

The Ampfield Messenger



*The Parish Magazine of
St. Mark Ampfield*

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The Parish Church of St Mark, Ampfield

Our vision: To be channels of God's love in the world

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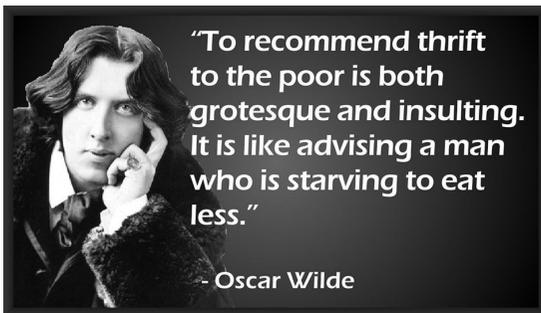
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DEADLINE: The third Friday of each calendar month.

Contributions to this magazine are always welcome, however it may be necessary to edit or shorten articles. Note that the views and opinions expressed in this publication are not necessarily those of the editor or the Parochial Church Council. Advertisements in this publication do not carry the endorsement of the editor or the Parochial Church Council.

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Letter from Vanessa

Dear Friends

At some point in the mists of time, a previous vicar with substantially greener fingers than me, has planted a lovely vine in the Vicarage garden. While I was looking at the grapes on it, and whimsically musing about harvest, my Dad was pointing out to me the realities of his life as a farm hand in the 1950's - the 'so early you've barely been to bed' mornings in the dairy, the backbreaking carrying of sacks, stacking feed high. While we are often so far removed from the realities of where our food comes from, we can also romanticise the concept of farming - or maybe instead, get irritated when we get stuck behind slow tractors on the Straight Mile!

Perhaps this year, however, with the cost of living crisis biting all of us, we are more aware than ever of the difficulties of the food chain; shortages of fertilizer coming from Ukraine and therefore pushing up prices, the lack of labour, drought in many parts of the UK. As we approach our Harvest services, it's a good time to share what we can with those who have little or nothing - please do consider coming to our Harvest Lunch on Wednesday 12th October at St. Mark's Room or our Harvest Service on Sunday 9th October and giving to the Romsey Foodbank.

With love and prayers,

Vanessa



Weekly service pattern

Sunday Services

	All Saints	St Mark	St Denys	St John
1st Sunday	11:00 Messy Church	09:30 Tidy Church	09:30 BCP Matins or Communion	11:00 Communion or Morning Prayer
2nd Sunday	11:00 Communion	09:30 Communion		
3rd Sunday	11:00 Communion	09:30 Communion or Morning prayer	09:30 BCP Matins or Communion	
4th Sunday	11:00 Communion	09:30 Communion		
5th Sunday	11:00 Communion	09:30 Communion		

Midweek Services

When	Where	What
Tuesday, 10:30	St Mark, Ampfield	Small group Communion in St Mark's room, followed by coffee
Wednesday, 19:00	All Saints, North Baddesley	Communion in a peaceful candle lit space in the midst of your busy week



Benefice News

Cream Tea

The cream tea on the 11th September at St. Mark's has been postponed until November. Watch this space for further details.

Ampfield Market – St. Mark's Stall

We will be back at the Market on Saturday 3rd. September selling clothes and gifts. Come and grab a bargain, many of the clothes are from designer labels and/or 'brand new with tags'. If you have something to donate, please phone Chris on 01794 367104, or email cl.kerr@hotmail.com.

Sunshine Saints

Sunshine Saints is back on Wednesday 7th September after the summer holidays. The toddler and baby group meets every Wednesday in term time from 9.30 to 11.30am in All Saints Church. It is an opportunity for the children to have fun playing together. There are snacks for the children and tea and coffee for those who accompany them. Suggested donation: £2.



From the St. Mark's Register.



We send our congratulations to Sofia Lily Sammut who was baptised at St. Mark's on the 28th August

“Whoever welcomes a child to My name welcomes Me”
Luke 9.46-48

Benefice News

Foodbank Donations

Many thanks for your generous donations, which are really helping families who are struggling during the Summer holidays. Please take a look at the current [shopping list](#) to see what is needed so you can purchase accordingly. All donations can be brought to any of our churches on a Sunday or during the week to All Saints on a Monday, Wednesday or Friday morning and at other times when the library or café are open.

Library in All Saints

Is doing well with new people joining every week, look at our [website](#) for opening times. Also the library are looking for more volunteers, so if you would like to help then we can put you in contact with them.

