

The Link

ST FRANCIS • OLD SARUM • LONGHEDGE

MAY 2024



WHAT'S ON AT HOPE CHURCH

Theme for the month:
"What next?"

MISSION FOCUS

Christian Aid
&
Juba School

WHAT'S ON AT ST FRANCIS

Body, Soul & Spirit
Encounter Night

Contacts

St Francis Church
Hope Church

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“What next?” at Hope Church

This month Hope Church are exploring what happened after the Easter story - Where did Jesus go? Who is the Holy Spirit? Pentecost and Trinity

Worship at St Francis www.st-francischurch.org.uk

REGULAR SUNDAY SERVICES

9.30AM FRIENDLY TRADITIONAL SERVICE

11AM FAMILY SERVICE WITH CHILDREN'S GROUPS

REFRESHMENTS ARE SERVED FROM 10.30AM

5th May 2024

Body, Soul and Spirit - Imago Dei: Image of God

1 Thessalonians 5.12-24, Genesis 2.4.-9

BIBLE FOCUS 7PM

12th May 2024

Body: Rest, Restoration and Balance

Matthew 11.25-30, Genesis 1.26-2.3

7PM 1ST SUNDAY BIBLE FOCUS

7PM 3RD SUNDAY ENCOUNTER

(ENCOUNTER ALTERNATES WITH ST PAUL'S CHURCH)

19th May 2024

The Body and Health

Psalms 103.1-12, Romans 8.1-11

ENCOUNTER 7PM ST FRANCIS

26th May 2024

Body, Soul and Spirit is Trinitarian

2 Corinthians 13.5-14, John 3.1-8

EVENSONG AT ST LAWRENCE

Every second Sunday in the month at **6pm** (NB new time!) St Lawrence at Stratford-sub-Castle holds an Evensong Service which is supported by the St Francis choir. It is a joint service to which all parishioners from all our 3 churches in the benefice are very welcome, as they are any Sunday at 10am.

www.saintlawrence.org.uk



LETTER FROM A CURATE

Potholes are a hot topic at the moment, aren't they? In my driving around Salisbury I frequently find myself exclaiming over yet another one, or one I knew about but seems to have got deeper overnight. The jolts to my nerves are considerable, but potential damage to my car is both infuriating and expensive. However, I am also rather intrigued as to how, over time, a tiny surface crack can, with the combination of rain water and traffic, cause such havoc.



I'm equally intrigued when I see how tree roots manage to break through pavements lined with solid paving slabs, or layers of tarmac, or heavily compacted earth and gravel. Slowly but surely the roots disrupt the efforts of county or city councils to keep our pavements safe from trip hazards. I'm looking with interest at the flexible resin material that surround the trees in Salisbury market square and hope I'm around long enough to see if this is successful!

As I ponder the slow drip drip effect that leads to disruptive chaos, I'm also struck by the converse action, of a slow drip drip effect that leads to flourishing and health.

There is a verse in the Bible (Zechariah 4. 10 if you want to look it up) that says 'do not despise the day of small beginnings' or as the Dalai Lama once quoted an African proverb "If you think you are too small to make a difference, you haven't spent the night with a mosquito."

In times of despair, either within our own lives, or with the state of the world around us, its important for us to not feel completely overwhelmed and helpless, but to remember that every time we act or speak with kindness, love or justice, we are making a difference in the world around us. And combined with others acting in a similar vein, disruption of the negative will eventually happen.



I wonder if you have enacted secret acts of kindness as mentioned in last month's Link? Be assured, our kindnesses make a difference!

Blessings

Mary

Rev Mary Terry; mary@st-francischurch.org.uk; 0773 220 3452

Hope CHURCH



THE JOY OF EASTER AT HOPE CHURCH

Hope Church has been studying miracles over the last term and, by a miracle, the weather on Saturday 30th March was set fair for our annual Easter Egg Hunt, even though it seemed to have done nothing but rain for days and days beforehand!

The Easter Egg Hunt this year was based around a scavenger hunt in the area around the Community Centre. Just under 100 children took part, an increase on previous years. The Easter Bunny was in attendance, giving out healthy snacks and, at the end of the hunt, each child could claim their chocolate egg prize. Finally, everybody who wished to do so had the chance to sit down, chat to friends and enjoy the free drinks and cakes provided in the Community Centre. The whole event passed off smoothly and happily – a big thanks to Joy Wilkinson, April Hall and all the other Hope Church helpers for making the day so successful!

