

In Touch

St Paul's Church

News for the Church and Community on Canford Heath

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Contents

Letter from Rev'd Matt Williams: Some Reflections on Sung Worship	- 3
The Transfiguration of Jesus	- 8
I witnessed something amazing – Verity Brayshaw	- 9
Art Exhibition and Bric-a-Brac sale – Jill Wellington	- 11
My Good Samaritan Story – Dave Small	- 12
Fun Weekend at Bible by the Beach - Emma Williams	- 13
Warnering on the Isle of Wight – Sasha Morgan	- 14
Commissioning Service – Sue Hanmore	- 18
A Life Transformed by God's Grace – Verity Brayshaw	- 20
Saint Ethelwold is remembered on 1st August	- 22
August Crossword	- 23
August Recipe – A pudding you can cook on the BBQ (or air fryer/oven)	– 24
ARCH News - Sasha Morgan	- 25
Final Thoughts: The Old Woman of the Roads	- 27
St Paul's Contact Information	- Back cover

Thank you to those who sent me some very positive feedback after the “new format” June/July issue came out. I have stuck with using MS Word. It's never been my favourite app but I am sure Microsoft will eventually sort out its frustrations, particularly caused by pasting images.

And with images in mind, have you recognised where (in Poole) the ‘photo on the front cover was taken? The sub-tropical garden is on the clifftop near Canford Cliffs. You can reach it by walking along the prom almost to Branksome and climbing the steps (or from Canford Cliffs Library along the top)

Thank you to our contributors for this month's articles and for the time taken over them. The deadline for the October/November edition will be Thursday 24th September 2026.

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Some Reflections on Sung Worship

One of my favourite Christian songs of all time is 'My Jesus, My Saviour'. I love it not just because of the good words and music but because it brings back fond memories of when I first sang it on a Christian holiday for 15 to 18 year olds. Tears streamed down my teenage face as I reflected on Christ's sacrifice for me on the cross. I felt completely overwhelmed by his love for me.

The songs we sing in church are important for lots of reasons. For example, they teach and remind us of precious truths about God and thereby nourish our faith. They can be a source of great joy and encouragement, but they can also remind us of our shortcomings and need to rely on Christ alone. They enable us to express what's going on in our hearts, whether it's our profound love of God, our gratitude and desire to praise him, or our sense of brokenness, grief, and longing for his help. The songs we sing in church can and should reflect the full range of human emotions – both joy and sadness, and everything in between. We see this in the Psalms – the hymn book of the Old Testament. Some of the songs are overflowing with joy and positivity. For example, *"Praise the LORD. Sing to the LORD a new song, his praise in the assembly of his faithful people. Let Israel rejoice in their Maker; let the people of Zion be glad in their King. Let them praise his name with dancing."* (Psalms 149:1-3). But other songs in the psalms are more sombre and negative. For example, *"By the rivers of Babylon we sat and wept when we remembered Zion."* (Psalms 137:1). And, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out before him my complaint; before him I tell my trouble."* (Psalms 142:1-2).

The fact that the psalms contain lots of sad songs as well as happy songs suggests that our sung worship should do too. As I said before, we need songs that express a range of emotion because we feel a range of emotions, and on any given Sunday there will be people who want to dance for joy, and others who just want to cry.

Singing is so important we are actually commanded to do it: *"Sing and make music from your heart to the Lord, always giving thanks to God the Father for*

everything, in the name of our Lord Jesus Christ.” (Ephesians 5:19-20). And, “Let us come before him with thanksgiving and extol him with music and song.” (Psalms 95:2).

I mentioned earlier that songs have a teaching function. We see this most clearly in Colossians 3:16; *“Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.” (Col. 3:16).* Do you see what it is saying?

We are called to teach one another through the songs we sing, and the songs we sing are to be full of “the message of Christ.” In other words the songs we sing must be full of truth about God and our Lord and Saviour Jesus Christ. This brings me



to a key priority of mine when picking songs – they must be jam packed full of biblical truth about God, and so packed full of truth that there is no room for error or confusion. I don’t know about you, but I feel I can worship God while singing almost any kind of song, regardless of genre, age, or musical accompaniment, just as long as everything it says is true!

