

Bedhampton Parish

St Thomas & St Nicholas



March
2022

60p

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Fleur Bragaglia writes . .



Dear Friends,

I wanted to take the time to reflect and be thankful for all the children's work going on in our church right now.

Although we are two years post first lockdown, the memory of being your child's sole carer, provider, entertainer, teacher, play mate, spiritual leader and social galvaniser is still raw.

A couple of Sundays ago I pinched myself that my husband and I sat alone in a church service, listening to a sermon, whilst all three of our Children were in Kidzone, the church's Sunday School. The relief that the church was sharing in our children's spiritual education was overwhelming.

And, for many families, it's our churches buildings where the nurturing love and support of our community's children takes place. Joy attends Rainbows, Grace attends Brownies; they have all graduated from Fun Club and they all love Messy Church.

I am so thankful to the church and its leadership, championing the needs of children and their families. And I am so thankful that I get to invite friends to experience this community love and support too."

Fleur Bragaglia

Pause And Pray

A time to pause and gather together to pray for our Borough for 1 hour. This group will resume on the second Monday of the month 6-7pm at St Thomas' Church, **14th March** All welcome!



FOODBANK contributions can be made at Asda, Tesco, and Waitrose, or in the black box at the Rectory in Bidbury Lane.



A Messy Church event is planned for **Sunday 6th March, 10.30am** at **St. Nicholas**, with the Covid situation permitting. Arrangements are already in place to restrict movement in the church if we are able to go ahead.

Please book in at [Hello@bedhampton.church](mailto>Hello@bedhampton.church)

St Nick's Flicks

Tuesday 18th March

at St Nicholas' Church 1.45pm for 2pm start



A free film show with refreshments and interval. All welcome, no need to book. Contact the office for film details.

office@bedhamptonparish.org.uk

BEDHAMPTON CALENDAR 2023

Why not take some local photos for a Bedhampton calendar ? Keep taking photos – they may be submitted for next year.



If you have any photos of local interest, please send them to the Parish Office, either by email or prints. All prints will be safely returned to you.

Unfortunately a calendar for 2022 was not produced, partly due to lack of photos from YOU!

Please take your cameras or phones with you and snap anything around Bedhampton you think would make a good picture for a month. Any photos that have already been received will be put forward for next year.

Cover photo: Bedhampton daffodils

PARISH NEWS

LENT - the 40-day season of penitence, self-examination and fasting

Lent begins with Ash Wednesday.

In the Old Testament, the Israelites often sinned. When they finally came to their senses, and saw their evil ways as God saw it nothing but repent in sorrow. They mourned for the damage and evil they had done. As part of this repentance, they covered their heads with ashes, for the Israelites an outward sign of their heart-felt repentance and acknowledgement of sin. (See Genesis 18:27; 2 Samuel 13:19; Job 2:8, 30:19; Isaiah 58:5; Jeremiah 6:26; Jonah 3:6)

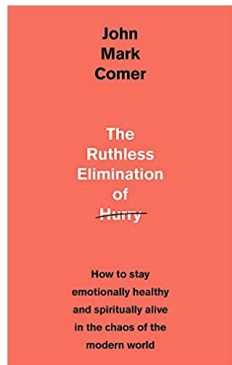
The spiritual discipline of fasting often involves missing one or two meals during the day, refraining from TV, alcohol or social media, and identifying the things that get in the way of our focus on God.



Book recommendation

The first Sunday in Lent is on 6th March. Rev Max Cross is recommending some reading for us; 'The Ruthless Elimination of Hurry' by John Mark Comer is an easy to read introduction on removing busyness from your life. If you don't think you are hurried and busy, then you may be surprised.

It will also be the subject of the preaching during March.



SHROVE TUESDAY - PANCAKES



The tradition of making and eating pancakes on Shrove Tuesday, the day before Lent, dates back to Anglo-Saxon times, when Christians spent Lent in repentance and severe fasting.

On the Tuesday before Ash Wednesday, the church bell would summon them to confession, where they would be 'shriven', or absolved from their sins, which gives us *Shrove* Tuesday. At home, they would then eat up their last eggs and fat, and making a pancake was the easiest way to do this. For the next 47 days, they almost starved themselves.

