

# The Ampfield Messenger



*The Parish Magazine of  
St. Mark Ampfield*

**July/Aug2025**

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**[www.acnb-church.org](http://www.acnb-church.org)**

# The Parish Church of St Mark, Ampfield

*Our vision: To be channels of God's love in the world*

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**DEADLINE: The third Friday of each calendar month.**

Contributions to this magazine are always welcome, however it may be necessary to edit or shorten articles. Note that the views and opinions expressed in this publication are not necessarily those of the editor or the Parochial Church Council. Advertisements in this publication do not carry the endorsement of the editor or the Parochial Church Council.

# Contents

4. Letter from Vanessa
5. Weekly Service Pattern
6. St. Mark's Fete—report and photos
11. Walking the Penine Way by Stephen Phillips
12. Ampfield Village Hall welcomes friends from the Orthodox Church by Martin Hatley, Hon Hall Manager.
15. Can you identify this plant? Anon.
16. Notes from a Devon Farm by Martyn Knights
18. Ampfield Art Class Gallery by Julie Trotter
20. What's on in the Benefice every week
21. What's on in the Benefice every month
22. Benefice News
28. Ron & Stella's Quiz Night
29. Village News
32. Thought for the Month - Contemplating the Future  
By Lyn Smith
36. Answers to Identify the Plant & Ron & Stella's Quiz
37. A Prayer for Peace



## *Letter from Vanessa*

### *Dear Friends*

What a joyous couple of days we have had this weekend, as our Curate, Ann, was ordained priest! The sun shone on Winchester Cathedral on Saturday afternoon – rather too enthusiastically for those of us in many layers of robes! And then we had a happy celebration as Ann celebrated Communion for the first time at St Mark's on Sunday morning.

In the Church of England, there are only three orders of ministry: Deacons, Priests and Bishops. Everyone who wears a collar is a Deacon – a servant-role that we are reminded of whenever we renew our vows each Easter, and often when groups of clergy gather, the one handing out the tea is reminded (probably not for the first time) that 'once a deacon, always a deacon'.

Ann will always be a Deacon, but she is now also priest, able to give absolution and blessing. She has always been a blessing to us but now will be able to give us her priestly blessing as she continues her ministry among us. To 'bless' is to make something holy, to consecrate it. The grace of God moves among us, weaving through our lives like glimmers of gold – regardless of who we are and how often we come to church. That blessing that Ann can give us is one of those glimmers of gold – shining through the pain and sadness of our world and giving us hope for the future.

Ann has followed her calling, and each of us, whether ordained or not, have a calling to live out. We are called to be who we are, and become fully the person God wants us to be.

Thank you, Ann, for saying 'yes' to God's call on your life, and may you continue to inspire us all to say 'yes' to God, each in our own vocation and ministry!

*Vanessa*





# Weekly service pattern

## Sunday Services

	All Saints	St Mark	St Denys	St John
1st Sunday	11:00 Messy Church	09:30 Tidy Church	09:30 BCP Matins or Communion	11:00 Communion or Morning Prayer
2nd Sunday	11:00 Communion	09:30 Communion	09:30 informal Morning Prayer	
3rd Sunday	11:00 Communion	09:30 Communion or Morning prayer	09:30 BCP Matins or Communion	
4th Sunday	11:00 Communion	09:30 Communion		
5th Sunday	11:00 Communion	09:30 Communion		

## Midweek Services

When	Where	What
Tuesday, 10:30	St Mark, Ampfield	Small group Communion in St Mark's room, followed by coffee
Wednesday, 19:00	All Saints, North Baddesley	Communion in a peaceful candle lit space in the midst of your busy week

*Need a break from the hurly burly of life?*

*St. Mark's is open daily*



## St. Mark's Fête & Dog Show Saturday 14<sup>th</sup> June

We were lucky again this year with the weather, it was dry and warm but happily for both people and dogs we escaped any of this year's really hot days. A friendly crowd came and there was a wonderful atmosphere, with entertainment provided by 'A Bit of a Jam', an excellent local ukulele band. The dog show was again popular, with people entering their cherished pets of all breeds and none. Many thanks to Chris for organising this and Anja for being the judge. The 'Dog that looks most like it's owner' and the 'Best junior handler' were especially popular.



Thanks to all those who helped set up the day before and packed everything away afterwards and thanks to all the stallholders who worked so tirelessly to provide cream teas, cake, bbq and the bar. We would also like to thank everyone who so generously donated raffle prizes, the cask of beer, Pimm's, bottles, plants, and the £50 note.