The next day we held an all-age Easter service at Hope which was also well-attended. We used an easy 6-part children's version of the Easter story and celebrated the miracle of Jesus risen in songs led by members of our Music Group. It was another joyful occasion.

In the next few weeks we will be looking at what happened in the days and weeks after Easter, as the risen Lord appeared to his disciples and sent His Holy Spirit to guide and strengthen them.

Tea and cake in the Community Centre



The Easter Bunny



Holiday Apartment
Available to rent in Trebetherick
North Cornwall
Easy walking distance to beaches
Sleeps 5
From April to October
Enquiries to Francesca on 01980 619171



hopechurchsalisbury
oldsarum@st-francischurch.org.uk

**Old Sarum Community Centre, Pheasant Drive,
Old Sarum SP4 6GH**

what's coming up May '24

SUNDAY 5TH AT 10AM | ALL AGE WORSHIP

Join us for informal family worship
which is suitable for all ages.

Our theme is: What next? Where did Jesus Go?

SUNDAY 12TH AT 10AM | MESSY CHURCH

It's church but not as you know it.

Church is way more fun when it's messy!

There'll be activities, creativity and games for everyone.

Our theme is: What Next? Who is the Holy Spirit?

SUNDAY 19TH AT 10AM | ALL AGE BIBLE BRUNCH & COMMUNION

Join us for bacon butties followed by all age bible study
based on the theme What Next? Pentecost Power, then
we will share family Communion together.

SUNDAY 26TH AT 10AM | SUNDAY GATHERING

At our Sunday Gatherings we look into a theme.

There's a talk for the adults and kids go to their group.*

This week our theme is: What Next? Trinity.

*Hope Kids is a group that is tailored to 3 - 7 year olds
with lots of fun, creativity, and stories.

REV SUZIE HAS ARRIVED!



Well, hello to you all (I am aware this enters a lot of different homes in a lot of difference places!). I am the newly appointed priest serving St Lawrence parish in Stratford sub castle and the communities of Old Sarum and Long Hedge also. It's great to finally be here (I arrived 5th April) and I look forward to meeting you all in due time, whether you come along to Church or not. Clint, my husband, and I are returning of sorts (having left Salisbury some 15 years ago) but my, hasn't Salisbury been through a lot and changed in that time! Its good to be back.

What do you want to know about me? Well, come and say hello is my first response but essentially, I am in my late forties and come with a patient, cheeky, car-mad husband. We have two adult children, one living up north and another in Poole (no grandchildren yet but we are very ok with that at present as we think of ourselves as far too young for that!!!) We have come from north of Wimborne in Dorset, Wareham before that, and Nottingham before that. (Basically, we've moved about a bit, but this comes with the job). I am a community minded person, fun, relatable (so I have been told) and obviously passionate about Jesus. My hope is to see God's Churches be the light of their communities, offering places of love, acceptance and support to everyone whilst living life well with one another. So, let the adventure begin...



Friday Café @ St Francis

9.30 - 11.30 AM

The Cafe is open **every Friday from 9.30 - 11.30am** and is open to anyone, offering fresh filter coffee, tea, home-made cakes and biscuits, all for £1 per item, including free refills.

We have customers of all ages who come to meet friends or to make new ones! This week the new Victoria Park Ramblers joined us for a cuppa (see their smily faces below!) If you fancy a local, good, cup of coffee, why not try us, and meet some new friends at the same time. You will see the "Friday Cafe" boards outside the Church entrances, to show the way in.



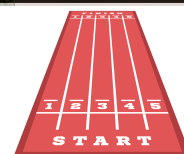
GOOD HEALTH

At the end of the ten days they looked **healthier** and better nourished than any of the young men who ate royal food.

Daniel 1.15

It will take a lot longer than 10 days to become healthy and form new habits. However, in the chart below are three activities that some members of St Francis Church take part in to maintain good health, or manage ongoing health problems. In addition to physical health, exercise promotes good mental health and there is also a social side to these activities.

