



Pray without
ceasing



St Andrew's Trinity E-News



Issue 06 / 25

Email: StAndrews-Trinity@outlook.com

July & Aug 2025



Our Minister is:
Revd Claire Simpson

☎: 01256 323103

email:

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St Andrew's Trinity Church
worship at St Andrew's
Centre, South Ham,
Basingstoke, RG22 6ER

St Andrew's Trinity Website
can be reached at:

[https://e-voice.org.uk/
standrewstrinitymc/](https://e-voice.org.uk/standrewstrinitymc/)

(use control & click)

St Andrew's Trinity
E-News: Deadline for:
Sept 25 Issue:

Sunday 17 August 2025

I love to receive your items,
so please keep them coming.

Thank you to everyone who
sends in items. They can be
phoned, posted, emailed or
given to me. **Thank you,**
Hazel, Ed

(☎: 01256-461375) email:

hazel@basingstokecircuit.net

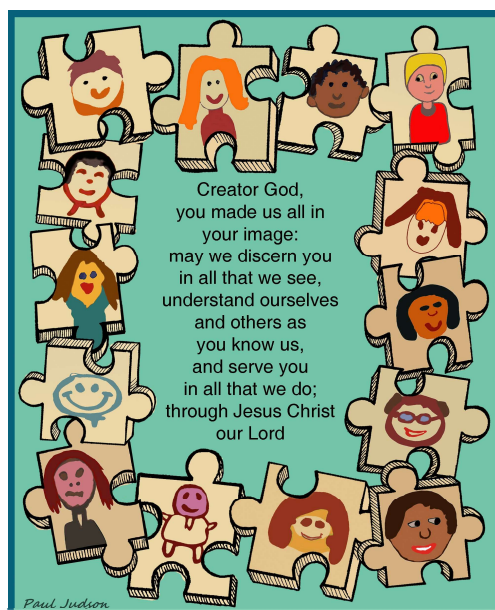
16B Portacre Rise, B/S, RG21 8YQ

Words from 'Jigsaw Picture'
in left-hand column:

Creator God, you made us all in
your image: may we discern
you in all that we see,
understand ourselves and
others as you know us, and
serve you in all that we do;
through Jesus Christ our Lord,
Amen

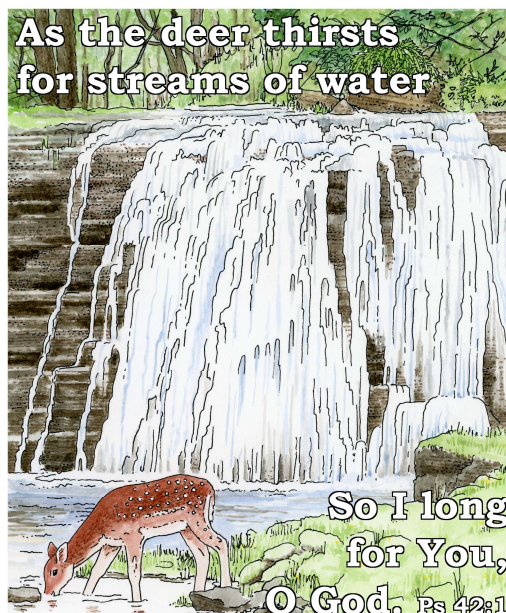
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Creator God,
you made us all in
your image:
may we discern you
in all that we see,
understand ourselves
and others as
you know us,
and serve you
in all that we do;
through Jesus Christ
our Lord

**As the deer thirsts
for streams of water**



**So I long
for You,**

O God. Ps 42:1

- If you can't shine,
at least twinkle! –
Alistair Begg (PP)



**Part of
Berkshire &
Hampshire
Borders
Methodist
Circuit**

Link Circuit Website:
www.bhbcircuit.org.uk

July & August 2025

Dear Friends,

One of the things that I have been thinking about recently is the idea of 'welcome'. So, I wonder if you can think of a time when you have been made to feel welcome? Maybe this was when you moved into a new home and one of your neighbours knocked on the door to introduce themselves? Or when you started a new job or joined an organisation or project? I hope that we have all experienced a welcome somewhere and from someone in our lives.

A few weeks ago I entered a building for a meeting that had lots of signs that were welcoming, in fact there was a poster that had the word welcome written in lots of different languages. Maybe you have seen a poster or display like this? There used to be one in the entrance area to my children's primary school. It strikes me that putting the poster or display on the wall is the easy bit. Sometimes when we meet the person or people in the building, we are not made to feel welcome at all! Offering a welcome to other people must start with an open heart and a generous spirit, and a willingness to accept the 'other' for who they are. This is not always easy to do (occasionally this can be for good reason and we need to safeguard ourselves) but sometimes we can be hesitant or suspicious of offering a welcome to someone else, especially if they are very different from ourselves.

There is a lovely verse in the New Testament part of the Bible, in Hebrews, that can be summarised as this: show hospitality or welcome to strangers because by doing this some have entertained angels without knowing it. As I reflect on this, I am reminded that the times when I have been privileged to offer a welcome to others, to share hospitality with folk who are very different from myself, I have been blessed far more in

return through what has been shared. Sometimes when we are pushed out of our comfort zone to meet people where they are, we find a common humanity and a shared desire to respect and be respected and in that we learn about others and about ourselves. We gain fresh insight and understanding.

I wonder what opportunities there will be in the coming weeks over the summer period for me to offer a welcome and share hospitality with others? What opportunities might there be for you? What opportunities might there be in our church community?

With Love

Claire



A 'Special Service' to Commission 'Anna Chaplains' & Friends

There will be a **Special Service to Commission a local ecumenical group of 'Anna Chaplains' and 'Friends' on **Sunday 20th July at 4pm at St Paul's Church, The Green, Tadley RG26 3PB.****

The group to be commissioned involves Methodist folk from our church communities so do come along and support them on this very special occasion. We are delighted that the Commissioning will be done by **Debbie Thrower, the Founder of Anna Chaplaincy** which is a ministry focused on older people.

There will be refreshments served after the service.

Thank you!
 Blessings
Claire



Our Minister is: Revd Claire Simpson

**Sunday Worship at St Andrew's Trinity
and our Basingstoke Churches –
Plan for Worship: June to August 2025**



Enquiries – Joint Senior Stewards:

Diane Bath ☎: 01256 320429 or email dianeath51@gmail.com

Linda Hoe ☎: 01256 417219 or email lindahoe@hotmail.co.uk

Berkshire & Hampshire Borders Circuit Plan, July 2025 (B/Stoke Churches)

Dates	6 July	13 July	20 July	27 July
St Andrew's Trinity 10.30 am	Revd Claire Simpson, HC	Mr Symon Turner, Parade • 2.30pm – JAM	Mrs Anne Rowe	Revd Barbara McIntivey
Church of L Stream 10.30 am	Revd Andy Fitchet	Mr Peter Frank	LA	Mr Jonathan Skeet
Oakley 10.30 am	Revd Jenny Ellis	Judith Cole	Revd Claire Simpson, HC	LA
Oakridge 10.30 am	Mrs Sarah Whithorn	Revd Barbara McIntivey, HC	Revd David Cook	Mrs Linda Hoe
Old Basing 10.30 am	Mr Neil Graham	Revd Rachel Borgars	LA	Revd Claire Simpson, HC

Berkshire & Hampshire Borders Circuit Plan, August 2025 (B/Stoke Churches)

Dates	3 August	10 August	17 August	24 August	31 August
St Andrew's Trinity 10.30 am	Mr Terry Rowell	LA, <i>A Summer 'Songs of Praise' Service</i>	Mr John Smith	Mrs Anne Rowe	Mr Terry Rowell
Church of L Stream 10.30 am	LA	Mrs Helen Watson (LP)	Mrs Sarah Whithorn	LA	Revd Andy Fitchet
Oakley 10.30 am	Revd Claire Simpson, Joint	Revd Barbara McIntivey, HC	Mr Peter Frank	Revd Dr Ruth Midcalf	LA
Oakridge 10.30 am	LA	Revd Claire Simpson, HC	Revd David Cook	LA	Revd David Cook
Old Basing 10.30 am	Mr Malcolm Stone	Mrs Linda Hoe	LA	Revd Claire Simpson, HC	Revd Martin Beukes

Enjoy Fellowship & Refreshments after Morning Worship

Our Thanks to all who serve refreshments Sundays & Weekdays in the 'Mug & Biscuit'.



*(More Volunteers always very welcome, Sundays or weekdays.
If you can help, please have a word with **Linda**, thank you).*



A Prayer Request Book

Is available each Sunday and prayers will be included in the 'Intercessions'. Please ensure you have permission from the person you would like prayed for. **Diane Bath**



Some August / September Services:

- **Sunday 10 August – Summer 'Songs of Praise' Service**, co-ordinated by David & Angela Webb
- **Harvest weekend – Saturday 27 September 'Harvest Lunch' and Sunday 28 September – Harvest worship.**

Trinity Bibles Going to Zambia!

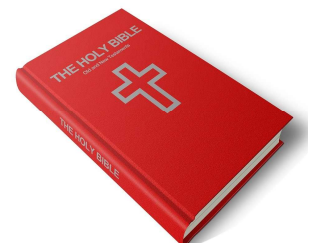
Pew bibles and Junior Church bibles as well as other bible story books from Trinity will soon be on their way to the 'Family Future Community school' in Kabwe, Zambia, visited by the Trinity Girls' Brigade in 2010 and 2012.

Future Pillars Zambia (FPZ), the UK charity that supports the school, will send them in the next container shipment. The bibles and books will be used as classroom resources to support the RE syllabus and will mean that each child in the class can have a bible to refer to instead of one bible per class of 40 children!

The school has grown from strength to strength and now has 1,000 pupils from pre-school to upper secondary school level. The children primarily come from 3 shanty towns in the local area and are fed and educated with no fees charged for any items. The feeding programme is essential as in many cases it is the only meal the children get and so the school kitchen stays open throughout the school holidays.

