

St Luke with St Mark Winchester



**Parish Magazine
November 2021**



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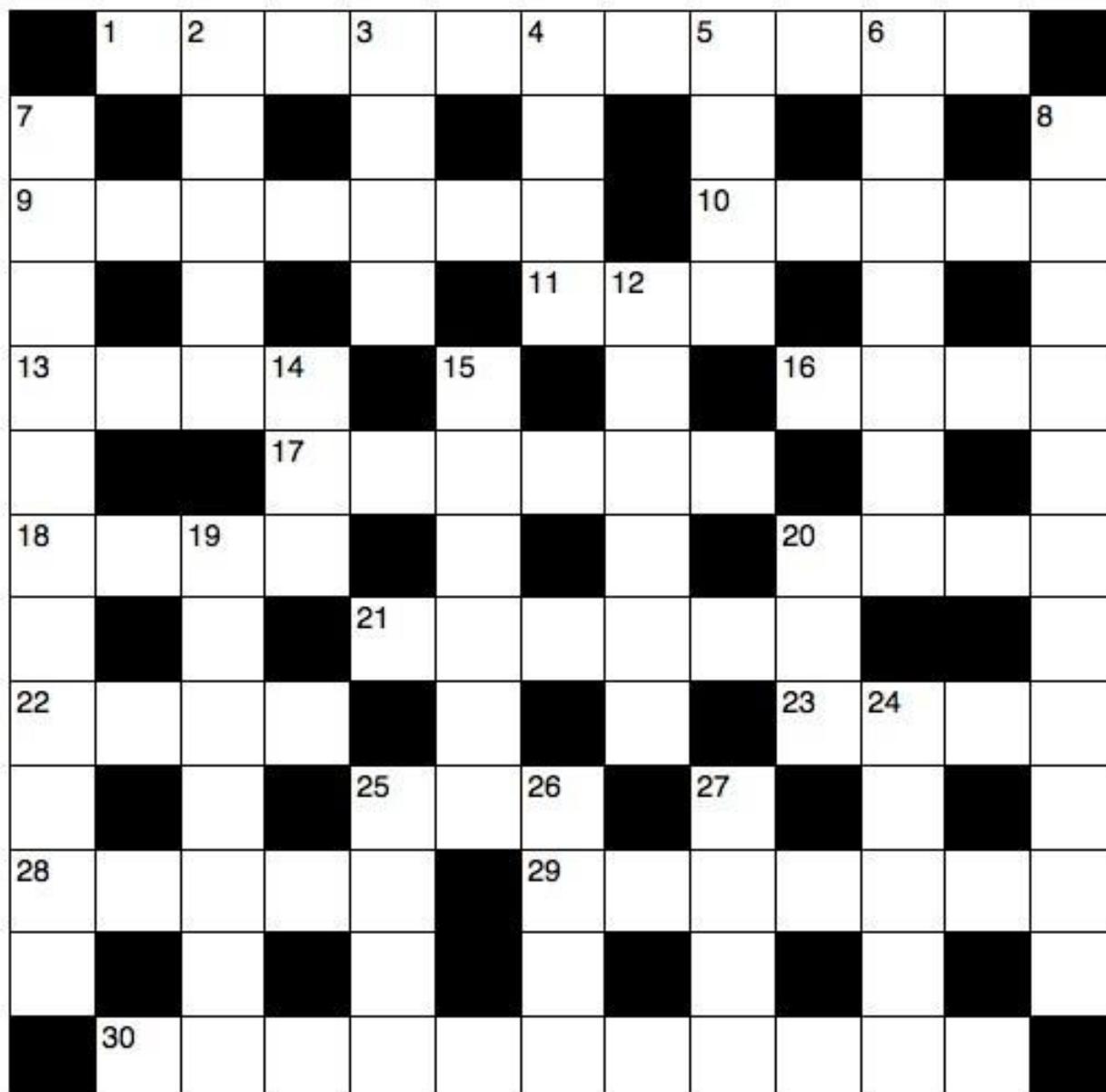
MAGAZINE DATES for 2021

With effect from the new year, the magazine will be published bi-monthly, beginning with the February 2022 edition.

