

NURSLING & ROWNHAMS
Twin Spires News

Web Edition

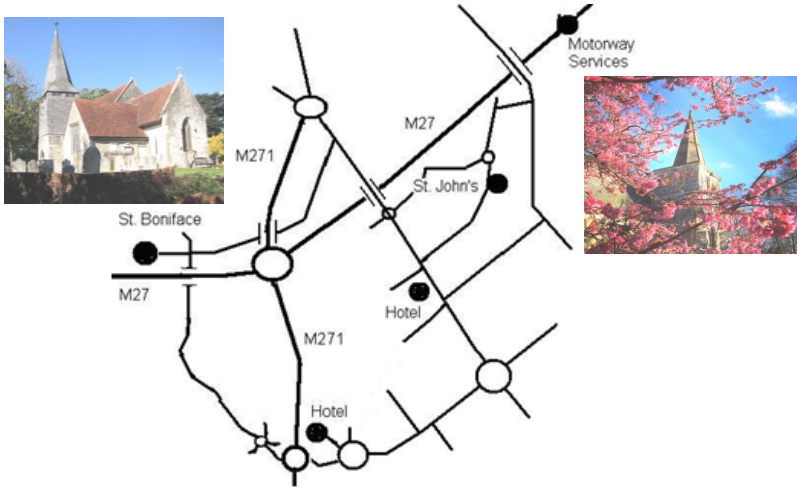
SEPTEMBER 2024



The desert and barren land will celebrate
and blossom with flowers.
The people the LORD has rescued
will go home singing. Isaiah 35:1,10

twinspires

St Boniface St John's
Nursling & Rownhams



St John's Church (SO16 8AH) is in Horns Drove, Rownhams.

St Boniface Church (SO16 0YB) is in Church Lane, Nursling.

The Parish Office is usually staffed Monday to Friday 9.30am to 11.30am (excluding public holidays) and it is sometimes staffed remotely, so please do not call into the office in person, except by arrangement.

However, the answer machine and email are checked regularly.

Telephone: 023 8073 8293. Email: office@twinspires.org.uk

Our website is www.twinspires.org.uk

This magazine is available to read on our website. If you would like to have your own printed copy of Twin Spires News, it is available from either of our church buildings, price 60p per copy or £6 for 1 year (Jan to Dec). Copies may be delivered free within the area, by arrangement.

There are a number of ways you can donate to church funds (outlined on page 24). Bank Transfer is the preferred method. More information on 'giving' is available from the Office and the church website. There

is also a [link](#) which offers a very simple option for any one-off on-line gifts. Look for the donate button on our website, or use the QR code.



Donate

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Verse of the Month

He will yet fill your mouth with laughter, and your lips with shouts of joy.
Job 8:21

Holiday Club 2024

This year's holiday club, which ran from 5th to 7th August, was such a blessed time! We had three days of learning about God and his word through the theme of the circus.



On day one, we welcomed around 18 young people, with the strong man – Samson. We spoke about how God gave him his strength for good things, and to help God's people, the Israelites. We had an amazing craft where the young people were able to make their own Samson with long hair, some outside games involving lots of running and spinning plates. Then, in the reflection section, we discussed what the young people's talents were, and then how they can use these to glorify God and his kingdom – just as Samson did. Samson used his strength for good, and we can also honour him with our own talents. We also had our daily 'pie the leader', in which we pied Korey, Nathan and...Ewan – shocker!

On day two, we welcomed 26 young people and told the story of Daniel, the lion tamer. We began by showing 'The Amazing Ewan's lion' which he had tamed (which in fact was his 5-month-old ginger kitten, but the young people didn't need to know that!)

In their groups, the young people were able to make their very own lions in their craft time, and play some inside games, using a parachute and playing fruit salad. In their reflection time, we named our fears, and then we spoke about how we can face these fears, and also how God can help us through these.

At the end of the day, we pied our leaders once again – this time Theoni, Rosie and Skye! Despite the weather, we had a lot of fun and the young people couldn't wait to come back for day three.

On our final day, we welcomed 26 young people again and we covered the story of Jesus the miracle worker. We took this broad subject and showed the young people how these miracles can encourage us and bring hope to us.



In their craft time, the young people were able to make a spinning depiction of Jesus calming the storm, an appropriate reminder for the storms in our lives. Along with other outside activities, they played a game where they had to hit each other with bean bags.

Finally, in their reflective time, they had the opportunity to consider some of the bad things in the world – and what we can do to make a change in these situations, such as praying, and being kind. Reflecting on how Jesus did miracles helped us see how he can also do this in our own lives.

At the end of the day, we were able to ‘pie’ Tammy, River, Sophie, and an extra special pieing of Graeme (which Ewan had a lot of pleasure in doing!)



Over these three days, we had young people who had never come to church before, or who hadn't ever heard the good news of Jesus. This was an incredible opportunity to reach out to the community, and impact them with God's word.

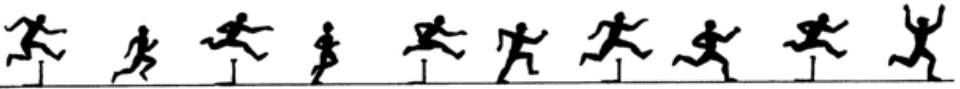
We all felt very privileged to have so many young people come along and be a part of our holiday club. We had so much fun, with so much joy, laughter and peace.