The school now receives Government funding for about 70% of the teachers' salaries but, just like in the UK, the rise in food prices means FPZ needs to continue fundraising. You can feed 5 children every day for just £25 a month.

The Vocational Skills Centre, which was just opening when we visited in 2012, is now an approved Government training scheme offering courses to both pupils graduating from the school and fee-paying students. This income means that 400 young people per year can get free training on an accredited course and leave with the skills needed to provide for their families in the future.



To find out more visit: www.futurepillarszambia.org.uk

Heather Peacock

'Change to the St Andrew's Trinity E-News Magazine'

Just to let you know that from September this year, **the E-News will be just 4 issues a year (instead of 10 as now)**. It will come out in *September, December, March & June, coinciding with the Circuit Plan for Sunday services and at the same time as the Flyer*.

But..... if there's someone out there who would like to take on the job of *'Collating, Editing, E-mailing and Printing the Magazine'*, then please do speak to us. We would love to hear from you.

Thank you for your continued support, **Hazel**

He makes me lie down He restores my soul

Our thanks to Revd Lesley Martin and Angela Hiscock for the June Retreat at Silchester Methodist Church, the theme being “**He makes me lie down He restores my soul**”, Psalm 23:1-6. The relaxing and natural location of the Retreat gave us the opportunity to appreciate the comfort and support our Lord, the good Shepherd, provides for us in this challenging World today, without being distracted by our everyday busy active lives.



The Book of Psalms comprises many early Hebrew writings from Old Testament times and is now used in both Hebrew and Christian worship. Psalm 23 can be seen as a profession of joyful trust in the Lord as the good Shepherd - King. It is no less meaningful to us today as we Christian Believers have the personal indwelling Holy Spirit.

We were given the opportunity in our quiet meditation time to read and take notes from a number of books and articles exploring prayer and meditation, and how to come to God in the stillness of meditation. I was led to an article, Creative Writing, by April Yamasaki, pastor, author and editor. What she had done was write a paraphrase of Psalm 23 using the letter **G**. Let me share this with you. Compare this with the Bible version of your choice.

- 1) *The Lord is my Guardian, he gives and I am grateful.*
- 2) *He grants me gentle rest in green grasslands;
He energises me by great geysers of grace,*
- 3) *He gives me good growth
He guides me in generous paths of goodness for his name's sake.*
- 4) *Even though I grumble and groan at the gloom of death,
I grasp your hand for you are with me.
You guard and ground and grow me.*
- 5) *You gather me in for the grand gala, while others might glance and glare;
I glow in gleaming garments and golden garland; my goblet overflows.*
- 6) *Surely goodness and grace shall be God's gifts that keep on giving and giving,
And I will glorify in God in the galaxy of gladness forever.*

Maybe this experimentation will inspire you to some wordplay of your own as a way of meditating on the depth and meaning of this Psalm. Choose your own letter to play with and have fun!

We also had the opportunity to walk in the adjacent Silchester common on this beautiful Summer day and walk amongst the trees, heathland and small ponds with none of the distractions of daily life, and to listen to the birdsong around us as we walked and meditated. Many species of beautiful butterflies were evident in the surrounding bushes. I took the opportunity to take this walk.

For those of us that would like to see the Psalm 23 visual image of our Lord, the Shepherd, in a more practical way you can do just that at our local National Trust, The Wyne, where you can “*lie down in green pastures, besides quiet waters*” in the gardens by the lake and also enjoy the natural wildlife living there. *See photo!*

I came away from the Retreat with a re-affirmation that Jesus our Lord and Shepherd is with us today, no less so than when the Psalm was written. We need, each one of us, to take time to be personally with Him, trusting Him and receiving His Love and Support, in restoring our Souls, equipping us to serve His Will.

The next Retreat at Silchester this year is Wednesday 6th August, **Just Peace**, Becoming Peacemakers. “*.....seek peace, and pursue it.*” Psalm 34:14. Why not come along?

Martin Frost, 23rd June 2025

Listen, Care, Love



Listen

Three words, which if we take them seriously, can change life for us, and for those around us. We all know when someone is really listening. Maybe it is something we have said many times before, or something we have never dared to utter. We all need someone to listen. Listening, really listening is something learnt. For a moment, to put aside my own thoughts, and concentrate on the person in front of me, or on the telephone, or in a letter, to read 'between the lines.'

When I volunteered to be a Visitor at Basingstoke hospital, that was my brief. Unfortunately, Covid brought this to an end, when the Chaplain said, I could no longer fulfill the role, as volunteer Visitors were stopped.

As a Visitor going from bed to bed on the three wards on F floor, for elderly care, the wards I was designated to visit, my generation. I had so much in common with these folk, but everyone's story is different, and it is wrong to clump them all together. Often there were no words, just the need to have someone alongside. Sometimes words come out in a torrent with words all jumbled up, words not expecting a reply, full of need, full of questions, full of anguish. In all cases my trustworthiness is essential, that it is confidential, and will not be repeated.

Going from patient to patient, listening, caring, loving. Following the Chaplain's list of names, and sometimes having a word when I felt a need. An elderly gentleman wanted me to sing 'The mountains of Mourne,' yes, I could do that. A song from Ireland, his homeland. What a privilege! To smile, to listen, to pray. To care, and to show Christian love.

We all know when people are not really listening when they are detached, when they are 'sparing' us a moment. We all long for peace in a noisy, restless world, we all need prayer, and patience, we all need compassion.

A salvationist song writer wrote 'Unless I am moved with compassion, how dwellest Thy Spirit in me? In word and in deed, burning love is my need, I know I can find this in Thee.'

God bless you,

Margaret Garland

3rd Basingstoke Boys' Brigade –

If there are any boys with nothing to do on a Friday night we run 2 sessions: 5-8 yr olds, 6.30 pm – 7.45 pm (£2 per boy) and 8-18 yr olds 7.30 pm – 9.30 pm (£3 per boy).

We are happy for any boy to come and see what we do any Friday night but would appreciate a call to let us know you are coming.

Thankyou, Theresa ☎: 01256 329616
(to leave a message)

Silchester Methodist Church:

**Cream Teas at Silchester Methodist Church – 3pm to 5pm
Every Sunday in July.**

Drop in during the afternoon, sit in the garden or walk over to the Roman Wall or amble across the Common?



My Experience of having a Stroke

On 10 March this year having just arrived home about 1 o'clock with Hazel having been at the Singing Group at St Andrew's Trinity I realised something had happened to me. Something had happened to my eyes and although I could still see my vision was affected and my head felt strange. I immediately said to Hazel something had happened and I needed to be taken to A & E.

As it transpired this was a big mistake. We got to Basingstoke A & E about 1.45 pm and to cut a long story short, Basingstoke rang Winchester about me (after 5 hours of various scans, eye tests, waiting around, etc). They were told to blue light me to Winchester A & E immediately. This was very quickly arranged and we were on our way to Winchester. Needless to say this was an experience in itself as the crew realised the ambulance was having engine problems and was unable to go faster than 30 mph so the crew arranged to meet another ambulance which was sent from Andover and we were transferred, to complete my transfer to Winchester.

Once at Winchester I was processed very quickly with a scan of my head which identified that part of the optical processing area had been affected but importantly it was still within the additional timeframe to administer drugs to possibly reverse the damage caused by my stroke, as I had by now missed the 4½ hour time-frame. They administered the appropriate drugs around 8.40 pm and I was transferred to the Stroke ward where I stayed for 2/3 days. The care at Winchester was excellent and from having lost 50% of my vision (the vision of the left half of both eyes) I regained the lower half of the left half of my vision and in time I may regain the rest. We have to wait and see.

What has this experience taught us? If you have or suspect a stroke, **do not self-present yourself at Basingstoke – Ring 999 immediately and get an ambulance** as they will take you to Winchester. The current '**FAST**' message on tv, (**'face, arms, speech and time'**) does not highlight the fact that eyes can be affected by a stroke, as in my case where it was only eyes!

The Winchester Stroke team are very concerned about my case as well as some others which involved either self-presenting at an A & E and / or people who only had eyes affected. They are talking about changing the '**FAST**' campaign to something like '**BEFAST**' with the '**B**' standing for '**Balance**' and the '**E**' standing for '**Eyes**'. In addition they are looking at improving the identification of patients who self-present at A & E who may have Stroke Symptoms.

Peter Harris

St Andrew's Trinity Website:

<https://e-voice.org.uk/standrewstrinitymc/> (use control & click)



All of us need to keep myself and Hazel informed of what's going on, so we can include it on the website, in the E-News magazine & in the Flyer. I welcome any suggestions for changes / additions you would like to see on the website, **Peter Harris**.

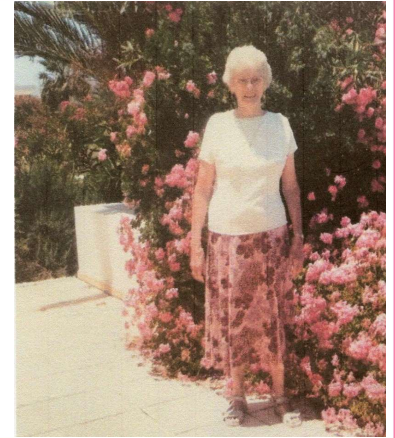
Quarterly Flyer – the latest one came out early June for 'June to August'. (Sometimes it's updated in between). Copies should be available in the Mug & Biscuit or the Spinner in the entrance area. A good way of telling people (*old and new*) what is going on at our Church. Why not take a copy to pass on to someone new. Next **Flyer** will be coming out the beginning of September, **Hazel H**.

Joan Mary Thomas (Remembered)

15 July 1927 to 9 May 2025

Obituary (by Kiya, Granddaughter and (taken from the Order of Service)

It is with great sadness that Joan's long life came to a peaceful end on 9 May 2025, surrounded with love. Born on the 15 July 1927. Joan was determined to make it to 100 – of which at 97 years old, she incredibly, very nearly did!