Magazine Issue	Submission Date	Magazine Issue	Submission Date
December 2021	21 st November		
February 2022	23 rd January	April 2022	23 rd March
June 2022	23 rd May	August 2022	23 rd July
October 2022	23 rd September	December 2022	23 rd November



November 2021



Across

- 1 In David's battle with the Arameans, 700 of these were killed (2 Samuel 10:18) (11)
- 9 'No — , impure or greedy person has any inheritance in the kingdom of God' (Ephesians 5:5) (7)
- 10 City on the banks of the River Nile (5)
- 11 Stamped addressed envelope (1,1,1)
- 13 Taverns (4)
- 16 'Be on your guard; stand — in the faith' (1 Corinthians 16:13) (4)
- 17 'He will not always — , nor will he harbour his anger for ever' (Psalm 103:9) (6)
- 18 and 27 Down Where the magi came from and what guided them (Matthew 2:1–2) (4,4)
- 20 Ancient Celtic alphabets of 20 characters (4)
- 21 She married Esau when he was 40 years old (Genesis 26:34) (6)
- 22 A great-grandson of Noah (Genesis 10:7) (4)
- 23 Title accorded to certain Roman Catholic clerics (abbrev.) (4)
- 25 'My house will be a house of prayer; but you have made it a — of robbers' (Luke 19:46) (3)
- 28 Annie (anag.) (5)
- 29 Plead with (Zechariah 7:2) (7)
- 30 Tenth foundation of the new Jerusalem (Revelation 21:20) (11)

Down

- 2 'We have a building from God, an eternal house in heaven, not built by — hands' (2 Corinthians 5:1) (5)
- 3 Uncommon excellence (Proverbs 20:15) (4)
- 4 'You have exalted my horn like that of a wild ox; fine — have been poured upon me' (Psalm 92:10) (4)
- 5 — Homo ('Behold the Man') (4)
- 6 'He has given proof of this to all men by — him from the dead' (Acts 17:31) (7)
- 7 'Our — is in heaven' (Philippians 3:20) (11)
- 8 'This is a day you are to — ' (Exodus 12:14) (11)
- 12 Assault (Psalm 17:9) (6)
- 14 'Jesus found a young donkey and — upon it' (John 12:14) (3)
- 15 Liverpool dialect (6)
- 19 'Remember the — day by keeping it holy' (Exodus 20:8) (7)
- 20 Nineteenth-century German physicist after whom the unit of electrical resistance is named (3)
- 24 Nazirites were not allowed to eat this part of a grape (Numbers 6:4) (5)
- 25 'If anyone would come after me, he must — himself and take up his cross and follow me' (Mark 8:34) (4)
- 26 Evil Roman emperor from AD54 to 68, responsible for condemning hundreds of Christians to cruel deaths (4)
- 27 See 18 Across



THE YOUNG OGRE

Once upon a time there lived an Ogre who had a very disagreeable nature. Although there were plenty of people around him in the village where he lived, nobody stopped to pass the time of day; nobody greeted him with a cheery “Good morning!” or “Do you think it will rain today?” When he went into the village shop everybody gave him a cold shoulder, and all the gossip stopped until he had been served and was back in the street.

You may wonder how this situation had come about. Nearly three hundred years earlier when our Ogre was a youngster he had not been taught any manners by his mother and father, the old, old Ogre and Ogress. The Ogre family ate monstrous meals of roast pork, roast beef, roast chicken, roast turkey and roast potatoes. Where did they get all this from? The local farmers of course. Did they pay for this food? Not a bit. If a farmer had the temerity to demand payment, his flaxen-haired daughter would be snatched from her home and made to work in the Ogres’ kitchen. Not a nice job, for the Ogres’ kitchen floor was covered with old bones and the gristly bits of meat that had been spat out. This disgusting habit continued until the Ogre parents died and the village people gave a collective sigh of relief and refused to have anything to do with the young Ogre. You may give a wee tear for the young Ogre, left all alone and having to go shopping for anything he needed, especially meat. How did he pay for this you may ask? Well, he had a casket of gold coins which he had inherited and one gold coin could buy him a lot of food. He realized, of course, that eventually there would be no more coins. What would he do then?

