

NURSLING & ROWNHAMS
Twin Spires News

Web Edition

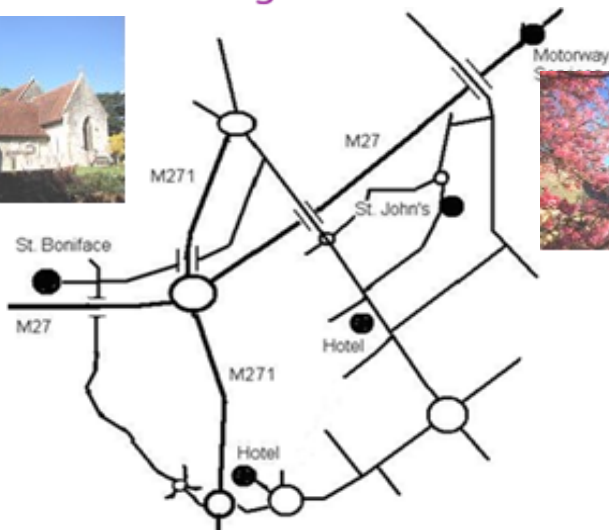
September 2025

*He gives food to every creature.
His love endures forever.
Psalm 136:25 (NIV)*



twinspires

St Boniface St John's
Nursling & Rownhams



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

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

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

However, the answer machine and email are checked regularly.

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

Our website is www.twinspires.org.uk

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

There are a number of ways you can donate to church funds (outlined on page 23). Bank Transfer is the preferred method. More information on 'giving' is available from the Office and the church website.

Donate

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



Registered Charity Number 1130927

Cover Image by Sandi O'Donnell



Verse of the Month

Give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:18



Dear Friends,

As summer closes and September arrives, there is always a sense of fresh beginnings in the air. School gates swing open, students start new terms, and routines shift from the relaxed pace of summer to the structure of autumn. Even for those no longer tied to the academic calendar, this season feels like a clean page — a chance to take stock, to adjust, and to begin again.

In our parish, many are facing personal transitions. Some looking at moving house, starting new jobs, navigating retirement, or managing new or ongoing health challenges. Some changes we choose and welcome; others arrive uninvited, unsettling us because they remind us we are not in control. Quite often change is *forced* upon us, and we have no choice but to respond.

In those moments, we can take heart from God's promise in Isaiah 41:10: *"Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."*

Not all change is unwelcome. When we initiate it - enrolling on a course, starting a hobby, spending more time in prayer - we often find it exciting. The difference is not only *what* changes, but *how* we approach it. Here is where our vision and values guide us:

Our vision: *Loving Jesus, one another, and our neighbours.*

Our values: *Transforming Hospitality – Everyone belongs.
Faithful Growth – Rooted in prayer and praise.
Purposeful Living – Giving, loving, inviting.*

Our mission: *To grow new disciples through community with Jesus at the centre.*



These aren't just statements for a noticeboard, they're a compass for seasons of change. Keeping our eyes on Jesus, loving one another in uncertainty, and welcoming our neighbours turns transitions into opportunities for growth.



This September brings tangible changes for our parish. At St John's Church, work begins on replacing pews with chairs, allowing greater flexibility in worship and community use. At St Boniface Church, electricians will rewire the building, ensuring it's safe and ready for ministry in years ahead. These aren't simply maintenance projects; they're investments in our ability to serve and grow.

Our neighbours at the Men's Shed will help repurpose the pews, giving them new life and allowing the history they hold to bless others. It's a small but beautiful picture of the Kingdom - something loved and familiar reshaped for a new purpose.

We also face a wider question: how will our parish adapt to the changing circumstances around us? New housing continues to be built, bringing an ever-growing and beautifully diverse community. God has entrusted us with this patch of earth and these people - long-term residents and brand-new arrivals alike.

The real question is not whether change will happen, but how we will respond. Will we cling to the comfortable, or step into the opportunities God places before us? Will we see new faces as interruptions, or as invitations?

This is where *Transforming Hospitality* becomes real. Saying "everyone belongs" is more than tolerating difference; it's celebrating it: intentionally making space for others in our pews (or soon, our chairs!), our homes, our conversations, and our prayers.

