promises like, *"I will not leave you as orphans; I will come to you" and "I am with you always, to the very end of the age."* (John 14:18, Matt. 28:20). He was referring to the fact that he is with every believer today because the Holy Spirit lives in every Christian.

We also know that Jesus is going to return one day. We don't know when, it could be in a 1000 years' time, or tonight (!), but he promised *"I will come back and take you to be with me that you also may be where I am."* (John 14:3). As Christians we look forward to living with Jesus in Paradise, the New Creation, forever (Rev. 21).

This Christmas many presents will be given and received. Maybe we will get what we are hoping for, maybe we won't, but the only present we really need is Jesus' presence. You need Jesus in your life, so do I, and the wonderful news of Christmas is that he has come. We can have a personal relationship with God because Jesus, who is God incarnate, came to be with us, and from the second we put our trust in him, he is in us and he promises to be with us eternally.

Thanks be to God for his indescribable gift!

Have a Jesus and joy filled Christmas,

Matt



My Christmas Memories of a trip to the Isle of Man 21 years ago

My story began on the 23rd December on a train from Bournemouth to Birmingham. In Birmingham we, my husband, dog and myself, were supposed to catch a train to Lancaster from where a local train would take us to the port which was the terminal for the boat across the Irish Sea to the Isle of Man.



Our son David, had arranged for us to visit the home of his future parents in law for Christmas. Unfortunately the train was delayed, for reasons I can't remember, and we arrived in Birmingham 10 minutes after the connecting train had left!

What should we do? After discussions with the Virgin Train representative arrangements were made to take us to Liverpool by taxi to catch the evening boat from there to the Isle of Man.

On the outskirts of Liverpool our driver announced he didn't know how to get to the docks! After some time he drew up at some traffic lights and asked for directions from a local taxi driver. It was in the time before SatNavs were used. I was expecting a smart welcoming terminal building. But no! We were dropped off at what looked like a large shed on a building site! We went inside to check in and then had 4 hours to wait, or more truthfully, stand because very few seats were available. Lots of people had been on a day trip to Liverpool for last minute Christmas shopping. Finally the boat arrived and we could go on board into the lounge which allowed dogs to accompany their owners.

Amazingly most passengers queued up to buy hot food to eat on the journey - which interested the dogs sense of smell. We arrived at our destination by 11:30pm feeling very tired. After a good night's sleep we awoke to see snow had arrived to cover the ground. Humphrey, our Westie, had great fun playing in the snowy garden on Christmas Eve. We enjoyed our Christmas. Meeting Heather's family and we

thought all our troubles were over. However we were to find out on the 27th December that was not true.

Arriving in Lancaster after the return boat trip to England, we were informed that due to many train drivers taking an extra day's leave there would be diversions and delays to our planned journey. For some unknown reason we had to catch a train to Leicester where we were told we could get another train to Birmingham and from there back to Bournemouth.

We were not told that passengers booked on 2 other trains would be joining us! As there weren't any seats Ray and I had to stand and Humphrey sat on the top of a pile of suitcases to avoid being trampled on by those wishing to alight at various stations on the way. For anyone to get off the train we had to get off first and then get back on.

Eventually we arrived in Birmingham only to be told no trains were running to Bournemouth and the nearest station would be Reading! We managed to ring our daughter, who lived in Verwood and she and her husband offered to drive to Reading to rescue us.

Were our troubles over? Sadly not, as when we arrived at our home on Canford Heath it was to discover the overflow pipe from the tank in the attic had stuck. This had caused water to flow onto the back bedroom ceiling which had collapsed onto the bed and the carpet was like a lake. Fortunately it hadn't got to the kitchen. Water had seeped into the front bedroom but the ceiling there was intact. Not the best homecoming ever!

A sleepless night in the sitting room followed and we decided to stay at home for Christmas in the future. However despite the unexpected challenges we had faced, we had been able to celebrate the best gift ever, the birth of Jesus Christ our Saviour, with family and friends and I hope you can do the same.

St Paul's gives you many opportunities to join the festivities in the various services being organised. To find out more check our website, look at the posters outside the church or ring the church office.

Hope to welcome you , your family and friends to St Paul's this Christmas time.

"Joy to the world , the Lord is come"



HOPE EXPLORED



HOPE|EXPLORED

WHAT'S THE BEST LIFE
YOU COULD EVER EXPECT?

There are few emotions more powerful than hope. It's a spark inside you that brings a smile to your lips; a light that shows on your face; a feeling that lifts your head and pulls you forward. Hope is what keeps us alive. But these days hope often feels hard to come by. Yet real hope is what the Christian faith claims to offer: a joyful expectation for the future, based on true events in the past, which changes everything about my present.

Hope Explored is a free 3 week course run by St Paul's Church which provides an ideal introduction to exploring the Christian faith. Each week we watch a video, look at a short section at the Bible, and have plenty of time for discussion and questions. No viewpoint or question is off limits. Why not begin the new year by considering the most important questions human beings can ever ask?

Dates: Sundays 14th, 21st and 28th January 2024.