Joan lived a fantastic life, full with adventures, love and worship. It is an impossibility to note absolutely everything this amazing woman did in her life but I'd like to share some of the key moments with you.

In her early years working at the Co-op and Telephone Exchange in the Basingstoke and Fleet community. Along with husband Cyril and best friend Brenda, Joan spent her earlier years putting on yearly carnivals and attending concerts before settling down at her beloved home with her family in Portacre Rise. She later went on to run a Nursery from her home, shaping the minds of young people with her caring nature, poems and crafts for many, many years.

Artistic by nature, Joan surrounded herself with crafts and painting, using her paint brush to shape the minds of many disabled adults in her visits to Roman House and Audleys Close and was a passionate activist for disabled rights and autonomy thanks to her son Julian. Joan took great pride in her artwork, selling her beautiful pressed flower arrangements and landscape paintings at craft fairs and fetes throughout the years. Her artwork has brought many people happiness.

Joan as an active member of the church community and found joy attending regular services and her Flower Club Meetings at Trinity Methodist Church. She often wrote poetry about her love for Christ and enjoyed noting and sharing her favourite hymns and verses with others.

Through this all, Joan was an extremely dedicated mum to Julian and Lynette, fun and nurturing Nana to Kiya and beloved wife to Cyril. Her strength, warmth and compassion knew no bounds. It has been a privilege to share 25 years of my life as your granddaughter and you have shaped me into the woman I am today.

Joan, you will be greatly missed by all that knew you.

* * * * *

Joan remembered by Angie Smith – *I first got to know Joan through the Trinity Flower Club in the early 1990's. It was very friendly and informal, though we all had to make an arrangement with a title each month; for example: a boot or trainer, with flowers in a container inside the shoe! Joan was talented at pressed flowers and would make pressed flower arrangements of wedding bouquets at Trinity. She became a very close friend and rang me daily in late 2004 / 2005 when I was recovering from a serious illness.*

Joan's family, Cyril, Lynette and Julian were very important to her! I can remember taking our oldest granddaughter, Jessica, to play with Kiya at Joan's home and in their garden when both Jessica and Kiya were toddlers.

Joan lived in the bungalow at Popley with Julian for some years before needing to move into Oakridge House, where I was able to visit her along with our minister, Claire, and

Joan remembered by Angie Smith (cont'd)

other friends from church. It was there just a few months ago that I was able to join in with her with a singing group at the home.

One lasting memory of Joan is her fondness for cake, biscuits and chocolate which I am sure she preferred to regular meals at times.

Joan and Julian were also members of our Housegroup (Steve & Angie's). One of Joan's favourite pieces of music was John Rutter's 'All things Bright & Beautiful' which she had on a CD.

Joan will be missed and remembered with great fondness by all who knew her.

* * * * *

**Below are a couple of Joan's poems
(taken from the Order of Service):**

Tigger

*Tigger is my ginger cat.
His whiskers are as long as that.
I stroke his lovely silky fur.
This makes him happy and he purrs.
His eyes are sparkling just like this.
He can jump off a tree and never miss.
When he is hungry he says "meow",
"I want my drink of milk right now".
He likes to sleep upon my lap.
Yes Tigger is my lovely cat.*

By Joan

**Bulbs**

*I am just a little bulb
Tucked snugly in the ground
When the weather is not so cold
I grow and look around!
The rain will pour, the sun will shine
This makes my leaves –
and bulbs feel fine.
My petals are opening
What will I be ?!
"You are a daffodill!!!"*

By Joan

August

The 'Mug & Biscuit' will be Open EVERY Thursday in August from 10 am – 1 pm.

In addition to the normal Mug & Biscuit offering, we will be running some 'Craft and Games Activities' for Families, in the main worship area, all welcome.

We may possibly be able to have a film in the afternoon, this is 'To Be Confirmed'. More information, please speak to: Yvonne Hunt.





Berkshire & Hampshire Borders Methodist Circuit

June to August 2025

Praying for peace between nations, peace in communities and peace in our hearts.

International Prayer for Peace

***Lead me from death to life, from falsehood to truth;
lead me from despair to hope, from fear to trust;
lead me from hate to love, from war to peace.
Let peace fill our heart, our world, our universe.***

The source of this prayer is credited to both Hindu and Buddhist faiths and it was used by Mother Teresa 1981 at St James Church, London. It is used by people of all faiths and none each day at noon to form a wave of prayer and hope rippling each day around the globe.



Dove on the window of Christ Church, Woodley

Peace be with you

*(Jn 20:24-31,
14:5,11:16) (PP)*

Through absence,
Through doubt,
Through questions
And fears,
Through locked doors
And longing
Jesus comes.

His risen presence
Bringing blessing,
Hope and healing,
Restoration
And His precious,
Faith-affirming
Gift of peace.

by Daphne Kitching

* * * *

Life choice (PP)

A small boy returned
from Sunday School
in tears. When
questioned by his
mother for the reason
of his distress, he
gulped: "Jesus wants
me for a sunbeam,
but I want to be an
engine driver."

* * * *

Power intoxicates men
– James F Byrnes

* * * *

A Day to Remember – Bishop's VE Day challenge (PP)

The Bishop to the Armed Forces issued a challenge at the recent national online service for VE Day. Bishop Hugh Nelson said that the act of remembering was far from "a matter of nostalgia," but instead a living reminder of our duty to one another. Bishop Hugh's message came during a service recorded in St James's Church, Piccadilly, in central London, which was itself bombed but continued worshipping throughout the war, and which hosted special services of prayer and thanksgiving on 8 May 1945.

The church, built in 1684, was partially destroyed by a direct hit on the rectory on 14th October 1940, killing the vergier, Charles Murray, and his wife, Edith. The Rector, Archdeacon Thomas Lambert, survived only because he had gone to visit relatives just outside London on the day the bomb hit.



¹¹ So then, remember that at one time you Gentiles by birth, called 'the uncircumcision' by those who are called 'the circumcision' - a physical circumcision made in the flesh by human hands - ¹² remember that you were at that time without Christ, being aliens from the commonwealth of

Israel, and strangers to the covenants of promise, having no hope and without God in the world. ¹³ But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. ¹⁴ For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us.

Ephesians 2:11-14 NRSV

¹⁷ So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! ¹⁸ All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; ¹⁹ that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us. ²⁰ So we are ambassadors for Christ, since God is making his appeal through us; we entreat you on behalf of Christ, be reconciled to God. ²¹ For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

2 Corinthians 5: 17-20 NRSV

Eternal God, From whom all thoughts of truth and peace proceed: Kindle, we pray, in every heart the true love of peace, and guide with your pure and peaceable wisdom those who take counsel for the nations of the earth; that in justice and peace your kingdom may go forward, till the earth is filled with the knowledge of your love; through Jesus Christ our Lord.
Amen.

Methodist Service Book

Church of the Living Stream – Update

As you all know, Church of the Living Stream is a totally on-line successor to Kempshott Methodist Church.

Probably the most important element in the life of any Christian church is the celebration of Holy Communion: the remembrance of Jesus' last meal with his disciples.

Since we went on-line we have held a monthly communion service at Grace and Colin's house for those in the vicinity. We now have approval to extend this **"on-line"** to anyone who would like to join us.

Our minister, Claire, has written an introduction to what we are proposing to do.

Church of the Living Stream – Update (cont'd)

The first on-line Communion service will be held on 29 June at 10.30 am as part of the normal Sunday service. Anyone is welcome to join in on Zoom using the normal access codes (meeting ID 625 007 3339 passcode uYrc2X). You will need to have a small piece of bread and a small non-alcoholic fruit drink (or water) to hand. There will be an on-screen liturgy for us to join in with.

This is very experimental: we are working with researchers at Roehampton University who have been engaged by the Methodist Church to look into the practice of on-line communion and they would be keen to hear your views on the subject. Please let me know if you would like to have contact with them, **Ian Harrison**

- It's dangerous to try and be number one, because it's next to nothing – *Anon (PP)*
- Never expect to govern others until you have learned to govern yourself – *Anon (PP)*
- There is a way of winning by losing, a way of victory in defeat, which we are going to discover – *Laurens van der Post (PP)*

***Blessed are the peacemakers,
for they will be called children of God.***

Matthew 5:9 NRSV



Dear Lord,
Help us to forgive others,
Help us to accept our wrongdoing,
Help us to acknowledge what we have done and so not repeat it,
Help us to understand that we cannot be forgiven unless we have forgiven others ,
Help us to confess our sins,
Help us to forgive others, bringing peace to the world.
Lord, in your name,
Amen.

Isabella R, aged 11
Methodist prayer handbook 2024 / 2025

Creator God,
We are your children, siblings of Christ and members of one human family.
Remind us that making peace is not someone else's responsibility.
We are the peacemakers.

We are people of the Word, a community of home, the Body of Christ.
Remind us that making peace is not a job for the experts.
We are the peacemakers.

We are people of the Church, united in mission and service and inspired by your Spirit.
Remind us that making peace is not for another day.
We are the peacemakers.

God of all creation, Prince of Peace,
Spirit of hope, we commit ourselves to work for peace, today and every day. Amen.

Michaela Youngson, Assistant Secretary of Methodist Conference,
Methodist prayer handbook 2024 / 2025

This prayer with the emphasis on us is echoed in the well known hymn " Make **me** a channel of your peace ". Note that the words are "Let **me** bring your love" and Let **me** bring hope".

Prayer for July 2025

Lord, in this month, we, your church, remember Thomas.

Thomas, who asked questions and doubted when he didn't see You with his own eyes.

And Lord, You walked through those locked doors of his questions and doubts specifically to meet his needs.

Help us to come to you, honestly, with our questions and doubts, knowing that You understand and will meet our needs too.

Help us to recognize You with eyes of faith – the only One who can help us.

May we declare, with Thomas, in humility, devotion and thankfulness,

'My Lord and my God!'