This little worry began to gnaw at his peaceful existence. Eventually he realized that he would have to go out to work to earn some money! What a thought! But what sort of work could he do? He had not been educated to a degree where jobs could be done and people would actually *pay* one something. All his life he had been on the receiving end. “Perhaps I could do some gardening,” he thought. But nobody wanted him anywhere near their gardens. “Perhaps I could chop up wood,” he thought, “or go shopping for them.” But these ideas came to nought because nobody trusted him one inch.

He sat down outside his house in despair. Tears began to trickle down his fat cheeks. While he was sitting thus in lonely contemplation he failed to notice a boy of about six who was coming up the path to his house.

“Hallo,” said the boy. “Why are you crying?You can have a suck of my lolly if you like.”

The Ogre looked up and saw the boy. Why was this boy not afraid of him? Why was this boy actually *offering* him something? The Ogre had never before in his life had such an experience. He was flabbergasted. He stuttered, “Your lolly? What does a lolly taste like?”

“Try it,” replied the lad.

The Ogre held out his hand for the lolly and took a lick. "Mmmm," he murmured. "Golly, golly, what a delicious lolly!"

"You can buy one easily at the grocer's in the village," informed the boy.

"What is your name, Boy?" asked the Ogre.

"Tom," was the reply. "Shall we get lollies for all my mates?" he suggested. "You've got a gold coin, haven't you?"

"My last one," said the Ogre, sadly. "But then," he thought, "if all the children in the village have a lolly, perhaps they will be friends with me."

The Ogre and his new friend Tom walked into the village together. All the children peeped warily round corners and doorways. Tom and the Ogre strode into the village shop.

"We'd like lollies for everyone, please," said Tom politely, "that is, if you've got enough."

"I think we can just manage it," replied the shop keeper, who was intrigued by this request. "But have you got any money?"

"Mr Ogre will pay," replied Tom. "He's got a gold coin."

"Ah, well, that's good," said the shop keeper. "Let's have a look at it first."

Rather slowly the Ogre pulled the gold coin out of his trousers pocket. He handed it over to the shopkeeper. "My, oh my!" exclaimed the latter. "This will keep you in lollies for a good while yet."

Soon all the village children were licking away. Then they followed the Ogre back to his dwelling place and played French cricket and rounders till the mothers called them home for supper.

And they came back the next day.

No longer was the Ogre alone and sad. When his money ran out the children took it in turns to have him to tea. High tea. Fish and chips and bacon and eggs and the like. And the Ogre helped the dads with all the heavy jobs around their farms and gardens.

It became a happy village.

Kay Hassell

Quiz: Does this story remind you of any story from the Bible? If so, can you place the story? No prizes for your answer, but think about it.

Gentle Flow Yoga Classes

To raise funds for St. Mark's Refurbishment

Starts: Wednesday 3rd November,
for 5 weeks

Time: 10:00 – 11.00am

Donation: £35 suggested

Venue: St Mark's Church Hall,
Olivers Battery Rd South,
Winchester

Registration is required to attend this course.

If you are interested in attending, please let Anju know by 26th October. **Places are limited.**

Donation for the 5-week course is suggested at £35 (**non-refundable**).

Payment is by bank transfer:

Sort code 55-81-26

Account number: 00336122

Reference "St Marks Yoga"

Or,

Cheque made payable to: "St Luke's PCC"

All proceeds will go towards the refurbishment of St Mark's



The instructor:

Anju Odam is an experienced health promotion specialist and a certified yoga therapist & instructor with over 10 years yoga teaching experience.

E: aodam.yoga4health@gmail.com

T: 07582090137

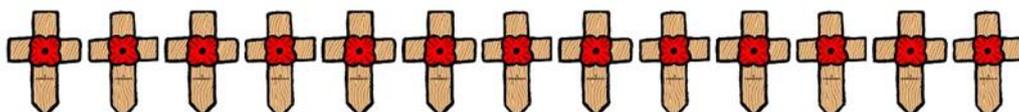


A bit more about the sessions:

These hour-long sessions are mat based and designed to help release stiffness and tension from all parts of the body and to keep body and mind in good health. They will be based on soft flowing movements, directed breathing and visualization to: improve energy levels, develop flexibility, strengthen abdominal muscles, increase muscle tone, and correct bad posture.