God was such a provider for us all, and brought safety and smoothness throughout the three days. With a holiday club song, clown outfits, lots of bunting and a set of incredible leaders (thank you so much to you all), we look forward to next year!

Ewan Brown, Children, Youth & Families Worker



David Hookings raising money for Macmillan Cancer Support

Dear Church Family

As discussed in church recently, here is my link for Macmillan Cancer that I am raising funds in the Great South Run, on 20th October 2024



A big thank to those that have already generously sponsored me. Together we have smashed the target that Macmillan gave me. I hope that others will follow suit so we can raise more money for this fantastic cause. Your support is most appreciated and I intend to raise a lot more money for this great cause! Please visit this link and make a difference:



<https://ajbellgreatsouthrun2024.enthuse.com/pf/david-hookings>

Thank you

David Hookings



Highlights from July's PCC Meeting

Graeme Dixon welcomed Richard Streatfield, Secretary to DAC (Diocesan Advisory Committee) to the meeting.

Re-ordering of St John's

We have had a response from the CBC (Church Buildings Council) and the Victorian Society, to our faculty for the replacement of pews with chairs. The CBC does not advocate upholstered chairs or the use of any carpet in the nave, and the Victorian Society have objected to the removal of all the pews.

Richard Streatfield advised us that the DAC have no objections and, in principle, support our faculty. He explained that the Victorian Society are only 'a voice'; they can be obstructive but not an obstruction to the final decision of the Chancellor.

Public consultation notices of our proposal need to be posted inside and outside the church building. All responses go straight to the Chancellor. The PCC agreed to respond to the Victorian Society reasserting our proposal. They should reply within 21 days. The Chancellor should make his decision within 30 days of their reply.

Graveyard

There is a family in dispute with the PCC regarding churchyard regulations. There will be a hearing with the Chancellor at St John's Church, in September.

Finance

The Church Giving Day raised £8,900. There will be a future church theological debate on the best use of current funds.

Safeguarding

- i. New PCC members are completing the necessary training.
- ii. Risk Assessment templates should be consistent across all activities.
- iii. Our Safer Recruitment Policy will be updated.

Tots Group Venue

The Tots Group will remain at the Community Hall, in the short term.

Evening Services

Graeme confirmed there will be no changes to evening services.

Vision Day

This item was deferred to January.

Parish Weekend Away - The PCC recommended a Parish weekend away in June. Graeme requested ideas for venues.



Any Other Business

- i. Graeme congratulated Lynn Black on being accepted for Ordinand training from September. Lynn will, therefore, be resigning from her role as Church Warden. Ann Laird and Peter Myerscough-Jacopson have both agreed to stand as Church Wardens. A Meeting of Parishioners will be called to elect Ann and Peter, and the Archdeacon will complete the commissioning process via zoom.
- ii. Water ingress into the Church Hall is being investigated.
- iii. The PCC agreed that Steph could buy a new vacuum cleaner for St John's.
- iv. Simon Harris presented estimated costings for safety improvements to the wiring on the stage area of St John's. Consultation is ongoing.

Christine Owen, PCC Secretary



...And some Church Notices that Didn't Quite Make it!

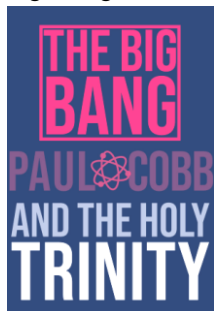
- A talk on drugs will be given at the next Mothers' Union meeting. This will be followed by a Bring and Buy Sale.
- A sudden gust of wind took all who were at the ceremony by surprise. Hats were blown off and copies of the vicar's speech and other rubbish were scattered over the site.
- The Rector is on holiday this month. Local clergy will be celebrating with us all the Sundays that he is away.
- Don't allow anxiety to kill you. Let the church help.
- Don't miss the Young Wives' Victorian evening next month. It will be a fun night and some of the women will wear clothes.
- Extract from an official letter notifying residents of a new boundary road: "It is hoped to take the new by-pass through the old cemetery, provided we can get permission from the various bodies concerned."



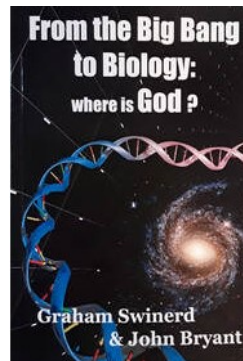
The Big Bang and the Holy Trinity by Paul Cobb

We are really privileged to have Graham Swinerd in our church family, joint author with John Bryant of 'From the Big Bang to Biology: Where is God?'

Now in the Church of England Newspaper of 2nd August 24, we have an introduction by Paul Cobb of his new book - 'The Big Bang and the Holy Trinity'.



'Science now teaches that the universe came into being with a huge release of pure energy at the beginning of time'. This gives further evidence of the creative power and involvement of the God we worship, in his wonderful creation. He refers to the incarnation of Jesus Christ as described in John's gospel. He also refers to Genesis 1:2: 'God's Holy Spirit moving across the waters'.