Timings: 4:00-5:30pm

*For more information & to register please contact the Church Office
(01202) 605311 or email stpauls.canfordheath@btinternet.com*

In 2021 St Paul's Church updated the multi-media desk and sound system within the church as part of its Sound Improvement Project. This was possible because of significant fund-raising efforts, people's generosity, and a grant from Poole Council's CIL Neighbourhood Portion fund. Having used the grant in full and upgraded the sound system in church we were left with £1,357 from donors. As this money may only be spent by the Church on sound improvement, the Parochial Church Council voted in June 2023 to put the left-over money towards improving the acoustics in the church hall.

There is significant need for sound in the hall to be improved. The acoustics are very poor, making it an unpleasant environment for users. It is so bad our Sunday Club leaders are finding it hard to teach the children in the hall because the sound resonates around the building so much. We have children with special needs who particularly struggle with the sound in the hall. Improving the acoustics will also make the hall a

much better venue for the community groups using it, and more attractive to potential hirers.



What is the plan? Having received professional advice we intend to install acoustic panels which we will suspend from the ceiling, and we will also add curtains. We have already received a donation, which with the money from the Sound Im-

provement Project will be enough for the work to go ahead.

You may find it reassuring to know that Sasha Morgan, who played a key role in the Sound Improvement Project and grant application, supports this plan. Also, that shortly after the sound system was upgraded the vicar spoke with Jim Green about the possibility of improving the acoustics in the hall, and Jim supported the idea.

If you were a donor to the Sound Improvement Project and have any objections to using the left-over money in this way, please contact the Church Office by Monday 8th January 2024. Contact details can be found on page 27.





The show has raised £1,300. Half for Christian Aid and half to



Congratulations to everyone involved in another excellent pantomime. The show



to support our mission at St Paul's



DAILY ECHO

Monday 27th November 2023 fourmmonth@echo.co.uk 80p

Vic gets an Oscar!

Vic Martin was presented with an Oscar for Best Director at the end of the 2023 Panto season at St Paul's Church, Canford Heath on Saturday.

Congratulations poured in from all over North Poole theatre world and well-wishers. One person wrote in from the Isle of Wight

Xxxxxx xxx xxxxx xxxx
xxx xxxxxxxx xxxx Seriously, well done Vic!

was enthusiastically appreciated by the Scouts and public audiences alike!



HEATH SOCIAL CLUB

FRIDAY 5TH JANUARY 2024

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

COST £3



PROGRAMME

MEET 13:30

13:45 – SCOTT FREE – SWINGING SINATRA

14:45 REFRESHMENTS

15:15 SOCIAL BINGO

16:00 END



January 3rd - New Year Quiz with Val and Paul Renyard

February 7th - "Beatlemania" Sing-along featuring the return of the "Rock Chicks"

March 6th - Easter Crafts and Hot Cross Buns

April 3rd - Talk by Debbie Tallick-Wyatt, Clinical Team Manager, Lewis Manning Hospice Care

May 1st - "Return to the Chateau" talk by Peter Homden

June 5th - Meal/Drink at the Pilot pub. N.B. Earlier start of 7.00pm at the pub or

6.30pm start at the church to walk to the pub

Queries to Lynn by email: bettiscombe.close@ntlworld.com or Helen by email: helen-noble@ntlworld.com or telephone the church office on 01202 605311



CHRISTMAS CRACKERS



We've got online carol-singers again!

SMILE LINES - Run over

A father gave his daughter a young puppy for Christmas. An hour later, he found her in the kitchen, looking sadly at a puddle in the centre of the floor. "Look Dad," she said, "My pup runneth over!"

SMILE LINES

Christmas shopping

It was Christmas and the judge was in a benign mood as he asked the prisoner what he was charged with. "Doing my Christmas shopping early," replied the man.

"Why, that's no offence," said the judge. "How early were you doing it?"

"Before the store opened," replied the defendant.

SMILE LINES

Santa

What do you call Santa's helpers?

– Subordinate Clauses.



For nearly four weeks leading up to Christmas Christians recognise a period called Advent. It means 'coming'. It is a time of spiritual preparation. 'Coming' refers to Jesus' first coming as a baby, but it also looks forward to a day when Jesus is expected to return in triumph at His 'second coming' to establish perfect justice and a new order of peace.

Originally Christians marked Advent as a time when they refrained from excessive eating and drinking. Then Christmas Day reintroduced them to the joys of feasting. Christmas celebrations lasted for 12 days, with gifts exchanged as a climax at Epiphany (6th January). Today, however, Advent is more likely to be associated with accelerating festivity, with the days following Christmas something of an anti-climax until 'twelfth night', on which decorations are removed. Many Christians worldwide are trying to revive the spirit of Advent by setting aside time to pray and address global poverty.

Christmas Day is celebrated as the anniversary of Jesus' birth, although the actual date is not known. Most Christians celebrate it on 25th December. However, the Orthodox Church (the ancient churches in Eastern Europe and parts of Asia) follows a different calendar and celebrates on 7th January. Christians make a point of taking communion on Christmas Day. Many make it the first thing they do as the clock strikes midnight.