Of course this could not have been the success it was without all the people who came and supported us. It was a lovely to see the youngsters with painted faces, and some not quite so young wearing their hearts on their cheeks! The games were popular, with even the youngest contestants winning a coconut, and many Rats making a narrow escape from being Splatted!

A grand total Of £4070.62 was made, details on p.7. **Phil**

## Takings on the stalls

...Cont.

BBQ	477.50
Cakes/cream teas	266.00
Cake stall	82.55
Beer tent	163.50
Pimms tent	136.80
Entrance	244.04
DOG Show	69.00
Raffle	1368.00
£50.00 note	100.40
Bottle Stall	182.00
Gardening	361.85
Jewellery	62.19
Face painting	32.00
Tin can alley	26.00
Coconut Shy	65.56
Hook a duck	25.10
Books	104.77
Corn Hole	48.50
Disc Drop	9.00
Splat the rat	5.86
Icecream donation	20.00
	3850.62
Donation	220.00
<b>TOTAL</b>	<b>4070.62</b>

# The Dog Show



Dogs looking most like their owners!

Best in show -  
Rosie Goulden with  
her 2 year old  
cocker spaniel Cara



# Memories of the 2025 Fete



Friends of St. Marks  
**invite you to**  
**Tea, Cake and a Chat**

**Saturday 5<sup>th</sup> July**  
**2.30 - 4.30pm**

**St. Mark's Glade, Ampfield**  
**SO51 9BU**  
**(if wet in the Church Room)**

**Homemade Cakes & Jams for Sale**  
**plus a raffle**

**Entry £3**



# Walking the Pennine Way

by Stephen Phillips



A few years ago I fulfilled a long held ambition to walk the Pennine Way from Edale in Derbyshire to Kirk Yetholm just over the border in Scotland - a distance of 268 miles - give or take a few.

The first day nearly had me quitting. 18 miles over the infamous Kinder Scout with no mountain miles in the legs.

The next day was only marginally better and at Hebden Bridge I had to buy some new boots and walking poles- a godsend! Number one tip - never walk without poles! By the time I got to Malham with its famous Cove I'd walked myself fit.



There were many highlights over the following two weeks- Great Shunner Fell, Pen-y-gent, High Cup Nick, Cross Fell, Hadrian's Wall, the Schill. The last day was a 26 mile, twelve hour hike following the England/ Scotland border starting at 5am. Finally reaching the Borders Hotel in Kirk Yetholm for a well earned pint.

For anyone interested in long distance walking the Pennine Way is the doyen of UK walks and I'd strongly recommend it. You need to be reasonably fit and you'll have memories that will last a lifetime.

**Stephen**





# Ampfield Village Hall welcomes friends from the Orthodox Church

by Martin Hatley, Hon Hall Manager.

As many of you will already know, the village hall is an all-inclusive community hall run as a charity by volunteers. As well as the many regular events, listed elsewhere in the 'What's On In The Village Hall' page, we host many very varied and diverse occasions. There are, of course, the usual birthdays, baby showers, christenings, anniversaries etc. In the last year we have also hosted a weekend seminar by the British Isles Bee Breeders Association, The Forestry Commission and Borough Council workshops on the oak processionary moth problems, Breast Cancer fund raising evenings, a film company using the hall as a film set (it became an examination hall for the day!), Christian Gospel Church meetings, Hindu and Muslim celebrations and, at Easter, we welcomed the Southampton Orthodox Church, for the weekend.

They were in desperate need of a venue because, unusually, the date the Orthodox Church observe Easter coincided with the same weekend as the Roman Catholics and Church of England observe it, and so their usual venue was not available. Our village hall was transformed for the weekend by their fantastic icons and other equipment they use. See the attached photo. Members of the church were so impressed with the hall, and its peaceful rural location, negotiations immediately took place to see if they could use it on a more regular basis. I am pleased to say that they will be using the hall about once a month for the next year.



Cont. ...

...Cont.

Now for a bit of an insight which I hope you will find interesting. Their full name is The Orthodox Parish of St Silouan of Mt Athos. In the Orthodox Christian tradition each parish has a patron saint. Their parish saint is St Silouan.