I will add, 'in Christ he chose us before the world was founded' (Ephesians 1:4).

Paul Cobb finishes with, 'Science describes the history of the universe in great detail; but the insights of religion have much more to say on matters of purpose and the future. Scientific and religious thought can sit comfortably together contributing to a wider holistic view'. **Rev Jim Stanley-Smith**

Come and join us at
Friday Friends



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St. Boniface & St. John's

The Pastoral team invites you for an

'Afternoon Tea'

Friday, 27 September 2024

St. John's Church Hall starting at 2.30 pm.

A time for space, quiet reflection and prayer
and for the opportunity to meet people and
share memories of a dear loved one or friend.



If you would like to come along, please contact the Parish Office.

Tel: (023) 8073 8293 or email: office@twinspires.org.uk

We look forward to seeing you.



Faithful to Scripture, Faithful to Science: Alister McGrath on Science and Christian Faith

Alister McGrath is well-known as a theologian, but he started out as a scientist. After becoming a Christian, he wanted to learn about his new faith, so he studied theology at the same time as completing his PhD in molecular biophysics. He has not lost touch with science, but has continued to write and speak about how science and Christian faith work together. In this extract from a recently released interview, he shares his experience of being a scientist and a Christian.

“I think my most vivid experience of wonder took place in the 1970s when I was on vacation in Iran. We were travelling on a bus in the middle of the night because it wasn't hot then, and the bus broke down. We found ourselves in the middle of this solemn black desert, and the night sky shone with a brilliance like I had never seen before. That just overwhelmed me, it made me think there is something really wonderful here.

“Now, I was a Christian by that time and I knew how Christianity could answer that but it just struck me, that sense of wonder has two possible outcomes. One is science - this universe is wonderful, what's it all about? But of course, it is also about religion, the deeper levels of things that science can't really engage. I think one of the things I have discovered over time is that maybe this sense of wonder both opens the gateway to science and to faith, and that those two together are able to answer questions which on their own they simply couldn't.

“I think science is wonderful at asking questions. Some of those questions can be answered, but very often when you do answer them, they simply open up yet more questions. But of course, there are some more fundamental questions I think science simply cannot answer - they transcend its capacities to answer, and you might think of non-empirical questions like, ‘Why am I here? What is the meaning of life? What is good and how do I live a good life?’

“These are real questions and they're good questions but they're not scientific questions. And the psychologists tell us that we really need answers to those questions if we are to lead a fulfilled human existence. You find some scientists who say, ‘Well because science can't answer them there are no answers to be given’, but actually most realise that there are answers waiting to be discovered - it's just that science can't deliver them.

“Science fills in part of a big picture but there are parts of the picture you have to fill in from somewhere else. Science is part of the answer but only part, and faith supplements it, giving us a vision of life that is exciting and reliable, and also something that we can inhabit meaningfully.” Find more on wondersofthelivingworld.org

Dr Ruth M Bancewicz, The Faraday Institute for Science & Religion



Weekly Tots Café ~ Monday Mornings

If you're a parent, grandparent, or carer, looking after pre-school children, you are invited to our weekly Carers and Tots Café.

We meet each Monday morning during school term time, 9.30-11am in the Community Centre in Horns Drove. We are back from the Summer Holidays on Monday 9th September.

Come and make new friends and join in the fun with games, activities and toys. Drinks and snacks are provided too.

Entry is free, although voluntary contributions are always welcome.



Nursling & Rownhams Friendship Club



The Nursling & Rownhams Friendship Club meets on Thursdays between 2.15 and 4.00pm in the Village Hall in Nursling Street.

Your first visit is free. The cost is £3.00 per week plus an annual membership fee of £20 to enable the club to continue with a small membership. All meetings have a prize draw and include free tea/coffee and biscuits. There is ample free parking next to the hall.

We have a mixture of visiting entertainers and quizzes. The following is our proposed programme for September 2024.

September 5th - Quiz afternoon and time for a 'catch up' and chat

September 12th - Braishfield Ukelele Music Society (BUMS).

Favourite songs, singalong and humour.

September 19th - Quiz afternoon and time for a 'catch up' and chat

September 26th - Rob Harvey entertains, with songs, singalong & humour

We would love to welcome some new members at these events.

Don't be shy - give us a try.

For further information, please ring Joyce on 02380 735086 or Mike on 02380 733245.

Mike Ward



FAIRTRADE FORTNIGHT 2024, 9th - 22nd September

Buy Fairtrade Today

So Farmers Can Change Their Tomorrow

This year marks the 30th anniversary of Fairtrade (FT). We were living in the Netherlands back then and I remember the very first Max Havelaar instant coffee which we used because it was 'the right thing to do' but which really didn't taste very good. Now there are numerous different sorts of coffee to choose from and of course many other products too.



Buying Fairtrade is such an important thing to do where you can and if you have the means to do so. It means that the farmers are getting a fair and guaranteed price for their produce which in turn means they have some left over to help them adapt their farming methods and invest in sustainable practices that are more resilient to climate change.

Many crops are under threat because of changes in temperature and rainfall, shifting pests and diseases and increasingly frequent extreme weather events.