This course is suitable for all levels of ability.

Please wear loose, comfortable clothes and please bring a yoga mat or a thick blanket.



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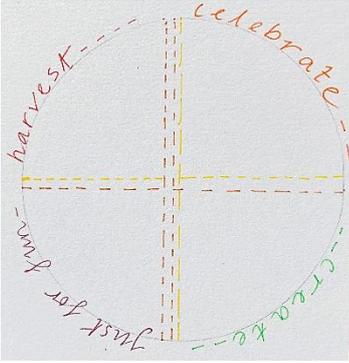
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Break Free in the Great Outdoors

Autumn is a time of harvest, connectedness and community. When our activities, celebrations and daily rhythm reflect these and other season's archetypal qualities we are more grounded and in touch with the world around us. The daily, weekly and yearly recurring activities we do together, create a sense of rhythm as families and as a community.

I have designed Break free activities this month to inspire a sense of joy based on the natural rhythm of the season of harvest.



What activities will you be doing this autumn?

You can create rhythm unique to your own family or situation, based on this idea for harvest, celebration, creating (making things) and fun, by filling in your own ideas.

Get inspired



Last month, for the beginning of harvest we focused on connection. Now we turn to observe the changes in the world around us - in the sky, in the heavens and the leaves on the trees.

With a cold winter just around the corner - it is coming, isn't it? there's a lot to prepare. We are making fruity mincemeat, a delicious berry vinegar and Welsh Minestrone to keep away nasty viruses and flu that seem to have arrived early this year.

How will you spread the flame of love?

You can find out more at www.thegreatbigoutdoors.com/blog/observe

Elizabeth Foulds

You are invited to the Beatrice Project Zoom Quiz

on Sat. Nov 6th, 19.30 UK time

Please Register by email: suebeatricep23@gmail.com

After the huge success of the Zoom quiz we held in March, we are running another one on November 6th. The last was a really enjoyable evening, great fun and very productive, raising an amazing £2000 plus for the work in Zimbabwe. In fact, one enthusiastic punter emailed to say, 'A wonderful evening. Best quiz I've ever been to!'

Even though lockdown has ended, Zoom allows people from all over the country, and even from around the world to take part, giving families a chance to team up without travelling long distances. Registration is essential and we invite you to make a donation to the Beatrice Project of £10 per person to support the project in Zimbabwe.

We at the Beatrice project have been very grateful to receive an annual gift from the Parish over the last few years as part of the St Luke's with St Mark's Mission giving.

Over the last 18 months we are so pleased to report that far from going under, the work of our partners Ntombi Nto has thrived and adapted to lockdown restrictions. All 300 girls continued to receive sanitary protection and monthly educational workshops. The ban on large group meetings led them to form very successful small support groups led by the trained adult volunteers and peer educators. A new project site has even been started. Also, several more sewing rooms have been funded and now women volunteers and girls are making reusable washable sanitary pad kits. Quite a few girls have also started using menstrual cups. To keep funding this work we need your help.

So Please Register and Enjoy the Quiz!

Contact Sue at: suebeatricep23@gmail.com

To donate, visit: www.give.net/20237532. This is our preferred way for you to give. Your money can be gift aided as it is a donation and your entry to the quiz is **not dependent on whether you give it.**

Alternatively, you can make a transfer to The Beatrice Project, Barclays Bank 20-79-31 (account number: 93590631) If you wish to send a cheque, please send it to the project address: 23, Rockleigh Road, SO16 7AQ.

We suggest a max. of 3 or 4 screens in your team. After each round you'll join each other in a breakout room to chat about your answers.

All teams/participants must register.

We look forward to hearing from you, then further details will be given.

Thank you,

Karen, on behalf of the Beatrice Project Trustees.