The parish started back in 2010, so they have been around for 15 years now. For all these years Father Joseph has been their priest. He lives north of London and, apart from this parish, he travels to serve Liturgy in four more parishes, in Portsmouth, in Cambridge and two more places around London. During these 15 years, the parish has grown a lot in numbers, starting with a small group of around 15 people and growing to about 60-70 people on regular services and over 100 for big celebrations. A senior member of their congregation informed me:

*'for 14 years we were quite lucky to be able to stay in the same place renting a church hall that belonged to the Holy Trinity church in Southampton. However, a year ago the Holy Trinity church building was sold to a different large community and it became impossible to continue renting the hall from them. It proved to be quite difficult to find a place where we could continue to celebrate Liturgy services and also could keep our parish belongings. St Brigid Catholic church in West End became a home for our services and we were very grateful to them. However, they had very little storage space and we could not possibly keep anything there, so we knew that it was a temporary option and continued looking for a new place. Our parish belongings were kept in various people's houses and you can imagine how inconvenient it was, so we thank the Ampfield Village Hall for being so accommodating to our essential storage needs. We are a truly multinational and multicultural community. We have English, Russian, American, Ukrainian, Moldavian, Serbian, Georgian and other Eastern European nationalities, including those from Baltic countries, Lithuania, Latvia and Estonia. We also have people from Central Asian countries, Kazakhstan, Kyrgyzstan, Tajikistan and Uzbekistan.'*

Cont. ...

... Cont.

*'We have more Ukrainian parishioners since 2022, who now live locally and are very happy to find here, in the UK, a church that follows the same Orthodox tradition as the church in their homeland. Also, as Fr. Joseph noted, since the pandemic, we have an increasing number of English people coming to inquire about the Orthodox Christian faith and getting baptised or received in our church.'*

*As you can imagine, our parishioners come from very different cultural backgrounds and have very different life experiences, but Orthodox Christian faith is one common factor that holds us together. We get together to pray and celebrate Liturgy. For myself, I can say that, I only started attending church services 12 years ago (even though I have been baptised as a child), and I am still learning the meaning of being Christian and the very rich history and spiritual tradition of Orthodox Christianity'.*

For me, it was a privilege to meet many of their parishioners over the Easter period and to receive a delicious traditional Easter cake and card. It was also a chance to practice my very rusty O Level Russian! I am aware that there are a number of Ukrainians who are living in or near Ampfield and the St. Silouan Church would love to meet you.

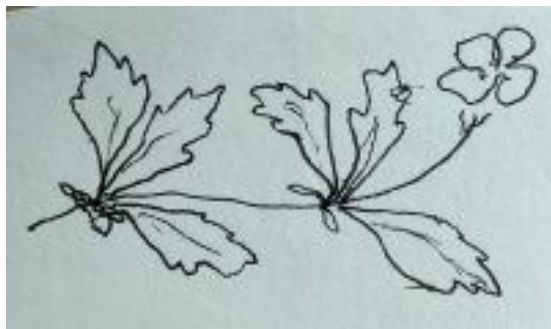
In the meantime, the Village Hall Committee wishes them well and we are glad to welcome the Parish of St. Silouan to Ampfield. For those members from Ukraine, who have found genuine friendship here, we sincerely hope that peace will return to your home country sooner rather than later.



**Martin Hatley**

**Further details at <http://stsilouan-soton.squarespace.com>**

Can you identify this low-growing creeping plant with small yellow flowers from St. Mark's churchyard?



Go to p. 22 for a clue



We are happy to announce that the members of Friends for Lunch have raised £500 to donate to charity. After discussion, they voted to send the money to the Winchester Hospice. In her letter of thanks, the Fundraising officer commented:

*"The hospice is a place of compassion, understanding, warmth and support at the most difficult time ... Caring not only for patients, but their families, friends, carers and children too... Your continued support is truly appreciated and will help us make a difference here in Winchester".*

## NOTES FROM A SOUTH DEVON CATTLE FARM

We live next door to a working farm of some 300 acres which has 250-300 beef cattle being grown-on at any one time. I have been retired for some time now and so am more than happy to help out on the farm now-and-again if I can. Just recently, I put my hand up to help with the bi-annual T.B. testing. (not quite realising how involved it would be). A very nervous time for the farmer.

So, I made up my packed lunch and turned up at 9 a.m. raring to go on the appointed day. I was immediately allocated the task of controlling the entrance and exit to the race where the cattle are held and then ushered through to the inspection cage where the vet does her stuff. I was surprised to see that the vet on this occasion was a rather diminutive but cheery young woman probably about half the height of most of the cows!!

I was to let the cows through one at a time and she then would (very quickly), shave their necks in two small spots, measure the skin thickness top and bottom, shout the figures to the farmer and then inject each site with a different serum. This had to be repeated 275 times!!! One of the farm hands would then let the treated cow out into the yard ready to be returned to one of the main sheds. It is worth noting at this point that the cattle had been kept inside for 4 months and so were a little skittish.