On 6th January the Christmas festival continues with a celebration of Epiphany, which means 'the appearance'. Christians remember the visit of wise men (magi) to Jesus, bringing gifts of gold, frankincense, and myrrh. The Christmas tradition of exchanging gifts originally honoured these men, who were the first non-Jews (Gentiles) to worship Jesus. It forms a reminder that in Jesus God was giving Himself for the benefit of the entire world.

Orthodox Christians use this day to recall the baptism of Jesus as a grown man. The significance of Jesus being baptised was that He identified Himself with human beings in all their need. They mark the day by praying for God's blessing on rivers, wells, and water sources.

Christmas has never been just an escapist festival for Christians. Those who treat it seriously recognise that not all the world is able to face the days with frivolity or joy. The day after Christmas, Boxing Day, was historically marked as the feast of St Ste-

phen. He was the first man to be put to death rather than give up his belief that Jesus was God.

And two days later a day remembering the Massacre of the Innocents recalls Herod's attempt to destroy Jesus by killing all male babies in Bethlehem. Although not so widely marked as Christmas Day, it gives Christians the opportunity to pray for children in today's world who suffer as a result of the actions of adults.

A MESSAGE FROM THE EDITOR - John Martindale

In this issue I have included the story of the Birth of Jesus as told by Saint Luke in the New Testament. I hope you will read it through, even if you almost know it backwards. For others it may be the first time that you have read the bible text that has brought so much comfort to so many for the last 2,000 years.

Christmas is a time for family get-togethers and for the giving of gifts, just as the Wise Men did when Jesus was born. It is a time for celebration as the days begin to lengthen despite what can sometimes be gloomy a period of cold wet weather. We all look forward to the warmer months that are waiting in the wings.

We are all aware, as indeed all Christians are, that there are those who are less fortunate and may be struggling with cold, lack of enough food and perhaps illness. Helping can be as simple as meeting up for a coffee and a chat. At this time of year donating to the Poole Food Bank is extremely worthwhile, Organisations like the Salvation Army heroically support those who are on the streets and homeless and can change lives, but also need us to help them.

I have found for this issue, recipes for a 3 course Christmas Dinner "for under £15". The recipes are on pages 22 to 25. They are from the BBC Good Food website which you can easily find by "Googling". When you are on the BBC Good Food site, use the search bar to find "Budget Christmas Dinner" by Justine Pattison. If you have access to the internet the recipes include a lot of helpful hints and other information that I couldn't fit into the magazine without making it look like a cook book! If you can't access the Internet I hope you find the recipe ideas interesting and perhaps you might want to adapt one or all three. The ingredients can all be obtained from the budget section of most large supermarkets. **Happy Christmas to you all!**



Pictures taken on 23rd November 2023

This is the view you are met with as you meet the coast path from Scratchy Bottom. You can see Portland Bill in the distance in this



There is a good pub for meals on the way home: The Weld Arms is refurbished and recommended!

The Scratchy Bottom chine has almost disappeared. You can just make out the chalky far edge.



Durdle Door is worth the climb. There are steps down to the beach on both sides of the narrow spit.



This is the “quiet” way back from the camp site. It is signed to the Youth Hostel although on this walk you don’t walk that far.

This is another favourite walk but you need to be active and able to cope with the climbs. You will also need good boots unless it is bone dry.

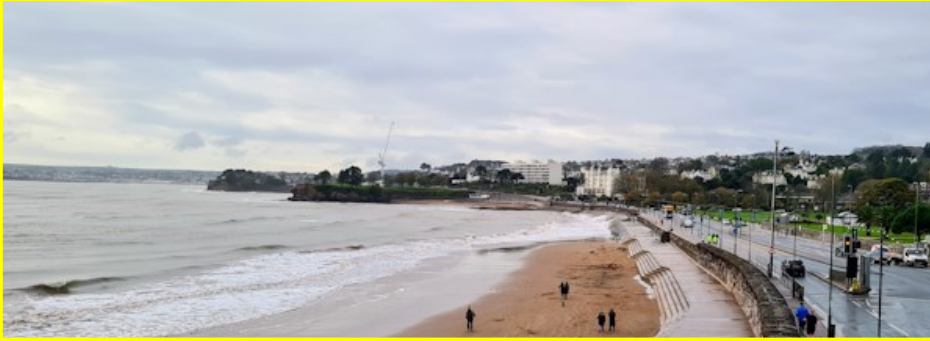
The light-brown arrow on the map shows where we try to park. It is free there but if you drive all the way to the car park marked further down the map you will have to pay. For those who just want the spectacular view, it is better to drive into the caravan site shown at the top of the route. It's good for a picnic there. If you have an active family they can do the walk and you can meet them for lunch

If you park by the church as shown walk up the road, taking care with the traffic. The views to the left are wonderful and you may see deer as well as birds of prey.

Enter the camp site then, when the tarmacked drive doglegs to the left cross over and follow the marked path past the holiday cottages, turning to the right then left onto the track. A short way along the track go through the gate on the left and cut down towards the gate into scratchy bottom. This is my favourite part of the walk because there are no roads, cars or machinery to be seen.