Faithful Growth reminds us that adapting well requires a foundation of prayer and praise. If we are rooted in worship, we can stand firm even as the scenery shifts. Prayer keeps us anchored in God's presence; praise lifts our eyes to His bigger picture.

Purposeful Living calls us to be deliberate in how we love, give, and invite. Change can tempt us to look inward, to protect "what's ours." But Jesus' way is outward-facing - seeing the need, meeting the need, drawing others into His life and love.



So perhaps this September, as we see changes in our church buildings, our community, and our own lives, we might ask:

- What small changes might God be prompting in us?
- Is there something new we've been wondering about trying?
- Who could walk alongside us as we step into it?

We are not meant to face transitions alone. We are a church family. When one rejoices, we all rejoice. When one grieves, we all grieve. And when one steps into something new, we cheer them on - not because change is easy, but because God is faithful. Hebrews 13:8 reminds us: "*Jesus Christ is the same yesterday and today and forever.*" In a world of constant change, He is our steady rock.

So, as we settle into this new season, let's remember that change is not the enemy. The Christian life is one of ongoing transformation, being made more like Jesus day by day. The same God who was faithful last year will be faithful this year and the next. He is the constant in all our changing circumstances.

May we be a community where everyone belongs, where prayer and praise are our heartbeat, and where love overflows in giving and invitation. And may our mission - to grow new disciples through community with Jesus at the centre - shape everything we do.



With every blessing,

Rev Graeme

(You can read more about our Vision, Values & Mission on pages 7-9)

Ladies' Get Together

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

The next ladies' gathering is on:



Saturday 20th September from 9.30 - 11.00am

For more information, please call Tracey on 07904 502214. Hope to see you there!

Tracey Jones



St Boniface Church News



Everyone is welcome to our traditional Harvest Festival Service on Sunday September 28th at 11am.

Donations of tinned and long-life food can be brought to the church on Friday 26th September between 9am and 11.30 am or on the day. These will be given to a local foodbank.

Avis Wood

Are you Sitting Comfortably...?

How many times, when our vicar, Graeme Dixon, says 'Make yourselves comfortable' do you think 'Chance would be a fine thing'?

Rejoice, help is on the horizon. We have now received permission to replace the pews in St John's Church with chairs.

Now what we need are volunteers and finance. Volunteers to lift/shift/move/carry/install. (Details to follow). To address the financial need, there will be a



Parish Giving Day on Sunday 14th September.

This will be an opportunity for you to give financially to this project. Would you like to sponsor a chair? Or perhaps you could sponsor one in memory of a loved one. The price of a basic chair is around £200. With some chairs needing arms, linkage storage dollies and delivery, the total cost is going to be in excess of £32,000.



What will happen to the pews? The Men's Shed have kindly agreed to shorten some of our pews so that they can be sold.

If you would like to take up any of these options, please let Abbie know

Marion Swinerd (with input from others)

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



Twinspires Churches Vision and Values:

Several of our church members have taken part in a diocesan initiative over the last 9 months, that looks at church growth. The **GROW** course team have been reflecting particularly on our new vision, values and mission statement. I introduced these during my Pentecost sermon this year. They are:

Vision Statement: 'Loving Jesus, one another, and our neighbours.'

Core Values:

- Transforming Hospitality** – Everyone belongs.
- Faithful Growth** – Rooted in prayer and praise.
- Purposeful Living** – Giving, loving, inviting.

Mission Statement: 'grow new disciples through community with Jesus at the centre.'

At the heart of our vision is love — the kind of love Jesus showed and taught. It's simple but life-changing. Jesus said:

'Love the Lord your God with all your heart and with all your soul and with all your mind...and... love your neighbour as yourself.' (Matthew 22:37–39, NIV)

We want everything we do as a church to be shaped by these two great commandments. That means:

- 1. Loving Jesus** – Making Him the centre of our worship, our decisions, and our daily lives.
- 2. Loving one another** – Caring for our church family with kindness, patience, and encouragement.
- 3. Loving our neighbours** – Reaching beyond our church walls to show compassion, service, and the good news of Jesus to the community around us.