TITLE	ACTIVE HEALTH WILTSHIRE COUNCIL FIVE RIVERS	WALKING FOOTBALL SALISBURY WALKING FOOTBALL	RUNNING CITY OF SALISBURY ATHLETICS RACING CLUB
ACTIVITIES	Supervised sessions Gym, Circuits, Aquafit plus more!	Mon - Fri venues: Wilton Rd Hockey Pitches, Sarum Academy, Five Rivers Leisure Centre	Road (distance) running Track running training Trail Running (Summer) Hants. League Cross Country Races and Club events
DESCRIPTION	Via referral from your GP to benefit recovery from/help to manage a health condition.	Over 50s No footy experience needed No special gear FUN and Fitness	Adults: Tues, Wed evening Quad Kids: Thurs evening Different groups based on pace, distance and ability. Try out sessions/membership
BENEFITS	Improved: health, fitness, sleep, mood, mobility, energy and social contact. Reduced: stress, blood pressure ... and more!	Improves fitness Social events - make friends Play for fun or competitively	Increased fitness Improved cardiovascular function Strengthened muscles Social contact
CONTACT	GP referral - Wiltshire Council	Email: salisburywalking football@gmail.com or check the Salisbury Walking Football Facebook page	Email: secretary@salisbury-arc.org Website: https://www.salisbury-arc.org



We believe that spiritual health is also important. This is about maintaining a consistent, close relationship with God and like-minded people. It's not about institutionalised religion.

Our Summer sermon series at St Francis is about 'Body, Soul and Spirit', looking at rest, restoration, balance and healthy lifestyles.

For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. 1 Timothy 4:8

MISSION We have two missions this month: one local and one in the wider global community, both doing essential work.



CHRISTIAN AID WEEK 12 - 18 MAY 2024

Everyone is equal in the sight of God. Yet we live in a world where poverty still persists.

Poverty is an outrage against humanity. It robs people of their dignity and lets injustice thrive. But together we have the power to transform lives.

For over 70 years, we've been standing with the poorest of our neighbours. We work in 37 countries, with people of all faiths and none, to stand up for dignity, equality and justice.

Together we can create a world where everyone can live a full life, free from poverty.

Our voices and actions are stronger together. And with your help, we can make an even bigger difference.

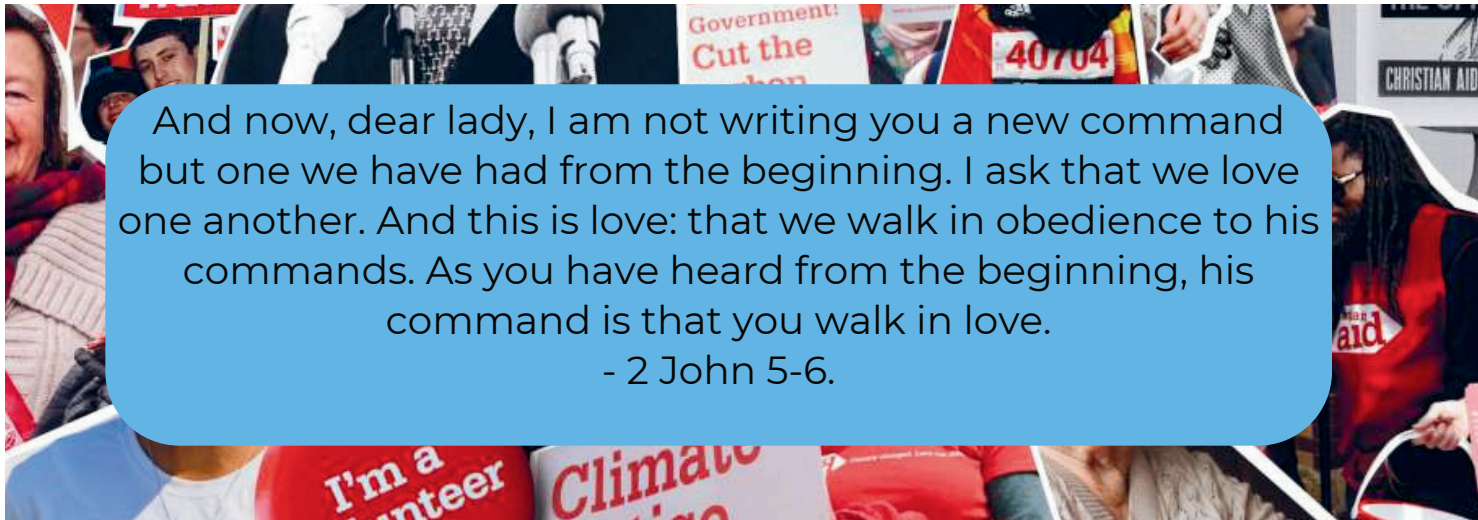
Together with our supporters and partners, we aim:

- to expose poverty throughout the world
- to help in practical ways to end it
- to highlight, challenge and change the structures and systems that favour the rich and powerful over the poor and marginalised.