The remainder of the walk takes you past Durdle Door. You have to follow the coast path up into the Caravan Site and from there you can either go through a gate on the right to walk to Lulworth Cove or for a quieter, shorter and less hilly alternative walk past the first gate to the second one at the exit to the grassy car park signposted "Youth Hostel". Be sure to turn left as you walk down through a field to the road where you need to cross over and walk left back to the road you parked in.





42 of us stay
quay for a Tin
Hotel food, e
excellent. T
Church, Lun
Sequence Cl
Sidmouth, P
Buckfastleigh
Market.



KEND - Vic Martin

ived at the Riviera Hotel in Tor-
nsel & Turkey holiday by coach.
entertainment and staff were all
The group was made up from
h Club, Art Group, Wednesday
ub and friends. Trips included
Plymouth Barbican, Dartmoor,
, Trago Mills & Exeter Christmas



The Birth of Jesus

2 In those days Caesar Augustus issued a decree that a census should be taken of the entire Roman world. ² (This was the first census that took place while [a] Quirinius was governor of Syria.) ³ And everyone went to their own town to register.

4 So Joseph also went up from

the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. ⁵ He went there to register with Mary, who was pledged to be married to him and was expecting a child. ⁶ While they were there, the time came for the baby to be born, ⁷ and she gave birth to her firstborn, a son. She wrapped him in cloths and placed him in a manger, because there was no guest room available for them.



8 And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. ⁹ An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. ¹⁰ But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. ¹¹ Today in the town of David a Savior has been born to you; he is the Messiah, the Lord. ¹² This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger."

13 Suddenly a great company of the heavenly host appeared with the angel, praising God and saying,

¹⁴ "Glory to God in the highest heaven,
and on earth peace to those on whom his favour rests."

15 When the angels had left them and gone into heaven, the shepherds said to one another, "Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about."

¹⁶ So they hurried off and found Mary and Joseph, and the baby, who was lying in the manger. ¹⁷ When they had seen him, they spread the word concerning what had been told them about this child, ¹⁸ and all who heard it were amazed at what the shepherds said to them. ¹⁹ But Mary treasured up all these things and pondered them in her heart. ²⁰ The shepherds returned, glorifying and praising God for all the things they had heard and seen, which were just as they had been told.



²¹ On the eighth day, when it was time to circumcise the child, he was named Jesus, the name the angel had given him before he was conceived.

Jesus Presented in the Temple

²² When the time came for the purification rites required by the Law of Moses, Joseph and Mary took him to Jerusalem to present him to the Lord ²³ (as it is written in the Law of the Lord, "Every firstborn male is to be consecrated to the Lord"^[b]), ²⁴ and to offer a sacrifice in keeping with what is said in the Law of the Lord: "a pair of doves or two young pigeons."^[c]

²⁵ Now there was a man in Jerusalem called Simeon, who was righteous and devout. He was waiting for the consolation of Israel, and the Holy Spirit was on him. ²⁶ It had been revealed to him by the Holy Spirit that he would not die before he had seen the Lord's Messiah. ²⁷ Moved by the Spirit, he went into the temple courts. When the parents brought in the child Jesus to do for him what the custom of the Law required, ²⁸ Simeon took him in his arms and praised God, saying:

²⁹ "Sovereign Lord, as you have promised,
³⁰ you may now dismiss^[d] your servant in peace.
³¹ For my eyes have seen your salvation,
³² which you have prepared in the sight of all nations:
 a light for revelation to the Gentiles,
 and the glory of your people Israel."

³³The child's father and mother marvelled at what was said about him. ³⁴ Then Simeon blessed them and said to Mary, his mother: "This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against, ³⁵ so that the thoughts of many hearts will be revealed. And a sword will pierce your own soul too."

³⁶There was also a prophet, Anna, the daughter of Penuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, ³⁷ and then was a widow until she was eighty-four.^[e] She never left the temple but worshiped night and day, fasting and praying. ³⁸ Coming up to them at that very moment, she gave thanks to God and spoke about the child to all who were looking forward to the redemption of Jerusalem.



³⁹When Joseph and Mary had done everything required by the Law of the Lord, they returned to Galilee to their own town of Nazareth. ⁴⁰ And the child grew and became strong; he was filled with wisdom, and the grace of God was on him.