Good practices that Fairtrade has enabled farmers to embrace are

- Planting trees that in time will give shade to their crops
- Growing a number of different crops - this helps protect biodiversity and gives more sources of income.
- Organic farming. This is much better for the environment in the long term but initially costs money, which, without the guaranteed fairtrade premium, farmers don't have.

Farming co-operatives have found that since adapting to eco-friendly farming techniques the co-operative members have reported positive trends in habitat restoration, increase of micro-organisms in the soil and the ability to better control fertiliser management.

Both St John's and St Boniface Churches are Fairtrade Churches. This means that both churches have committed to promoting FT, that all tea, coffee and sugar served at church events will be FT and to mark FT fortnight every year.

Linda has agreed to run a FT stall at **St Boniface Church on Sept 15th** and I plan to run one at **St John's Church on Sept 22nd**.

Claire Thompson





Coffee Break continues to welcome new friends, and in July we met Karoline and her husband, visiting from Sweden.

Aged 6, Karoline was a pupil at Rownhams School, which at that time was housed in our present venue, in Horns Drove. She was delighted to be able to spend time in the old school, enjoy coffee and cake, and chat to several of us who shared similar memories of our children's time there.

It's also a time of celebration. Many congratulations and good wishes to Violet, one of our earliest visitors, and now good friend, as she reached her 100th birthday in August.



Coffee Break meets again in September on 5th and 19th between 10.00am and midday, in the Community Centre in Horns Drove.

We look forward to meeting old and new friends and perhaps it's a good time for carers, or those they care for, to take a break and join us for homemade cake, coffee and a chat.

All are very welcome. And if you need a lift, please contact Glennis on 02380 736173.

The Coffee Break Team



Walking is a Great Way to Exercise

You may be young or old, working endless hours, or retired. But there is one exercise you can still undertake almost anywhere, for however long or short a time: walking. According to health specialists, the simple act of walking “ticks so many boxes – improving our brain, mental and musculoskeletal fitness, as well as our physical fitness. Here are five reasons why:

Walking raises your heart rate and makes you breathe faster.

It gives you the benefit of a moderate aerobic workout – without the stress on your joints. As for your blood sugar levels, consider this: after a meal your blood sugar level rises and your pancreas releases insulin to bring it down. But even a five-minute walk can help by blunting the spike in blood sugar. Try and keep your pace brisk – aim for 100 to 130 steps a minute.

Walking improves your bone density.

It engages the muscles along the back side of your body – the glutes, hamstrings and calves. They in turn put a bit of pull on your bones, which stimulates your bones to produce osteoblasts, which improves your bone density and reduces your risk of osteoporosis.

Walking improves your mood.

It stimulates your parasympathetic nervous system (nerves that relax the body during stress) and stimulates your amygdala (that part of you which controls your emotions). And if you can walk near water (rivers, coast, in the rain) you get exposed to negative ions in the air. These electrically charged molecules are excellent for your mental health.

Walking helps your brain.

You will sleep better, and your brain will be in better shape for memory and cognition. Walking also stimulates creative thinking – studies have found walking is a great time for problem-solving.

Walking helps your body shape. An instant way to look younger is to stand tall. So walk with your head up, shoulders back, and lengthen your back, to stand up straighter. And with firmer muscles, your overall body shape will improve, which in turn will boost your confidence! ***Parish Pump***



If you would like to join in a walk, we meet each **Friday morning in St John’s Church car park at 9.30am**. Bring a mid-morning drink/snack and packed lunch. We can aim to be back by 2.30pm if that is important to you. To find out more, please chat with Mary Carter, Marion Swinerd or Christine Hartley.



Church Services in September

Our livestreamed worship is primarily via our [YouTube](#) channel. Tea and coffee are served after the 10am service and we offer a crèche at St John's Church during this service on the 2nd and 4th Sundays of each month. We hope to provide Prayer Ministry at 10am services.

St John's Church, Rownhams

Sunday 1st September – Fourteenth Sunday after Trinity

10am All Age Worship, with Bishop Geoff. This service will include a blessing of school bags – please bring them along.

6.30pm Holy Communion

Sunday 8th September – Fifteenth Sunday after Trinity

10am Holy Communion

6.30pm Evening Prayer

Sunday 15th September – Sixteenth Sunday after Trinity

10am Contemporary Service

4pm **LEGO** Church (Rownhams School)

6.30pm Prayer Meeting

Sunday 22nd September – Seventeenth Sunday after Trinity

10am Immerse, Worship, Reflection Service

6.30pm Evening Prayer

Sunday 29th September – Eighteenth Sunday after Trinity

10am Contemporary Service

6.30pm Evening Prayer

Our Vision: As a Church Community We Seek to:

Encourage everyone to grow to be more like Jesus, following Him at all stages of their lives;	Be open to being church in new ways and new places, while affirming and strengthening the old where it is still serving us well;	Bear Witness to the God in whom we believe by serving in our working, social and community lives, following the example of Jesus;	Strive to make the best use of all that God has given us to build up His Kingdom.
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St Boniface Church, Nursling

Sunday 1st September– Fourteenth Sunday after Trinity

11am Morning Prayer

Sunday 8th September – Fifteenth Sunday after Trinity

11am Morning Prayer

Sunday 15th September – Sixteenth Sunday after Trinity

11am Holy Communion

Sunday 22nd September – Seventeenth Sunday after Trinity

11am Morning Prayer

Sunday 29th September – Eighteenth Sunday after Trinity

11am Harvest Festival Service

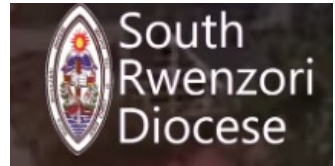


Our Retiring Collection in September is for: South Rwenzori Diocese, Uganda

South Rwenzori Diocese represents the Anglican Church of Uganda in Kasese District.