As you will be aware, I take my teaching responsibility very seriously. I will usually spend up to two days working on my sermon. A substantial part of that is checking that I have understood the Bible correctly and that I am communicating its truth faithfully and clearly. I hold songs to the same high standard I hold myself. They must contain “the truth, the whole truth, and nothing but the truth.” Or to look at it another way, I don’t want to put words in your mouth that aren’t true! Now you may be inclined to think I’m over-thinking this. But God promises that the way he grows and builds churches is through the faithful proclamation of his word. For example:

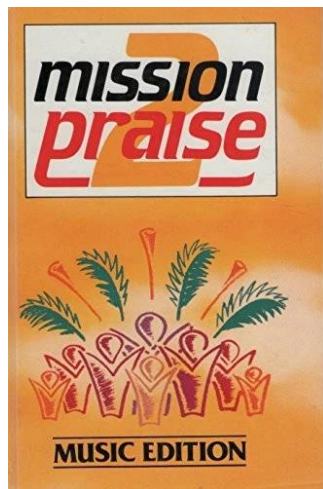
“I commit you to God and to the word of his grace, which can build you up...” (Acts 20:32)

"Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up..." (Ephesians 4:11-12).

"faith comes from hearing the message, and the message is heard through the word about Christ." (Romans 10:17). See also 2 Tim. 3:16-17 and Col. 3:16.

On the subject of singing what is true, another consideration is the way many modern worship songs are not primarily written for congregational singing but for personal worship. Some songs sound fantastic when you listen to them on the radio, but are really hard to sing altogether. Over the years I have tried to introduce some of my favourite songs and they haven't worked for this very reason. Also, modern worship songs often express ideas that are presumably true for the song writer, but aren't necessarily true for every person in the church family. For example, there's a song called "Good Good Father." It's enjoyable to listen to and it contains lots of truths about God but there's a line that says "I've heard the tender whisper of love in the dead of night." It's unclear whether he's speaking literally or metaphorically, but either way he is expressing a personal experience that many won't be able to identify with. I don't think we should ask people to sing things that aren't generally true of all Christians. What do you think?

Another thought I have about sung worship at St Paul's is that the quality of the music and singing should be as good as we can make it - because God deserves the very best. Psalms 66:2 says, *"Sing the glory of his name; make his praise glorious."* Or as the ESV puts it, *"give to him glorious praise!"* This means the quality of the praise we give should reflect the glory of God. It is at this point I want to acknowledge the great debt of gratitude we owe those who have given us our library of recorded music. First Jim Green, and now James Pope, have worked so hard to make the music we sing along to as good as they can make it. I am so thankful for their efforts and the quality of their work. Where would we be without



them! I also want to express my gratitude to our wonderful singers. Week after week they lead us so well. I am so thankful to them.

As good as our music library is, I think it's fair to say we would all prefer to have live music. Psalm 33:3 says, "*Sing to him a new song; play skilfully, and shout for joy.*" But as things stand we lack the people with the necessary gifts to "play skilfully." (Psalms 33:3). I've done my best – with Natalie I have raised two daughters with a love of and gift for singing. If you are a parent of young children perhaps you could encourage them to learn an instrument for the future benefit of the church? But for now the best we can do is keep developing our library of recordings, and pray that God sends us (or helps us develop and train) the people with the necessary skills. Please join with me in praying for this, and let me know if you can play an instrument!

Another important consideration is the fact that we are family. We are brothers and sisters in Christ and each brother and sister in the family may have slightly (or very!) different preferences when it comes to sung worship. I know some prefer the old classic hymns. Others prefer the songs they grew up with. Others have a strong preference for 'contemporary' songs – which means different things to different people. For some 'Shine Jesus Shine' is contemporary even though it is 40-ish years old! Whereas I know of a church that only sings songs that were released in the past year! By the way, this isn't a hypothetical issue. In the past week different people have told me "We sing too many contemporary songs" and "We don't sing enough contemporary songs." One person has expressed how much they dislike children's songs. So the question is what do we do under such circumstances? Should we simply follow the majority or those with the loudest voices? I don't think that would be particularly loving to those in the minority – whoever they may be and whichever side of the debate they are on. By the way, I should say this isn't a young versus old debate. Many of our older members prefer modern songs, and surprising number of our younger members prefer older hymns!

So what are we to do? A couple of thoughts come to mind. One is that one of the ways we can express our love for one another is by being willing to sing songs we don't like for the sake of others in the family. If the family is to stay together we need to accommodate one another. It's like when I'm watching

TV at home. If I want to spend time with my children I have to put up with watching some of the programmes they like, no matter how much I dislike them (the programmes I mean, not the children – I love them!). I encourage them to pay me the same courtesy.