Cont. ...

...Cont.



Needless to say, not all of the cows were keen to go through the race and into the vet's cage and it was my job to encourage them with gentle words and the odd pat to the back. When one particularly large cow (its back about as tall as me) refused point blank to move forward, the farmer shouted "just lift his tail up and he will go forward". What he

failed to mention was that lifting the tail was a signal for said cow to do what they seem to spend all day doing in the yard. My right arm was then unceremoniously coated in what would be very good to spread on your roses !!!

275 cows and 6 hours later I was exhausted and ready to put my feet up – amazed to see that the farmer was then off to start the first grass cut of the year – he didn't finish that day until 9:30. Next time I will bring you up to date on the test results and the fun and games of letting the cattle back into the fields for the first time.

Pip pip **Martyn Knights**



***We look forward to next month's update from our new  
Devon Correspondent***



# Ampfield Art Class Gallery

Julie Trotter's Art Class takes place on  
Thursday afternoons  
from 2-4pm at the Village Hall



Cotswold Water Park - Edwina , watercolour.



Pansy - Christina ,  
watercolour pencils.



Beautiful Peacock - Edwina ,  
watercolour.



The Mudlarks - Nick,  
Watercolour.



# Ampfield Art Class Gallery



Spring Flowers - Pauline ,  
watercolour.



Stonehenge - Nick , watercolour.



Bridge in Yorkshire - Alison,  
Watercolour.



Fritillaria - Carol, watercolour

# What's on in the Benefice every week

## St. Mark's

### St. Mark's Minnows:

Thursdays in St. Mark's Room

9.30 - 11am

See p. 26 For more details

### St. Mark's Fridge Magnets and cards

Jennie has made cards and fridge magnets with a picture of Ampfield Church - £1.50 for a card, or £5 for 4 cards, and £2 for a fridge magnet. Available to buy at Ampfield Market or in church.



## All Saints

### Digital Hub - All Saints: Wednesdays 10.30am - 12 noon

We have expanded Wednesday mornings to include some support for those who have laptops, tablets or phones and need a little extra help on how to use them. If you need any advice then please bring them along and hopefully we can be of help.

### Social Hub - Wednesdays at All Saints 10am - 12 noon

Have a go at some crafts, do jigsaws or just relax with a book that has been borrowed from the Community Library (also open on a Wednesday morning) or just sit and chat. Free drinks and biscuits and sometimes other treats!

### Welcome Cafe at All Saints Thursdays at 10am

The café is for any and everyone in the community to come and meet friends for a catch-up and enjoy great coffee. We particularly welcome those who find themselves lonely or bereaved.

## Sunshine Saints

### Fri: 10:00am - 11.30am at All Saints (term-time only)

Sunshine Saints is the toddler and baby group. It is an opportunity for the children to have fun playing together. There are snacks for the children and tea and coffee for those who accompany them, suggested donation: £2.

# What's on in the Benefice every month

## St. Mark's

### Friends for Lunch Wednesday 16th July 2pm

In July we serve tea outside, subject to the weather. To book a place, please contact Pam on :Tel. 02380 411146 or Email - [pamm@acnb-church.org](mailto:pamm@acnb-church.org) for availability.



### St. Mark's Stall at the Ampfield Market

#### Saturday 7th July 10.00 - 12noon

We sell bric - a - brac, gifts and seasonal items to raise money for the maintenance of the buildings of St. Mark's. Jennie has made cards and fridge magnets with a picture of Ampfield Church - £1.50 for a card, or £5 for 4 cards, and £2 for a fridge magnet. If you have anything to donate, please contact Chris on 01794 367104. We are happy to collect. Thank you.

**Pam and Chris**

### Pilgrim Course

The next session of the [Pilgrim Course](#) takes place in St. Marks Room on Saturday 12th July 10.00 - 11.30pm This is an opportunity to ask questions about faith. Our ethos is that we are exploring together, and there are no wrong answers - all are welcome to these relaxed and friendly group. Please note there will be no Pilgrim Course in August but they will start again in September. Do [get in touch](#) if you would like more information.

### Flowers for July - Sally



### Church Cleaning

If anyone would like to help with cleaning the Church (taking it in turns on our monthly rota) that would be very helpful. It is best to do this in pairs to be safe, and does not take very long to Hoover, sweep, and dust! If you would like to offer or chat about this please contact Jennie Edwards (details at the front of the Messenger). Thank you so much.