Their vision is: abundant life for all people

Their Mission is to win people to Jesus Christ for a better life through preaching and teaching the Good News.



See page 22/23 for an update on some of their current projects, where they are working to improve facilities for Midwifery, Orphans and Teenagers.

Ladies' Get Together

We meet on the **third** Saturday morning of each month, for a catch up over a cuppa in St John's Church Hall.

The next ladies' gathering is on:



Saturday 21st September from 9.30 - 11.00am



For more information, please call Tracey on 07904 502214.

Hope to see you there!

Tracey Jones



What's on During the Week

For the latest news, online links, videos of services and service sheets, please visit www.twinspires.org.uk. To receive direct emails about news & events for our churches, please contact the office to be added to our 'big distribution list' (023 8073 8293 or office@twinspires.org.uk).

Our youth groups meet regularly **during school term time**, in addition to one-off events. Please contact youth@twinspires.org.uk or the office for more information.

Weekdays – Morning Prayer

Online via [Zoom](#) at **9am** on **Mondays**

Online via [Zoom](#) at **9.30am** on **Tuesdays**

Online via [Zoom](#) at **9am** on **Wednesdays**

Visit www.twinspires.org.uk for the [Morning Prayer Zoom Link](#)

Meeting ID: 112 879 792 Password: 107871

Online via **Facebook** at **10am** on **Thursdays**

<https://www.facebook.com/NurslingAndRownhams/live/>



Wednesdays 7am Early Prayer Time in St John's Church

Fridays 8.30am Morning Prayer in St Boniface Church

Mondays 9.30-11am Tots Café in Horns Drove Community Centre (See p10)

Mondays 7-8.15pm MORE for ages 11-16 in St John's Church Hall

Tuesdays 7.30pm Online Alpha Course [via zoom](#), Contact the office for more details 023 8073 8293 or office@twinspires.org.uk

Thursdays 2.15-3.45pm Nursling & Rownhams Friendship Club (see p10)

Fridays 6 - 7.30pm NET for school years 3-6 in St John's Church Hall

Mid-week Bible Study Home Groups (see p2)



First Tuesdays 7.30pm Craft Group 3rd September in St John's Church Hall

First Wednesdays 8-9pm, CONNECT! on [Zoom](#). A group for young adults

First & Third Thursdays 10am – midday Coffee Break (see p12)
in Horns Drove Community Centre **5th & 19th September**

Saturday 7th September 10-11am Litter Pick (see p20)
meet at St John's Church car park

Saturday 21st September 9.30 - 11am Ladies' Get Together (See p15)
in St John's Church Hall.

Fri 27th September 2.30pm Friday Friends Afternoon Tea (see p8)
in St John's Church Hall



Dates for Your Diary:



- ✦ **Contributions for Next Month's Magazine by 6pm, Sunday 8th September.** Preferably by email to twinspiresnews@live.co.uk or, alternatively, to: Mary Carter, 12 Horsebridge Way (paper copy). Please check you receive an acknowledgement of your email.
- ✦ **9th – 22nd September Fair Trade (FT) Fortnight (see p11)**
FT stall at St Boniface Church on 15th and at St John's Church on 22nd
- ✦ **Sun 29th September – Harvest Festival in St Boniface Church**
- ✦ **Sat 5th October 10-11am Litter Pick** (see p20) Venue TBA
- ✦ **Sun 6th October – All Age Worship Harvest Festival** in St John's Church
- ✦ **Sat 19th October 8.30am Men's Breakfast** Please contact Arnold Rust to join in. arnold_rust@hotmail.com
- ✦ **Sat 19th October 9.30-11am Ladies' Get Together** on the **third** Saturday each month in St John's Church Hall (see p15)



...I take it our local supermarket has a rather good offer on tinned peas at the moment!

Many thanks to John McGinty for highlighting the origin of roosters on church steeples.

In the Ninth Century AD, the Pope reportedly decreed that every church in Europe should show a cock on its dome or steeple as a reminder of Jesus' prophecy that the cock would not crow the morning after the Last Supper, until the disciple Peter had denounced Him three times.



The Lord turned and looked at Peter. Then Peter remembered the word of the Lord, how he had said to him, 'Before the cock crows today, you will deny me three times.' Luke 22:61



The Sunflower

Cloudy, rainy, chilly days in the middle of our British summer do not warm the heart. Recently, on such a gloomy day, Killy and I were given some sunflowers. We immediately smiled, our spirits lifted, and since then I've been thinking a lot about sunflowers. Now don't mock pondering plants!