This is why I try to pick a range of older and newer songs. I'm trying to keep the family together because it's really important the whole family worship God together and that we don't do what many churches seem to do these days – split into multiple congregations according to age, musical preference etc. I acknowledge I don't always get the balance right (it's really hard to!), and it is hard to do it well when we're so reliant on recorded music (some of our recordings aren't so great but we're doing our best), but hopefully you now understand why I make some of the choices I do. Before I move on I will mention here that one of our most recent recordings (Lord I Lift Your Name on high) clearly doesn't work for congregational singing so we won't use it again. We will look for an alternative backing track or use the older version.

Another thought I'll share with you before I finish is a lesson I learnt as a teenager. I remember complaining to the Curate that the songs we sang were so old and boring. We sang from a book called *'Hymns Ancient and Modern'*, but to my young ears they sounded more like *'Hymns Ancient and Slightly Less Ancient'*! I don't remember exactly what his reply was, but this is the gist of it: "It's not about you Matt, it's about God." Well, it was a somewhat blunt answer (!) but he was right wasn't he? He taught me a valuable lesson. I was approaching worship as though it was all about me, what I wanted, and my personal preferences, when all worship is ultimately about God and honouring him.

So those are some thoughts of mine on the subject of sung worship. I know there is much more that could be said but I hope you have found this a somewhat helpful and informative read. If you have strong feelings on the subject I'd happily discuss this with you in person. May God's Spirit help us honour him as we should.

"Ascribe to the LORD the glory due his name; worship the LORD in the splendour of his holiness." (Psalms 29:2)

Matt



The Transfiguration of Jesus

One day, Jesus is with three disciples on a high mountain in Galilee, when His appearance dramatically changes. Also, Moses and Elijah suddenly appear, and from a cloud comes the voice of God. What is this all about? This event was witnessed by James, Peter, and John. They were close friends of Jesus. In the future, they were to become prominent leaders in the Early Church. They needed to see something special that would help them remember Jesus in the difficult years ahead. They had a glimpse of Christ in His divine glory. His face shone like the sun and His clothes turned white as light.

While this was an extraordinary sight for the disciples, it served to encourage Jesus who once had glory and majesty in Heaven. One day He would have it again. But firstly, He had to fulfil His mission: to suffer on the cross and die.

Why were Moses and Elijah standing with Jesus? Moses was the giver of the Law and Elijah represented all the prophets. Jesus was about to complete God's plan of salvation. God's voice was heard to remind Peter there was no need to build shelters. They were not going to stay on the mountain. God spoke to get the disciples to fix their attention of Jesus. The wonder of the Transfiguration was a short interlude before Jesus had to return to His work and subsequent death on the cross.

This story is a reminder that our times of spiritual blessing have to be followed by down-to-earth commitments and responsibilities. In the same way that Jesus gave His friends a glimpse of His awesome glory, to help them face challenging and traumatic times ahead, our special times in His presence are provided to encourage us and equip us for the trials we may have to face.

Our journey through life may sometimes rise to the peaks but we can't stay on a 'high' all the time – no matter how much we want it! We have to descend to face everyday challenges if we are to fulfil our calling in Christ. From our mountain-top experiences we all need to find a balance between times alone with God and serving Him in the company of others.

I visited my friend's house in Poole to walk her dog. She told me that she had a number of French people sleeping in her garden. So when I returned with the dog I was advised not to let the dog run around in the garden as usual, but to bring the dog back into the house. When I returned to the house with the dog, I asked who the French people were. They were French scouts and they had knocked on the door the night before and asked if they could sleep in the garden as part of an expedition.



As a Scouter myself, I was amazed and excited that French scouts actually did this so I went to speak to them as I was intrigued to find out more. There were seven children between the ages of 12 and 15, both boys and girls. They were sleeping on the lawn on their mats just with their sleeping bags; no tents. Their tents were still on Brownsea Island. This was something that French scouts did as part of an expedition, similar to our Duke of Edinburgh award and other scout challenge badges.

The French scout leader told me that a note had been put on the Lilliput Sea Scouts Facebook page to say they were a group of French scouts who are doing this. There were 40 youngsters sleeping in gardens in the Poole area. I phoned up a friend who is a scout leader and asked her if she would ever do that. She said absolutely no way. The risk assessment would be far too complicated. I did question the French scout leader and asked "Were you not frightened that you might be mass murdered in the garden?" She said "No, we trust people".

"Trust" - I think that's something we have lost in this country. It was eye opening, I'm absolutely amazed and I'm really pleased that French scouts do this, on a regular basis and to them it is something normal and part of the expedition. This is something they really look forward to. Camping in a stranger's garden and relying on the hospitality of strangers.

Jesus told his disciples to go off and to rely on strangers' hospitality. The children were very polite and their leader was lovely. I wished them well.