Pancakes feature in cookery books as far back as 1439, and today's pancake races are in remembrance of a panicked woman back in 1445 in Olney, Buckinghamshire. She was making pancakes when she heard the shriving bell calling her to confession. Afraid she would be late, she ran to the church in a panic, still in her apron, and still holding the pan.

Some people have noted that the ingredients of pancakes can be used to highlight four significant things about this time of year: eggs stand for creation, flour is the staff of life, while salt keeps things wholesome, and milk stands for purity.

PARISH NEWS

Mothering Sunday & Mother Church

The Fourth Sunday in Lent was called 'Mid-Lent' or 'Refreshment Sunday', when the rigors of Lent were relaxed more than was normal for a feast day. It is called Mothering Sunday as a reference to the Epistle reading for the Day (Galatians 4:21-31). The Lenten Epistles follow from each other with teaching about our life as Christians and how we are to follow Christ.

Mothering Sunday is about the freedom that we gain through the promise of Jesus Christ delivered through our Mother the Church. People were encouraged to go to their 'Mother Church' (their home church or their home Cathedral) to worship and give thanks. Hence apprentices, and others, went home for the weekend and often brought gifts (or accumulated pay) home to their family.

On the other hand, Mother's Day is a secular festival invented in 1904 and is celebrated on the 2nd Sunday in May in most countries in the world.

The Queen's Jubilee

On Saturday 4th June we hope to host a big community event to celebrate the Queen's Platinum Jubilee.

This is going to take a team to deliver but it will be a great opportunity for us as God's people here in Bedhampton.

Contact Max if you feel you can be part of the organising team.

FAMILY NEWS

We send our good wishes to those who celebrate anniversaries and birthdays this month including Karen Eyre, Sue Thompson, Joan Paton, Barbara Vosper and Suzy Cross

Congratulations to Sara Mengham-Smith on being awarded a medal for her clarinet performance at the Portsmouth Music Festival.



CRISIS is a UK national charity for people experiencing homelessness.

People who are described as homeless may be -

- living on the streets
- moving between temporary shelters including friends, family and emergency accommodation
- living in private boarding houses without a private bathroom or security of tenure
- or have no permanent house or place to live safely.



CRISIS work directly with thousands of homeless people every year, providing vital help so that people can rebuild their lives and are supported out of homelessness.

One-to-one support is offered with advice or courses to attend, all depending on the individual's needs and situation. It could be with finding a home and settling in, learning new skills and finding a job or help with their health and well-being.

Together with homeless people and supporters CRISIS Campaign for the changes needed to end homelessness for good.

The Bedhampton Big Quiz

7.30pm Saturday 26th March



Teams of up to six people with entry at £5 per person.

All money raised going to

The St Nicholas' refurbishment fund.

Book in via the Parish office

www.Bedhampton.church/quiz for more details

NEW HAVANT CARE HOME MANAGER ANNOUNCED



Alexandra Sturme has received a warm welcome from staff and residents as the new manager of Bedhampton Nursing Home in Havant.

Bedhampton Nursing Home is part of Healthcare Homes which operates 47 homes and 11 homecare branches across Eastern and Southern England and has an enviable track record in the delivery of high quality residential, nursing and homecare.

Alexandra made a career change to care after training to become a nurse. She said: “A placement in a care home during my nursing training introduced me to the care sector and it was this part that I loved the most. I enjoyed ward work– but it was the delivery of care in a care home setting that really grabbed me and I am still passionate about this today.”

After qualifying as a nurse, Alexandra spent several years in the care sector as a Home Manager and Regional Manager. “Prior to joining Bedhampton, I spent six years as the Clinical Manager of a 75-bed care home in Southampton.”

There’s one big item on Alexandra’s ‘wish list’ in her new role – “as soon as Covid allows I want to organise more days out for residents”.

So, where would they go on these days out? “There are so many wonderful places round here – the seaside, Hayling Island, the New Forest, the docks and the naval dockyard. We’re spoilt for choice.”

Bedhampton provides specialist care for adults with complex conditions including motor neurone disease, Huntington’s disease, multiple sclerosis, stroke complications and complex cardiac conditions. It also provides elderly nursing care, residential care, nursing dementia care and short-term respite care.