In 1 Kings 4:33 we read that King Solomon 'spoke about plant life, from the cedar of Lebanon to the hyssop that grows out of walls' (NIV). (Incidentally, he couldn't have spoken about sunflowers because they originated in South America and were only brought to Europe in the sixteenth century.)

Jesus himself took the garden mustard plant and created a parable (Matthew 13:31–32) and in Luke 12:27 Jesus said, 'Consider how the wild flowers grow. They do not labour or spin. Yet I tell you, not even Solomon in all his splendour was dressed like one of these' (NIV).

But sunflowers are especially appealing, and it didn't take me long to think of four aspects of them that spoke to me.

First, sunflowers are cheerful

There's something about that disc of brilliant primary colour yellow that lifts the spirits. Possibly it's because sunflowers look like the sun – or at least every child's drawing of the sun – and I suspect quite a few of us need sunlight to lift our spirits (certainly anybody with a Greek ancestry like me!). Indeed, I can quite understand why the depressive artist Vincent van Gogh was drawn to painting them. Of course, it's not always easy being cheerful but we can choose to be cheerful, happy and optimistic instead of grumpy, gloomy, miserable and pessimistic. And I know which people I would rather spend time with: those who lift me up not those who bring me down.



Let us be sunflowers, not weeping willows!



Second, sunflowers are conspicuous.

It's not just the colour of sunflowers that makes them so striking; it's the fact that they can easily be tall enough to tower over you. Most flowers you look down on; sunflowers you look up to. In fact, if you grow sunflowers (as Killy and I are trying to do), you may end up not simply blessing your own garden but your neighbours' too.



I think there's another lesson here: it's all too easy to stay concealed. We may not reach the height that some sunflowers do but, short or tall, it's important that we let our light shine. Remember: even short people can stand tall. Let's learn from the sunflower to stand up and let what we stand for be seen.

Third, sunflowers are considerate

You may think of sunflowers as an ornament for a garden but of course they are a major crop plant. Sunflowers provide seeds for food and vitamins, oil for cooking, and I'm told you can even make insulation out of those enormous stalks. In thinking about the use of sunflowers, let's remember it's not only humans who benefit from them but birds and insects too. Sunflowers are not just bold and big; they are also a blessing. Let us be a blessing to others as well.

Finally, sunflowers centre on the sun

They have the remarkable ability – absent from most other plants – of being able to move. Their flowers and upper leaves track the sun, and when the sun sets in the evening, they rotate their heads back to face the east to await the warmth of the morning sun's rays. It's clever stuff! Sunflowers soak up all of the sun's rays for warmth and light. They depend on the sun to make their food so they can keep growing. But what about those cloudy days? Get this: sunflowers will turn and face another sunflower! Looking to each other for support until they can once again see the sun.

There's a lesson here for us. We should be those who, at the start of the day, are found facing towards God the Son – Jesus – and who during the course of the day continue to keep our eyes fixed on him (Hebrews 12:2). And on those cloudy days look to each other for support and encouragement but remember, as St Francis of Assisi prayed, 'In giving we receive.'

Rain or shine, may you be inspired by sunflowers and may we all continue to look at the Son.

'The Son is the radiance of God's glory and the exact representation of his being, sustaining all things by his powerful word.'
(Hebrews 1:3 NIV)

Reverend Canon J John
www.canonjohn.com



August's Litter Pick

A massive thank you to all those who came to this month's litter pick. Welcome to newbies Flora and Mark!

We started at the cross roads where Frogmore Lane meets Redbridge Lane. Along the path behind the Walnut Tree, we found a lot of food waste packaging, empty bottles, cigarette butts and a random rusted piece of metal which we weren't sure as to its original use!

I am pleased to report that this month we only filled 3 bags of general rubbish and double that in recyclable drinks bottles. I was pleased in the sense that this was less than the previous month's 5 general waste bags.

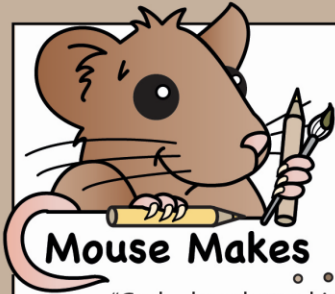
After some discussion, we decided to meet at St John's Church car park for next month's litter pick. The date and time is **Saturday 7th September at 10am**. There is ample scope to fan out along Horns Drove and even along where the old Post Office used to be.



NB. This wasn't all of our litter pickers - they had escaped before I could photograph them. Thank you Mary, Claire and Pat. **Sophie Ross**

And a special thanks to Sophie too, for co-ordinating the activity and for putting the equipment away on her own this time, at the end of the hour.





HARVEST THANKSGIVING

"May the peoples
 _____ you, O God!
 May all the peoples praise you!
 The land yields its harvest;
 God, our God blesses us."

Psalm 67:5-6 NIV

Mouse Makes

"God ... has shown kindness by giving you rain from heaven and crops in their seasons.

He provides you with plenty of _____. He fills your hearts with joy."

Acts 14:16-17 NIV

"Let us fear and respect the Lord our God.

He gives us autumn and spring _____ at the right time.