Money raised will:

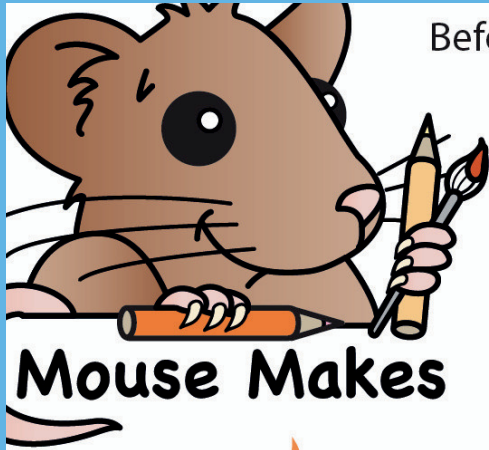
- Contribute to disaster relief
- Help long term sustainable development schemes in struggling countries such as Somalia
- Contribute to campaigns for trade justice and sustainable development

<https://www.christianaid.org.uk/>



And now, dear lady, I am not writing you a new command but one we have had from the beginning. I ask that we love one another. And this is love: that we walk in obedience to his commands. As you have heard from the beginning, his command is that you walk in love.

- 2 John 5-6.



Before Jesus ascended to heaven he told his disciples
 "You will receive power when the Holy Spirit
 has come upon you, and you will be my
 witness in Jerusalem and in all Judea
 and Samaria, and to the end of the earth"...

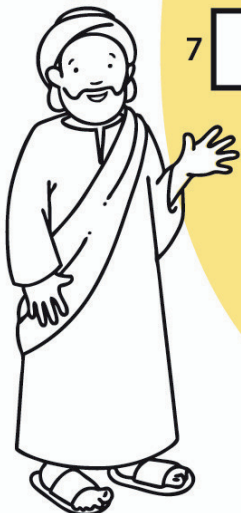
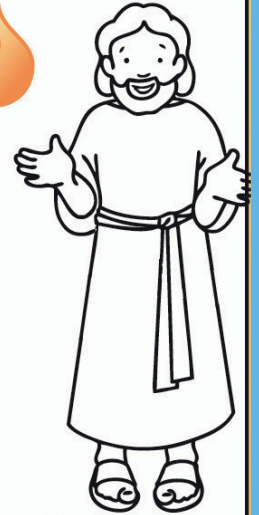
...When the day of Pentecost arrived,
 they were all together in one place,
 and they were all filled
 with the Holy Spirit."



READ the story
 of Pentecost
 in Acts 1-2

Look up the Bible
 verses to find
 the answers to the
 crossword clues.

How many
 words can you
 make from
 the letters of:
 DAY OF
 PENTECOST



- | | |
|--|---|
| 1 After Jesus ascended into heaven, which city did the Apostles return to? Acts 1:12 | 8 What rushing sound came from heaven? Acts 2:2 |
| 2 What appeared? Tongues of ...? Acts 2:3 | 9 What did they start speaking in? Acts 2:4 |
| 3a What did the Apostles devote themselves to? Acts 1:14 | 3 Who spoke to the crowd? Acts 2:14 |
| 6 Who was chosen to replace Judas? Acts 1:26 | 7 Who had prophesied this? Acts 2:16 |
| 5d Which special day was it? Acts 2:1 | |

**BIG Sleep Stargazing Sleepout at Messums
Friday 24th – Saturday 25th May**

Alabaré would like to invite you to a very special stargazing sleepout at Messums at Tisbury, part of the International Dark Sky Reserve, to raise funds for Alabaré’s work supporting the homeless.

Participants will sleep out in the courtyard alongside the barn, with the opportunity to join in with terrific activities during the evening which will add to the poignancy and atmosphere.

- Join actress Pippa Haywood for a moving Moonlit or Twilight Walk, during which we will remember those who are homeless through poetry, while celebrating the natural landscape around us.
- Learn from the fabulous Cranborne Chase National Landscape team, who will talk us through the wonders of the astronomical dark night sky above us.
- Be assisted by a team of astronomers who will allow us to look through telescopes where we (hopefully) can see the constellations for ourselves.

Alabaré has many years’ experience in delivering sleep out events in wonderful venues around the country. This event is suitable for individuals as well as families with children over the age of 8.