The home employs around 59 staff and is located on Hulbert Road in Havant. It is owned and operated by Healthcare Homes, which has been named a Top 20 Care Home Group for the fifth year running by independent reviews website carehome.co.uk.

For more information on the range of services provided, call 023 9247 5125 or visit www.healthcarehomes.co.uk

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FORTHCOMING EVENTS

Solent Symphony Orchestra,
Portsmouth Cathedral,
Saturday 5th March 7.30pm;
Schumann

Petersfield Music Festival,
Wednesday 23 March, 1.00 pm
Viennese Piano Duets, Emilie
Capulet & Mark Dancer
St.Peter's Church

Portsmouth Baroque Choir,
Saturday 26th March, 7.30pm
Jongen Mass, Duruflé: Requiem
Church of Holy Spirit, Southsea

Saturday 2 April, 7.30pm:
Havant Symphony Orchestra
Warlock, Prokofiev, Brahms
Oaklands School

Chantry Quire: Boxgrove
Priory; Passiontide Meditation
Pergolesi: Stabat Mater

Saturday 9 April, 7.30pm:

Portsmouth Festival Choir:
50 Years Celebration
Vivaldi, Hurd, Mozart
Church of Holy Spirit, Southsea

CRISIS: TRACY'S STORY

See page 9

"I was living in the same house for 14 years, and then the landlord said he's selling it. With the help of the law centre, we fought it for a while. But, we got the eviction. It was horrible to think: 'Now what? What am I going to do?'"

"So I went to the council and ended up in a hotel and then a hostel. That's where I met Crisis. "I started getting my confidence back and going on every course I could: maths, IT, drama.

"I go to college as well. I want to work in some sort of support role so I've been doing the mentoring and drug and alcohol awareness courses.

"And, I've got my own flat now!

"I wouldn't even know myself if I looked back a year. I was a nervous wreck. Now I'm larger than life and twice as ugly.

"There's no stopping me."

Crisis supports people out of homelessness for good. We do this through education, training and support with housing, employment and health. We offer one to one support, advice, and courses for homeless people in 12 areas across England, Scotland and Wales.

www.crisis.org.uk

Donations will end homelessness



Every donation helps us support people directly out of homelessness, and campaign for the changes needed to end it altogether. We know that together we can end homelessness. Here's the difference your donation can make:

£10 provides a warm welcome and helps someone take the first steps out of homelessness

£25 helps someone regain a sense of worth through healthcare and counselling

£50 helps someone gain the skills or qualifications they need to turn their life around

£100 provides support, training and equipment to help someone find their way back into employment

£250 provides one-to-one support to help someone find a safe place to call home

Registered Charity Numbers: EW0282947, SC040094, CR0004_DON_A3



Together we will end homelessness



Tracy's story

"I was living in the same house for 14 years, and then the landlord said he's selling it. With the help of the law centre, we fought it for a while. But, we got the eviction. It was horrible to think: 'Now what? What am I going to do?'"

"So I went to the council and ended up in a hotel and then a hostel. That's where I met Crisis.

"I started getting my confidence back and going on every course I could: maths, IT, drama.

"I go to college as well. I want to work in some sort of support role so I've been doing the mentoring and drug and alcohol awareness courses.

"And, I've got my own flat now!"

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www.crisis.org.uk



**Together
we will end
homelessness**

Registered Charity Numbers: EW1082947, SC040094, CR0014_DON_A3

COMMUNITY

BEDHAMPTON VOLUNTEERS

In late January, twelve of us registered even further improvement, de-rooting brambles, mending the fence, collecting a pallet from the Men's shed for the repairs and a box hedge ready for the next visit. Meanwhile a local resident has promised to mechanically cut down a few brambles, and Karen hopes to fence paint.



We are hoping to complete the fence, plant the box and laurel hedges, and remove the last bramble and ivy roots; we also plan to level the verge to make way for the subsequent grass seed.

The scouts have asked if there is a scout who has been inspired by the Bedhampton Volunteers to help with a project to create a path from Lower Road to the railway as once suggested by a member of the Bedhampton Society. For us to embark on it would further detract from the maintenance time that so many of our gardens need.