Our Core Values: How we live out the vision

- 1. Transforming Hospitality** – Everyone belongs.

Hospitality in the Bible is more than having people over for tea. It means making space for people in your life, even if they are different from you.



Jesus welcomed tax collectors, gentiles, children, and outsiders. He showed that God's love isn't for a select few — it's for everyone.

Paul writes: 'Welcome one another, therefore, just as Christ has welcomed you, in order to bring praise to God.' (Romans 15:7, NRSV)

We want our church to be a place where everyone feels at home - whether they have been in church all their lives or are stepping through the doors for the first time. True hospitality transforms both the one who is welcomed and the one who welcomes, because God meets us in those relationships.

2. Faithful Growth – Rooted in prayer and praise.

Growth isn't just about getting bigger in numbers — it's about becoming deeper in faith and closer to Jesus. In the Bible, healthy growth always starts with being rooted in God.

Jesus said: 'I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.' (John 15:5, NIV). We "remain" in Jesus by praying, praising, reading Scripture, and listening for His voice. This value reminds us that our activities, plans, and ministries will only truly flourish if they are grounded in prayer and worship. As we grow in our relationship with God, we become more like Him - patient, joyful, and generous — and that growth blesses those around us.

3. Purposeful Living – Giving, loving, inviting.

God calls us not just to believe, but to live out our faith in practical ways. Purposeful living means each day is an opportunity to be part of God's mission.

Jesus told His followers: 'You are the light of the world...let your light shine before others, that they may see your good deeds and glorify your Father in heaven.' (Matthew 5:14, 16, NIV)

We live with purpose when we:

- ♥ **Give** – of our time, talents, and resources, to bless others and serve God's work.
- ♥ **Love** - with compassion, forgiveness, and grace, even when it's hard.
- ♥ **Invite** - people into friendship, community, and relationship with Jesus.

This isn't about grand gestures; it's about everyday acts of kindness and faithfulness that show God's love in real ways.



Our Mission: 'Grow new disciples through community with Jesus at the centre.' The early church grew because believers gathered together, shared life, and kept Jesus at the centre of everything they did:

'They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer... And the Lord added to their number daily those who were being saved. (Acts 2:42, 47, NIV)

Our mission is about doing the same today:

- **Grow new disciples** – We want more people to meet Jesus, follow Him, and grow in faith. This happens through conversations, friendship, learning together, and seeing God's love in action.
- **Through community** – People are more likely to discover faith when they experience it lived out in a loving, welcoming group. We need each other to encourage, challenge, and support one another.
- **With Jesus at the centre** – Community alone is not enough. Many groups offer friendship and support, but our church community is unique because it's built on the life, teaching, and presence of Jesus. He is the one who saves, heals, and transforms

What this looks like in practice

- **Sunday worship** is where we come together to love Jesus through praise, prayer, and the Word, and to encourage one another in faith.
- **Small groups** and gatherings give space for deeper relationships, honest conversation, and prayer for one another.
- **Serving the community** through acts of kindness, hospitality and craft events. Our outreach shows our neighbours that God's love is for them.
- **Inviting others** - whether to a service, a coffee morning, or a meal at your home — is a simple but powerful way to live our mission.

The Bigger Picture

Our vision, values, and mission aren't a checklist or a set of slogans. They are a reflection of God's heart for the world. Jesus said: 'By this everyone will know that you are my disciples, if you love one another.' (John 13:35, NIV)

If we live in this love - welcoming all, growing in faith, living purposefully, and inviting others to meet Jesus, then we will not only grow as a church, but also help change lives and communities for the better.



Rev Graeme



Superheroes in Scripture Twinspires Holiday Club 2025



Over three exciting days this summer, Twinspires Churches welcomed a lively group of local children for our latest Holiday Club, themed “**Superheroes in Scripture.**” From Monday 4th to Wednesday 6th August, between 21 and 30 children aged 4–11 joined us each day to meet some of the Bible’s most inspiring heroes - and to enjoy a packed programme of games, crafts, drama, and more.