Ian's Voyage around Britain

Ian set sail on his solo trip around Britain and Ireland on Monday and is doing well. You can help the Foundation and encourage me by clicking: 'Donate Now' at SailingTrilleen.org. Any gift is amazing. Every little really does help get more disabled people sailing sooner. To read more about the reason why Ian is doing this journey look on our [website](#)

Songs workshop

We will be running a songs workshop on Saturday 3rd September from 2pm - 4pm (with a tea break) at All Saints. As we have new hymn books at All Saints and St Mark's this is an opportunity to come and learn some of the newer songs that we will be singing.

What's on



Welcome Café
All Saints Church,

Rownhams Road, North Baddesley SO52 9EQ

The Welcome Café is for any and everyone in the community to come and meet friends for a catch-up and enjoy great coffee. There is no charge for coffee but donations are welcome.

We particularly welcome those who find themselves lonely or who have been bereaved. There are trained 'listeners' who will be happy to talk, befriend and empathise with you and if appropriate signpost to other helpful organisations, all in complete confidence.

10am – 12 noon on
Thursdays 8th and 22nd September

Contact joinin@acnb-church.org ☎ 023 8073 7617

What's on



ST. MARK'S CHURCH
and
FRIENDS FOR LUNCH

Invite you to a

Harvest Festival Lunch

*St. Mark's Church Room
Wednesday 12th October*

All welcome
Raffle - Quiz
£10

Includes a two course lunch, wine, tea or coffee
and chocolates

*Please bring a donation of food for the
Romsey Food Bank*

Please book early as numbers are limited. Ring Kate
on 07738467350 or Chris on 01794 367104



What's on

Sat 3rd. Sept 7.30pm

Charity Symphony Orchestra

Stravinsky 'The Firebird' suite (1919)

Bruckner Symphony No.7



Saturday 17th September 7.30pm

The Royal Marines Association Concert Band in Concert

An evening of great music featuring Marches, Overtures, Classical, Soloists, West End and a Last Night of the Proms finale.

Saturday 1st October 7pm

Treorchy Male Choir with Romsey Male Voice Choir

Men United in Song

Romsey MVC will join the world-famous Treorchy MC from the heart of Wales to display their passion and joy for song in a typically varied programme which is sure to move and entertain while raising the roof of our beloved Abbey!

Lunchtime Recitals

Recitals start at 1.00 pm unless indicated otherwise. Please arrive at the Abbey in time to be seated 10 minutes before the start time.

Entry is free and there is a retiring collection, the proceeds of which help to offset the costs of putting on the recitals and fundraise for the choirs of the Abbey.

Tuesday 6th September

Simone Tavoni (piano)

Highly recommended!
Eds.

Tuesday 13th September

Bernadette Johns (mezzo) and Alex

Standing (piano)

Tuesday 20th September

Marily Kritikou (contralto) and Pavlos Triantaris (organ)

Tuesday 27th September

Fran Stafford (soprano)

Romsey Visitor Information Centre, 13 Church Street, Romsey,

Tel 01794 512987 (no booking fee) Or

[book online for Music in Romsey Abbey concerts in Romsey Abbey](#)

What's on

September in Romsey

1st *No Dig Gardening talk*, Crosfield Hall 7.30;

4th *Romsey Food Fair*;

5th *Film at Romsey Town Hall: Downton Abbey, A New Era*;

6th *Art & Culture In Budapest, talk at Crosfield Hall*;

7th *The Medieval Graffiti of King John's House*, 10.30 am;

8th *Why Community Energy?* Talk at Crosfield Hall 7.15pm;

10th *Romsey Show*;

11th *Mini Demfest* Crosfield Hall (Info & support for dementia);

13th *'Creating Confidence'* confidence course at the Crosfield Hall;

19th *Fishlake Meadows—Wildlife & updates* Crosfield Hall 7.30 pm;

19th *Film at Romsey Town Hall 'The Road to Dance' 3.30 and 7pm*;

20th - 24th Sept, *'Silly Cow' Ben Elton* at the Plaza Theatre 7.30pm;

21st *Looking for a path into employment?* Crosfield Hall 2pm;

28th *Romsey Disabled People Partnership* 11am Romsey Town Hall;

30th Sept. - 1st Oct. *Daughters of Wisdom Heritage Exhibition*
10am

Go to romseytc.org.uk or further details and booking

What's on

The Ampfield Market

Established in 2000, now in its 22nd year !