There is nothing quite like clearing land for job satisfaction, with the bonus of the grass being mown alongside also furthering the overall picture, and eight of us recently made a marked improvement on the previous 3 weeks of working there. The newly exposed fence that purports from a distance to be substantial, now completely uncovers exposing some of the rot, and we could do with some new or younger replacement timbers to affect the repairs next time.

The concentration was on properly clearing ivy and bramble roots ready for grassing the new verge, and ready for donated shrubs that usually start arriving in abundance in the spring. As for litter highlights, this visit was literally the kitchen sink, a pink one, pliers and two screwdrivers, and what appears to be an historical stolen purse and Iceland and Nectar cards (no expiry dates) with a name on them. Enquiries are in hand.

The last time we found anything of significance was a stolen handbag in 2010 when we were clearing the area for our garden at the junction of Bidbury Lane and Kingscroft Lane; it had been stolen 15 years before, from a burglary in Bedhampton Road. This



aggrieved had since moved and traced to elsewhere in Bedhampton, and rejoiced in being reunited with her recovered photos. Well out of date Iceland and Nectar cards just may not generate the same joy; although the purse is now woodlice less.

Many thanks for donations of biscuits to keep us going on Thursday mornings!

Pete Spencer



1st Bedhampton (St Thomas)
SCOUT GROUP



DUCK RACE

2022

Saturday 26th March



Along the Hermitage Stream

Stockheath Lane, Havant

Sponsor a duck for £1

**1st Prize £100 and many
other prizes**

The race will be start at 11am

Refreshments available.

Tickets from Section Leaders, members of
the Scout Group or Barbara Vosper
(Tel. no. 023 92474739: 07395004222)

Charity No. 1110160

PUZZLE PAGE

Wordsearch for March

March brings us Lent and Mothering Sunday. Lent is a time of spiritual self-assessment as we prepare for Easter. It is a time to turn to God and grow closer to him. Mothering Sunday reminds us of not only the mothers that have loved and raised us, but of Mother Church, who has spiritually loved and nurtured us throughout our Christian pilgrimage. How many words can you find on these themes in this month's Word Search?



- lent
- spiritual
- easter
- preparation
- fasting
- prayer
- desert
- selfdenial
- repentance
- seeking
- finding
- growing
- mothers
- love
- care
- nurture
- learning
- teaching
- disciples
- worldwide
- flowers
- thankyou
- nursing
- family

Answers next month



Mothering Sunday: 27th March

FEBRUARY WORDSEARCH SOLUTION



We really need your help with Guiding in Bedhampton.



Girlguiding is the UK's leading charity for girls and young women. Join our team of 100,000 volunteers in the UK.

Volunteer with us

Inspire girls in your area by just being you!

We could volunteer with Brownies Age 7+

You could volunteer with Rainbows Age 4+

Our events, adventures and meetings empower girls to be their best and become confident.

facebook.com/girlguidinguk

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@Girlguiding

0800 169 5901

Guiding is totally flexible. Every commitment counts, there is no level of commitment too small. You have the power to change the lives of girls and young women. You don't need any Guiding experience.

You could volunteer with Guides Age 10+

You could volunteer with Quirns Age 14+

Your local Girlguiding contact is..

To find out more visit www.girlguiding.org.uk/interested

We are looking for adult support in all sections.

- Rainbows (5yrs) – **Wed**
- Brownies (7-9yrs) **Wed & Thurs**
- Guides (10-14yrs) **Wed, Thurs & Fri**
- Rangers (14+) **Fri**

Can you give an hour a week to support our units? We rely on adult help to keep our units open. We have waiting lists of girls wanting to join but need the help to get them started and involved in regular meetings.

Please contact either Janet Goring or Hayley Gillians (Brownie and Guide Guiders) who are both happy to chat with you. Hayley.gillians@googlemail.com 0788 222 7739

Janet.goring@gg.codial.co.uk 07825 869 659

The Bedhampton Scout Troop Need You.

Our Scout Leadership is unfortunately down due to leaders having babies and our existing leaders not being able to make every week.

So why not put your skills to use, learn new ones and play an active role in the local community.

Volunteering is easier than you think. With full support and training you can volunteer on a flexible basis.

Give young people the skills they need to succeed in life and discover how being part of the Scouting family can be as rewarding for you as it is for them.