The club was led with energy and enthusiasm by **Ewan**, whose creative storytelling and gentle leadership brought the theme to life. He was supported by a wonderful team of volunteers - people who gave their time, skills, and, in some cases, their willingness to be covered in glitter and flour - to make the event truly memorable. Without their dedication, this Holiday Club simply would not have been possible, and we are deeply grateful for each and every one of them.

Day One – David and Goliath

The adventure began with the story of **David**, the shepherd boy who faced the giant Goliath with courage and faith. The children threw themselves into the challenge — quite literally — by making their very own cloth pouches filled with colourful pom-poms to “slay” cardboard Goliath figures. Between target practice, team games, and dramatic retellings of the story, the church was alive with energy. The children learned that, with God’s help, even the smallest can face the biggest challenges.

Day Two – Daniel and the Lions’ Den

On Tuesday, our superhero spotlight turned to **Daniel**, the man who stood firm in his faith despite being thrown into a den of hungry lions. The children made bright, roaring lion faces out of card and craft materials, each one unique. Drama activities helped them step into Daniel’s shoes, imagining the courage it took to trust God in such a dangerous situation. Games and challenges built on the theme of bravery, with plenty of laughter and teamwork along the way.

Day Three – Jesus Feeds the 5,000

Wednesday’s focus was the greatest superhero of all: **Jesus** - and His miraculous feeding of the 5,000. Ewan’s dramatic retelling brought the story to life, showing how a boy’s small lunch of loaves and fish became a feast for thousands. For their craft, the children created their own stick-man superheroes complete with capes, masks, and bold colours, reminding them that Jesus’ love empowers us to be everyday heroes in our own communities. The day ended, with a joyful celebration, complete with songs, games, and the now-traditional ‘leader challenges’ where balloons filled with glitter and flour were dropped on very sporting volunteers, who were ‘carefully chosen’ (by the children).





Fun, Faith, and Friendship

Throughout all three days, the Holiday Club buzzed with activity. There were moments of high energy — races, challenges, and games in the sunshine — and moments of quiet reflection during short reflective times. The crafts gave children a chance to express the stories in colour and creativity, while the drama sessions allowed them to step into the shoes of these biblical heroes.

One of the most heart-warming things to see was how quickly friendships formed. Many children attended all three days, and by the final session they were not only remembering the stories but helping to tell them to others. The laughter was infectious, and the joy was shared by leaders and children alike.

Thank You to Our Volunteers

We cannot say it enough — the Holiday Club would not happen without the commitment of our volunteers. From setting up each morning to leading activities, from preparing snacks to cleaning up the last bits of glitter, they gave their time generously and cheerfully. Their love for the children and their passion for sharing the message of Jesus shone through in everything they did. And yes — they enjoyed themselves as well!

As we look back on these three days, we are reminded that the Bible is full of real-life “superheroes” — ordinary people who trusted in God and did extraordinary things. Our prayer is that the children who joined us will carry these stories, and the joy they experienced, into their own lives.

Until next time — thank you, Twinspires family, for making this Holiday Club an unforgettable adventure.

Rev Graeme



A Healing River

From the throne-room of God, His water flows
Cleansing and healing wherever it goes
Purifying and washing and making whole
Not just for some but for every living soul!

It flows like a river, not making a sound.
It changes lives wherever it is found.
Come wash in this river and bathe your soul
Refreshing spirit, come answer God's call!

A call to obedience, to walk in His way,
To follow JESUS day after day.
To know God's will, to hear His voice
His spirit guiding so you make the right choice!

As you step in His footprints, He guides you still
So you can follow and be in His will.
There's no need to falter or not be sure
As you step out in FAITH, and TRUST more and more!

This living water brings LIFE where it flows
Restoring creation wherever it goes.
Step into the water, up to our ankles or knee
Or plunge into the deepest part and let God set you FREE!



Lyn Banbury

Inspiration for this Poem is taken from:

Ezekiel 47:1-9 - The river from the Temple

Healing Psalms:

Psalms 103 – declare it, believe it, receive it

Psalms 91 – a battle cry and weapon, no plague will come near you or your family

Psalms 107:20 – He sent out his word and healed them

Psalms 13:6 – I will sing the Lord's praise, for He has been good to me

Isaiah 53:4-5 – by His stripes we are healed.