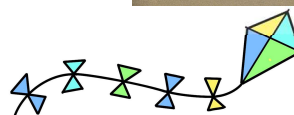
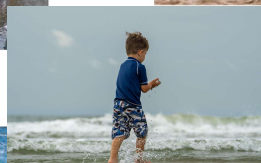
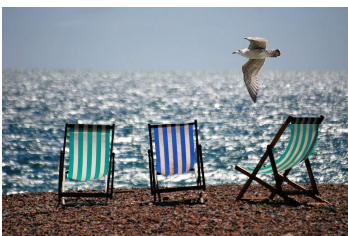
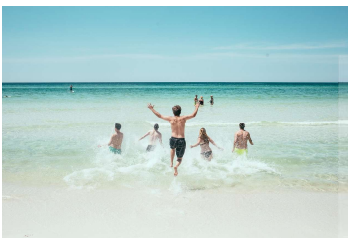
We pray in your powerful name, Lord Jesus, Amen.

by Daphne Kitching (PP)

* * * *

- No great achievement is possible without persistent work – **Bertrand Russell**

A Taste of Summer



The phrase "Let's build bridges, not walls" is often attributed to Dr. Martin Luther King Jr. He used it 1963 in the context of civil rights and social justice.



"A person who thinks only about building walls, wherever they may be, and not building bridges is not Christian. This is not in the Gospel." A quote from Pope Francis

An AI generated picture of Pope Francis & Pope Leo XIV



The heart of Pope Leo XIV's first public address were three words, which he identified as the pillars of the Church's missionary activity: Peace, Justice and Truth. Of peace he said, "True peace must begin in the human heart, through humility, careful speech, and the rejection of both pride and vengeance. This refers to words as well as warfare, since not only weapons can wound and even kill."

Those of steadfast mind you keep in peace,
in peace because they trust in you.
Trust in the LORD for ever,
for in the LORD GOD
you have an everlasting rock.

Isaiah 26:3&4 NRSV

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6&7 NRSV

- **Vatican** – Once asked how many people worked in the Vatican, Pope John XXIII replied: "Oh, about half."
- **Open wide** – A lady was very nervous about her appointment at the dentist. She sought courage from her Bible. The verse her finger landed on was Psalm 81:10: 'Open thy mouth wide and I will fill it.'
- It is easier to look wise than to talk wisely – *Ambrose*
- Truth needs no flowers of speech – *Alexander Pope*
- I have fought a good fight, I have finished my course, I have kept the faith – *2 Timothy 4:7*
- Make the least ado about your greatest gifts. Be content to act, and leave the talking to others – *Baltasar Gracian (All from PP)*

Memory Worship at Oakridge Methodist Church

We hope to hold our first 'Memory Worship' at Oakridge Methodist Church in August. The date has **not yet been confirmed**, but is likely to be: **Tuesday 12 August at 2.30pm.**

This will be a simple, short service primarily for people who struggle with the format of a traditional Sunday service followed by refreshments and time to chat. People who are suffering from memory loss or dementia will be welcome but should bring a family member or carer with them.

There will be further information on the Circuit Notices and flyers will be available or alternatively contact Marianne Sales for further information:

email: MarianneBunn1610@hotmail.com

Grace Caps

I've had the honour of helping mend a friend's armour these last few weeks. This was not a metaphorical armour mending involving deep chats over coffee. It involved a good few hours of sewing and many pricked fingers. But the process made me contemplate my own spiritual armour.

It all started with an arming cap, a thick quilted cap worn under the helmet. It's the foundation of all the headwear of a knight. This arming cap has unseen steel plates in the shoulders and neck well the chainmail wired and sewn to the outside. A thick chinstrap holds it secure into the head. The arming cap is soft and most knots from the sewing are intentionally formed on the outside to avoid chaffing the skin of the face and head. The cap's purpose is to protect the hard metal of the helmet from the head and to keep the helmet snug. The helmet is then sewn over the top of this cap. Two items working together in battle.



And it's here that God started to speak to me. In Ephesians 6, the bible speaks to me about the helmet of salvation. It's that sturdy protection God provides and is the foundation of my prayer life. But underneath my helmet and built into its structure and design, He also gave me another gift. It's called Grace. A helmet worn without the arming cap is heavy and uncomfortable. Yes, it still provides protection, but it's hard protection.

Rather than conviction of my sin, I used to feel guilt and condemnation over salvation. Knowing the pain Jesus endured on the cross for me was almost too much to bear. I was grateful for it but at the cost of religiously trying to do everything right to prove to God just how sorry I was. It was like wearing that helmet without the cap. It was heavy, hard and unwieldy.

But over the years God went deeper and revealed to my heart just how beautiful his gift of grace is. Jesus took the weight of my sin not because he had to, but because he wanted to. The guilt and shame was replaced by joy. And that's what accepting Grace does. It reveals to your heart the depths of God's love for you that he went all the way to the cross despite my sin. Because he just loves me that much.

Grace is the arming cap of spiritual warfare.

If my salvation is worn without owning and accepting the depths of his grace and love for me, prayer becomes a religious duty. Rigid and unwieldy. Awkward and hard. My knight friend won't wear the helmet without the cap, or the cap without the helmet. Helmet without arming cap is uncomfortable and unwieldy. Arming cap without helmet leaves the head open to harm.

Accepting and truly owning the gift of grace is foundational to a prayer warrior.

Grace isn't pretty. It's covered in oil marks, sweat, tears and stitching holes where God comes in and repairs us again and again. But a helmet without it is not effective or wearable in battle.

James 5:16 says, *"The earnest prayer of a righteous person has great power and produces wonderful results."* Sounds like Grace is needed. You ready to armour up?

Jasmine Waldegrave

(Martin & Llyn Frost's daughter)



Memorial flowers

We have a small group of flower arrangers who are happy to offer to do small flower arrangements, on our memorial book cabinet (Max cost £10). If you would like to mark a significant date in memory of someone special in this way, please **speak to Ann Walker or a steward**, preferably two weeks in advance.



Sunday Car Parking

I am looking into the problem of parking at Church for Sunday Worship. Most roads adjacent to the church do not have yellow lines. For those who are severely affected, I have a solution, so please see me personally, **Bob Lock**



'Crafting Bits' – If anyone wants some Crafting Bits (we have paints, coloured sand, felt, google eyes, lollipop sticks & much more), please contact: **Yvonne Hunt**: email: yvonne.h@bhbcircuit.org.uk



**Around our Circuit –
What's on & Where ?**
(from our circuit notices) – Web:
www.bhbcircuit.org.uk

- **Monthly Zoom Events: 'Hot Potatoes'** (first Monday)
- **'Online Bible Study'** (fourth Wednesday 7.30 pm).
- **Weekly Zoom Events: 'Evening Prayer'** (Tuesdays 7.30 pm)
- **'Men's Prayer Breakfast'** (Saturdays 9 am).
- **'Hungerford Memory Worship'** (2nd Thursday monthly, 2.30 pm), Hungerford Methodist Church, Bridge Street, RG17 OEH, Free parking, Step-free access, Accessible toilet.



Berkshire & Hampshire Borders
Methodist Circuit

Old Basing Methodist Church CAMEO Club next meets on:

**Tuesday 15 July –
11.30 am – 1 pm**



and

**Tuesday 19 August –
11.30 am – 1 pm**

**Light lunch provided. Please bring
your crafts along. All Welcome.**

Gillian Smethurst

Oakley Methodist Church



**Coffee Mornings on:
Tuesdays 8 & 22 July
10.30 am – 12 noon**

**NO COFFEE MORNINGS
IN AUGUST**

**£1 for a bottomless
tea or coffee & biscuits**

Paperbacks available, 30p ea

Proceeds to the Red Cross

- 75 years ago, on 11 July 1950 the first episode of the BBC children's TV show *Andy Pandy* was broadcast in the UK. (PP)
- 40 years ago, on 13 July 1985 the two Live Aid concerts were held simultaneously in London and Philadelphia, as well as at other venues such as Sydney and Moscow. They raised millions of pounds for famine relief in Africa. (PP)

PRAYING & LISTENING Sunday mornings



Anyone wearing this badge will be available to listen & pray quietly with you at the back of the church after the service.

The Fountain Prayer Group
meets in the **Main Hall or Small Hall** at St Andrew's Trinity Church
on: Thursdays 10 & 24 July

NO MEETINGS IN AUGUST



We gather at 2.30 pm and begin at 2.45 pm with a short reflection. The rest of our time together includes a period of silence and some prayerful sharing. We finish the formal part at around 4 pm. Please come even if you cannot attend every meeting.

Angela Webb (angela@webbfamily.org.uk)

Yvonne Hunt –

Is our **Children's, Families & Young Persons Outreach Worker** for our **B/Stoke Methodist Churches**, contact:
☎ 07462 040644 or
email: yvonne.h@bhbcircuit.org.uk

Louise Craig –

Is our new **B/Stoke Assistant Outreach Worker**, contact: ☎ 07935 077713 or
email: louise.c@bhbcircuit.org.uk

Trinity Circle Meets next on:

Tuesday 8 July, 7.30 pm. Our Speaker is Dave McIntivey, 'Tales of a Fireman'.

and

Tuesday 12 August, 7.30 pm. Margaret Hayes will take us on a 'Trip to Iceland'.

Northern Housegroup on:

Tuesday 1 July, 7.30 pm, at Sonia's home. Our speaker is our own Minister, Revd Claire Simpson. There is NO Meeting in August.

Sonia, Hilary and Edna

(JAM) – 'Jesus And Me' Meet:

2.30 pm – 4.30 pm, usually the 2nd

Sunday of the month at

St Andrew's Trinity Methodist Church



The Next 'JAM' Dates are:

Sundays: 13 July; 14 Sept; 12 Oct; 9 Nov and 14 Dec

* * * * *

JAM – Children & Families meet to hear stories of Jesus, Craft, Singing & Tea.

All welcome, do come & join us.