Dr Karen Trewinnard BM FFSRH DGUM

Trustee, The Beatrice Project,

UK Charity 1175299

www.beatriceproject.org





We have exciting news to share, this week we are launching our new working name - The Winchester Beacon. As a valued supporter of Winchester Churches Nightshelter, we wanted to let you know a bit more about this change and why we have made it.

When Winchester Churches Nightshelter was founded by Winchester Churches Together in 1988, we were most definitely a nightshelter. We operated just in the winter months and our focus was to provide emergency food and shelter. Fast forward over 30 years and we have evolved to become more than just a safe place to rest for the night. As you will know, residents receive one-to-one support to help them to rebuild their lives with our person-centred care providing an opportunity for our residents to make steps towards a more secure future.

Changes made to cope during the pandemic have had such a positive impact on our residents that we have decided to make them permanent. We will continue to be open 24 hours a day and carry on accommodating our residents in single bedrooms. Therefore, we are no longer a traditional nightshelter and, in truth, it feels misleading to go by that name.

Residents, past and present have shared that the name 'Nightshelter' can conjure up worrying images and may put off some people from accessing our services. There is also stigma, shame and fear attached to it and almost everyone who stays with us comments on how different the reality is to their expectations.

Over recent months we have talked to residents, volunteers, staff and supporters to find out what our charity means to them. Lots of research and experimenting with ideas has led us to choose The Winchester Beacon as the name to carry us forward.

We are a beacon of hope that rescues people in their darkest times. Our residents find a warm and welcoming environment where our support helps to shine a light on a path out of homelessness and towards their future. Our new working name will be used to describe our services and our building on Jewry Street, in the background our registered charity name will remain Winchester Churches Nightshelter. So, in terms of our donations, Winchester Churches Nightshelter will still be used.

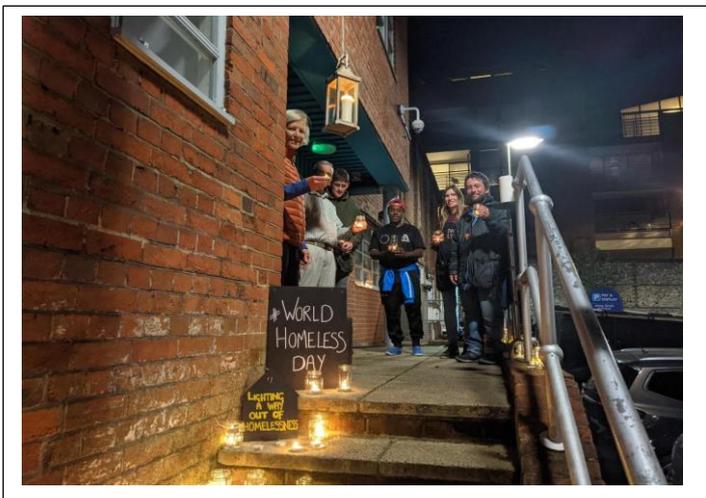
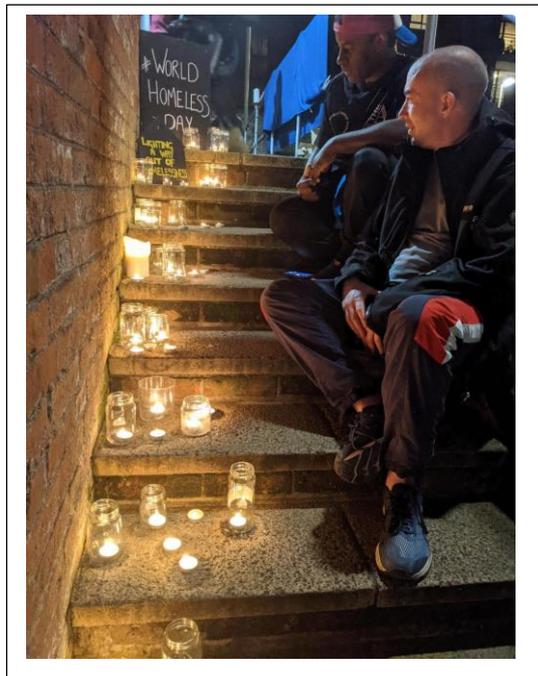
We want to reassure you that just because our name is changing does not mean that

we are stopping doing what we do best. In fact, the opposite is true. Our new name comes at a time when we are making some exciting alterations to our building to enable us to further improve our support to residents. We have also just finalised the purchase of a third move on property which will accommodate an additional four people on their journey to independent living. This means that going forward we will be able to offer support and accommodation to twenty-two people across our four sites.

