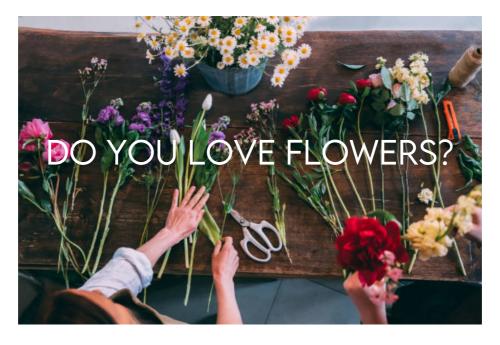
The Link

ST FRANCIS • OLD SARUM • LONGHEDGE



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Safeguarding St F	Karen Scott	01722 410381	safeguarding@st-francischurch.org.uk
Safeguarding Hope	Jean Filtness	01722 330728	Jeanfiltness@gmail.com



Whether you are an expert arranger or a novice, the flower arranging team at St Francis would love to hear from you.

'Doing the flowers' has become a little simpler since we started using alternative ways of supporting the flowers instead of using non-biodegradable floral foam and we are happy to help new arrangers. If you enjoy arranging flowers and think that you could help, please get in touch. You will be very, very welcome.

Jenny Pankhurst – Flower Rota Organiser

Email: jen.swimflower@gmail.com

Tel: 01722 328761

www.st-francischurch.org.uk



LETTER FROM THE CURATE

Waiting. We seem to do a lot of that. Waiting in a telephone queue or waiting for a delivery of parcels. Waiting in a shop to pay or for a bus to arrive. And at this time of year, waiting to open the next window on the Advent Calendar. Waiting to buy and dress the Christmas tree; for guests to arrive to celebrate Christmas together or for the turkey to defrost; the cake to bake. Waiting to see if there are presents to open.

It seems that often this time of waiting inevitably focuses on what is still to happen. The waiting period can seem like something to be endured, a waste of time even. In our impatience, we may drum our fingers, think in exasperation of all the other things we could or should be doing, and long for the time to pass.



During Advent, the period of four weeks before Christmas, we also experience a time of waiting, as we prepare for and await the events of Christmas day; but the waiting in this case has a difference. The celebration is held to recall and remind us of the birth of Jesus Christ, the moment when God began to be revealed in human form.



And so the waiting isn't focussing entirely on what is still to happen. For despite the fact that the Christmas tree, the guests and presents haven't arrived, the cause of the celebration, Jesus' birth, occurred when God became incarnate 2000 years ago. Therefore, this particular period of waiting need not just be endured, perhaps impatiently. Maybe we could take another look at what has already happened; to look at what Jesus Christ revealed about God, and how this revealing continues today: to look in our own lives and those around us for signs of his presence, behaviour and image: to look in the wonders of creation for insights into the character and nature of God.

My prayer for you this Advent is that you may experience the reality of the love and presence of Jesus Christ that already surrounds you, and that you find peace and joy in the many small periods of waiting during the Christmas festivities.

Blessings

Rev Mary Terry curate@st-francischurch.org.uk 01722 349886



Hope Church has been enjoying a busy month or two. Our "All-age" services on the first, third and fourth Sundays have been well attended: the children remain in the hall with the adults on each first Sunday, with activities to keep them amused and a children's talk. On the third and fourth Sundays the children leave early for their own Hope Kids sessions. On the occasional fifth Sunday the church usually organises a social event: last month this involved a bug hunt and hot chocolate at Old Sarum Castle.



On the second Sunday of the month there is Messy Church for all. This is also a popular event which starts with light refreshments, followed by a range of fun, craft activities and ends with story time and a worship song or two. We have been looking at a range of characters from the Bible and, in November, it was the turn of Gideon, so the children made rams' horns out of cardboard tubes, pop-ups of Gideon hiding in a well and "jars" made out of Lego to hide and then reveal a candle's light. Our thanks again go to Joy Wilkinson and her team for organising Messy Church so well each month.