# Benefice News

## St. Denys .

### Sea Sunday

Is on Sunday 13th July and we will be celebrating this special day at St. Denys 9.30 am during their morning service. It is an opportunity to honour and pray for seafarers, recognising their vital role in global trade and their often challenging working conditions. This is an informal service at which we explore together our faith and link it to the world around us.

### Chilworth Lunchtime Recital

On Wednesday 16th July the recorder quartet 'Consorte d'Amici will be returning for another great performance. They start at 1pm and refreshments will be served afterwards.

### 1pm, Wednesday 22nd October - The Southampton Salty Sea Dogs

Will be performing sea shanties and songs with a few jokes thrown in. Those of you who supported their performance last year will know just how much fun this motley crew are!

## Across the Benefice

### Bishop Philip visiting the Benefice on Sunday 20th July

We are really looking forward to his visit and there may be an opportunity for a Confirmation Service in the morning, therefore if you or anyone you know wishes to be confirmed please can you have a chat with Vanessa. Please note it will be the only service in the benefice that morning **starting at 10.00 am.**

### Single Parish Benefice

We are now officially a Single Parish Benefice, and so there needs to be a Special Parochial Church Meeting to elect officers. Therefore, everyone is invited to this meeting which will take place in St. Mark's Room on Tuesday 15th July at 7.30pm.

Can you identify this plant from St. Mark's churchyard?

Hint:

This plant with small yellow flowers has groups of five leaves - three large and two small. Each large leaf also has five small serrations at its pointed end - so think 'five'.      Answer on p. 36

# ST MARK'S MINNOWS

## FUN AND FRIENDLY TODDLER GROUP

ST MARK'S CHURCH ROOM, AMPFIELD SO51 9BU



## TERM TIME THURSDAYS

### 9.30 – 11AM

COFFEE ON FROM 9.15!



**ACNB CHURCH**

THE CHURCH OF ENGLAND IN AMPFIELD,  
CHILWORTH AND NORTH BADDESLEY

St Mark's Church  
A3090 Ampfield SO51 9BU  
search online for @acnbchurch

# RELEASING CACAO CEREMONY

WITH HUMMINGBIRD  
HOLISTICS

Saturday 19<sup>th</sup> July,  
2025 at 10am

**Hosted at St. Marks,  
Ampfield Romsey,  
Southampton**

Sip ceremonial cacao and learn about  
this nourishing heart opening medicine

Be guided through a calming meditation  
inspired by nature.

Journalling prompts - Its time to release  
what is no longer serving you



**BOOK NOW:**

Whatsapp: 07443152305

[www.hummingbird-holistics.com/events](http://www.hummingbird-holistics.com/events)

£25 or £15 for anyone new





## M-FIT

St Mark's Room, St  
Mark's Church,  
Ampfield, Romsey,  
SO51 9BU



Find us on  
**Facebook**

M-FIT/@mfit22



**Instagram**

@m\_fithampshire



## Circuits, Stretch and Relax

### FREE TASTER CLASS

The Circuit section will include the use of the following:

Dumbbells/Kettlebells, resistance bands, bodyweight exercises, bosu, step, balance pods, Blazepods (great for agility/reaction), skipping etc.

There will be regressions and progressions for each exercise so all abilities are welcome 😊

Wednesday 23rd July at 9.30am  
(Class length - 1 hour)

If the FREE Taster class is of interest to you please email/call me to secure your place:

Contact Michelle at 07484 779882 or email  
m-fit22@outlook.com.

Subject to the class having enough attendees the class will run weekly 💪

The term will start on T Wednesday  
24th September at 9.30am.

Let's get fitter together!

Michelle  
M-Fit



# Benefice News

## St. Marks Minnows

Well! The weeks and months have gone very quickly and we are now nearing the end of the Summer Term. We have all enjoyed our Thursday mornings with our Toddlers and Babies and their Mums and Grans.

With the recent lovely weather we have been able to get outside a few times which gave us some fresh air playing with the sand and water whilst admiring our wonderful surroundings of the Church grounds and The Glade. We have also been enjoying playing inside with the play-dough, dollies, minnows shop, Speedy car track with the dinosaurs watching on!



There have been activities like making flowers and fire eating dragons, also painting and colouring. Our quiet corner with the books has lived up to its name and the jigsaws have been made! Snacks have been eaten and we cannot forget our Nursery Rhyme singing with the instruments, then finally the bubbles are out before all is packed up.