'TUESDAY COFFEE CLUB'

Come & enjoy a '*cuppa & chat*', everyone welcome. Runs alongside **Mug & Biscuit**, back of church

10–11.30am, finishes in time to grab lunch in '**M & B**'! Aims to stay open *all year apart from Christmas*, **Di Spencer**



South Ham Churches Lunch Club

St Andrew's, St Josephs & St Peters run a Lunch Club on the 2nd & 4th Fridays, 12.30 pm, at St Joseph's Church, St Michael's Road. Open to over 55's, cost £6 per head – (*main course, pudding and a cup of tea*). More info from **Churches' Co-ordinator, Hannah Lock**. If you would like to help, more information from **Bob Lock, Methodist Co-ordinator**.



Useful ☎ & Email Contacts:

Our Minister is: Revd Claire Simpson
email: revclaire72@btinternet.com

* * * * *

Church Contacts:

Diane Bath: Snr Steward – ☎ 01256 320429 /
email: dianeabath51@gmail.com

Linda Hoe: Snr Steward – ☎ 01256 417219 /
email: lindahoe@hotmail.co.uk

* * * * *

St Andrew's Trinity Bookings: Contact: Bob
Lock, email: robertlock1@virginmedia.com

* * * * *

St Andrew's Trinity E-News, Editor: Hazel
Harris, email: hazel@basingstokecircuit.net
☎ 01256-461375

Other Useful ☎ & Email Contacts:

Circuit Administrator: Mrs Marion Young, can
be contacted: ☎ 07503 652961 (working hours
only) & email: marion.y@bhbcircuit.org.uk

* * * * *

Circuit Administrator: Lee Frost, can be
contacted: ☎ 07586 441328 & by email at:
lee.f@bhbcircuit.org.uk

* * * * *


Children's, Families & Young Person's
Outreach Worker, B/Stoke, Yvonne Hunt can
be contacted: ☎ 07462 040644 or by
email: yvonne.h@bhbcircuit.org.uk

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We are now part of the Berkshire & Hampshire
Borders Methodist Circuit, the new website
address is: www.bhbcircuit.org.uk

Berkshire and Hampshire Borders Methodist
Circuit is a Registered Charity, the Charity No
is: 1134891

**The List of – Church Stewards
& Congregational Representatives
on Church Council can be found on
the Notice Board at the back of
the Church, ALSO a copy of the
most Current Church Council
Minutes.**

**'The 'Singing Group' meets next
on Monday 7 July at 11 am.
We will NOT be** 
meeting during August.

**The Next Meeting after July
will be in September.**

More info from Peggy.

Parish Pump Items

**All Items taken from Parish
Pump are used with their
permission,
(both written and graphics),
Hazel, Ed**

- Greatness lies not in being strong, but in the right use of strength – *Anon (PP)*
- Only those who do not desire power are fit to hold it – *Plato (PP)*

Additional Notices from the Circuit Notices, 27 & 28 May 2025:

- **Evening Services at Wesley Methodist Church, Reading (July & August)**

Please note that there will be evening services (at 6:30 pm) at Wesley Church, Reading during the summer as follows:

13 July – Revd Rachel Borgars with Holy Communion
27 July – Revd Claire Simpson
24 Aug – Revd Martin Beukes with Holy Communion

- Prayer is the breath of faith. Prayer meetings are the lungs of the church – *C H Spurgeon*
- Many of us cannot reach the mission fields on our feet, but we can reach them on our knees – *T J Bach (both from PP)*

3Generate – 3 to 5 Oct 2025, NEC Birmingham



Dear Churches (SEE Poster, on NEXT page PLUS Ticket Deadlines)

Do you remember MAYC? if so can you remember how much **Fun** you had and how it helped you grow in your faith. Were you lucky enough to have leaders who took you to London each year to gather with other young people from Methodist churches? Or were you one of those brave leaders who let young people explore London? Did you worship at the Albert Hall? How did that make you feel? What did MAYC do for you as a young Christian or Leader? How did it help you grow? If you were not lucky enough to do a MAYC London weekend talk to others in your church, there will be someone who did go.

OK now let's talk 3 Generate – 3 Generate is the MAYC London event, just moved and changed to reflect this generation of young people. 3 Generate gives our young people a chance to explore God through different ways, they get to meet other young Christian from all over the Methodist connectional, to grow in faith, to have that BIG worship time together. Have a say in the National Methodist Church. To know they belong that they are not the future they are the **NOW** and that their views are important to us as a church. But most of all that they are **LOVED by God**.

We are Going 2025

For the Last few years, the circuit has taken a group to 3 Generate and the number has grown each year, but we would like more young people this year.

SO, we are inviting all young people aged 8 to 18 to join us this year for the full weekend Plus, the 4 to 7 year-olds (with a parent) to the Saturday.

NOW I know what you're going to say "Sorry Yvonne we do not have any young people on a Sunday."

BUT do you have Boys or Girls Brigade, youth club, messy church, children's groups, youth Café etc ...Church is not just Sunday there are 6 other days in the week.

Matthew 18: 20²⁰ "For where two or three gather in my name, there am I with them."

I love my home church. The Sunday service helps fuel me in my Christian faith, recently my parents moved to Basingstoke. I asked them if they would like to come, their reply was "No it's a bit too modern for us," this is ok we have found a church that fuels them. So, I talked to my now young adult sons about the church they grew up in, they both said it's a bit old fashioned for us. Three generations of Christians, all different and therefore our worship styles are different. Our needs are different, we go to different places, my Church is great for me, my parents Church for them, and my sons when teenagers, their church youth group.

So, do you have any young people aged 8 to 18 who would like to come to 3 Generate Plus, the 4 to 7 year-olds (with a parent) to the Saturday. Because we are going and would love them to come.

Please let me know and I can come & talk to them or send more information to the leaders.

God bless, **Yvonne Hunt**,

DEADLINE for 3Generate FORMS: Monday 30 JUNE

Children's Families & Young Person Outreach Worker based in Basingstoke Methodist Churches **Mobile:** 07462 040644 **Email:** yvonne.h@bhbcircuit.org.uk

- Worry is like a rocking chair; it will give you something to do, but it won't get you anywhere – Anon (PP)



Berkshire & Hampshire Borders Methodist Circuit

3-5 October | NEC Birmingham

3GENERATE 2025

Methodist Children & Youth Assembly

A weekend to remember for children and young people!

We are going

Inviting all young people aged 8 to 18 to join the circuit for the full weekend.
Plus, any 4- to 7-year-olds (with a parent) to the Saturday

Tune in to God, the world and each other

What is God saying?

What next? Respond and take action

Please ask your leader for more information or get a parent to contact Yvonne Hunt,
Children's Families and Young Person Outreach Worker
Mobile: 07462040644 Email: yvonne.h@bhbcircuit.org.uk

An Equestrian Tale

He came to Jerusalem
on a donkey
Jesus of Nazareth,
God's own Word,
They threw down palms
crying 'hosanna'
To Him who came in
the Name of the Lord.

The Jews rebuked the
people's welcome,
Disliking the honour
and fuss that was
made.

The Lord replied that if
no-one responded
The stones themselves
would cry out in praise.

Could they not see that
the events unfolding
Were prophesied by the
saints of old?

That the Lord would
come as it was written
To shepherd His flock
into the fold.

He comes again, now
riding a white horse,
Emblazoned on His thigh
Faithful and True
To gather His bride
from every nation
As all of creation will be
made new.

by Megan Carter (PP)

July sees that annual festival of lawn tennis, Wimbledon, which seems to be regarded as the pinnacle of tennis tournaments. Whether you go to Wimbledon, or watch it on TV, it's there to be enjoyed!

It's that Wimbledon time of the year (by Nigel Beeton, PP)

The 'pop' of a ball on a racket
The voice of the Umpire so clear
There is nothing in quite the same bracket
As that Wimbledon time of the year!

'Fault!' cries the line judge, eyes beady,
The ball boys and girls on their toes;
For more of these matches we're greedy:
The bug for this game grows and grows!

The weather may shine, or be raining
The temperature warm, mild or chill;
Our appetites won't be restraining
For strawberries on Henman Hill.

The queues may be long, but endure them
You'll get to the court – have no fear
Just settle and watch, and be sure then –
It's that Wimbledon time of the year!

*Canon Paul Hardingham considers the difference Jesus
can make in our lives (PP)*

Mary Magdalene

Six Marys are mentioned in the New Testament, including Mary Magdalene, who is remembered this month in the church's calendar (22nd July). What can we learn from Mary's story?

We don't have to be defined by our past:

When Jesus encountered Mary, He cast seven demons out of her (Luke 8:2). As a result, her life was transformed, and she became a follower of Jesus. Her life as a disciple was no longer defined by the person she had been before. Like Mary, we don't have to let our past without Christ dictate how we see ourselves today.

Make Jesus the centre of our world:

Along with some of the women who had been cured of evil spirits and diseases (Luke 8:1-3), Mary followed Jesus and His disciples and supported them in ministry. She was there at the cross (Matthew 27:55-56) and one of the first to the tomb on the Sunday (Matthew 28:1; Mark 16:1 and John 20:1-18). Like Mary, we are called to serve Jesus as dedicated disciples.

Jesus uses the weakest people for His purposes:

Mary is a great example of Paul's words: *'But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong.'*

(1 Corinthians 1:27). At a time when women were regarded as second-class citizens with no real autonomy, Jesus had a special compassion and care for women. Alongside Mary, the women's witness to the resurrection was taken seriously. We shouldn't be quick to dismiss the things that don't agree with our expectations, as Jesus doesn't always do what we expect! He delights in working out His plans through unlikely people and in surprising ways. He did this through Mary, and if we allow Him, He can do it through us!