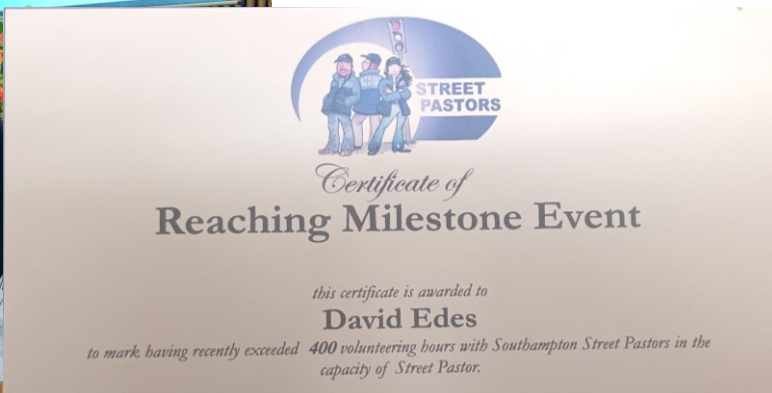
David Edes' Milestone: 400 Hours Service as a Street Pastor

Congratulations to Dave for his remarkable achievement of contributing over 400 volunteer hours with Southampton Street Pastors.

Our Church family is truly blessed to have such dedicated volunteers who tirelessly support those in need within our community.



If you are interested in joining them, or finding out what's involved, do chat with one of them, or contact the Southampton Street Pastors office on 023 8033 3387, or on 07786 263804, or by email: southampton@streetpastors.org.uk



Some of our TwinSpires Street Pastors at St James Road Methodist Church, with Mike Sarson of Southampton Street Pastors HQ: Christine Hartley, Vanessa Sims, Rodney Stratford, (Mike Sarson) & David Edes



Church Services in September



Our livestreamed worship is primarily via our [YouTube](#) channel. We will make every effort to livestream, but there are not enough volunteers to cover every service. **If this is in your skill set, please get in touch.** Tea and coffee are served after the 10am service. There is a crèche area available during services at St John's Church. We hope to provide Prayer Ministry at 10am services.

St John's Church, Rownhams

Sunday 7th September - Twelfth Sunday after Trinity

10am All Age Worship

6.30pm Holy Communion



Sunday 14th September - Thirteenth Sunday after Trinity

Gift Day (an opportunity to donate to St John's 'pews-to-chairs' project, see p6)

10am Holy Communion

6.30pm Evening Prayer



Sunday 21st September – Fourteenth Sunday after Trinity

10am Contemporary Service

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

6.30pm Prayer Meeting



Sunday 28th September– Fifteenth Sunday after Trinity

10am Immerse Service

6.30pm Evening Prayer

Please email youth@twinspires.or.uk for more information and price of our Youth Weekend Away – spaces are limited



26TH-28TH SEPTEMBER

AVON TYRELL, CHRISTCHURCH

WORSHIP, GAMES,
ACTIVITIES & MORE

SCHOOL YEARS 7+

SCAN HERE TO BOOK:



FOR MORE
INFORMATION:

[YOUTH@TWINSPIRES.ORG.UK](mailto:youth@twinspires.org.uk)



St Boniface Church, Nursling

Sunday 7th September - Twelfth Sunday after Trinity

11am Morning Prayer

Sunday 14th September - Thirteenth Sunday after Trinity

11am Morning Prayer

Sunday 21st September - Fourteenth Sunday after Trinity

11am Holy Communion

Sunday 28th September– Fifteenth Sunday after Trinity

11am **Harvest Festival Service**

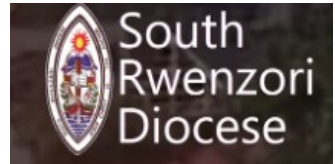


Our Retiring Collection in September is for: South Rwenzori Diocese, Uganda

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

Their vision is: abundant life for all people

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



TwinSpires Churches
WEEKLY TOTS CAFÉ

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

We meet during school term time, in the Community Centre, Horns Drove

MONDAYS 9.30 - 11AM

(The first meeting after the summer break is on Monday 8th Sept)

Connect with other parents and bring your little one
for play, crafts, friendships, nursery rhymes and Bible stories!