Wouldn't it be wonderful if we could organise this sort of experience? If we don't want to do it because of fear, then SURELY, we do not have freedom.



SMILE LINES - from Emily Hanmore

What starts with an E and ends with an E and has a letter in it?

An envelope

.....

Why did the scarecrow win an award?

He was outstanding in his field

.....

What do you get when you cross an elephant and a fish?

You get swimming trunks

.....

Why did the kid bring a ladder to school?

He wanted to go to High school

Art Exhibition and Bric-a-Brac sale – Jill Wellington

Our annual Art Exhibition will take place from Monday 24th August to 2pm on Saturday 29th August. Weekdays will run from 10am to 3pm. Please come along and support these wonderful local artists who meet at St Paul's Church. Refreshments will be available.

In addition to the art exhibition, we will also be running a bric-a-brac stall. All proceeds from the bric-a-brac and refreshments will go to church funds. We are looking for the following for our bric-a-brac stall but please, **only items of good quality.**

- bric-a-brac items
- toys
- games (all pieces included)
- puzzles (all pieces included)



Please note that we do NOT want clothing, shoes, boots, blankets, bedding. Also, we already have enough books to have a book stall so please no more books. We are happy to accept handbags as long as they are of good quality please.

In addition to the above we would love some raffle prizes please.

So if you are planning on having a sort out, please save your unwanted items for our bric-a-brac stall. Please keep them safe then bring them along to church any time from the middle of August as we don't have enough storage until then.

Thank you in advance. This event has helped to raise money for the church for a number of years now and your support will be greatly appreciated.



My Good Samaritan Story – Dave Small

When I was 21,(See picture below), like many of my peers, I had a motorbike, a 1954, BSA C11G. In the early hours of one January morning, I was riding it home from Anne's (now my wife's) house when I was struck from behind by a speeding car which left the scene leaving me lying in the road with multiple injuries and unable to move.



Unknown to me, a guy in one of the adjacent houses one road away, heard my cries for help. He contacted the police, who promptly arrived, found me unconscious and called the ambulance.

The two passengers who had been in the car walked back down the railway track only one hundred yds away. They saw me but still didn't raise the alarm. Talk about crossing to the other side!

I have no doubt that if the neighbour hadn't taken the time to call the police, then I would not have survived. I did meet him some months later and was able to thank him.

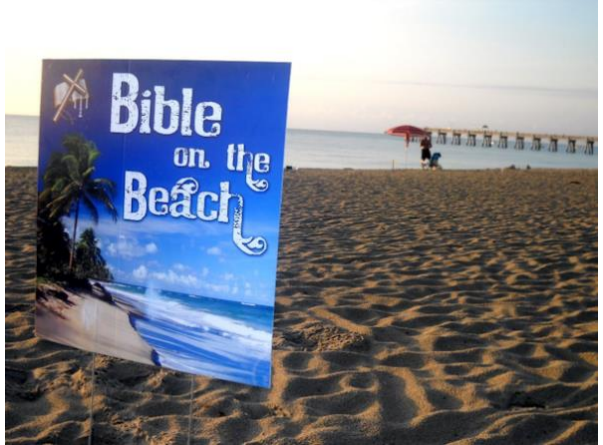


Of course, many other people helped that night, including police, the ambulance service, doctors, nurses etc., but the actions of this Good Samaritan definitely saved my life!

Incidentally, the police found the driver and he was convicted.



Over the Spring Bank Holiday weekend, my family and I went to Bible by the Beach in Eastbourne. It's a fun Christian conference for families, with groups for children and teenagers. I'm in the sixth-form group called The Summit. We join the main meetings in the Congress Theatre and then head to our base room afterwards for discussions and games. One such game was Empires where everyone writes down the name of a person (famous or fictitious) and then we must guess who wrote which name. The game was very fun but did get a bit confusing since we played in a group of about 30 teenagers.



This was our second year attending, and I enjoyed it even more this time because I went with friends. My sister Kate and I even went to a free concert by the Christian band Joyful Noise with our friends and got a free CD (we would definitely recommend their music). As someone who sings in a band, it was cool to watch other performers and sing along during the main sessions.

Alongside the Bible studies and meetings, The Summit also had the chance to do a late-night walk to McDonald's, finishing with fries on the beach. Even though it was rainy and cold, it was exciting to hang out with other Christian teenagers along the Eastbourne seafront.

It was an amazing weekend of music, friendship, Bible teaching, and learning from the book of Revelation on the theme of Commending Christ in a Changing World. The only downside is that now I can't wait for next year!