Why you should Drink Tea – There is a popular greeting card which says: *'All things are possible with a cup of tea'*. And for many of us, that is almost always true. Tea comes from the *Camellia sinensis* plant, which is often blended with other plants for different flavours, such as Earl Grey or Chai. Tea is the UK's favourite hot beverage, which besides from cheering us up, has cancer-fighting properties and can improve our heart and gut health. So here's what's good about tea:

Tea is rich in polyphenols, which have antioxidant effects on the body, and can reduce inflammation. Milk does not hurt their absorption, so add milk if you like! Tea has flavanols, which helps your blood to flow and lowers your blood pressure. One study at Harvard found that drinking three to four cups a day means you are less likely to have a heart attack. Tea is prebiotic, which means it promotes healthier kinds of bacteria in your gut, which helps with your digestion, your respiratory system, and your immune system. Tea lowers blood sugar, and even the risk of Type 2 diabetes, due to the polyphenols. Tea may reduce your risk of cancer. Again, the polyphenols are your friends here, as they may be slowing the development of certain types of cancer. Tea helps you concentrate. Coffee may speed you up, but it can also give you the jitters. Tea contains around 40-50 mg of caffeine, which is only half the amount found in coffee. But tea also has an amino acid called 'L-theanine', which helps produce a feeling of 'calm concentration', by lowering stress and improving mental focus.

Tea improves sleep—due to the polyphenols, L-theanine, theaflavins, thearubigins, and gamma-aminobutyric acid (GABA), which help lower stress and create calm. Finally, black tea or green tea? Without complicated science, they are equally healthy to drink. Black tea has more caffeine, which may help if you need more energy! (PP)



Diary Page, St Andrew's Trinity – CHECK out the Church Noticeboards !

Dates	Timings	EVENTS at St Andrew's Trinity unless advised
Weekly & Monthly Events – TT (term-time)		
Tue, Wed, Thur <i>weekly TT only</i>	10am–1.30pm	Mug & Biscuit is Open for drinks, biscuits, cakes, tea-cakes, light lunches, <i>p22</i>
Tues, <i>weekly</i>	10am–11.30am	Tuesday Coffee Club, <i>p16</i>
Wed <i>weekly TT</i>	1pm–3pm	Knit One, Drop One
2 nd /4 th Frid mnth	12.30pm	S/Ham Churches Lunch Club, <i>St Joseph's Church, p16</i>
2 nd & 4 th Thurs <i>monthly</i>	2.30pm–4pm	The Fountain Prayer Group twice monthly unless otherwise advised, <i>p16</i>
4 th Tues evening	6.30pm	Harrow Way Housegroup
Youth Organisations – Weekly, Mostly Term-time – abbreviated to TT in places		
Mon, <i>weekly, term-time (TT)</i>	7pm–8.30pm	1 st South Ham Guides, (age 10–14), Leader: Sarah, New Members Sign Up via Girl Guides' website: www.girlguiding.org.uk/joinus
Wed, <i>weekly TT</i>	4.30pm–5.45pm	3 rd South Ham Rainbows, (age 4–7), Lena Ponting
Wed, <i>weekly TT</i>	6pm–7.30pm	3 rd South Ham Brownies, (age 7–10), Lena Ponting
Thur, <i>weekly TT</i>	10am–11am	Playtime U5 Group, Contact: Theresa Strachan
Frid, <i>weekly</i>	6.30pm–10pm	3 rd B/Stoke Boys Brigade, Captain Theresa Strachan <i>p6</i>
Other Events (including events that are once a month)		
July, August & Future Dates		At St Andrew's Trinity
Tues 1 July	7.30 pm	Northern Housegroup at Sonia's, <i>P16</i>
Mon 7 July	11.00 am	Singing Group, <i>p17</i>
Thur 10 July	2.30 pm	Fountain Prayer Group, <i>p16</i>
Sund 13 July	2.30pm	JAM meet, <i>p16</i>
Thur 24 July	2.30pm	Fountain Prayer Group, <i>p16</i>
EVERY THURS In <u>AUGUST</u>	10am - 1 pm	Mug & Biscuit OPEN, Alongside Activities & Games for Families in the Worship Area, ALL Very Welcome, <i>p9</i>
Sund 10 Aug	10.30 am	Summer 'Songs of Praise' Service (<i>Angela & David W</i>)
Sund 17 AUG		DEADLINE for September E-News, <i>p1</i>
Sund 14 Spet	2.30 pm	JAM meet, <i>p16</i>
Sat 27 Sept	Lunchtime	Harvest Lunch, <i>p4</i>
Sund 28 Sept	10.30 am	Harvest Worship, <i>p4</i>
July, Aug etc		Other Circuit Churches
July	Sundays pm	3pm - 5pm – Cream Teas at Silchester MC, <i>p6</i>
July & Aug	Various times	Various Activities – Oakley, Oakridge & Old Basing, <i>p15</i>
Ongoing & New	Various	Around our Circuit – 'What's On & Where', <i>p15 & p17</i>
Wed 6 August	10am – 3pm	Silchester Retreat, ' <i>Just Peace</i> ' <i>p23</i>
Tues 12 Aug	2.30pm <u>TBC</u>	Memory Worship at Oakridge Methodist Church, <i>p13</i>
July & August	6.30 pm	Evening Services at Wesley Methodist Church, Reading during July & August, <i>p17</i>
Fri 3/Sun 5 Oct	Weekend	3Generate, NEC Birmingham, (4-7 & 8-18yr), <i>p18 & 19</i>

The Mug & Biscuit, St Andrew's Trinity Methodist Church is Open, (usually term-time but sometimes subject to change):



Tuesdays: 10 am to 1.30 pm (term-time)
Wednesdays: 10 am to 1.30 pm (term-time)
Thursdays: 10 am to 1.30 pm (term-time)



- We serve: **home-made cakes, jacket potatoes, toasted sandwiches & tea cakes.**
- Menu is subject to change. **Last Orders for hot food 1 pm.**
- Takeaway Available. Credit Cards Accepted.

• **The Mug & Biscuit is NOT OPEN During School Holidays**

The Mug & Biscuit is registered as a 'Warm Hub Opening' during 'Mug & Biscuit' Hours



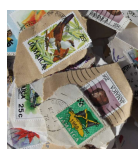
We look forward to welcoming old & new friends.

The Mug & Biscuit Team



Any queries, **Offers of Help** – contact: **Linda Hoe** ☎: 07963 583506

RECYCLE Used Postage Stamps via the box in the Mug & Biscuit for '**St Michael's Hospice**'.



THANKS, **Bob**

Image, Pete's photo

RECYCLE Bottle Tops – In the Brown Box on the right at the back of the church.

Proceeds to the Hospice. Please leave tops in the bag you bring them in if you can. **I also recycle 'Milkman' foil milk bottle tops too.**

Thank you, Helen



'RECYCLE plastic milk bottle tops' (only 'milk' ones), by giving them to Pamela who has a contact with the Hants & Isle of Wight Air Ambulance, or ☎: 012546 467702



 <p>At 26.06.25, the Foodbank – <u>Most Needed</u>:</p> <ul style="list-style-type: none"> • UHT Fruit Juice • Deodorant • Savoury Spreads, marmite, peanut butter etc • Hot & Cold Desserts, jelly, angel delight • Tinned tomatoes 	<p>At 26.06.25, the Foodbank – <u>Most Needed (cont'd)</u>:</p> <ul style="list-style-type: none"> • Tinned meat, ham, stewing steak • Coffee • Shopping bags <p><u>Running Low:</u></p> <ul style="list-style-type: none"> • UHT milk • Powdered milk • Squash • Cup a Soup • Savoury Snacks 	<p>At 26.06.25, the Foodbank – <u>Running Low (cont'd)</u>:</p> <ul style="list-style-type: none"> • Crackers • Sweet spreads, jam etc • Hair conditioner • Shower gel • Tampons • Toothpaste • Loo roll • Household cleaning, wash-up liquid, cleaning spray etc 	<p>At 26.06.25, the Foodbank – <u>We have Plenty:</u></p> <ul style="list-style-type: none"> • Pasta • Rice • Baked beans • Pulses • Hot & Cold Cereal • Non-Dairy Milk • Sanitary pads • Baby Food, Formula & Nappies size 5 & below • Hand soap
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More info on web: www.https://basingstoke.foodbank.org.uk/give-help/donate-food/

RETREAT CENTRE SILCHESTER RG7 2NY



Come and join us for a day of refreshment and reflection at Silchester Methodist Church.

Our retreats are to enable you to explore and experience meeting with God; to be explorers and journeyers. On each day, themed multi-sensory experiences are available to choose from.

* * * * *

**Wednesday 6th
August**

Just Peace



Becoming
peacemakers

".....seek peace, and pursue it."

Psalm 34:14 (NRSVA)

* * * * *



Saturday 4th October

"Come to Me.."

An invitation to take time to learn the rhythms of Grace.

"Come with me by yourselves to a quiet place and get some rest.

Mark 6.31 (NIV)

Website: [Silchester Christian Retreat Centre](http://www.silchesterchristianretreatcentre.co.uk)

For enquiries or to book for any of the Retreat Days please contact Angela Hiscock angela.hiscock@btinternet.com or phone her on 01256 850432. Numbers are limited.

All days run from 10am-3pm. Refreshments from 9.45am.

Please bring a packed lunch.

Hot and cold drinks, including cup-a-soup provided.

Suggested donation per person: £10.

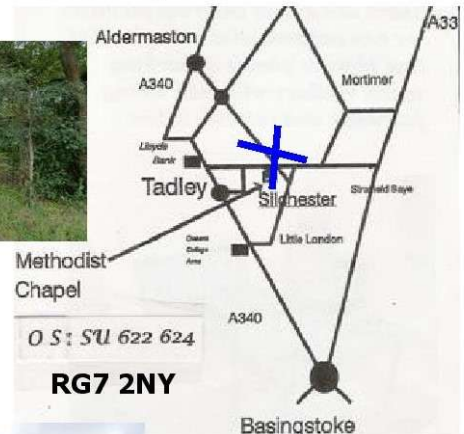
Location



Paddle.worthy.windmill



Entrance from
Pamber Road



Car parking and
entrance to hall
at rear of the Church.