He makes sure that we have the harvest at just the right time."

Jeremiah 5:24 ERV

"Honour the Lord with your wealth and the first part of your harvest."

Proverbs 3:9 ERV

O A G A T H E R A I N S
 S V O G M A U T U M N P
 O G D O P R O D U C E R
 I H J O Y V S H A R E I
 L A N D H E P R A Y D N
 T H A N K S G I V I N G
 Y P F E R T I L E E P S
 B L E S S E D D E L R W
 S E A S O N F O O D A A
 U N R E W K I F R U I T
 N T T E N S C R O P S E
 N Y H D P R O V I D E R

HARVEST • THANKSGIVING • LAND • EARTH • FERTILE • SOIL • SEED • SOWN
 NEED • WATER • SUN • SEASON • AUTUMN • SPRING • YIELD • PRODUCE
 FRUIT • GATHER • CROPS • PLENTY • PRAY • GOD • PROVIDE • JOY
 BLESSED • GOODNESS • SHARE

Find the words from the questions too!



Romsey Deanery Overseas Partnership Funding

In September, our Twinspires Retiring Collection is for South Rwenzori. Below is an update on The Romsey Deanery Overseas Partnership, which is currently helping to fund 3 projects in South Rwenzori Diocese, supporting Midwifery, Orphans and Teenagers.

1. Improving Outcomes in Midwifery in South Rwenzori Diocese

Maternal mortality remains high, with bleeding and sepsis the most common causes of the death of mothers. Very few women deliver in a health facility or are assisted by a skilled attendant at birth. Teenage pregnancies are high: most women who die of bleeding are in rural locations, so in consultation with 2 trainer midwives (Sophie from Broughton and Juliet from the Isle of Wight) training can be offered to those who assist in village areas. Simple provision of soap and handwashing begins to reduce the risk of sepsis.

As a deanery link committee, we have adopted this project to improve the outcome of pregnancy in all women in Kasese district but especially in young pregnant teenagers in rural areas. Working with Bishop Nason and his team, we look forward to a visit with the two midwives and the beginning of a cooperation between health workers on the ground in South Rwenzori and professionals from our own Romsey Deanery.

2. Funding Project for Orphans and Vulnerable Adults

It is estimated there are more than 2 million orphans and other vulnerable young adults in Uganda. They face many challenges, including poverty, conflict, poor health and lack of food, housing, sanitation and education.

Many need to contribute financially to the household, in some cases driving them to the streets to work, beg and seek food. They are vulnerable to trafficking, child labour and abuse. Those who are orphaned as a result of Aids, have to leave school to attend to ill family members and care for young siblings. Taking in extended family members who are orphaned is often too much for poor households. They do not have the resources to care for them and there is a risk of the young people being sent out to steal or practice prostitution.

Bishop Nason's office supports 342 children with school fees and scholastic materials. Our group works at raising funds towards his work. He has a vision to improve sustainable livelihood for these vulnerable young girls and boys. The project includes teaching animal husbandry, education in substance addiction and ways to overcome it. If enough funds are raised, 120 youngsters will be given the opportunity to develop roots for a better future.



3. Teenager Project

There have always been limited job opportunities for teenagers in Kasese, but following the pandemic this has worsened, as so many pupils left their schools when they closed for 2 years.

The boys, if they are lucky, manage to get 'jobs' riding boda bodas (motorbike taxis). This, you would think, is a teenager's dream, but the reality is chilling. All the motorbikes are leased out by unscrupulous operators who demand not only most of the boys' earnings, but also repayments of their leases. As a result, the boys earn a few shillings a week and many default on their repayments. Moreover, they are not insured, so if they, or their bikes, are involved in an accident, the family has to pay for the bike repair and any hospitalisation costs. This is a national scandal and exploitation and gets the boys no nearer to a proper job, yet they hang around the street corners waiting for customers.

The irony is that there are woodworking shops in Kasese and Kilembe, set up with the help of Romsey Deanery, which are empty. These were not well supervised, tools were mishandled or stolen, and the workshops themselves are in a bad state of repair. It would take some help from us to get them back on their feet and working again.

The plight of the girls is even worse. Many who left school early were sexually abused and became pregnant. Those who were lucky to survive childbirth (see Midwifery Project above) have become unmarriageable and often outcasts from their family. They are being supported by an initiative led by the Mothers Union, but this is limited to practical support and self-esteem. Similar to the boys, there are dressmaking workshops which lack sewing machines and in a bad state of repair, needing re-equipping, renovation and restaffing.

These are part of the bishop's plan, but he also has plans to teach the brightest teenagers computer skills, bookkeeping and other clerical skills, to set them on the road to qualification.



If you would like to find out more or to donate to these projects, please get in touch with Jane Horne in Romsey, email janehorne@hotmail.com

Charity No 249276 (Winchester Diocese).

Thank you.

Rev Jim Stanley-Smith



Recycling the items below via St John's Church mini-recycling centre can generate funds for various charities:

- Plastic **milk** bottle tops (clean, not foil, and only milk tops please)
- used postage stamps, ideally with a 1cm margin
- old spectacles, cases and contact lenses.
- used printer cartridges and new unopened printer cartridges (not laser or toner cartridges)



(We are no longer able to recycle used plastic pens and felt tips)

Thanks to everyone who helps us recycle. The ink cartridge recycling not only means that waste is kept out of landfill but it also raises money for our churches. The last batch sent off raised £19.50. So far we have raised about **£460** since we started collecting them.