We will be finished for the Summer holidays on 17th July and wish everyone a wonderful Summertime,

ENJOY but Take Care. Thank you all who have come and joined us and we look forward to seeing all who can make it on

**Thursday September 4th 9.30 - 11am**,  
coffee/ tea pot will be on from 9.15am for those who drop off at school beforehand.

Last but not least THANK YOU to all our friendly volunteer helpers, without whom we would not be replenished with coffee/tea and chocolate biscuits! (obviously that's not all they do!!!).

Thank you again  
**Heather**



# Benefice News

## Forest Church

### Exploring Spirituality through Nature for All Ages

Sunday 13<sup>th</sup> July at 3pm in the Glade of St. Mark



We are buzzing to tell you that that all activities at our July Forest Church will be based around 'honey bees' – so come along and join us!! There will be honey tasting, a bee trail, make you own bee bath and an opportunity to create a bug hotel for the churchyard. All outside in the openair, whatever the weather!

## Fun Facts About Bees

1. **Honey bees** are super-important pollinators for flowers, fruits and vegetables. This means that they help other plants grow! Bees transfer pollen between the male and female parts, allowing plants to grow seeds and fruit.

2. **Honey bees** live in hives (or colonies). The members of the hive are divided into three types:

**Queen:** One queen runs the whole hive. Her job is to lay the eggs that will spawn the hive's next generation of bees. The queen also produces chemicals that guide the behaviour of the other bees.

**Workers:** these are all female and their roles are to forage for food (pollen and nectar from flowers), build and protect the hive, clean and circulate air by beating their wings. Workers are the only bees most people ever see flying around outside the hive.

**Drones:** These are the male bees, and their purpose is to mate with the new queen. Several hundred live in each hive during the spring and summer. But come winter, when the hive goes into survival mode, the drones are kicked out!

Sally

## **Ron & Stella's Quiz Night**

1. In which year did the London Underground open for the Metropolitan Railway [1] 1861 [2] 1862 [3] 1863?
2. In which year was the first manned moon landing?
3. At 19,341 feet or 5,895 metres, which is the highest mountain in Africa?
4. The first man to run a mile in under four minutes in 1954 was whom?
5. Helianthus Annuus is the Latin name for which flower, which can grow very tall?
6. Who invented the iconic Little Black Dress in the 1930's?
7. When was Netflix founded [1] 1997 [2] 2001 [3] 2009?
8. Which country has eleven time zones?
9. What was the Turkish city of Istanbul called until 1923?
10. What is a John Dory? [1] Bird [2] Animal [3] Fish



**Answers on p. 36**

**Ron Cobb**

**The  
Ampfield Market**  
**(Established in 2000, now in its 25<sup>th</sup> year !)**

**will take place  
On  
Saturday 5th July  
From 10am to 12noon  
in Ampfield Village Hall  
(SO51 9BJ)**

Our Market has a great reputation, we regularly sell fresh fruit and veg supplied by Hansards in Awbridge and delicious bread and cakes supplied by Matts Bakery. Honey, preserves, plants and fresh flowers. Cards, wrapping paper and books. Collectables, unusual crafts and jewellery. Clothes, toys and puzzles. Bric a brac, seasonal treats and much, much more !

**We serve fresh coffee and a wonderful selection of cakes throughout the morning.**

**Come along with friends and family to enjoy this special monthly community event.**

**Parking and admission are always FREE.**

All proceeds support the Village Hall. Registered charity no. 1057353  
Contact Julie on 023 80254587 or [Julie@ampfield.org.uk](mailto:Julie@ampfield.org.uk)  
for table bookings etc.

**The market returns after its summer break  
on Saturday 6th September**

## WHAT'S ON IN THE AMPFIELD VILLAGE HALL THIS MONTH –

JULY 2025- JOIN IN ONE!

### MONDAYS

**PILATES WITH HANNAH** – Two sessions in the morning. 9.15am to 10.20am & 10.30am to 11.35am. Mixed ability mat class. Details at [www.pilateswithaplomb.com](http://www.pilateswithaplomb.com)

**AMPFIELD PARISH COUNCIL** regularly meet on a Monday evening for their ordinary meetings, planning meetings and other meetings.

**NB. NEW WEBSITE ADDRESS [www.ampfieldparish.gov.uk](http://www.ampfieldparish.gov.uk)**

### TUESDAYS

**AMPFIELD BRIDGE CLUB** is a very popular club playing friendly duplicate bridge. It meets every Tuesday evening (except at Xmas time) from 7pm to 10pm. If you require a partner or want more information contact Janet Cox on 07879 915726 or email [janetwallace1@hotmail.co.uk](mailto:janetwallace1@hotmail.co.uk) New members always welcome.