We've holidayed on the Isle of Wight many times over the years, but this year felt especially significant. It was here that Alan asked me to marry him, so returning during our Ruby Wedding Anniversary year seemed the perfect way to celebrate 40 years together. In fact, we enjoyed it so much that we went back again later in the year!



Getting there is all part of the adventure. It's just a short drive to Lymington, followed by a relaxing 40-minute ferry crossing to Yarmouth. We always enjoy the journey across the Solent – the views are wonderful and it gives you time to unwind and really feel that you're getting away from it all, all without needing a passport.

Once we arrive on the island, it always feels as though we've stepped back in time. There's a lovely sense that life moves at a gentler pace, with parts of the island still retaining the charm of the 1970s rather than rushing headlong into the 21st century.

During our visits in March and again in May this year, we stayed at two different Warner properties. Norton Grange is one of Warner's chalet-style villages and is within easy walking distance of Yarmouth, while Bembridge Coast Hotel is a traditional hotel perched on the clifftop, offering magnificent views across the Solent.



Norton Grange and West Wight

There is plenty to do from Warner's Norton Grange. One of our favourite walks follows the route of the old railway line from Yarmouth to Freshwater – probably because there are also 2 cafes along the route you can stop at for refreshments!

The island has long been associated with the Royal Family, and Osborne House, Queen Victoria's much-loved holiday home, is only a short drive away. Nearby is Carisbrooke Castle, where Princess Beatrice, Queen Victoria's youngest daughter, made her home after her mother's death. Today the castle is perhaps best known for its resident Carisbrooke donkeys, who still demonstrate the historic treadwheel that once raised water from the castle well.

For something a little less strenuous, a pleasant 15-minute walk from Norton Grange takes you into Yarmouth itself. This charming historic harbour town has plenty of character, lovely independent shops and cafés, and one of the longest wooden piers in England, where you can watch the ferries come and go while enjoying wonderful coastal views. It's also one of the few piers in the country where you can walk, drive, or even take a train along its length — quite an extraordinary sight to see all 3 happening at the same time!

Yarmouth Bus Station must surely be one of the most scenically situated bus stations in Britain. It was from here that we boarded the Needles Breezer – the seasonal open-top, hop-on, hop-off bus that travels to Alum Bay, The Needles and Freshwater Bay.

The ride is certainly not for the faint-hearted! As the bus winds along the spectacular cliff-top road, there are moments when it feels as though you're travelling right on the edge of the cliffs, so you have to trust completely that the driver knows exactly what they're doing. Private cars are not permitted to continue all the way to The Needles Old Battery, making the bus one of the best ways to reach this famous viewpoint. The reward is unforgettable scenery and, once you arrive, breath-taking views across the white chalk stacks, the dramatic coastline and the sparkling blue sea. It is easy to see why this is considered one of the finest viewpoints on the Isle of Wight.

Bembridge Coast and East Wight

Warner's Bembridge Coast Hotel is perfectly placed for exploring the eastern side of the island. The nearby resorts of Shanklin, Sandown and Ryde are all within easy reach, while Cowes offers a completely different atmosphere with its famous sailing heritage.

One attraction we loved is The Isle of Wight Garlic Farm. Around 18 different varieties of garlic are grown there, including the enormous elephant garlic. The farm shop is packed with every garlic product imaginable, from chutneys and sauces to garlic beer and even garlic ice cream! We decided to give the ice cream a miss, but we happily sampled many of the other products.

From Bembridge Coast Hotel you can also walk to the National Trust's Bembridge Windmill, although we chose instead to stroll into Bembridge village. It's an attractive place with independent shops and cafés, and it's home to one of Britain's rarest telephone kiosks. Installed in the 1920s, it is believed to be the only surviving Type K1 kiosk still in public use and is now a Grade II listed building.



(Most people are familiar with the iconic red K6 telephone box, introduced in 1935 to celebrate the Silver Jubilee of King George V. The Bembridge kiosk predates that design entirely and looks completely different, making it a fascinating reminder of Britain's telecommunications history and a real curiosity for visitors. My brother has bought, renovated and sold quite a few of the K6 kiosks over the years, so he was rather envious that we had spotted the rare K1 quite by chance)

Our Verdict

We would thoroughly recommend either of Warner's Isle of Wight properties. Although they offer very different styles of accommodation, both are perfectly situated for exploring this beautiful island.



As nowhere is much more than a 30-minute drive away, it's easy to discover the island's wonderful coastline, picturesque villages, historic attractions and stunning scenery. Whether you're interested in royal history, spectacular coastal walks, charming harbour towns or simply relaxing and enjoying the slower pace of island life, the Isle of Wight has something for everyone.