Saturday September 3rd. 2022



**From 10am to 12noon
in Ampfield Village Hall
(SO51 9BJ)**

Our Market has a great reputation, we regularly sell:-
Bread and rolls, fresh fruit and veg, clothes & gifts, jams,
chutneys and pickles, cakes, biscuits and scones, plants and
fresh flowers, cards and wrapping paper, books, antiques,
unusual crafts, jewellery, children's clothes, toys, honey,
seasonal surprises, bric a brac and much, much more.

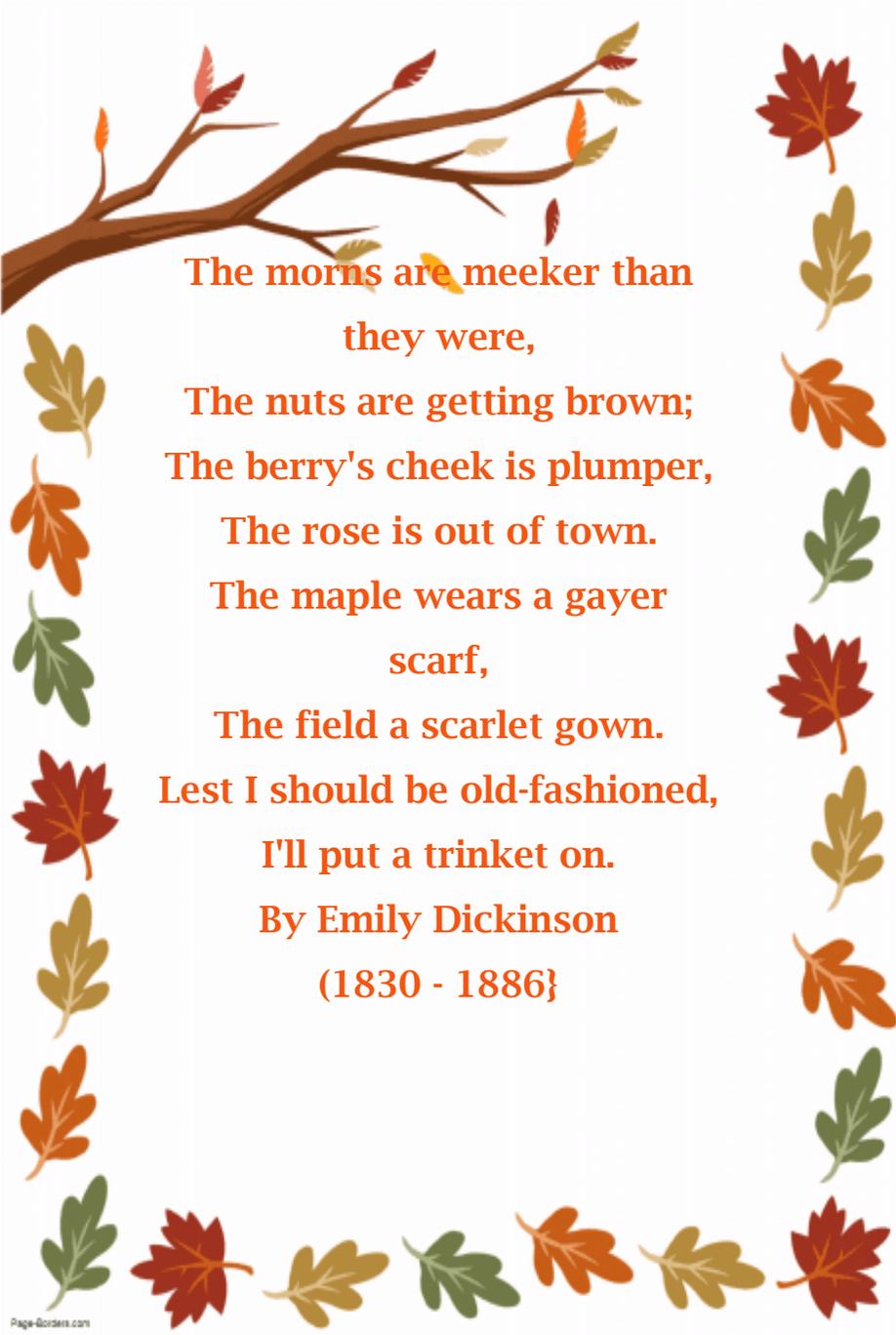
**Fresh coffee and a wonderful selection of cakes will be
served all morning.**

Parking and admission are always FREE.

All proceeds support the Village Hall. Registered charity no.
1057353

Contact Julie on 023 80254587 for table bookings and info.