The Boy Jesus at the Temple

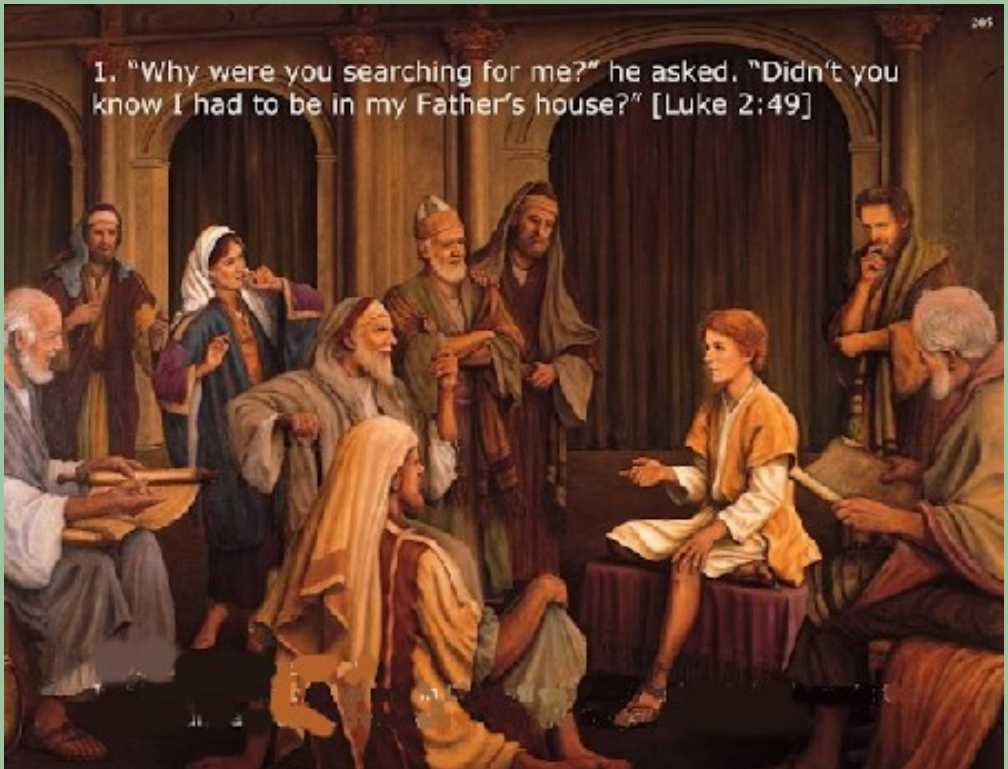
⁴¹Every year Jesus' parents went to Jerusalem for the Festival of the Passover. ⁴² When he was twelve years old, they went up to the festival, according to the custom. ⁴³ After the festival was over, while his parents were returning home, the boy Jesus stayed behind in Jerusalem, but they were unaware of it. ⁴⁴ Thinking he was in their company, they travelled on for a day. Then they began looking for him among their relatives and friends. ⁴⁵ When they did not find him, they went back to Jerusalem to look for him. ⁴⁶ After three days they found him in the temple courts,



sitting among the teachers, listening to them and asking them questions. ⁴⁷ Everyone who heard him was amazed at his understanding and his answers. ⁴⁸ When his parents saw him, they were astonished. His mother said to him, "Son, why have you treated us like this? Your father and I have been anxiously searching for you."

⁴⁹ **"Why were you searching** for me?" he asked. "Didn't you know I had to be in my Father's house?" ⁵⁰ But they did not understand what he was saying to them.

⁵¹ **Then he went down** to Nazareth with them and was obedient to them. But his mother treasured all these things in her heart. ⁵² And Jesus grew in wisdom and stature, and in favour with God and man.



3 Course Christmas Dinner for under £15 - STARTER - By Justine Pattison

A crunchy wedge salad makes a cheap and easy starter. This one is topped with crispy bacon, egg, tomatoes and croutons then drizzled generously with a luscious but very easy homemade dressing.

Preparation time: less than 30 mins Cooking time: less than 10 mins Serves 4

This recipe is part of the Budget Christmas Dinner which serves four people three courses for £15.

Method

- 1.To boil the eggs, fill a small saucepan a third full with water, cover with a lid and bring to the boil. One at a time, gently lower the eggs into the water, reduce the heat slightly and cook for 9 minutes. Drain, then plunge into a large bowl or saucepan of cold water and leave to cool.
- 2.Pour the oil into a frying pan and place over a medium heat. Add the bacon and cook for 5 minutes, or until crisp, stirring regularly. Transfer the bacon to a plate, leaving as much of the fat as possible in the frying pan.
- 3.Return the pan to the heat and fry the cubes of bread for 3–4 minutes, or until crisp, turning regularly until browned on all sides.
- 4.Peel the eggs, then place on a board and roughly chop.
- 5.Take any loose or damaged leaves off the lettuce. Wash the lettuce in cold water and drain well. Trim the root end then cut into quarters. Slice off the root part of each quarter without allowing the leaves to separate. Divide the lettuce wedges between four plates.
- 6.Mix the mayonnaise with the ketchup in a small bowl with 4 teaspoons cold water to make a smooth sauce.
- 7.Drizzle the sauce over each wedge. Scatter the tomatoes, eggs, bacon and croutons on top. Season with ground black pepper and serve.

Ingredients

- 4 medium eggs
- 1 tbsp vegetable oil
- 4 rashers bacon, ideally smoked, thinly sliced
- 1 medium slice bread, cut into small cubes
- 1 iceberg lettuce
- 12 cherry tomatoes, quartered
- ground black pepper

For the dressing

- 7 tbsp (around 85g/3oz) mayonnaise
- 1 tbsp tomato ketchup



Instead of forking out for a turkey this year, treat the family to tender and succulent chicken with all the festive trimmings. It's far cheaper, easier to cook and once carved it's hard to tell the difference. A small chicken will easily feed four and only takes around an hour to roast. Cook your vegetables in the same oven and make the most of the microwave for a delicious Christmas dinner with a lot less fuss.