It's a place we never tire of visiting—and one we're certain we'll return to again.



The Apple Rhyme

From a poem by Madeline Nightingale

Apples ripe and apples red,
Grow they high above my head.
Alack-a-day! For I am small
And apple-trees are mostly tall;
Dreary me! But what is sadder,
Nobody can find a ladder!

Tuesday 16th June was the day a group of us went to St Mark's church in Talbot village to join Caroline and James for their commissioning as our church wardens. It was a bittersweet occasion, just another of those times that remind you that Ann is no longer on this earth with us. Some of us had been to a few of these meetings with Ann. They had been a time of great joy, all apart from the time she decided to try the online version. What a disaster! A zoom meeting with over 50 people! You could make no sense of what was going on, but she had fulfilled the legal requirement to be our church warden for another year, along with the vow, that she would never do that again!

This years' service was so good, a magnificent church building which gave me church envy. What could we use all that space and rooms for? The mind boggled. On the way in we were both offered an order of service. I said no, we will share, but the lovely chap said, "No worries we have printed a hundred of these!" We still only took one. The church started filling up. The St Paul's contingent arrived early so we all managed to sit together with our precious new wardens. The large church continued to fill, there were far more than 100 people. There were already over 20 of us St Paul's folk!

The service started. The vicar of the church was very versatile, from leading the service to playing the guitar in the small worship band. He seemed to be up and down like a yo-yo! The Archdeacon, Penny Sayer, asked that the church wardens that were retiring should continue to be available for their replacements to impart advice when it was asked for. It was one of those bitter moments. Shortly after Caroline and James stood to make their promises and that was a sweet moment. The Registrar gave a very interesting talk reassuring us that they, the legal team, are there for the new wardens, and are approachable. Penny gave an interesting homily. We learned a lot about how Wikipedia works with community input and I suspect I wasn't the only one wondering where on earth this was going, but, the final bit was we need to listen to everyone in our church families and consider and value their input, even if we don't agree with them.

Then came communion. As I said, they were expecting 100 people maximum. It was obvious there were far more people than that. The queue seemed to be never ending. Once we were back in our seats an apology was made that they had underestimated the numbers and had indeed prepared communion for 100. We have no idea at what point the wafers started to be broken, but we got the impression that the last people were given a very small piece. It was a joyous celebration and such an opportunity to share with others from different church backgrounds to our own.

We got some photos taken before we moved into their hall for tea and cake.

It is an honour to be able to show our support for our wardens, so many wardens from other churches either turn up on their own or with very few supporters. Thankfully St Paul's had a great representation and made time to show their support. Long may that last!



Please continue to uphold Caroline and James in prayer and give thanks for their faithfulness in following God's call.



A Life Transformed by God's Grace – Verity Brayshaw

Last November, a friend and her husband came to see our pantomime. I remember chatting to a man outside the theatre, although I didn't realise until much later that it was her husband.

At the beginning of January, my friend shared some heartbreaking news. Her husband had recently been diagnosed with ADHD and autism. He worked for a local engineering firm and had struggled for many years with the pressures and challenges of life. Sadly, his mental health deteriorated to the point where he took an overdose.

He was rushed to hospital, where doctors fought to save his life. For several minutes he was clinically dead before being resuscitated.

Despite being brought up in a devout Christian household, he had drifted away from the faith and had no interest in church. A few days after his recovery, his wife asked him what he had experienced during those moments when he was clinically dead.



He told his wife that he found himself in a place filled with brilliant white light, with no visible ceiling or walls. Standing just to his left, slightly out of his direct line of sight, was a man with brown wavy hair, a beard, and dressed in a simple linen tunic.

The man asked him, "Do you believe in me?" He replied, "Yes, I think I do." The man then said, "Let me take your pain away." Instantly, he felt an overwhelming sense of peace, and the tormenting thoughts that had burdened him were gone.

The man then said, "You have to go back because you have friends and family who love you."

That experience changed everything.

The and his wife worship together at Lansdowne Baptist Church. He believes that the man he encountered was Jesus Christ. Through this extraordinary experience, he has found his faith and now knows Jesus as his Lord and Saviour. He believes that Jesus spared his life that day and gave him a second chance—not only to live, but to know him in person.



Smile lines – One Liners ...

Clever

My IQ test results came back. They were negative.

Obesity

DNA to DNA: "Do these genes make me look fat?"

Partying

So apparently RSVP'ing back to a wedding invite 'maybe next time' isn't the correct response.