Except where otherwise stated, all artwork & photos are by a member of the Retreat Leadership team.

Christian Resources Available:

Steve Wood, supplies Christian Resources to surrounding areas via 'Sonrise Christian Resources'. Contact Steve ☎: 07396 825097 or email for advice. Happy to help source any item needed: General Christian books, cards, gifts.....

Website at: www.sonrisechristianresources.co.uk
Email: steve@sonrisechristianresources.co.uk
www.facebook.com/sonrisechristianresources

Before You Open Your Bible – Nine Heart Postures for Approaching God's Word, by Matt Smethurst, 10Publishing, £3.99

We know the Bible is important, but some struggle with it. We're not biblical experts - but may be familiar with Genesis & more. The Bible may intimidate & confuse us & reading it doesn't always thrill us. Yet the Bible is where God reveals His loving character & incredible plan of redemption. In a practical & engaging manner, Matt Smethurst - managing editor of Gospel Coalition - presents nine heart postures that will prepare you to unpack all that's awaiting you in God's Word.

*With Sea Sunday in mind, and also people's pending holidays on water this summer, this seemed a good hymn to offer for July...
we have all the original verses of the hymn.*

The Story behind the Hymn: **Eternal Father Strong to Save (PP)**

*Eternal Father, strong to save,
Whose arm hath bound the restless wave,
Who bidd'st the mighty ocean deep
Its own appointed limits keep;
Oh, hear us when we cry to Thee,
For those in peril on the sea!*

*O Christ! Whose voice the waters heard
And hushed their raging at Thy word,
Who walked'st on the foaming deep,
And calm amidst its rage didst sleep;
Oh, hear us when we cry to Thee,
For those in peril on the sea!*

*Most Holy Spirit! Who didst brood
Upon the chaos dark and rude,
And bid its angry tumult cease,
And give, for wild confusion, peace;
Oh, hear us when we cry to Thee,
For those in peril on the sea!*

*O Trinity of love and power!
Our brethren shield in danger's hour;
From rock and tempest, fire and foe,
Protect them wheresoe'er they go;
Thus evermore shall rise to Thee
Glad hymns of praise from land and sea.*

The author of these words, William Whiting, was an Anglican clergyman in Winchester, which is hardly a seaside town. Yet Whiting had not only grown up by the sea, but had nearly died in it. As a young man he had been on a ship that got caught in a violent storm, afterwards he felt certain it was God who had saved the ship from sinking that night. Some years later, as headmaster of the Winchester College Choristers' School, Whiting was approached by a student in distress. The student was due to sail to the USA and was simply terrified at the thought of 3,000 miles of ocean. To try and reassure the student, Whiting decided to share his experience. And so, he wrote this poem, basing the description of the power and fury of the sea on Psalm 107.

It is not known if it helped the nervous student or not, but within a year the poem had become a hymn, and soon sailed into the influential first edition of *Hymns Ancient and Modern* of 1861. Another Anglican clergyman, John B Dykes, wrote the music for it. He was already a successful composer, with 300 hymns to his name. Dykes named this tune 'Melita', after an old name for Malta, where St Paul was once shipwrecked.

Whiting released two more versions of the lyrics, in 1869 and in 1874. During the rest of the 19th century, the hymn became a favourite with the Royal Navy and the United States Navy. Other Services adapted it, including the Royal Marines, the Royal Air Force, the British Army, and the United States Coast Guard. Above all, it became known as the Royal Navy Hymn. More recently, *Eternal Father* made a 'guest appearance' in the Hollywood blockbuster '*Titanic*', and is also often chosen by ship's chaplains for use in civilian services at sea.

B/Stoke Choral Society Present a Summer Evening of Mozart

When: Saturday 5 July 2025
Concert starts: 7 pm
Where: All Saints Church Odiham
Conductor: Ben Cooper
Accompanied by: Professional Soloists and Organ
Programme: Mozart Requiem; Mozart Solemn Vespers
To book: <https://www.basingstoke-choral.org.uk/events-all>



Strawberries/Glass of wine/Soft drink included in ticket price from 6pm.

We present an unforgettable evening of music performing one of the most iconic works in the choral repertoire: *Mozart's Requiem*. A Haunting and emotionally charged piece that has captivated audiences for centuries with its profound beauty and timeless power.

• Prayer is not a convenient device for imposing our will upon God, or bending His will to ours, but the prescribed way of subordinating our will to His.

– John R W Stott

* * *

Series on prayer by the Revd Dr Herbert McGonigle.

Praying with the Prayers of the Bible: the Prayer of National Confession

Daniel 9:5, 'We have sinned and done wrong ... turning aside from Your commandments and ordinances.'

In this chapter the prophet Daniel, an exile in Babylon, prays one of the Bible's truly great prayers of national repentance. Knowing that Judah and Jerusalem had fallen to the enemy and that 70 years of exile lay ahead (v.2), Daniel set himself to seek God on behalf of his own people. With fasting and sackcloth and ashes (v.3) he turned to God in fervent prayer. Our nation, wherever we live, is in need of intercessors like Daniel. His praying has much to teach us.

For Daniel, prayer was a daily habit. Earlier, in chapter six, we read the well-known story of how he was thrown into the lions' den. This happened because nothing could stop him having his daily devotions! When King Darius decreed that no one in the land should pray to any god except him for 30 days, Daniel ignored the order. As he had always done, he opened his window facing Jerusalem and prayed three times every day. For this disobedience he was sent to the lions' den. So here in chapter 9 the great prayer of national intercession is prayed by a man whose prayer life is sustained by daily devotion.

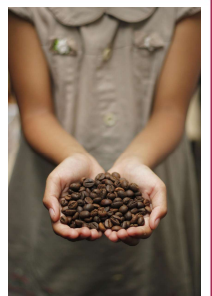
We also see that Daniel knew the character of his God. He is great and awesome, keeping covenant and steadfast love (v.4). To him belongs righteousness, mercy and forgiveness (vv.7, 9); He confirms His word (v.12) and He is the Lord who brought His people out of Egyptian slavery (v.15). Across the years, even in exile, Daniel's consistent prayer life has revealed to him Who God is. With this confession of His glory and majesty and power is the glad acknowledgement of a personal God. Note 'the Lord my God' (v.4); five times 'the Lord our God' (vv. 9, 10, 13, 14, 15,); 'my God' (v.19).

Daniel's knowledge of the one, true God is matched by his love of God's people, his own nation. He identifies himself with his people, facing national judgement because they have forsaken the Lord. '*We have sinned and done wrong*' (v.5). '*We have not listened to Thy servants the prophets*' (v. 6). '*To us, O Lord, belongs confusion of face*' (v.8). '*We do not present our supplications before Thee on the ground of our righteousness, but on the ground of Thy great mercy*' (v.18). Daniel makes himself confessor and spokesman and intercessor for his whole nation.

It is not surprising that this great prayer of intercession, grounding its confidence in God, received a speedy answer. Even while Daniel prayed, the angel Gabriel was sent to him with a message from God (vv.20-23). What an encouragement for all of us to become intercessors for the nation!

The Revd Dr Herbert McGonigle, is a former Senior Lecturer in Historical Theology & Church History, Nazarene Theological College, Manchester (PP)

Why you should Drink Coffee – When you drink your morning cup of coffee, you are not the only one who is enjoying it. Recent studies have found that the billions of friendly microbes living in your gut are also given a cheering boost. And that means better overall health for you – and even a longer life. It seems that coffee not only contains compounds that nourish our probiotic beneficial bacteria, but the caffeine even helps them to increase in number. Coffee also contains polyphenols, plant compounds which acts as anti-inflammatory antioxidants.



But is there a best way to prepare and serve your coffee? Scientists believe that black coffee is the best for you, while coffee with cream and sugar is the worst. The study appeared in the journal *Nutrients*. (PP)

For the Young & Young at heart (PP)

PUZ?LES

Crossword

Bible Bite

A short story from the Bible

It can be read in the Bible in Ruth chapters 1 and 2.

When famine came to Bethlehem, Elimelech took his family to the nearby country of Moab. The two sons married local girls.

But Elimelech and his sons died, leaving Naomi, Orpah and Ruth as widows.

Naomi told her daughters-in-law she was returning to Bethlehem.

The girls cried, and Orpah left, but Ruth stayed.



Go back to your parents' homes.

I will stay with you. Your people and your God will be mine.

Call me 'Mara' not 'Naomi' because God has made my life bitter.

It was the start of the barley harvest. Poor people were allowed to glean - to pick up the ears of grain that had been dropped. Ruth went out to glean.



So Naomi and Ruth went back to Bethlehem.

*Naomi means 'Pleasant' 'Mara' means 'Bitter'

She picked a field, asked if she could glean, then worked hard.



The field's owner, Boaz, arrived. Who's that girl?



That's Ruth, who came from Moab with Naomi.



Boaz told Ruth she was welcome to work in his fields.

He told her to join his workers at lunch-time, and made sure she had more than enough to eat.

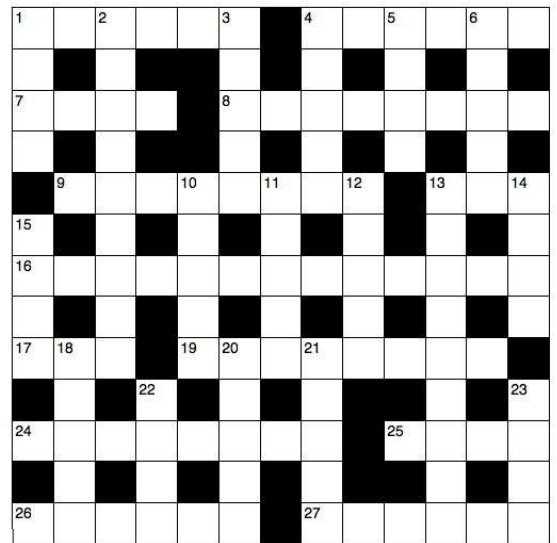


Ruth worked hard and took home a huge bag of grain.