There will be no Messy Church in December: instead, there will be a Hope Christingle Service at 4.00p.m. on Sunday 18th December in the Old Sarum and Longhedge Community Centre. On the Sunday before that (11th December) there will be our annual "Carols in the Hangar" service at 4.00p.m at the Old Sarum aircraft museum. Come wrapped up warm, as there is no heating in the hangar, though mulled wine and mince pies will be served beforehand to warm you from the inside!

WHAT'S ON AT ST FRANCIS

STRICTLY COME LADIES

The group normally meets at St Francis in the Beatrice Room at 7.30pm on the third Friday of each month except August. We offer a warm welcome to ladies of all ages, a place to meet up with old friends or make new ones through joining in our varied programme of activities - meals, crafts, games, quizzes, reminiscence activities and most importantly, a good chat. We are a happy mixture of church members, friends and neighbours from the parish and wider community

DECEMBER 16TH - FILM NIGHT

Wear your Christmas Jumper or something red and enjoy a film and Christmas nibbles in the Beatrice Room at 7.30pm

JANUARY 20TH - GAMES NIGHT

If you get a good new game at Christmas come along to the Beatrice Room at 7.30pm on Friday January 20th and share it with others. Nothing new? Bring your tried and trusted favourite. Our last games night was a lot of fun!

For more information contact Jacky at jacky.macleod1@ntlworld.com, Jenny Pankhurst Tel 01722 328761 or April Hall Tel 01722 414296

St Francis Community Singers





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)

Music Lessons

Helen Mundy has a space for a 20 minute piano, flute or keyboard lesson at St Francis (Wednesdays at 3.40pm). helenmundyl@yahoo.co.uk or 07786 607067 for more information about lessons.

50 and beyond...

Saturday, December 10, 2:30-4:30 pm Come for a Christmas Tea in the Beatrice Room, St Francis Church. We will have carols, Christmas cookies, tea and even mulled wine! For information, contact Melanie Squire at 07813193660 or melaniesquire@gmail.com.

We are a St Francis based fellowship and service group, focused on people 50+ in age. The events are open to all. To find out more, or to be added to the email distribution list, contact kris@richardson.net or any of the event organizers.

PILATES

St Francis Church Hall Tuesdays 10 - 11am

All abilities welcome £10 per session book 4 for £35

For booking or more details please contact Kate Martin: 07736 843020 katemartinpilates@gmail.com

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. Licenced Zumba instructor.



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 decide 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



The Cafe is open every Friday from 9.30 - 11.30 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 and both men and women, so 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. If you have any questions, please ring Penny on 01722 504326.



P.O.L.O. is a group for parents with babies or toddlers.

Providing a safe, warm, homely community; giving time to join together (with their children) for fellowship and encouragement.

It's a space to share the highs and lows of discipleship as parents and to meet with God in the busyness of family life.

Tuesday (term time only) 9.45am -11am St Francis Church - Chapter Room

> Dates: Jan 10th, 17th, 24th & 31st Feb 7th, 21st, 28th March 7th, 14th, 21st, 28th April 18th, 25th



MISSION FOCUS:



Local charity Alabaré provides support and accommodation for people who are homeless or at risk of becoming homeless across Wiltshire and the South West. Last year they supported over 2,000 people and as winter approaches and with the rising financial pressures that tenants are facing, the charity is warning that many more people could be tipped into crisis and homelessness.

Through their Riverside Sanctuary service, Alabaré also provides help for people in Wiltshire who are struggling with their mental health and wellbeing. This confidential service, both telephone and face to face, is aimed at anyone needing support with their mental health. The charity is concerned that financial worries and heightened overall anxiety will mean an increase in the number of people needing help and is determined to be there for all those needing support.

One of the innovative ways they support ex-Armed Forces personnel in their care is through the Veterans Self-Build Scheme.





This project enables veterans who have previously been homeless to learn new skills in the construction industry and also gives them the opportunity of moving into a new home with a manageable rent. We are delighted that in November one of our veterans was offered one of the new homes that he had helped to build. On hearing that he would be able to move in in time for Christmas, he said, 'My family broke down in tears when we heard the news. It's one heck of a present not only do we have a house, we now have a future. And as well as a home, this experience has supplied me with the training to help me with my career after the build is finished.' Information about how to access the vital support, housing, training and opportunities that Alabaré offers is available on their website www.alabare.co.uk. Please pass on their details to anyone you know who needs support and encourage them to get in touch.