Call us on 07979736459 or email nigeljvosper@sky.com

www.1stbedhampton.co.uk

#GoodForYou



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Scouts
1st Bedhampton (St
Thomas)



1st Bedhampton Scouts

www.1stbedhampton.co.uk



I wrote last month (at the start of January) about it being an exciting 2022. It has certainly started that way from my perspective with Eleanor Catherine Grace Vosper being born on Wednesday 19th January 2022. My thanks for all the good wishes and to the leaders who stood in on that Wednesday night.

The Scout Troop are planning their first camp of the year next month. My wife tells me it's "a bit early" for Eleanor to join them!

Programmes for the year are now up and running. The Beavers have been looking at Air Activities (I'm guessing paper planes were part of it), how to recycle and they went for a Night Hike (with toy Laser guns).

The Cubs have been learning about maths and probability in a mock Casino, how to work as a team and how to adapt to darkness.

The Scouts had wide-games to start January. These are games played over a wide area. They did a "Task Master" evening on the night Eleanor was born, including making some collages of what they thought Eleanor would look like. I can only assume they worked from what Becky and myself look like. We also spent an evening looking at disability awareness.

The Troop also had an Explorer run a very well planned International themed evening and they finished the evening with sanding down their Patrol Boxes ready for re-painting and branding with their new Patrol Names.

We are still advertising for help in the troop so spread the word and please can anyone who is interested contact me.

Till next month, keep active, keep looking after yourselves and each other.

Nigel Vosper
Group Administrator

If you are interested in joining Bedhampton Scouts, an Open Evening will be held on Wednesday 30th March at St Nicholas, starting at 7pm.

COMMUNITY



Pictures showing some recent scouting activities.

*An Open Evening will be held on Wednesday
30th March at St Nicholas Church Hall at 7pm.*

COMING IN APRIL . . . NUPPETS! Learn from Suzy how to perform with people puppets. Saturdays 10am-12 noon. From April 30th. For age 7years+. Sign in at the Parish Office. More details in the April magazine.

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New Year News

Our Annual General Meeting was held on Tuesday 25th January 2022 and was well attended. In her Report for 2021 Ann noted that, due to Covid, our monthly gatherings were somewhat curtailed and, following the February meeting, at which Robert Palmer from CHASE Africa delivered a talk on "Empowering Women and Communities to Build Healthy and Sustainable Futures", in compliance with government restrictions, we were then not able to meet in large gatherings until later in the year. Happily, as constraints eased we were able to hold our Annual Service in August and our annual coffee morning in October which went very well.

In November we were joined by members of Trefoil for a Beetle Drive which elicited much laughter and fun and the year ended with our Christmas lunch at The Castle. Ann concluded by offering her sincere thanks on behalf of the Bedhampton MU to Christine Mayes and Sheila Jones who retired from their posts of Secretary and Treasurer respectively and, following the unanimous agreement by members, to the appointments of Branch Leader, Branch Secretary and Branch Treasurer, the meeting concluded with afternoon tea and Grace. Hopefully as things slowly get back to normal, our usual monthly get togethers will now continue with our next branch meeting on 22nd March when our Quiet Day is planned..

We meet on the fourth Tuesday each month at St. Nicholas Church Hall at 2pm.

Marie Payne

Why did God make mothers?

She's the only one who knows all the passwords we use on-line. – a 7 year old.

PORTSMOUTH MUSIC FESTIVAL



takes place in and around the Havant area involving hundreds of young performers.

Events are open to public audiences.

Come and see musicians at Park Community and Crookhorn Colleges.

The high standard is amazing and deserving of good audiences at small admission fees.

Gala Concert: Sunday 20th March, 3pm at Park Community College.

www.portsmouthmusicfestival.co.uk

Chantry Quire

Director: Peter Allwood

Passiontide Meditation 2022

PERGOLESÌ STABAT MATER

& MARIAN MOTETS

with Chantry Strings

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Saturday 2 April 2022, 7.30 pm

Tickets: £15 from www.chantryquire.org.uk or at the door

Supporting the Aldingbourne Trust



Chantry Quire is a
Registered Charity no: 1189477



Photo: © Sharon Kent

COMMUNITY EVENTS

MOTHERS' UNION MARCH

*Wednesday 2nd Holy Communion
9.30am at St Thomas*

*Tuesday 22nd A Quiet Day
With Rev Clive Williams
St Nicholas Church 2.30pm*

All welcome

Portsmouth Arts Society

**Thursday
10th March 2pm**

Charles Dickens: The Man & his Characters

Speaker: Bertie Pearce

*Guests and non-members welcome.
St Nicholas Church*



FUN CLUB

For babies and toddlers
parents or carers
at St Nicholas on

Thursdays 9 – 11 am in term time

Lots of fun things to do;
songs, art and craft;
tea and chat for adults.