For details on how to register and fundraising targets please visit <https://alabare.co.uk/events/the-big-sleep-stargazing-sleepout/>
Local charity Alabaré provides support and accommodation for people who are vulnerable, homeless or at risk of becoming homeless across Wiltshire and the South West.
Helen Inglis h.inglis@alabare.co.uk



**JDMSS EYE-
OPENER MEETING**

Let There Be Light

Join our open meeting for all interested in Education in South Sudan, the youngest country in Africa.

Get up to date with everything going on at Juba Diocesan Model Secondary School, as well as plans for this academic year.

Date: Saturday 11th May 2024
Time: 10:00-12:30
Location: St Francis’ Church, Beatrice Road, Salisbury, SP1 3PN
Refreshments and a light lunch will be provided after the meeting.

**YOUTH
THIS SUMMER**

<p>YOUNGER YOUTH YRS 6-9</p> <ul style="list-style-type: none"> • FRIDAY NIGHT YOUTH SOCIAL IN THE LOUNGE 6PM TO 7.30PM • SUNDAY AM DISCIPLESHIP STARTING IN CHURCH @ 11AM THEN HEADED TO THE YOUTH LOUNGE FOR FOOD AND DISCIPLESHIP <p>YRS 6-13</p> <ul style="list-style-type: none"> • DISCIPLESHIP GROUPS - CONTACT US FOR INFO DIFFERENT GROUPS AVAILABLE • MAY 19TH - YOUTH MEAL @ 6PM IN THE CHAPTER ROOM THEN JOINING THE CHURCH FAMILY @ 7PM FOR AN ENCOUNTER EXPERIENCE 	<p>OLDER YOUTH YRS 10-13</p> <ul style="list-style-type: none"> • FRIDAY NIGHT YOUTH SOCIAL • IN THE LOUNGE 7.30PM TO 9PM • SUNDAY AM DISCIPLESHIP • STARTING IN CHURCH @ 11AM THEN HEADED TO THE BEATRICE ROOM FOR FOOD AND DISCIPLESHIP • SUNDAY PM DISCIPLESHIP • IN THE LOUNGE • 7PM TO 9PM • YOUTH DINNERS APRIL 21ST & JUNE 16TH
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RHUBARB & CUSTARD CAKE

from the BBC Good Food website, by Jane Hornby

L Prep: 20 mins **Easy** **Serves 16**
Cook: 1 hr
Plus rhubarb cooking and cooling

Ingredients

- 1 quantity Barney's roasted rhubarb (see recipe below)
- 250g pack butter, softened, plus extra for greasing
- 150g ready-made custard
- 250g self-raising flour
- ½ tsp baking powder
- 4 large eggs
- 1 tsp vanilla extract
- 250g golden caster sugar
- icing sugar, for dusting

BARNEY'S ROASTED RHUBARB

- Heat oven to 200C/fan 180C/gas 6.
- Rinse 400g rhubarb and shake off excess water.
- Trim the ends, then cut into little-finger-size pieces.
- Put in a shallow dish or a baking tray,
- Tip over 50g caster sugar, toss together, then shuffle rhubarb so it's in a single layer.
- Cover with foil, then roast for 15 mins.
- Remove foil. Give everything a little shake, roast for 5 mins more or until tender and the juices are syrupy.



Method

STEP 1

Make the roasted rhubarb first, carefully draining off the juices before you let it cool.

Butter and line a 23cm loose-bottomed or springform cake tin. Heat oven to 180C/fan 160C/gas 4.

STEP 2

Reserve 3 tbsp of the custard in a bowl.

Beat the rest of the custard together with the butter, flour, baking powder, eggs, vanilla and sugar until creamy and smooth.

Spoon one-third of the mix into the tin, add some of the rhubarb, then dot with one-third more cake mix and spread it out as well as you can.

Top with some more rhubarb, then spoon over the remaining cake mix, leaving it in rough mounds and dips rather than being too neat about it. Scatter the rest of the rhubarb over the batter, then dot the remaining custard over. Bake for 40 mins until risen and golden, then cover with foil and bake for 15-20 mins more.

It's ready when a skewer inserted into the middle comes out clean. Cool in the tin, then dredge with icing sugar when cool.

WHAT'S ON AT ST FRANCIS



STRICTLY COME LADIES

ARRANGE A POSY IN A WINE GLASS

7.30PM MAY 17TH

BEATRICE ROOM

- BRING A GLASS AND SOME FLOWERS AND GREENERY & YOU WILL TAKE HOME YOUR CREATION!