As a charity, Alabaré relies on the donations of all of us in these very challenging times. As Alabaré's own bills rise, the cost of providing safety and support for homeless and vulnerable people is getting harder and harder to meet.

To find out ways that you can support them, please see the website www.alabare.co.uk or email Helen at supportercare@alabare.co.uk



for Christmas To

On Friday November 18th St Francis welcomed about 75 ladies for an evening of Christmas crafts. Lots of creative fun and chat was had by all!









ald.

SALISBURY CHRISTIAN AID - RICH WORLD / POOR WORLD MEAL

There was an air of expectation and excitement (and sometimes misgiving) as people arrived at St Francis Church on October 18th to determine whether they would be in receipt of a rich or poor meal. The rich would be treated to a four-course meal in style and with wine whilst the poor would have their customary daily fare of rice and veg. It all depended on the luck of the draw or rather the lucky dip (how true of life). Curiously it turned out that more men found themselves on the rich table than elsewhere. Was this just serendipity one asks! If poor, the recipients would be directed to a table / country in Africa where Christian Aid operated and where a host would greet them with relevant fact sheets, questions and articfacts. Subsequently David Pain, now Chief Executive and Secretary to Salisbury Diocese, but who previously worked for Christian Aid for 20 years, spoke. David knew much about the countries which were represented - i.e. Sierra Leone, Zimbabwe, Zambia. Malawi, South Sudan, Kenya, and the Democratic Republic of Congo. He spoke of the legacy of colonialism, poor governance, exploitation of raw materials, greed of leaders, debts and huge rates of interest levelled by investment banks, climate change and now the effects of the COVID pandemic. He also shared personal stories of those he had met who were making a real difference through help from Christian Aid.

Many people played a part in the success of the evening, not least the 80 or so who attended from across the Salisbury churches. Thank you to all. Together we raised £1,777.



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Across

- 1 'How long will you your face from me?' (Psalm 13:1) (4)
- 3 'Let us, then, go to him outside the camp, bearing the he bore' (Hebrews 13:13) (8)
- 9 Posh sin (anag.) (Romans 8:15) (7)
- 10 Solemn pledges (Matthew 5:33) (5)
- 11 Italian term for full orchestra (5)
- 12 'For he who avenges blood remembers; he does not the cry of the afflicted' (Psalm 9:12) (6)
- 14 Prescience (1 Peter 1:2) (13)
- 17 Where a Hindu holy man lives (6)
- 19 'If he found any... who belonged to the Way, whether — women, he might take them as prisoners' (Acts 9:3) (3,2)
- 22 Fragrance (2 Corinthians 2:15) (5)
- 23 Vine hen (anag.) (Jonah 1:2) (7)
- 24 Precious stone decorating the twelfth foundation of the New Jerusalem (Revelation 21:20) (8)
- 25 'Will you keep to the old path that evil men have —?' (Job 22:15) (4)

Down

- 1 'Then Moses raised his arm and struck the rock twice with ——' (Numbers 20:11) (3,5)
- 2 'You have heard that it was said to the people long ago, "—— murder" (Matthew 5:21) (2,3)
- 4 One of Paul's many hardships endured as a servant of God (2 Corinthians 6:5) (13)
- 5 'We ourselves, who have the firstfruits of the Spirit, inwardly' (Romans 8:23) (5)
- 6 Changed (Daniel 6:8) (7)
- 7 'My yoke is and my burden is light' (Matthew 11:30) (4)
- 8 Recoil (Revelation 12:11) (6)
- 13 'O Lord, you have me and you know me' (Psalm 139:1) (8)
- 15 '— to me the joy of your salvation' (Psalm 51:12) (7)
- 16 Express sorrow (Isaiah 16:7) (6)
- 18 'Then he said to Thomas, "— out your hand and put it into my side" (John 20:27) (5)
- 20 'God has said, " will I leave you; will I forsake you" (Hebrews 13:5) (5)
- 21 Son of Onam and brother of Shammai (1 Chronicles 2:28) (4)