We are committed to spending our funds on what really matters - our support for our residents. Therefore, we will not be investing big budgets in the promotion of our new name so we would appreciate any help that you can give us in raising awareness and understanding of the change amongst our wider community.

I want to take this opportunity to thank you for your continued support. Together we have helped thousands of people to escape homelessness and we look forward to you coming on the next part of our journey with us as we adapt to the needs of those we support and continue to be a bright beacon of hope in the lives of people experiencing homelessness in Hampshire.

Best wishes,
Michèle Price





Steve Brine MP

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Whatever your concern, please get in touch - *I am happy to help.*

Steve Brine MP

Member of Parliament for Winchester



Contact: Steve Brine MP

House of Commons
London SW1A 0AA

Tel: 020 7219 7189 (House of Commons)

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Need an extra £100 to help stay warm this winter?

If you're on a low income, over 60 and live in Hampshire, you could get a grant of £100 to help stay warm this winter from the Surviving Winter fund.

With rising energy prices, an increasing number of people will be finding it hard to heat their homes this year. The Surviving Winter fund is open from 11th October until the end of March 2022 (or earlier if all funding is allocated before that date) and can be accessed via your local Citizens Advice.

The scheme is aimed at people who are over 60 and live in Hampshire and whose only income is the state pension (with or without state credit), or those who will struggle to heat their home adequately this winter.

Successful applicants will receive a one-off grant of £100 which will be paid directly into their bank account and can be used to help with heating costs or to buy food and clothes.

If you think you might be eligible, please contact Citizens Advice Winchester District, and one of our advisers will support you with an application.

Call Citizens Advice Winchester District for free on 0808 278 7861 or email: advice@cawinchesterdistrict.org.uk Phone lines are open 10am to 4pm, Monday to Friday.



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CHRISTMAS FRUIT CAKE RECIPE

(contributed by Margaret Weaver)

INGREDIENTS

1 cup water, 2 cups dried fruit, 1 cup brown sugar, 2 cups flour, 1 tsp salt, 8ozs nuts,
4 large eggs, 1 tsp baking powder, juice of 1 lemon, 1 bottle whisky.

METHOD

Sample the whisky to check the quality. Take a large bowl, Check the whisky again. To be sure that it is of the highest quality, pour one level cup and drink. Repeat.

Turn on the electric mixer, beat 1 cup of butter in a large fluffy bowl. Add 1 tsp sugar and beat again. Make sure the whisky is till OK. Cry another cup. Turn off the mixerer.

Break 2 eggs and add to the bowl and chuck in the dried fruit. Mix on the turner. If the fried druit gets stuck in the beaterers, pry it loose with a drewscraver. Sample the whisky to check for tonsistency.

Next sift 2 cups of salt. Or something. Who cares? Check the whisky. Now sift the lemon juice and strain your nuts. Add 1 table.

Spoon. Of sugar or something. Whatever you can find. Grease the oven. Turn the cake tin to 350 degrees. Don't forget to beat the turner. Throw the bowl out of the window. Check the whisky again and go to bed!

Traidcraft - November 2021

The nights are drawing in and there's a chill in the air. What better excuse do we need to indulge ourselves just a little? There are few things more appealing than a night in with a good book or an excellent drama on the TV, snuggled down on your sofa and nursing a cup of hot chocolate. What winter is for.