**Next date:
Saturday 1st September**



The morns are meeker than
they were,
The nuts are getting brown;
The berry's cheek is plumper,
The rose is out of town.
The maple wears a gayer
scarf,
The field a scarlet gown.
Lest I should be old-fashioned,
I'll put a trinket on.

By Emily Dickinson
(1830 - 1886)

Ron and Stella's Quiz Night

1. What is the eighth Planet from the sun?
2. In what year was the Romsey Agricultural and Horse Show Society first invited to hold a show at Broadlands?
3. HG is the chemical symbol of which element?
4. Which Email service is owned by Microsoft?
5. In which year was Concorde retired from service, following a terrible accident three years earlier?
6. Which Ampfield vicar always maintained that he turned to God, following being shipwrecked?
7. What colours are the Norwegian flag?
8. What is the capital of Spain?
9. Beethoven was born in 1770 in which city?
10. Name the three primary colours.



Answers on p. 23

PHYSIOTHERAPY

Physio goes back 1000s of years.
The first massage designer
Could have been an Indian,
Or maybe came from China.

Father of medicine,
Hippocrates,
In 460BC,
Used therapeutic massage,
while Hector used
hydrotherapy.

Massage started in Europe
With Per Hendrik Ling.
Who treated injured gymnasts
Who'd made an unfortunate
spring...

Four nurses in 1894
Joined together to be
The first chartered society
Of physiotherapy.

Things have now moved on
apace
The first and second World
Wars
Together with outbreaks of
polio
Needed physical treatment
more.

Skeletal, muscular,
Neuro - Holistic treatment is
key.
And electrical stimulation
Now aids physiotherapy.

My physio has been today
To show me what to do.
And so that I'll remember
There is a manual too.

I did my exercises,
Slid to the edge of the bed.
Rose, and took my Zimmer
And walked with stately tread.

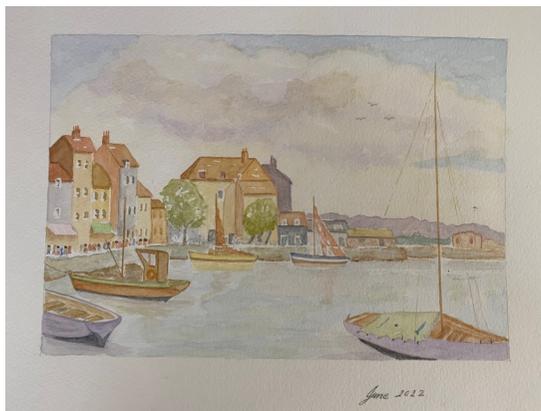
Just to the end of the bed, I
went.
The physio thought it swell!
So I turned decorously round
And trundled back as well.

Tomorrow, I shall walk some
more.
I'll trudge to the lavatory.
Now I must practice on the
stairs
And then they'll set me free!!!

Incarcerated Poet Sue Goldsmith

“Do not walk proudly on the
earth; you can
neither tear the earth
apart nor can you
rival the mountains in height.”
Qur'an 17:37
‘The Night Journey - al-Isra and
Laylat al-Miraj.’