### WEDNESDAYS

**NEW CLASS! YOGA MORNING with Yoga by Gaynor** – 9.30 to 10.30 for details see Friday below

**1<sup>st</sup> AMPFIELD BROWNIES** meet every Wed. evening during term time. 6pm to 7.30pm Tel. Sue Moore 01794 523947

**ROMSEY MODELLERS** Build model kits? Want to get more from your hobby? Join this club on the 1<sup>st</sup> and 3<sup>rd</sup>. Wed. of each month 8pm to 10pm.

[www.romseymodellers.co.uk](http://www.romseymodellers.co.uk)

### THURSDAYS

**YOGA MORNING with Diana Craven.** Diana is back with her regular class. 9.30 -10.30 am.

E-mail address for further details [cravendi-ana18@gmail.com](mailto:cravendi-ana18@gmail.com)

**AMPFIELD ART GROUP** meets Thurs. afternoons during term time 2pm to 4pm. Very friendly atmosphere. Beginners and those wishing to develop their skills welcome. Contact email: [Julie@ampfield.org.uk](mailto:Julie@ampfield.org.uk)

**PILATES WITH HANNAH PLOMB - TWO SESSIONS. 6.15 to 7.20pm (improvers and Intermediate) & 7.30 to 8.35pm (Beginners).** Mat classes. For details: see Monday above.

...Cont.

## FRIDAYS

**YOGA ON FRIDAY MORNINGS with YogaByGaynor 9.30 to 10.30am** All levels, Gentle, Vinyasa Flow Yoga. All welcome. Facebook: @yogaByGaynor OR Email: [yogabygaynor@yahoo.com](mailto:yogabygaynor@yahoo.com)

## SATURDAYS

**VILLAGE MARKET (IN ITS 25<sup>th</sup> YEAR!)** First Saturday of every month 10-12noon (except Jan. and Aug.). Entry free. Regularly on sale are fresh bread, rolls, jams, chutneys and pickles, cakes, plants and fresh flowers, cards, books, antiques, unusual crafts, jewellery, toys, seasonal surprises, bric a brac etc. Fresh coffee and delicious cakes are served all morning in the Garden Room. Interested in renting a table? Ring Julie on 02380 254587 or email [Julie@ampfield.org.uk](mailto:Julie@ampfield.org.uk).

This is a great event to meet up with people.

**CARD MAKING WORKSHOP WITH VANESSA.** A range of crafts taught, meets monthly, normally on the second Saturday of each month from 10am to 4pm. A very relaxed day and delicious coffee provided. Details from Vanessa 01794 515490 or email [Ampfieldcards@gmail.com](mailto:Ampfieldcards@gmail.com).

## SUNDAYS

**NEW GROUP! SEWING SUNDAYS** Small group of crafters, who meet once a month on a Sunday. Open to all who want to bring along their dressmaking, knitting or other textile projects. If interested email Michelle [michel-leewaters@gmail.com](mailto:michel-leewaters@gmail.com) Lovely group, offers advice, help pinning and fitting toiles + natter & cuppa

*For general enquiries and hall bookings tel. Martin Hatley 07970 501050 Or visit our new website: [www.ampfieldvillagehall.org.uk](http://www.ampfieldvillagehall.org.uk) Or E mail: [info@ampfieldvillagehall.org.uk](mailto:info@ampfieldvillagehall.org.uk)*

**NEW DIARY DATES: The next EVER POPULAR FUN QUIZ NIGHT is on FRIDAY NOV 21<sup>st</sup> in the Village Hall £5 per entrant Inc. bar snacks. Book a place or table now & pay on the night. STOP PRESS! Pantomime returns. It's Pinocchio! Wed. 10 December'25. 6pm The usual great fun cast from Bumblefly Theatre, Forest Forge Theatre Company and Misch-evous Theatre return, together with the Hob Nobs, squash and coffee ! Make a note in your diary – further details to follow.**

# Thought for the Month

## Contemplating the future

In a sleepy Hampshire village  
There is a coffee morning

In Gaza, people queue for food  
Are corralled and then shot

With coffee are dainty cakes and biscuits  
People chat together, all smiles

In Gaza the rice is raw  
With no means of cooking it

Babies in Hampshire are plump  
And healthy, well nourished

In Gaza skeletal babies die  
Without the food they need for life

In sunny Hampshire, in the heat  
The distant rumble is thunder

In Gaza the noise is a drone  
To destroy any houses still left

There is war in Ukraine, Africa and the Middle East  
And riots in Ireland and America. How can I even think  
of a future for grandchildren and beyond.