•Method

1. Put the potatoes in a large saucepan, cover with water and a lid. Place over a high heat and bring to the boil. Reduce the heat and simmer for 5 minutes. Preheat the oven to 210C/190C Fan/Gas 6½.
2. Drain the potatoes in a colander and let them stand for 5 minutes, then return to the saucepan and shake vigorously to knock the potatoes about and scuff up the surface – this will make them much crisper when they roast.
3. Add 3 tablespoons of the oil, season well with salt and pepper and toss together. Scatter the potatoes over a large baking tray (or two smaller trays).
4. Place the chicken on another baking tray or in a roasting tin (pick a tray with sides, so the roasting juices don't run off). Snip off any trussing string from the chicken, season with salt and pepper and sprinkle with the dried herbs, if using. Roast the chicken and potatoes on two shelves in the oven for 20 minutes.
5. Put the bacon rashers on a board and cut lengthways through four of them to make 8 slender rashers. Wrap a piece around each sausage.
6. Make up the stuffing mix using the 175ml just-boiled water then leave to stand for 5 minutes before rolling into 8 small balls.

Ingredients

- 800g/1lb 12oz potatoes, peeled and cut into 4–5 chunks
- 4 tbsp vegetable oil
- 1 small whole chicken (around 1.3kg/3lb)
- ½ tsp dried mixed herbs or dried thyme (optional)
- 4 rashers back bacon, ideally smoked
- 8 sausages, separated
- 4 medium carrots (around 400g/14oz), peeled and cut in half lengthways
- 85g/3oz sage and onion stuffing mix
- 175ml/6fl oz just-boiled water
- 300g/10½oz Brussels sprouts, trimmed and halved
- 250g/9oz frozen peas
- salt and ground black pepper
- For the gravy
- 2 tbsp plain flour
- 300ml/10fl oz hot chicken stock, made with ½ chicken stock cube

•Take the tins out of the oven, place the bacon wrapped sausages around the chicken. Turn the potatoes and add the carrots and stuffing balls to the same tray. Drizzle the carrots with the remaining oil and return both tins to the oven for a further 20 minutes.

•Take the tins out of the oven, turn the vegetables and stuffing balls. Turn the sausages and return both trays to the oven for a further 20 minutes, or until the chicken is thoroughly cooked and the juices run clear when the thickest parts of the breast and thigh are pierced with a skewer or tip of a knife. (If your chicken is larger than the suggested size, it will take longer to cook.)

•Transfer the chicken to a serving platter or board, cover with foil and a couple of tea towels to keep warm and rest for 10–15 minutes.

•Transfer the roasted vegetables, stuffing balls and sausages to serving dishes and keep warm. (If you turn off the oven and leave the door slightly ajar, you can keep them warm inside – and you can warm your plates and serving dishes at the same time.)

•To make the gravy, stir the flour into the fat and cooking juices in the roasting tin used to cook the chicken. Stir in half the stock, using a wooden spoon or spatula to scrape up all the pan juices. Pour into a small saucepan, add the rest of the stock and simmer gently for 2–3 minutes or until thickened, stirring occasionally. Season to taste and pass through a sieve into a warmed gravy jug.

•Put the Brussels sprouts into a microwaveable serving dish, add 3 tablespoons water, cover and cook on full power for 4–5 minutes, or until tender. Season with salt and ground black pepper.

•Put the peas in a microwaveable serving dish, cover and microwave on full power for 4–5 minutes, or until hot. (You can boil the sprouts and peas if you prefer.)

•Carve the chicken and serve with the roasted vegetables, stuffing, sprouts, peas and gravy.



This simple but very delicious chocolate orange dessert uses half a pack of sponge cake mix for speed and value. Top with melted orange-flavoured chocolate for a luxurious alternative to Christmas pudding.

Method

1. Generously oil a 1 litre/1¾fl oz microwaveable pudding basin (it should have a diameter of around 17cm/6½in at the rim – see recipe tips below). Cut a small circle of baking paper and place in the bottom of the basin – this will make it easier to remove the sponge.
2. Put 200g/7oz of the cake mixture in a bowl and add an egg and 4 tablespoons cold water (or follow the packet instructions for when using half a packet of the mixture). Whisk with electric beaters for 2 minutes, or by hand until well combined and creamy. Stir in the orange zest.
3. Spoon the batter into the prepared basin, ensuring the mixture doesn't rise more than half of the way up the dish or it could rise and bubble over the sides.
4. Cook, uncovered, on HIGH for 3 minutes 30 seconds in an 800W microwave oven or 2 minutes 50 seconds in a 1000W microwave oven. The sponge should be well risen, just firm to the touch and a little gooey around the edges. (Microwave ovens vary so the timings above are a guide. Be prepared to adjust if yours is more or less powerful than the ones in the timings above.)
5. Take the pudding out of the microwave, using an oven cloth as it will be hot, and leave to stand while the sauce is made.
6. To make the sauce, put the chocolate in a microwaveable bowl and cook on HIGH for 1 minute. Stir and then cook on HIGH for a further 20–30 seconds, or until the chocolate is very soft but not completely melted. Don't allow to overheat or it will burn. Stir until smooth.
7. Turn the pudding out onto a plate. Peel off the baking paper and pour the warm chocolate over the top. Decorate with extra orange zest if you like. Serve with custard, cream or ice cream.