Ampfield Art Class Gallery

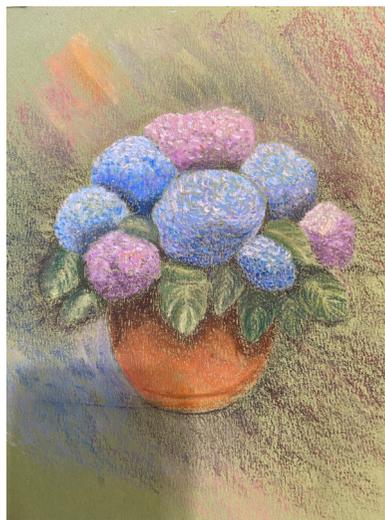


Watercolour Seascape by Nick



Mottisfont Rose Garden by
Hilary

**Julie Trotter's Art Class takes
place on Thursday afternoons
from 2-4pm at the Village hall.**



Hydrangeas by Christine
Pastels

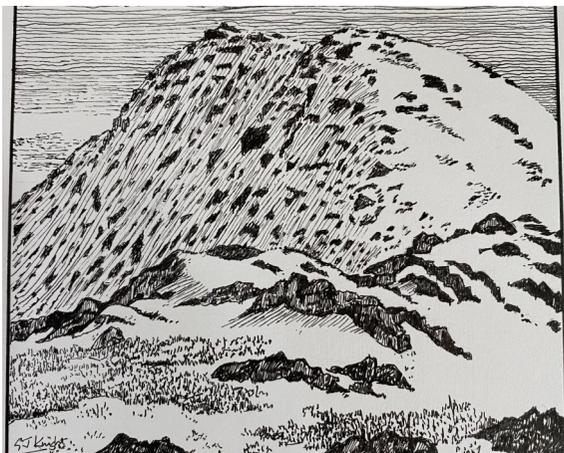
Ampfield Art Class Gallery



Kingfisher by Frank
Oils



Tulips by Peter



Lake District landscape by Graham Pen and

The History of Ampfield Village Hall

Part 10: 2018—2020

by Julie Trotter

2018

It was decided to open the Market for 10 months of the year instead of 8, August and January would continue to be holiday months. Although, for the first time in 18 years, the March Market was cancelled because of bad weather! In June and July the Market started ordering its own local bread, fruit and veg. to sell at the Market.

The year's entertainment started with a Quiz on March 9th, this was followed on the 19th May with another popular Race Night. On April 12th Noel and Paul demonstrated making savoury Chelsea buns in the Cafe. The committee agreed the importance of creating a dedicated Village Hall website as soon as possible.

On August 24th a regular hall user lost control of his car and ploughed through the fence, demolishing most of the kitchenette. Thankfully, there were no casualties. A quick rebuild was organised and carried out providing the hall with a new, well insulated kitchenette in good time for the Barn Dance in September. We also purchased a new fridge and two new kettles. This was the second accident. Shortly after the new extension was completed in 2015, another regular user crashed through the fence and thankfully just stopped short of the annexe windows!

Cont. ...

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On September 22nd there was a Barn Dance featuring the Pogles Wood band and caller, a ploughman's supper was served with ice cream for dessert. On November 29th Paul and Noel demonstrated making Stollen cake in the Cafe. The IT Support Service was becoming very popular. A large artificial pre lit Christmas tree was purchased for the hall and erected in time for the Market on December 1st. On December 12th, the Pantomime, The Christmas Tour of Rumpelstiltskin, completed the programme for the year.

2019

Sadly, the weekly Catch Up Cafe was closed on May 3rd, due to lack of support from the community, but the IT Support Service continued on a Thursday afternoon instead. It's worth noting that from September 2015 until May 2019 the Cafe had successfully raised £4209.35 for Hall funds. The new floor was fitted in the main hall during the half term week at the end of May. The committee had chosen Auckland Oak and agreed that the skirting boards should be removed and replaced at a later date. The Barn Dance scheduled for June 29th was postponed until November 16th due to lack of interest. The Market began celebrating its 20th successful year. It has raised over £25000 for hall funds since it began in September 2000. The Pantomime, Little Red Riding Hood, was the last item on the programme on December 11th and brought another busy year to a close.

2020

From March 2020, the hall was closed due to the Covid pandemic which was sweeping the country. It would not start to fully reopen again until September 2021.



Julie Trotter

Praise him with the sound of the trumpet Musicians in churches

by Liz Hallett

From earliest times music has always been at the heart of church worship, so let's take a look at a few of the images and carvings of musicians which can be found in many churches. Many of the ancient images were actually built into the fabric of the



church buildings in the form of corbels and capitals, and many more can be seen in stained glass windows and wood carvings. The earliest I have found, at Norbury, Derbyshire, is a very rare stone carving of a Saxon horn-blower (the horn Romsey rebec player was to remind worshippers of the Day of Judgement), part of a preaching cross. At Romsey a corbel on the external wall of the south choir aisle, shows a man playing a medieval stringed instrument under his chin like a violin: this was a 'lyra', known by the 14th century as a rebec. Magdalen College Chapel, Oxford, has a whole 'orchestra' of instruments.



Magdalen College musician



Altarnon pewend bagpiper

Cont. ...

...Cont.



Norwich Cathedral boss

There are many churches where the internal corbels supporting the roof were carved in the form of angels, sometimes playing heavenly instruments-harps, pipes, lyres, even bagpipes. These are particularly common in East Anglia but we have some interesting examples closer to home. Lyndhurst's Victorian church of St Michael and all Angels has, appropriately, a set of large wooden angels, each with a different instrument.

Llaneilian on Anglesey has four painted and delightfully unsophisticated medieval musicians, two pipers and two bagpipers as roof corbels. Norwich Cathedral's famous roof bosses include Musicians playing the pipe and tabor.



Llaneilian trumpeter in chancel



St Michael : angel with pipes

Cont.