So, here's my recipe for some autumn pampering from Traidcraft:

- 1 One hour's bracing hike to keep yourself fit, and to let nature work its magic
- 2 One warm shower when you get home, using Traidcraft Hablus olive oil soap
- 3 One Traidcraft fluffy white towel to nestle in to
- 4 One organic and fair trade dressing gown to curl up in
- 5 One pair of Traidcraft stylish foxy sofa socks for those chilly toes
- 6 One bar of Traidcraft smooth organic chocolate – don't worry, you've already worked off the calories
- 7 One cup of Divine Winter Warming Spiced Hot Chocolate (there is also Divine Salted Caramel Hot Chocolate – but hands off, that's mine)

So winter – bring it on. And just to remind you that we have a sale at St Mark's Church, 9 – 12 on Saturday 6th November, where you can buy second-hand books, pashminas and scarves, and Traidcraft items. There will also be a Sustainability Stall, following on from the Green Picnic which took place in September. If you have any good-quality books to donate, please contact me on jacc.nex@btinternet.com.

Jane Bates



CROSSWORD SOLUTION
ACROSS: 1, Charitoteers. 9, Immoral. 10, Cairo. 11, SAE. 13, Inns. 16, Firm. 17, Accuse. 18, East. 20, Ogam. 21, Judith. 22, Seba. 23, Msgr. 25, Den. 28, Inane. 29, Entreat. 30, Chrysoprase.
DOWN: 2, Human. 3, Rare. 4, Oils. 5, Ecce. 6, Raising. 7, Citizenship. 8, Commemorate. 12, Assail. 14, Sat. 15, Scouse. 19, Sabbath. 20, Ohm. 24, Seeds. 25, Deny. 26, Nero. 27, Star.

Gentle Flow Yoga Classes

To raise funds for St. Mark's Refurbishment

Starts: Wednesday 3rd November,
for 5 weeks
Time: 10.00 – 11.00am
Donation: £35 suggested
Venue: St Mark's Church Hall,
Olivers Battery Rd South,
Winchester



Registration is required to attend this course

If you are interested in attending, please let Anju know by 26th October. **Places are limited.**

Donation for the 5-week course is suggested at £35 (**non-refundable**).

Payment is by bank transfer:

Sort code 55-81-26
Account number: 00336122
Reference "StMarks Yoga"
Or,

Cheque made payable to: "St Luke's PCC"

All proceeds will go towards the refurbishment of St Mark's

Mrs Anju Odam, an experienced health promotion specialist and a certified yoga therapist and instructor, has over 10 years yoga teaching experience. She is donating her free time and skills to raise funds for

St Mark's Refurbishment

Please contact her on 07582090137

E: aodam.yoga4health@gmail.com

BOOK SALE

At St Mark's Church
on Saturday 6th November
9.00-11.00am

To raise funds for St Mark's Refurbishment

Not just books this time but also pashminas and scarves and a Traidcraft stall for us all to stock up ready for Christmas! Any books to donate please bring them on the day or contact jacc.nex@btinternet.com

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FIREWORKS AT 6:30PM

Book your advance tickets here:

https://www.pta-events.co.uk/stpeterspta/?fbclid=IwAR3WNmZnEAhh26enOODEzR0ZjDIPh9kfhev_wPRACPxOHNgSvUF9IQk6DA

Praying Apart



We are a small group of parishioners who used to meet twice a month, pre-Covid, to pray, especially for our Church and Parish but also for the world and each other. Since Covid we have been taking turns to provide a short meditation and topics for prayer in email form, twice a month. Most of us hope to resume meeting in person soon. If you would like to join us, you would be most welcome.

Please contact me at:

ruthcoggan@yahoo.co.uk

ODDMENTS
THEATRE CO.

THE HIDING PLACE

THE CORRIE TEN BOOM STORY

COMING TO A
CHURCH NEAR
YOU!

Winchester Baptist Church
2-4 City Road, SO23 8SD

5th & 6th November 2021, 7.30pm

Advanced Tickets - £12 Adult, £8 Student
Tickets on the Door - £13



Tickets are available at www.oddmments-theatre.co.uk
or call the Church on 01962868770



Local Free Range Eggs

At the Harvest Festival service at St Mark's, Richard Lamb spoke to the congregation about farming and his role in running the new Vale Farm free range egg business.

Local fresh eggs are available from Vale Farm on Enmill Lane.

[Vale Farm Free Range Eggs](#) | [Facebook](#)