Ingredients

- vegetable oil, for greasing
- ½ x 400g pack chocolate sponge mix
- 1 medium egg
- ½ orange, finely grated zest only
- custard, cream or ice cream, to serve (see tip below)
- For the topping
- 100g/3½oz orange flavoured milk chocolate, from a ball or bar, broken into pieces
- fresh orange zest, to decorate (optional)



The Mayor of Poole, Cllr Jo Clements visited Canford Heath at the invitation of ARCH to view all aspects of Canford Heath Remembers.

The Mayor began her visit at the Canford Heath Library where she was introduced to members of ARCH, Library staff, members of the Broadstone British Legion and Nicholas O'Hara Funeral care. First, she was shown the display of knitted poppies that local residents have made, and commented on the amount of time and effort that must



have gone into producing such a wonderful display. The Mayor also showed particular interest in the display of the pictures showing all the Pilots that roads on Canford Heath are named after, together with the roles they played.

She was then given a guided tour of the lamp post poppies - but not all 235 because that would have taken too long! At the end of the visit, she was given a jar of Canford Heath honey and some personalised artwork of the heath. She again said how impressed she was by all the hard work and skill that has gone into the event and enjoyed finding out more about the history of Canford Heath.

Thank you to everyone who has either sponsored a lamp post poppy or bought a knitted poppy, to the Library and Nicholas O'Hara Funeral Care, to all the volunteers who helped to prep the poppies and then put them up in the most awful weather and an especially big thank you to Julie Caines, for co-ordinating the whole event. All funds raised will go to the British Legion. Click the link for more on Canford Heath Remembers.



Now in its fifth year, the 2023 Canford Heath Community Lights Switch-on event promised to be the biggest and best yet. And we weren't disappointed!

The annual community event was organised by ARCH (Association of Residents of Canford Heath) in collaboration with members of the Canford Heath Community Centre, The BH17 club and the Pilot Pub with support from many other local groups and residents including the Canford Heath Men's Shed, the TWG Knit and natter group and the Lions.



It was once again a real community effort to entertain hundreds of local residents with a variety of entertainment to give a magical spectacle of community spirit and Christmas cheer!

This year the event took place on Friday 1st December. It began, as usual, in the Neighbourhood Centre outside ASDA at 5pm, with a brass band playing Christmas carols. There was mulled wine and mince pies before everyone gathered together for a parade by torchlight along Adastral Road arriving in Adastral Square for 6pm.

The fun continued in the Square with stalls and entertainment including a DJ, face-painting, glitter tattoos, balloon modelling, panto characters, carol singing by the Magna students, crafts and hot chocolate. There was also a visit from the popular Rotary Train and a FREE Santa's Grotto in the Community Centre (with quiet sessions for SEN children) plus Christmas story telling in the Library. The event culminated in the switching on of the Community Christmas tree lights at 7pm by the Mayor of Poole, Cllr Jo Clements.

This hugely popular event was the perfect way to herald in the Christmas season and bring together friends and family, with the wider community, to celebrate together.



Website: www.canfordheathnetwork.org

Email: canfordheatharch@gmail.com

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

Noticeboards: Neighbourhood Centre and Adastral Square

On the first day of Christmas my true love said to me
I've bought a big fresh turkey and a proper Christmas tree.



On the second day of Christmas much laughter could
be heard

As we tucked into our turkey – a most delicious bird.

On the third day of Christmas people came from just next door,
The turkey tasted just as good as it had done before.

On the fourth day of Christmas came relations young and old
We finished up the Christmas pud and had the turkey cold.

On the fifth day of Christmas, outside the snowflakes scurried,
But we were nice and warm inside, and had the turkey curried.

On the sixth day of Christmas, the Christmas spirit died.
The children fought and bickered – we had the turkey rissoles fried.

On the seventh day of Christmas my true love he did wince
When he sat down at table – and was offered turkey mince.

On the eighth day of Christmas, the dog had run for shelter,
For he'd seen our turkey pancakes and the glass of alka-seltzer.

On the ninth day of Christmas, by lunchtime dad was blotto,
He knew that bird was back again, this time as a risotto.

On the tenth day of Christmas we were drinking home-made brew,
Anything to help us face that steaming turkey stew.

On the eleventh day of Christmas our lovely tree was moulting,
And with chilli, soy and oyster sauce, the turkey was revolting.

On the twelfth day of Christmas we had smiles back on our lips,
The guests had gone, the turkey too – WE DINED ON FISH AND CHIPS.