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Instruments can also be found carved on other wooden artefacts. One example is the 500-year-old string player on a pew end at Altarnun in Cornwall, where a famous bagpiper and other wonderful carvings can also be found. A Chichester Cathedral misericord has a harpist and a piper. Don't miss the many angels shown playing instruments in glass windows, both medieval and Victorian. St. Mark's has fewer examples than many churches, but there are two angels blowing on long horns in the west window. However I include a pair of Victorian angels from Breage in



Chichester Cathedral misericord musicians



Ellingham window



Cornwall playing the violin and mandolin. There are hundreds of others one could choose. Look around in any



Liz Hallett

church you visit and see what you can find.

Answers to Ron & Stella's Quiz Night

1. Neptune
2. 1919
3. Mercury
4. Hotmail
5. 2003
6. Roger Edwards
7. Red, White and Blue
8. Madrid
9. Berlin
10. Red, Yellow and Blue



F

riends of
Chapel
Wood
by
Graham Roads

Although normally the Friends take a breather in August, this year we decided to introduce an extra working party, to help clear some of the

overgrown plants that had accumulated to the rear of St Mark's Church. At our annual business meeting, the Friends thought it would be attractive if daffodils and other seasonal flowers could be planted on the slope that falls away behind the western wall of St. Mark's Church. The idea is that one day we should build a footpath through this area, with seating, leading down from the church, with views towards the pond. First however, the area needed to be cleared.



The scheduled day for the extra working party had to be deferred due to the extremely hot weather that we were enjoying at the time. We decided to try again the following

week. In the event, this proved to be a very good call as the Saturday in question was even hotter than anticipated and clearing brambles, that had become well established, would not have been a comfortable experience.

On the day we chose, the weather, whilst still warm, was bearable and the four of us that were available could roll up our sleeves and get cracking. Luckily, we discovered that the majority of the brambles had, in practise, put their roots out amongst the leaf mould. As a result, their removal was not as difficult as we first imagined.

Cont. ...

...Cont.

Nevertheless, we still had a good number of self-seeded trees and shrubs to deal with, which proved considerably less obliging. We also noticed a good selection of wildflowers, particularly foxglove and primrose. These we left in place for next year's show.

By the time we stopped for coffee and biscuits, most of the area was cleared of the unwanted material. It made such a difference; it was possible to envisage the new landscape once the path had been installed and some seating arranged. This is a lovely spot to set aside for relaxation and contemplation. It is light, it is sunny but there is shade, and there is a good outlook over the pond area.



Next month we will do something similar with the area above the fountain. It would be good to re-establish a collection of daffodils to flower next spring. Although, from past experience of this spot, it is mountain goat territory, so planting bulbs should make for an interesting experience!

Next month, our working party is one week later than normal. It will be on September 17th 09:45 St Mark's car park, in order that, for those that want to, it will be possible to spend the day at the Romsey Show.



Graham Roads

2022 Drought

By Nick Jeffrey

About 1950 I lived in Braishfield in a very nice detached house, but for some inexplicable reason to have a bath one walked out of the back door, through a large conservatory, often covered in ice during the winter, to an outbuilding that had a bath. In the next room was a large copper under which my Mother would light a fire to heat the water, when it was hot enough she used a bucket to move it to the bath. This usually occurred Sunday night and I am sure the effort involved was the reason it only happened once a week.

Where I now live the various downpipes on my house and outbuildings empty into 13 water butts that hold about 2400 litres. It was about 8 weeks ago, after a very dry spring, that I altered my waste water pipe from our shower so that it flows like a giant waterfall into an antique two wheeled water carrier, the proceeds of which I use on my shrubs and vegetable garden - so far with no visible ill effects. Our normal shower with hair wash for two of us produces about 80/100 litres of waste water. However with the present water crisis with no hair wash we have slimmed this down to less than 10 litres for each shower.



Having heard of farmers worried about their machines catching their fields on fire reminded me of when I started work on the Hursley Estate in 1961. Bill who had worked there for over 40 years was getting the combine ready for harvest, when he asked me to take a couple of buckets and go down to the pond and fill them with wet clay. I asked him why but being a quiet man and busy on the machine he did not answer.

Cont.

...Cont

I enjoyed walking through the park with lots of ancient elm and oak trees growing in clumps, the lovely deep red North Devon beef cattle with their large horns looked at me with their trusting brown eyes wondering what I was up to.

Returning with my wet clay and handing it to Bill I watched him slapping it on the manifold and exhaust at the back of the engine. Seeing the surprised look on my face Bill said “stops the chaff catching ‘ere on fire.” Later Bill taught me how to drive that machine and I would relieve him while he had his break, he would sit with his back propped against an oak tree eating his sandwiches drinking his bottle of cold tea.