FOR FURTHER DETAILS SPEAK TO JENNY TEL:328761

ZUMBA

Dance yourself fit to a fusion of Latin and international music, combined with a heart-pumping cardio workout that's easy to follow and fun to do! St Francis Church Hall, Beatrice Road – Wednesday 9.45-10.45am / £7. For class details contact Lisa Brewer 07941307683. Licensed Zumba instructor.

50S AND BEYOND

A FELLOWSHIP AND SERVICE GROUP FOCUSED ON PEOPLE AGED 50+ EVENTS ARE OPEN TO ALL

CONTACT

KRIS RICHARDSON
kris@richardson.net



MAY 7TH, 12.30 FOR 1PM

EVERYMAN CINEMA TO WATCH ROMAN HOLIDAY

DEMENTIA FRIENDLY EVENT, CONTACT:

CATHERINE TURRELL
catheryn.turrell62@outlook.com

Ladybirds

Pre-School

Ladybirds Pre-School is your local childcare setting that has long established ties within our community, located in St Francis Church Hall. We are a free-flow setting, this allows the children to choose where they want to learn, be it in our indoor area where their imaginations and creativity are inspired or in our exciting outside space.

We currently have spaces so please get in touch using the contact information below if you would like more information, or to arrange a visit.

ladybirdssp1@gmail.com 01722 502234



ST FRANCIS COMMUNITY SINGERS

Join us at St Francis on

Mondays from 3.00pm - 4.00pm

Tea and biscuits beforehand at 2.30pm. We have a super, well qualified, young bubbly leader who always gets us laughing! It's all very informal ... No audition! £5 a session (first session free). Please contact Di Webb on 07733 433615 or the Church Office for more information. Term-time only.

A Job That Gives Back

We are looking for wonderful people in Salisbury to help an older person to stay in their own home. Pay starts at £12 per hour with paid wait and travel time.

Call us to find out more 01722 443 559
or visit our website www.homeinstead.co.uk/salisbury-and-romsey



PILATES with KATE

Classes Salisbury & Wilton
Private tuition available on request

For more details please contact Kate Martin

Mobile or WhatsApp: 07736 843020

Email: katemartinpilates@gmail.com

@katemartinpilates Pilates with Kate



EASTER AT ST FRANCIS

**Established friendly & professional
Heating company supporting your
oil, gas, & LPG appliances.**



- ◆ Highly efficient heating solutions designed & installed.
- ◆ Bespoke swimming pool heating solutions provided, with smart controls.
- ◆ Underfloor heating design, installation & overhaul.
- ◆ We also offer emergency breakdown, repairs, servicing & Certification.

t: 01722 417873 | e: sales@ahs-heating.co.uk



www.ahs-heating.co.uk

MAY 2024

WHAT'S ON

EVERY WEEK:

MONDAYS St Francis Community Singers 2.30pm

TUESDAYS POLO (Parents of Little Ones) St Francis 9.45am

THURSDAYS Teddybears Toddler Group 10-11.30am

FRIDAYS Friday Cafe at St Francis 9.30 - 11.30 am

Friday Night Youth at St Francis 6-7.30pm (school years 6-9) 7.30-9pm (10-13)

SUNDAY 5TH

HOPE 10am All Age (at Old Sarum Community Centre)

St Francis 9.30, 11am, 7pm Bible Focus & 7pm Youth (school years 10-13)

TUESDAY 7th 50s and Beyond meet at Everyman Cinema at 12.30pm

WEDNESDAY 8th Mothers' Union 9.45 St Francis

SATURDAY 11th JDMSS Eye Opener 10am

SUNDAY 12TH

HOPE 10am Messy Church

St Francis 9.30 & 11am & 7pm Youth (school years 10-13)

St Lawrence Evensong 6pm

FRIDAY 17th Strictly Come Ladies 7.30pm

SUNDAY 19TH

HOPE 10am Sunday Gathering

St Francis 9.30, 11am

6PM Youth (school years 6-13) Dinner

7pm ENCOUNTER at Francis Church

SUNDAY 26TH

HOPE 10am All Age (at Old Sarum Community Centre)

St Francis 9.30, 11am, & 7pm Youth (school years 10-13)

GET CREATIVE!

Follow the steps to draw a cheery blue-tit; once drawn, you can play with colour in whatever medium you choose, this one has been completed with watercolour and ink.