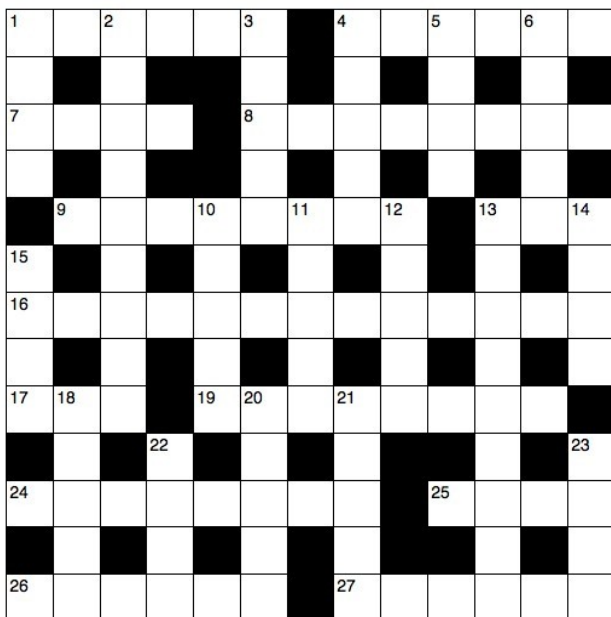
DECEMBER CROSSWORD

Across

- 1 Rely (Psalm 62:7) (6)
 4 'He stretches out the heavens like a — , and spreads them out like a tent to live in' (Isaiah 40:22) (6)
 7 What the dove carried the olive leaf in, when it returned to Noah's ark (Genesis 8:11) (4)
 8 Annoy (1 Samuel 1:6) (8)
 9 Judah's last king, who ended his days as a blind prisoner in Babylon (Jeremiah 52:11) (8)
 13 'They all — and were satisfied' (Luke 9:17) (3)
 16 Eliphaz the Temanite was one; so was Bildad the Shuhite and Zophar the Naamathite (Job 2:11; 16:2) (4,9)
 17 National Association of Evangelicals (of the USA) (1,1,1)
 19 Popular song for New Year's Eve, Auld — — (4,4)
 24 Able dock (anag.) (8)
 25 The number of stones David chose for his confrontation with Goliath (1 Samuel 17:40) (4)
 26 Elgar's best-known 'Variations' (6)
 27 Soak (Isaiah 16:9) (6)

Down

- 1 Money owing (Deuteronomy 15:3) (4)
 2 Conciliatory (Titus 3:2) (9)
 3 'Do this, whenever you — it, in remembrance of me' (1 Corinthians 11:25) (5)
 4 A group assisting in the governance of the Roman Catholic Church (5)



- 5 One of the gifts Joseph's brothers took with them on their second journey to Egypt (Genesis 43:11) (4)
 6 'Reach out your hand and — — into my side. Stop doubting and believe' (John 20:27) (3,2)
 10 Be outstandingly good (2 Corinthians 8:7) (5)
 11 'What — — that you are mindful of him, the son of man that you care for him?' (Psalm 8:4) (2,3)
 12 Horse's feet (Judges 5:22) (5)
 13 Notice (Deuteronomy 17:4) (9)
 14 Comes between 2 Chronicles and Nehemiah (4)
 15 One of Israel's northern towns conquered by Ben-Hadad (1 Kings 15:20) (4)
 18 Narnia's Lion (5)
 20 One of the two rivers in which Naaman would have preferred to wash (2 Kings 5:12) (5)
 21 Avarice—one of the evils that come from inside people (Mark 7:22) (5)
 22 Knight Grand Cross of St Michael and St George (1,1,1,1)
 23 Jacob's first wife (Genesis 29:23) (4)



Christmas 2023 by Megan
Carter



The night before
Christmas when all are
asleep,
As reindeer and sleigh bells
are heard overhead,

Children still sleeping will early arise,
With shouts of delights as they open each prize.

A doll for Amanda, a toy soldier for Jo?

Ah, these are toys of long ago!

Now it's computers, a party dress,
Gifts so expensive they're meant to impress.

But the real joy of Christmas forever will stay,
As church bells and carols proclaim that glad day,
As wise men and shepherds recount what they saw,
Of Mary, her Baby – and a bed full of straw.



DECEMBER CROSSWORD ANSWERS -- NO CHEATING!

ACROSS: 1, Depend. 4, Canopy. 7, Beak. 8, Irritate. 9, Zedekiah. 13, Ate. 16, Job's comforter. 17, NAE. 19, Lang
Synne. 24, Blockade. 25, Five. 26, Enigma. 27, Drench. DOWN: 1, Debt. 2, Peaceable. 3, Drink. 4, Curia. 5, Nuts. 6,
Put it. 10, Excel. 11, Is man. 12, Hoofs. 13, Attention. 14, Ezra. 15, Ijon. 18, Aslan. 20, Abana. 21, Gred. 22, GCMG.
23, Leah.

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.



Celebrate Christmas with us at St. Paul's
your local Church of England church.



SUNDAY 10TH DECEMBER at 5pm

Carols by Candlelight



Lots of carols accompanied by Poole Borough Brass Band, and Bible readings telling the Christmas story.

SUNDAY 17TH DECEMBER at 10am

Nativity Service ☺

Children can come dressed up to help us retell the story at the heart of Christmas.

CHRISTMAS EVE

5pm - Christingle Service ☺

11.15pm - Midnight Communion

CHRISTMAS DAY at 10am

All-Age Celebration (& Holy Communion) ☺

☺ = services especially suitable for children

Our services are always free to attend. Just turn up!