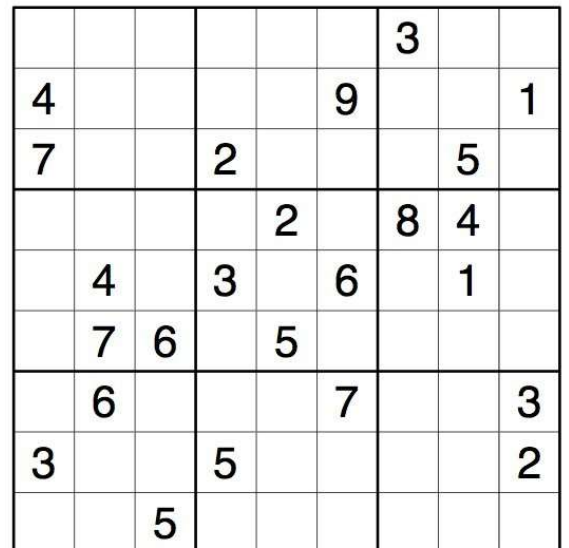


I worked in Boaz's field.

Ruth worked all through the barley and wheat harvests in Boaz's fields.



Sudoku



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

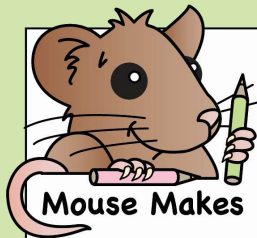
Wordsearch Clues and Answers

If you ever struggle with doubt, take heart: so did one of the apostles, whose Feast Day is this month. St Thomas just could NOT believe that the Jesus he had seen crucified and dead on the cross could ever come back to life. But Thomas was an honest sceptic, because he really wanted to know the truth. Jesus could help such a man.

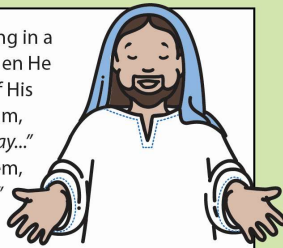
Thomas
Doubt
Apostle
Cross
Dead
Mylapore
Saint

Truth
Sceptic
Wounds
Lord
God
Missionary
Madras

Appeared
India
patron
Martyred
Spear
Showed



"Now Jesus was praying in a certain place, and when He had finished, one of His disciples said to Him, 'Lord, teach us to pray...' And He said to them, 'When you pray, say....'"



Our _____
in _____,
hallowed be your
_____, your
_____ come,
your _____ be done,
on _____ as it is in
_____.

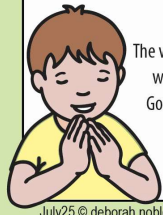
Give us today our daily
_____.
_____ us our
S _____ as we forgive
those who sin against us.
Lead us not into

but _____
us from _____.
For the kingdom,
the _____ and
the _____ are
yours now and forever.
Amen

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



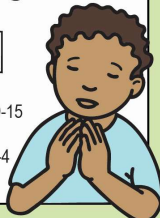
Fill in the
missing
words of
the Lord's
Prayer
then find
them and
these extra
words in the
word search:
LORD'S PRAYER
DISCIPLES
JESUS
GOD
WORLD
NEEDS
FORGIVENESS
TRESPASSES
PROTECTION
REPENTANCE



The versions of **The Lord's Prayer**
we say today come from the
Gospels of Matthew and Luke.
Which version do you
use in your church?



Read
Matthew 6:9-15
and
Luke 11:1-4



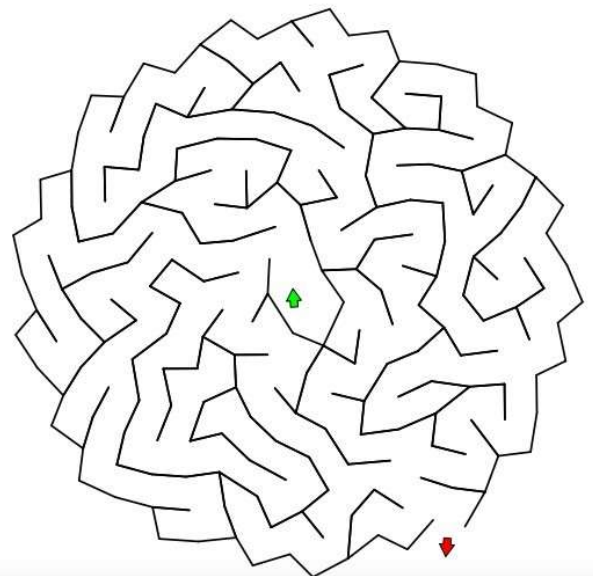
July25 © deborah noble • parishpump.co.uk

Crossword Clues, Down:

- 1 'For I am gentle and humble in heart, and you will find — for your souls' (Matthew 11:29) (4)
- 2 Where Peter was when he denied Christ three times (Luke 22:55) (9)
- 3 Remarkable early 20th-century Indian evangelist, a convert from Hinduism, — Sundar Singh (5)
- 4 'Now the king had put the officer on whose — — leaned in charge of the gate' (2 Kings 7:17) (3,2)
- 5 and 8 Across The Lover describes this facial feature of the Beloved thus: 'Your — is like the tower of Lebanon looking towards —' (Song of Songs 7:4) (4,8)
- 6 'Stand firm then, with the belt of truth buckled — your waist' (Ephesians 6:14) (5)
- 10 Trout (anag.) (5)
- 11 Easily frightened (1 Thessalonians 5:14) (5)
- 12 The ability to perceive (Ecclesiastes 10:3) (5)
- 13 One of the clans descended from Benjamin (Numbers 26:38) (9)
- 14 "It is one of the Twelve," he replied, "one who — bread into the bowl with me" (Mark 14:20) (4)
- 15 Resound (Zephaniah 2:14) (4)
- 18 Traditional seat of the Dalai Lama (5)
- 20 Precise (John 4:53) (5)
- 21 Build (Ezekiel 4:2) (5)
- 22 Beat harshly (Acts 22:25) (4)
- 23 Darius, who succeeded Belshazzar as king of the Babylonians, was one (Daniel 5:31) (4)

Crossword Clues, Across:

- 1 'I pray that out of his glorious — he may strengthen you with power through his Spirit in your inner being' (Ephesians 3:16) (6)
- 4 'Saul's father Kish and — father Ner were sons of Abiel' (1 Samuel 14:51) (6)
- 7 'Praise the Lord, O my —' (Psalm 103:1) (4)
- 8 See 5 Down
- 9 Laws (1 Kings 11:33) (8)
- 13 'Who of you by worrying can — a single hour to his life?' (Luke 12:25) (3)
- 16 Artistry (Exodus 31:5) (13)
- 17 'Your young men will see visions, your — men will dream dreams' (Acts 2:17) (3)
- 19 How David described his Lord (Psalm 19:14) (8)
- 24 'If this city is built and its — — restored, you will be left with nothing in Trans-Euphrates' (Ezra 4:16) (5,3)
- 25 'The holy Scriptures, which are able to make you — for salvation through faith in Christ Jesus' (2 Timothy 3:15) (4)
- 26 Intended destination of arrows (Lamentations 3:12) (6)
- 27 Eve hit (anag.) (6)



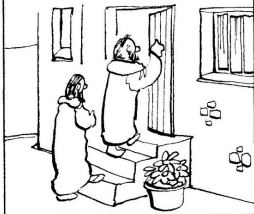
The doctor and the ill person



JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS



JESUS EVEN WENT TO MATTHEW'S HOME.



THIS SET PEOPLE'S TONGUES WAGGING. THEY THOUGHT JESUS WAS LETTING THE SIDE DOWN!

BUT JESUS EXPLAINED THAT IT WAS IMPORTANT TO TALK TO EVERYONE!



"PEOPLE WHO ARE WELL DO NOT NEED A DOCTOR"



"IT IS KINDNESS THAT GOD WANTS"



c	x	d	i	t	h	d	m	b	o	a	z
i	n	u	v	w	o	r	k	e	d	w	u
w	e	f	p	a	r	e	n	t	s	i	h
e	l	i	m	e	l	e	c	h	t	d	o
l	l	e	b	r	u	t	h	l	a	o	m
c	g	l	a	i	g	l	a	e	y	w	e
o	i	d	r	r	n	r	r	h	s	s	w
m	r	e	l	a	t	i	v	e	x	n	h
e	l	p	e	o	p	l	e	m	t	a	e
d	s	l	y	g	o	u	s	a	p	o	a
l	g	b	c	o	u	n	t	r	y	m	t
r	t	w	t	d	q	m	o	a	b	i	b

Puzzle Pages Solutions

Across: 1, Riches. 4, Abner's. 7, Soul. 8, Damascus. 9, Statutes. 13, Add. 16, Craftsmanship. 17, Old. 19, Redeemer. 24, Walls are. 25, Wise. 26, Target. 27, Thieve.

Down: 1, Rest. 2, Courtyard. 3, Sadhu. 4, Arm he. 5, Nose. 6, Round. 10, Tutor. 11, Timid. 12, Sense. 13, Ashbelite. 14, Dips. 15, Echo. 18, Lhasa. 20, Exact. 21, Erect. 22, Flog. 23, Mede.

Sudoku Solution, medium

6	2	8	1	4	5	3	9	7
4	5	3	8	7	9	6	2	1
7	9	1	2	6	3	4	5	8
5	3	9	7	2	1	8	4	6
8	4	2	3	9	6	7	1	5
1	7	6	4	5	8	2	3	9
2	6	4	9	1	7	5	8	3
3	1	7	5	8	4	9	6	2
9	8	5	6	3	2	1	7	4



Girls	Orpah	Ruth	Worked	Bethlehem	God
Elimelech	Glean	Home	Moab	Harvest	Boaz
Field	Widows	Stay	Barley	Naomi	Country
Parents	People	Wheat	Welcome	Mara	Relative