Contact Sally on
023 9247 5078
or just come along.



St Nicholas Church

Two halls and a well equipped
kitchen available for private hire,
children's parties, etc.

Please contact the office
on 023 9248 3013

Hello@Bedhamptonparish.org.uk

**St Nicholas
Belmont Grove
Bedhampton**



Come and join us

Once a week

Friday morning

From 10 to 11am

Enjoy coffee or tea and cake

Everyone welcome

BIDBURY MEAD W.I.

Thursday 17th March

7.30 pm

Bluebird the Storyteller

St Nicholas Church

All welcome

BAPTISMS

We welcome into the Church Family



REST IN PEACE

We pray for the families of those who have recently died.

David Hale
Geoff Jones
John Berry



Dates for your diary

Tuesday 18th March: St Nick's Flicks
Saturday 26th March 11am, Annual Duck Race; *see page 11*
Saturday 26th March, 7.30pm
Bedhampton Big Quiz at St Nicholas
Wednesday 30th March: Scouts Open Evening; 7.30pm at St Nicholas

APRIL 2022

Magazine



For information about advertising and the 'Magazine by mail' service, contact the Parish Office (see below)

We warmly welcome advertisers to our magazine but the Parish does not accept responsibility for the quality of work carried out.

All material for the next issue should be sent to the Parish Office, St Nicholas Church, Belmont Grove, Bedhampton, PO9 3PU by 10 am on **Friday 4th March**
Office@Bedhampton.church

HS DC Print Services
print@hfdc.ac.uk
Havant & South Downs College, South Downs Campus,
College Road, Waterlooville, PO7 8AA. Tel: 023 9387 9999

Rector : Rev Max Cross 023 9248 3013

Email : Max@Bedhampton.church

Day off: Friday

Churchwardens : Roger Matthews 023 9248 6175

Ann Partridge 023 9247 2180

Deputy Churchwardens : Sandra Matthews 023 9248 4669

Tracey Smith

Parish Administrator : Deb Vears 023 9248 3013

Parish Office open 9.30 am – 12.30 pm on Monday to Friday

Enquiries for Weddings, Baptisms

Email: Hello@Bedhampton.church

Services for MARCH 2022

SUNDAY 6th

(Lent 1)

On-line

www.bedhampton.tv

St Thomas 9.00 am

Morning Prayer

St Nicholas 10.30 am

Messy Church

St Thomas 4.00 pm

Compline

SUNDAY 13th

(Lent 2)

St Thomas 9.00 am

Holy Communion

St Nicholas 10.30 am

Morning Worship

SUNDAY 20th

(Lent 3; Mission Sunday; Crisis Charity)

St Thomas 10.00 am

Shared service

St Nicholas

No service

St Thomas 4.00 pm

Celtic Evening Prayer

SUNDAY 27th

(Lent 4; Mothering Sunday)

St Thomas 9.00 am

Holy Communion

St Nicholas 10.30 am

Morning Worship

ON-LINE: All services are either streamed live or later
at www.Bedhampton.tv and Facebook

ON-LINE services will be available from 4pm each Sunday.

MID-WEEK HOLY COMMUNION SERVICES

Wednesday 2nd St Thomas 9.30 am Holy Communion

Ash Wednesday

Wednesday 9th St Thomas 9.30 am Holy Communion (M.U.)

Wednesday 16th St Thomas 9.30 am Holy Communion

Wednesday 23rd St Thomas 9.30 am Holy Communion

Wednesday 30th St Thomas 9.30 am Holy Communion

Edited and produced by the Churches of St Thomas and St Nicholas



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www.manortrust.org.uk

Folks In Harmony

Mixed A Cappella Choir

*Our Summer and Christmas Shows raise funds
for local charities and we support our community
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