If ever you watch a combine at work the amount of dust it produces is astonishing. In those days we had no cab and wore a boiler suit with all the buttons and collar done up, a scarf wound round one’s neck and over one’s nose and mouth to keep the dust out. A peaked cap pulled down over your eyes and then sit there in the blazing sun out in the field. To add to the operators pleasure of driving this monster the 6 cylinder diesel engine that roared away producing more heat was situated below the drivers seat - Oh yes the good old days!!

Nearer to home it is easy to see lots of trees in Ampfield in distress, several birch trees near my home will have to be felled. If you drive on the A3090 by Ampfield church and look across Broadgate farm it looks like a desert. Most of the sheep have been moved to Ratlake to be nearer home. Usually at this time of the year most of the lambs fattened on the ewes milk and grass would have been sold. However, this year at the time of writing 15/8, because of the lack of grass none have gone. The farmer is now feeding his lambs on concentrates of 1 ton per day at a cost of £400 per ton, the ewes are also having to be fed hay. To add to his woes he planted £2500 worth of whips (small trees) the majority of which have died, which makes my moaning about watering a few vegetables pathetic!

Nick Jeffery

Ampfield W.I. Ceremonial Chair by the late Steve White



In Nov 1958, my father Jimmy (Paddy) White, presented a chair to the W.I. which was to be the Chairpersons official seat. It was made of walnut which came from a splendid tree in the garden of the Old Bakery, blown down during a storm in the late 1940's. Dad had the timber cut into useful lengths and it had been used for a number of small pieces of furniture.

My mother, Maggie White, was a keen member of the Ampfield W.I. as had been her mother before her. Maggie spent her early years living with her family in Monks Barn, opposite the village school, which she attended until 1910. Like so many of the local girls of that time she went into domestic service, trained as a cook and with the passage of time was working for some well known families in London. It was there in 1928 that she met my father who hailed from Kildare in Ireland. They married and in 1933 came to visit our Ampfield grandparents for a holiday. The local shop and bakery was lying empty and unused. They decided on a career change, so took over the premises in 1934 and ran the business successfully until they retired in 1966. The shop, Post Office and newsagent was carried on by their son Michael until the late 1990's.

Jim was a passionate gardener and belonged to the RHS. He developed several hybrid roses which were not a lasting success but in 1970 he registered a Sulphur Heart Ivy which is still popular and known under the name of Paddy's Pride. A splendid specimen has a place of honour at RHS Wisley Gardens and we have a photograph of another adorning a rather famous porch at Highgrove House.



. ...Cont.

Jim and Maggie were active, enthusiastic and respected members of the village community and lived their lives out in their ideal surroundings.

Father was keen to create a lasting link with themselves and the community which they both loved so well - hence the chair. He would have been delighted to know that after having served some years in the service of the Parish Council it will now continue to be used by the Village Hall committee hopefully for many years to come. Jim passed away in 1977 aged 78 and Maggie died in 1996 aged 90. Both are buried in St Marks churchyard.



Presentation of the W.I. President's chair in 1957

From left: Mrs. Jenny Faber, Mr. Tom Faber, Mrs. Hardwick W.I. Secretary, Mrs Fussil W.I. President, Mrs. Joan Cornwell, Mr. White.

50 YEARS AGO
From the Archives
The Ampfield Messenger September 1972

HOLY BAPTISM

August 6th Steven James, son of Ronald and Helen Bignell, 18 Wickham Close, Church, Crookham.

HOLY MATRIMONY

July 22nd Alan Wilson of Chawton to Jennifer Moody, 5 Woodley Close, Romsey.
We send our best wishes to Mr. & Mrs. Wilson who are going to reside at Chawton. Jenny has been connected with Ampfield Church since her Sunday School days when she was a promising member of the little Sunday School choir. Later she graduated to the senior choir where she showed her musical versatility by being the alto lead and a great help all round in the choir. I know she was very attached to Ampfield Church and we were always glad to have her visit us.

Alan's uncle, the Rev. Geoffrey Moody, Rector of Hollybush in the county of Hereford officiated at the Wedding Service.

BURIAL

July 27th Stanley Gardner of 165, Rat Lake Cottages.

By the death of Mr. Gardner we have lost a well-known figure in the village for he was born at Ratlake and lived there all his life. Starting work as a sawyer with the Hursley Estate, he later was employed by Reema and his last years were spent on the maintenance staff at I.B.M. A great number of his friends attended the Memorial Service in Ampfield Church. We extend our deepest sympathy to Mrs. Gardner and to Alan and Sally and all the members of the family.