Learner

My driving instructor told me to pull over somewhere safe. After 10 minutes he asked me why I hadn't pulled over. I said we are still in Manchester.

Saint Ethelwold is remembered on 1st August

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.

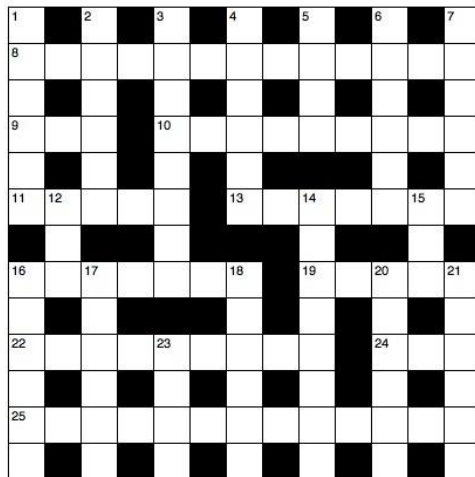
Ethelwold's monasteries also produced a surpassing new style of illumination, and his school of vernacular writing was the most important of its time: with accurate, linguistically significant translations. A major event of his episcopate was the consecration of Winchester Cathedral in 980.



August Crossword

ACROSS: 8 One of the titles given to the Messiah in Isaiah's prediction (Isaiah 9:6) (6,2,5)
 9 International Nepal Fellowship (1,1,1)
 10 Single(1Corinthians7:27)(9)
 11 Aleksandr Solzhenitsyn's seminal book about Soviet prison camps, The — Archipelago (5)
 13 Treachery(2Kings11:14)(7)
 16 Of India (anag.)(2,3,2)
 19 'God has put us apostles on display at the end of the procession, like men condemned to die in the — ' (1 Corinthians 4:9) (5)
 22 Follower of a theological system characterized by a strong belief in predestination (9)
 24 'Put these old rags and worn-out clothes under your arms to— the ropes' (Jeremiah 38:12) (3)
 25 They brought together all the elders of the Israelites in Egypt (Exodus 4:29) (5,3,5)

DOWN: 1 The season when kings 'go off to war' (2 Samuel 11:1) (6)
 2 Simon Peter's response to Jesus by the Sea of Galilee: 'Go away from me, Lord; I am a — man' (Luke 5:8) (6)
 3 Beaten with whips (1 Kings12:11) (8)
 4 'You shall not — adultery' (Exodus 20:14) (6)
 5 Encourage (Hebrews 10:24) (4)
 6 Service of morning prayer in the Church of England (6)
 7 'Take and eat this in remembrance that Christ died for you, and — — him



in your heart by faith with thanksgiving' (4,2)
 12 Run(anag.)(3)
 14 Member of 17th-century party that denied the right of autonomy to the Church (8)
 15 'We will triumph with our tongues; we—our lips'(Psalm12:4) (3)
 16 Earnings(1Corinthians16:2)(6)
 17 'I rejoice greatly in the Lord that— you have renewed your concern for me' (Philippians 4:10) (2,4)
 18 How Paul described Philemon (Philemon 1)(6)
 20 Multiple territories under the rule of a single state(Daniel11:4)(6)
 21 'You have been unfaithful; you have married foreign women,—to Israel's guilt' (Ezra 10:10) (6)
 23 This month(abbrev.)(4)



Recipe for August - One to cook on a BBQ (or an air fryer or an oven...)

Prep the pudding

Tear the bread into chunks and place into a heatproof dish (metal or cast-iron works best on a BBQ).

Make the custard

Whisk eggs, milk, cream, sugar, vanilla, salt, and caramel sauce until smooth.

Combine

Pour the custard over the bread and press gently so it soaks in.

Set up the BBQ

Place the dish over indirect heat — not directly over the flames — and close the lid.

Cook

Bake for 25–30 minutes until the top is golden and the centre is just set.

Finish

Drizzle with extra caramel and serve warm with ice cream or cream.

INGREDIENTS

6–7 slices brioche or thick white bread, torn

2 eggs

300 ml milk

100 ml double cream

75 g soft brown sugar

1 tsp vanilla extract

1 pinch salt

3 tbsp caramel sauce (plus extra to drizzle)

Optional ice cream or whipped cream to serve



ARCH Autumn Events



Following the fantastic success of our summer events — from the well-attended heath walk (which ended with Bryony, the heath warden, spotting the rare and beautiful *smooth snake*), to the lively fundraising quiz night at The Pilot raising **£220**, and of course the wonderful **Canford Heath Community Fete** — we're delighted to say that our **autumn programme is shaping up to be just as exciting.**

A varied mix of events has been organised, and now all we need is for **residents of Canford Heath to come along, get involved, and enjoy what's on offer**. Every event is organised and funded by a very small team of volunteers from **ARCH — the Association of Residents of Canford Heath** — and your support truly makes a difference.