Regular giving through one of the available schemes is encouraged, as this helps the PCC fund its mission and ministry. Please consider using the Parish Giving Scheme www.parishgiving.org.uk. This is a direct debit system that reduces the administrative burden locally but still ensures that all of your donation, together with any gift aid recoverable, reaches this parish.



The dedicated telephone number is **0333 002 1271**. Donors will need their parish's PGS Code which is: **PGS Parish Code 416012141** The Parish of Nursling with Rownhams in the Diocese of Winchester.

Donate

More information on 'giving' is available from the Office and the church website. There is also a [link](#) for one-off donations. Look for the donate button on our website, or use the QR code here.



PCC Legacy Policy Nursling and Rownhams PCC welcomes gifts in wills, however large or small. We will use such gifts to make a difference to the work of the church (eg by funding development projects in the parish, whether buildings, equipment or staff). We will consult with the executors to identify the sorts of projects the donor would have liked.



WINCHESTER
CATHEDRAL

If you wish to visit Winchester Cathedral, the Parish Office has six passes allowing free entry. These may be borrowed by any member of our church family. Please contact: office@twinspires.org.uk





From the Registers



Baptisms

4 August

11 August

'One Lord, one faith, one baptism'

River Myerscough-Jackopson

George Couper

(Ephesians 4:5)

Funerals

22 July

23 July

23 July

3 August

'Christ has been raised from the dead, the first fruits of those who have fallen asleep'

Joyce Florence Clements (93)

June Rosemary Stevenson

Richard Stevenson

Audrey Kathleen Audoire (94)

(1 Cor 15:20)

Interred at St Boniface

Interred at St Boniface

Interred at St Boniface

Interred at St John's

Prayer for September 2024

Lord, here we are in September – a beautiful month at the end of the summer, but before the autumn has taken hold. A month of excitement and new starts for many, a month when courage is needed for our children and young people.

And Lord we pray for courage, compassion and integrity for our new Prime Minister and our new government. We pray for justice and peace in our country and in the world.

Help us Lord, to know that you are Lord of September; you are Lord and giver of every new month, every new day, every new minute. Help us to put our trust in you for our adventures and for our mundane everyday routines.

You are our generous, loving Father and promise that you will never leave us or forsake us when we trust in you, through Jesus Christ, our Lord and Saviour.

Amen.



Autumn Leaves
by Sandi O'Donnell

Daphne Kitching



Suggestions for Your Prayers



Pray for all those who come to visit our churches, that they will feel warmly welcomed and that the Holy Spirit will be at work in their lives, bringing realisation of God's love for each of us and our need of his forgiveness.

Pray for pupils and staff starting at a new school, ask that they would make friends quickly and settle down. Pray for all Christian teachers and pupils, that God would give them the strength they need to be faithful and to serve him. Pray that the CUs that Ewan runs in the local schools would bear fruit in lives committed to following Jesus.

Pray for Graeme and Steph and the family. For good health and protection and to stay close to God and know his wisdom and strengthening. Pray too for all those in leadership positions in our churches; that they will know God's enabling and guidance.

Pray for our home groups as they start up again after the summer. Pray that the members will look forward to them as times when they can deepen their relationship with Jesus, grow in fellowship with each other and be supported to live out their lives in faithful witness to Jesus

Continue to pray for the leadership in Russia. That God would root out evil and that instead there would be compassion, wisdom, and a desire for peace. Pray that world leaders will balance responding to the injustice of the invasion with seeing ways to build bridges, de-escalate tensions and restore global security. Pray for unity amongst Christians and that they will be messengers of hope to the hopeless and oppressed. Pray for a just end to the war soon.

Pray for those who are finding it more and more difficult to eke out a living due to the climate crisis. Pray that governments all over the world will take very seriously the need to achieve net zero and that they will act on their promises to provide climate finance for those countries having to adapt the most despite having contributed the least to climate change.

Pray for churches in the Diocese of South Rwenzori, Uganda. Clergy are scarce and many leaders have very little education. Pray that God will bless the churches, that he will provide for their needs and that they and their members will grow and flourish.



Please support Nursling and Rownhams PCC on #easyfundraising

You can raise FREE donations for us when you shop online with over 7,000 brands. It's simple and only takes 2 minutes to sign up. This will make a BIG difference to us during this difficult time.

We have a QR code (here) that supporters can scan to go to the easyfundraising page for Nursling and Rownhams PCC. Alternatively, please visit:



<https://www.easyfundraising.org.uk/causes/nurslingandrownhamsppcc/>

We are happy to receive foreign currency (notes and coins) and 'out of circulation' UK notes and coins, which we are able to convert into funds for our churches. Periodically we send off 'our stash' for conversion. Our most recent batch raised **£196.85! Thank you!**



Look out for the 'Funny Money' Box in church.



'Finally, we're still waiting for someone from last week's Tots & Carers Group to come and claim this lost property...'



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