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DIRECTORY

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Rotas for St. Mark's September 2022

Date	1 st Reading	2 nd Reading	Intercessions	Sides	Coffee	Music
4 th Sep 9.30	Tidy Church				Jean	Mark & Abbie
11 th Sep 9.30	Jean Exodus 32.7-14	Doreen 1 Timothy 1.1-7	Ron	Jennie Phil	Heather C	Clive
18 th Sep 9.30	Ron Amos 8. 4-7	Chris 1 Timothy 2.1-7	Rob	Ron Daryl	Stella	Jean
25 th Sep 9.30	Mark B Amos 6. 1a, 4-7	Heather C 1 Timothy 6. 6-19	Sally K	Diane Sally C	Jean	Clive

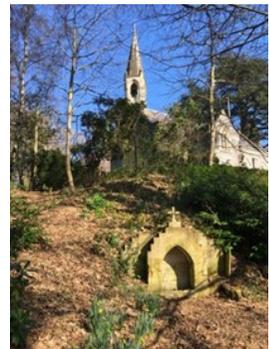
Flowers:

Jennie E

If anyone would like to help with providing flowers for any time please contact Jennie on alan.edwards60@ntlworld.com or speak to anyone at church.

Coffee after Communion:

We need more volunteers please. If you are able to offer your services, please contact Jean Smith on 01794 519685.



**A prayer for young people starting a
new school or college**

**Loving God, let me be strong today
as I meet new people in new places.
Make me brave when I am worried,
show me how to learn from
everyone around me,
and help me to do my very best.**

Amen.



A Kitchen Garden—G4G

by **Graham Roads**

We have said before that creating a kitchen garden can be very educational as well as teaching some good life lessons. One of these is how important it is to keep a good sense of humour. In our last note, we discussed the benefits of crop inspections and how it might save problems occurring later. If only we had practised what we preach! Our broad bean crop has been eaten almost entirely by a family of very cunning mice.

We had sat watching the cute little round furry things munching away on the bird table, going ‘ahh’ in all the appropriate places. What we did not know was they were getting rounder because they were gradually consuming every one of our broad beans they could find. Ho, hum! The rest of the stuff seems to be growing well and the mice certainly provided much needed entertainment.

Probably, the most important job is to discover new recipes for enjoying what is being grown. Pesto is always a good stand-by for using herbs such as flat leafed parsley, rocket and basil. It is always good to try new combination. Many vegetables are at their best when simply grilled on a barbecue. Coat baby leeks with olive oil and place them on the grill for a few moments, turning regularly. Once you have sear marks on each side they are done. Courgettes and peppers can be done similarly. All you need to do then is to put them in a bowl and pour your favourite dressing over the top. We tend to keep to a simple combination of olive oil, balsamic vinegar and seasoning as it lets the flavour of the veg. really come through.



Cont....

...Cont.

This is also a good time to think about preserving summer freshness for the autumn. One of the best ways to do this, we think, is to dry tomatoes in a very low oven. Cut the tomatoes in half and take out the hard core and as much of the seeds as possible. Place them on a baking tray and sprinkle with sea salt, pepper and thyme, then cover with a dash of olive oil. Set the oven to



very low and leave them for several hours. The idea is to reduce the liquid in the tomatoes by, say, two thirds or more. In this way, the tomato flavour becomes really concentrated, perfect to combine with grilled jalapeño peppers to accompany burgers or steaks done on the barbecue.

As usual, all the information needed for growing vegetables successfully can be found on the RHS website:

<https://www.rhs.org.uk/advice/grow-your-own>

This also provides a great summary and good ideas on what to do now as well as recipes. It would be great if we could all put together a collection of recipes over the summer, focusing on stuff that we have grown ourselves. Send all thoughts, ideas and contributions to Rob and Chris. They are most welcome.

Graham Roads

Information

If you need any Zoom meeting links, would like to join in with readings or intercessions, would like prayers said for you or someone you know, or would just like to comment, please email joinin@acnb-church.org.

Nextdoor.co.uk

Neighbourhood hub for connecting with local services.

Online Facebook groups:

Romsey News and Information Group

The original Facebook Group for Romsey.

Romsey Garden, Nursery & Plants, Info. Sharing etc.

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www.southamptoncitymission.co.uk/basics-banks

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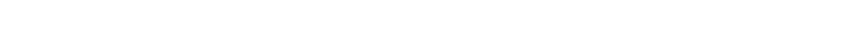
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