Refreshments provided

Entry is free, although voluntary contributions are always welcome.



What's on During the Week

For the latest news, online links, videos of services and service sheets, please visit www.twinspires.org.uk. To receive direct emails about news and events for our Churches, please contact the office to be added to our 'big distribution list' (023 8073 8293 or office@twinspires.org.uk). Our administrator is in the office on Tues, Weds & Friday mornings. We have various mid-week homegroups (see p2). Our youth groups meet regularly **during school term time**, in addition to one-off events. Please contact youth@twinspires.org.uk or the office for details.

Weekday Morning Prayer:

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

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

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

Meeting ID: 112 879 792 Password: 107871

Online via **Facebook Live** at **10am** on **Thursdays** (recording available all week) <https://www.facebook.com/NurslingAndRownhams/live/>

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

Fridays 8.30am Morning Prayer in St Boniface Church

Mondays 9.30-11am Tots Café* in Horns Drove Community Centre (see p15)

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

Wednesdays 7-8.30pm BEACON Group* (ages 11-16) in St John's Church

Thursdays 1-4pm Ladies' Shed Group (venue: Nursling Men's Shed)

Thursdays 2.15-3.45pm Nursling & Rownhams Friendship Club (See p19)

Fridays 4.30-5.30 IGNITE* Youth Group

for school years Reception – 2 in St John's Church Hall

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

Mid-week Bible Study Home Groups (See p2)

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

First Wednesdays 8-9pm CONNECT! on [Zoom](#) (for new Christians)

First & Third Thursdays 10am – midday Coffee Break in Horns Drove Community Centre **4th & 18th September**, (see p19)

First & Third Fridays 2.15pm Prayer meeting 5th & 19th Sept at Dorothy Stratford's home

Sat 6th Sept 10-11am Litter Pick meet Upton Lane, close to Lymer Villas, opposite Enerveo – a layby is suitable for some parking. (see p18)

Sat 13th Sept 8.30am Men's Breakfast – contact Nick Launder

Sat 20th Sept 9.30-11am Ladies' Get Together, St John's Church Hall (see p5)



Dates for Your Diary:



- + **Contributions for Next Month's Magazine by 6pm, Sunday 14th September**
Preferably by email to twinspiresnews@live.co.uk
or, alternatively, to: Mary Carter, 12 Horsebridge Way (paper copy).
Please check you receive an acknowledgement of your email
- + **Sunday 14th Sept a special Gift Day** - to raise funds for the new chairs at St John's Church. (see p6)
- + **Friday 26th Sept 2pm Friday Friends Afternoon Tea**
in St John's Church Hall (see below)
- + **Friday 26th – Sunday 28th Sept Twinspires & Romsey Abbey Youth Weekend Away** at Avon Tyrell. (see p14) Spaces are limited.
Please email: youth@twinspires.org.uk for more details & price
- + **Sun 28th Sept FairTrade stall** after church at St John's Church
- + **Sun 28th Sept Harvest Festival Service** at St Boniface Church
- + **Sat 4th Oct 10-11am Litter Pick** (venue tbc)
- + **Sun 5th Oct FairTrade stall** after church at St Boniface Church
- + **Sat 11th Oct 8.30am Men's Breakfast** contact Arnold Rust
- + **Sat 18th Oct 9.30-11am Ladies' Get Together** in St John's Church Hall



Come and join us at
Friday Friends



St. Boniface & St. John's

The Pastoral team invites you for an

'Afternoon Tea'

Friday, 26 September 2025

St. John's Church Hall starting at 2.00 pm.

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

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

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

We look forward to seeing you.



August's Litter Pick

Firstly, thank you for those of you who came along to this month's litter pick. A big shout out to Mark, who came despite saying he recently had been suffering with losing sight in one eye.

There was surprisingly less litter than the last time we carried out a litter pick there in July last year. We did wonder if someone had come along before us and litter picked as we didn't get much of a hoard! In total we collected 2 bags of general waste and 1 bag of recyclable plastic and aluminium cans and 1 full bag of glass.