How can those who control the world allow this to happen.  
Or worse, did they cause it?



**Lyn Smith**



## **Friends of St. Marks Church**

Invite you to an evening of Folk and Acoustic Music  
at St. Mark Church, Ampfield SO51 9BU

**Friday 26<sup>th</sup> September**

**7.30 - 10pm**

**(doors open at 7pm)**

performed by the band

**Beggar's Belief**



**Tickets £10 each - Cash Bar and nibbles**



Please book by using the QR code or

<https://bit.ly/4jCCiWS>

or phone 07799 435715





Heritage Open Days is England's largest festival of history and culture, offering free access to heritage sites and events for ten days every September. It's a chance to explore hidden places, delve into local

history, and participate in unique experiences, all without any cost. Thousands of heritage sites, from churches, historic houses and gardens to museums and factories, participate by opening their doors or hosting special events.

For the second year our churches are joining in this festival, last year we displayed exhibitions entitled 'Windows into the Past' This year we are organising special guided tours of

**St. Mark, Ampfield** <https://www.heritageopendays.org.uk/submission-event/guided-history-tour-of-st-mark-church-ampfield-2025.html>

**St. Denys, Chilworth** <https://www.heritageopendays.org.uk/submission-event/guided-history-tour-of-st-denys-church-chilworth-2025.html>

**St. John the Baptist, North Baddesley** <https://www.heritageopendays.org.uk/submission-event/guided-history-tour-of-st-john-the-baptist-church-north-baddesley-2025.html>

People who sign up for these tours will have the opportunity to learn about our churches, their Heritage and **Architecture**, which is the theme of this years HODs. We are encouraging people to use the HODS booking site but if that isn't convenient, please email or telephone me using the office contact details elsewhere in the magazine. Bookings are open from the 8<sup>th</sup> August.

## Sunshine Saints and Holiday Lunch



We are going to run a selection of dates for Sunshine Saints to continue running though the summer holidays:

**Friday 25th July**

**Friday 1st, 8th, 15th and 22nd August**

After each of these sessions we will be serving lunch if you would like to join us at All Saints North Baddesley.

If you would like more information about these sessions please get in touch [bethr@acnb-church.org](mailto:bethr@acnb-church.org)

## Answer to 'Can you identify this plant?'

It is a cinquefoil. Cinque means five as in the original five Cinque Ports in England closest to France — Sandwich, Dover, Hythe, Romney and Hastings. Later other ports were added such as Winchelsea, Rye, etc. Our Cinquefoil is a member of the Potentilla family. Most of this family have flowers with five petals but ours has just four, so I think it might be Potentilla Angelica also known as trailing Formentil. **BUT** the formation of the three large serrated leaves with two small smooth ones, all springing from the same spot on the stem, does not match any description/illustration in my wild flower books. Maybe it is a hybrid or perhaps I need to go to Specsavers?!



Any enlightenment is welcome via the Messenger.

Happy summer plant spotting.

**Anon.**

## Answers to Ron & Stella's Quiz Night

1. 1863
2. 1969
3. MOUNT KILIMANJARO
4. ROGER BANNISTER
5. SUNFLOWER
6. COCO CHANEL
7. 1997
8. RUSSIA
9. CONSTANTINOPLE
10. FISH

# A Prayer for peace in the world

*Almighty God,  
from whom all thoughts of truth and peace proceed:  
kindle, we pray, in the hearts of all, the true love of peace  
and guide with your pure and peaceable wisdom  
those who take counsel for the nations of the earth  
that in tranquillity your kingdom may go forward,  
till the earth is filled with the knowledge of your love;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.*

Amen





## CONTRIBUTIONS and CONTENT

**DONATIONS** may be payable by cheque, please post to:

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SO52 9EQ

made out to **Ampfield PCC** and on the reverse please specify:  
'THE MESSENGER MAGAZINE'.

### **Or paid directly:**

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### **ADVERTISING**

Please send to: Phil Budden Tel: 07799 435 715

Email: [philb@acnb-church.org](mailto:philb@acnb-church.org)

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 \* \*\*\*\*\*



## Talk to us

**If things are getting to you. Any time you like, in your own way - about whatever is on your mind.**

- Free to phone 116 123

**Email: [jo@samaritans.org](mailto:jo@samaritans.org)**

- Visit us: 13 Upper High Street, Winchester SO23 8UT



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