Canford Heath Jumble Trail

Sunday 6 September | 10:00am–2:00pm Across all roads on Canford Heath

- Free to take part for both sellers and buyers
- Sellers set up stalls outside their homes selling pre-loved items
- Buyers follow a map of participating houses at their own pace
- **Sellers register by 4th Sept:** canfordheath.jumbletrails@outlook.com
- Maps available on our 2 community noticeboards and ARCH Facebook page

Canford Heath Network Meeting

Wednesday 23 September | 2–4pm

- All Canford Heath group organisers are invited
- Tea, coffee & biscuits on arrival
- A great opportunity to support, network and share news
- The Community Wellbeing Collaborative Team will give a short talk on the theme of **“How Communities Shape Wellbeing”**

Canford Heath Residents Meeting

Wednesday 21 October | 10:00am–12:00pm Canford Heath Library

- All Canford Heath residents warmly welcome
- Tea, coffee & biscuits on arrival
- A great opportunity to meet neighbours and hear community updates
- Guest speakers:
 - **Catherine Brookfield**, BCP Council Anti-Social Behaviour Officer
 - An officer from the **Dorset Police Neighbourhood Policing Team**
- **Free event — no booking required**

For any queries, please email canfordheatharch@gmail.com. This is also the address to use if you'd like to be added to the weekly **Super Six** e-bulletin — delivered to your inbox every Monday with updates, events, and what's happening across Canford Heath.



**CANFORD HEATH
JUMBLE TRAIL**

SUNDAY 6TH SEPTEMBER 10AM - 2PM

HAVE YOU GOT ITEMS TO SELL BUT DON'T FANCY A 'BOOT SALE? WHY NOT TAKE PART IN OUR JUMBLE TRAIL - A CAR BOOT SALE BUT IN YOUR OWN FRONT GARDEN!

**# ITS FREE TO TAKE PART
YOU KEEP ALL THE MONEY YOU MAKE**

HOW IT WORKS:
Sellers register by emailing us by Friday 4th September
canfordheath.jumbletrails@outlook.com

A map of all participating addresses will be available on our Facebook page and our 2 notice boards

This community event is organised by ARCH (Association of Residents of Canford Heath)

Final Thoughts: The Old Woman of the Roads

From a poem by Padraic Colum

O, to have a little house!
To own the hearth and stool and all!
The heaped-up sods upon the fire
The pile of turf against the wall!

I could be quiet there at night
Beside the fire and by myself
Sure of a bed, and loth to leave
The ticking clock and the shining delph

Oh! But I'm weary of mist and dark
And roads where there's never a house or
bush
And tired I am of the bog, and the road
And the crying wind and the lonesome hush!

And I am praying to God on high
And I am praying Him night and day
For a little house – a house of my own
Out of the wind's and the rain's way.



CROSSWORD ANSWERS – NO CHEATING!

ACROSS: 8, Prince of Peace. 9, INF. 10, Unmarried. 11, Gulag. 13, Treason. 16, In aid of. 19, Arena. 22, Calvinist. 24, Pad. 25, Moses and Aaron.
DOWN: 1, Spring. 2, Sinful. 3, Scourged. 4, Commit. 5, Spur. 6, Matins. 7, Feed on. 12, Urn. 14, Erastian. 15, Own. 16, Income. 17, At last. 18, Friend. 20, Empire. 21, Adding. 23, Inst.

St Paul's Parish Church contact information

Neighbourhood Centre, BH17 9DW

www.stpaulscanfordheath.org.uk

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

Alpha Courses/home groups - **Activities**

Heath Social Club	Vic Martin	Church Office	01202 605311
Sunday Club	Natalie Williams	Church Office	01202 605311
Little Treasures parent & toddler group		Church Office	01202 605311
Fair Trade representative	Val Renyard		01202 682460
Venusians Ladies Group	Lynn Warner	Church Office	01202 605311

Clubs & Activities

Over 55's Lunch Club	Vic Martin		01202 699282
Sequence Dance	Church office		01202 605311
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 Bayne		01929 551050

Who to phone for:

Hall Bookings	Jill Wellington	Church office	01202 605311
Weddings, Baptisms and Banns for Marriage		Church Office	01202 605311
Practical church issues - Church Warden		Church Office	01202 605311

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