As you may see from the photo, we found an old scooter. The council will have collected it by the time you read this article. Sorry if it is yours!



After a brief consultation, we decided to meet next month on Saturday 6th September at 10am along Upton Lane. We will meet and park close to Lymer Villas, opposite Enerveo, where I recall there is a layby which would be suitable for some parking.

Sophie Ross



If you wish to visit Winchester Cathedral, the Parish Office has six passes allowing free entry. These may be borrowed by any member of our Church

family. Please contact: office@twinspires.org.uk



Nursling & Rownhams Friendship Club



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

The cost is £3.00 per week plus an annual membership fee of £20 to enable the club to continue with a small membership. All meetings have a prize draw and include free tea/coffee and biscuits. There is ample free parking next to the Social Club during building works at the Village Hall. Your first visit is free, and we would love to welcome new members at these events: **don't be shy - give us a try.**

We have a mixture of visiting entertainers and quizzes. The following is our proposed programme for September 2025.

September 4th - Crescent Singers, local choir with their new leader

September 11th - Quiz afternoon, time for a cuppa and a chat

September 18th - Marlene, singer who loves coming to the club

September 25th - Quiz afternoon, time for a cuppa and a chat

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

Mike Ward



Coffee Break is a friendly place for you to drop in for a chat, over coffee and homemade cake, to take time out to meet with neighbours, catch up with friends and bring others along to. It's a great way to bring a wide variety of local residents together in our community. We look forward to welcoming you.

Following our Summer break, Coffee Break meets again
in September on 4th and 18th
between 10.00am and midday
in the Community Centre in Horns Drove.

If you need a lift, please contact Glennis via the Parish Office, on: 023 80 738293, or by email to: office@twinspires.org.uk.

The Coffee Break Team











Why You Should Drink Tea

There is a popular greeting card which says: 'All things are possible with a cup of tea'. 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 going into some complicated science, it seems that they are equally healthy to drink. Black tea has more caffeine, which may help if you need more energy! **Parish Pump**



Fairtrade Foundation Calls for Tea-drinkers to ‘Brew it Fair’

Tea-drinkers in the UK are being asked to help change the “woefully inadequate” wages and working conditions of the estate workers on tea plantations around the world.

The Fairtrade Foundation’s new ‘Brew It Fair’ campaign is based on the findings of a report which sets out just how many workers on tea plantations live in “chronic poverty”.



Much of the world’s tea is auctioned, which means that a few very large buyers end up able to dictate the prices of how much they will pay for it. This has a brutal impact on the workers: a recent survey of 260 tea-growers and pickers in Kenya found that only one in five earn enough to feed and support their families and then also send their children to school. The report says: “As tea drinkers, we are now used to paying very little for, and putting little value on, our cup of tea.” But for the growers and pickers of tea, the “high levels of unstable work, low incomes and wages, gender discrimination and unsafe working conditions” continue.

Fairtrade calls on the UK Government to introduce a new law on human rights and environmental due diligence (HREDD). This should be “centred on the needs of farmers and workers, with a focus on supporting living incomes and living wages”. The report also urges UK tea-drinkers to buy Fairtrade tea, highlighting the Co-op, Marks & Spencer, Sainsbury’s, and Waitrose as key supporters. The UK accounts for 61 per cent of all the Fairtrade tea sold in the world.

Parish Pump

**Please support our FairTrade stall after church on
Sun 28th Sept in St John's Church & Sun 5th Oct at St Boniface Church**

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



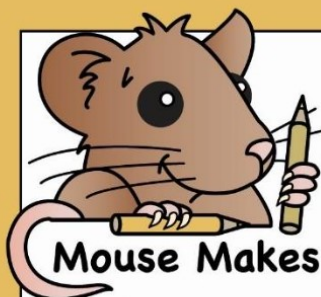
- used postage stamps, ideally with a 1cm margin
- old spectacles, (not cases or contact lenses).
- used printer cartridges and new unopened printer cartridges (not laser or toner cartridges)



We are no longer able to recycle used plastic pens and felt tips. And, for the time being, we cannot accept milk bottle tops. However Test Valley will now accept bottle tops in your kerbside recycling bin, if they are put back on the plastic bottle after it has been squashed.

Thanks to everyone who helps us recycle. The ink cartridge recycling not only means that waste is kept out of landfill, it also raises money for our churches. The last batch sent off raised **£35.35**. So far, we have raised about **£600** since we started collecting them.





Mouse Makes

"Let us fear and respect the Lord our God.
He gives **autumn** and **spring** rains
at the right time. He makes sure that we
have the harvest at just the right **time**."

- from Jeremiah 5:24

"God... gives you **rain** from
heaven and good harvests
at the right times. He gives
you plenty of **food** and
fills your hearts with **joy**."

- from Acts 14:16-17

"May the people **praise** you **God**...
The **land** **yields** its harvest, God,
our God **blesses** us."

- from Psalm 67:5-6

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

- Proverbs 3:9

"So the one who **plants** is not
important, and the one who **waters**
is not important. Only **GOD** is
important because He is the one
who makes things **grow**."

- 1 Corinthians 3:7

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

Find the words in **bold** type in the bible quotes in the
wordsearch then look for the words below too!

PLOUGH • FIELD • SOIL • SCATTER • SOW • SEEDS • SUN
REAP • PICK • CROPS • GRAIN • CORN • BARN • BREAD • THANKSGIVING



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



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

Donate

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



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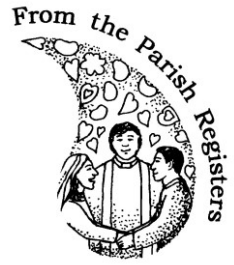
You can raise FREE donations for us when you shop online

So far we have raised over **£673** since we started.





From the Registers



Baptisms

3 August

3 August

'One Lord, one faith, one baptism'

Jack David Russell Maxwell-Smith

Emily Victoria Maxwell-Smith

(Ephesians 4:5)

St Boniface

St Boniface

Funerals

6 August

'Christ has been raised from the dead, the first fruits of those who have fallen asleep' (1 Cor 15:20)

Mrs Audrey Kathleen Abernethie (90) *Interred at St John's*

Prayer for September 2025

Heavenly Father,

September is the month of new starts for so many. New starts can be exciting, but they can also be daunting. We don't always know what to expect and sometimes we feel as if we are on our own in a strange new place, or situation.



Help us to know that, as your people, we are never alone. You promised, through Jesus, to be with us always and You gave us Your Holy Spirit to empower us.

In some ways every day is a new start – a new gift from You. As we unwrap the gift of each new day, this September, encourage us to receive it confidently and expectantly.

Help us to know that we can do all things, through Christ Jesus, who strengthens us. We can! In Jesus' name,

Amen

Daphne Kitching



Suggestions for Your Prayers



Pray for compassion for the leaders of nations at war. Pray that God will be at work bringing the perpetrators to repentance. Ask that leaders will work together to find just solutions. Pray that there will be an end to starvation. Ask for God's comfort for those who have lost loved ones.

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

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

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

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

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

Fairtrade Fortnight is the last week in September and the first week in October this year. Pray that God will give good harvests to those who grow crops and bless the work of those who craft items to sell. Ask that communities will have wisdom as they decide how to use the Fair Trade premium. Pray too that when we shop we will have an understanding of the impact of our choices.





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The Night Light Café

The Night Light Café is a friendly environment to relax, have a drink and feel safe.

A warm, welcoming space with free tea, coffee toast, snacks. The Café is free and run by the team from the Winter Beds Project at City Life Church.

The opening months have gone very well. The Café has been greatly appreciated, by those coming in hungry and thirsty. We have averaged 19 people per night and 93 individuals have been through the doors.

This is a wonderful opportunity to serve our community by providing a warm, welcoming space for those in need. Do consider joining the team. You will be blessed, as you share with people over a cup of coffee, game, etc. Often they will willingly accept prayer for their situation. **People can volunteer via the City Life website:**

<https://www.citylife.org.uk/volunteering-and-vacancies/>



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