Self-care Advent Calendar

Say "No'r to say "						
Say "No" to Say "Yes" to Listen to some feels like too much really enjoy a podcast something that something you really enjoy a podcast something that something you really enjoy a podcast something something agass of water, or your favourite cold drink and plump up spend some time the cushions in your favourite spot, then sit and enjoy it and	4 th December	Have a chat with someone who energises you	Ilth December Write a "don't do" list of the things that can wait till after Christmas	18 th December	Make a Christmas decoration	25 th December Light a candle and pause
Say "No" to Say "Yes" to Listen to some something that feels like too much Hydrate yourself, pause to drink a glass of water, or feels like too much Hydrate yourself, pause to drink a glass of water, or favourite cold drink J3th December Tidy and plump up the cushions in your favourite spot, then sit and enjoy it Z0th December Spend 10 minutes nature favourite photographs or pictures 13th December favourite thing the cushions in your favourite spot, then sit and enjoy it Z0th December Spend some time favourite thing togo out into the garden Take a nap Water your plants or go out into the pet, or hot water bottle	3 rd December	Make your favourite hot drink and sit for 10 min enjoying it	10th December Do something you enjoyed as a child	17 th December	Plan something to look forward to after the Christmas busyness	24 th December Be gentle with yourself, keep the to-do list short and set the timer for ½ hour break
Say "No" to something you really enjoy the cushions in your favourite spot, then sit and enjoy it. Say "No" to Say "Yes" to something you really enjoy and really enjoy and plump up the cushions in your favourite spot, then sit and enjoy it. Say "No" to something you really enjoy and really enjoy and plump up the cushions in your favourite spot, then sit and enjoy it. Say "No" to say "Yes" to something your favourite cold areally enjoy and plump up the cushions in your favourite spot, then sit and enjoy it. Say "No" to say "Yes" to something your favourite spot, and any and any and any and any or go out into the garden.	2 nd December	Draw, knit, crochet, sew or make something	9th December Make your favourite snack and pause and enjoy it	16th December	Make a list of things you are grateful for	23 rd December Watch your favourite film or a program that really interests you
Say "No" to something that feels like too much Hydrate yourself; pause to drink a glass of water, or your favourite cold drink Tidy and plump up the cushions in your favourite spot, then sit and enjoy it ZOth December Take a nap	1st December	Listen to some music, the radio or a podcast	8 th December Head out into nature	15 th December	Meet up with a friend for coffee	22nd December Snuggle up with a blanket or a cuddly toy, a loved one or pet, or hot water bottle
	30 th November	Say "Yes" to something you really enjoy	7th December Spend 10 minutes looking at your favourite photographs or pictures	14 th December	Spend some time today doing your favourite thing	21st December Water your plants or go out into the garden
28th November Co outside for some fresh air, even if it's only as far as the doorstep Far as the doorstep Re-read your favourite book Create, colour or doodle or write Plan or do a Christmas activity that you enjoy	29th November	Say "No" to something that feels like too much	6th December Hydrate yourself, pause to drink a glass of water, or your favourite cold drink	13 th December	Tidy and plump up the cushions in your favourite spot, then sit and enjoy it	20 th December Take a nap
	28th November	Go outside for some fresh air, even if it's only as far as the doorstep	5 th December Re-read your favourite book	12 th December	Create, colour or doodle or write	19th December Plan or do a Christmas activity that you enjoy

TWISTY THE TREE

I called my new tree 'Twisty'
I just could not resist –
The crown on which the angel sat
Had got a little twist!

We gave it lots of water
As we are meant to do
And kept it cool till it was time
To bring dear Twisty through.

Residing in our living room
Despite his twisted end
Bedecked with globes and tinsel
He was our Christmas friend!

We watered Twisty daily
And talked to him a lot
The fact he never answered back –
It mattered not a jot!

Then, soon enough, came Christmas Day And all around our tree Were wrapped and ribboned Christmas gifts With love to you and me.

For twelve days after Christmas
We kept him while we could
With twinkling lights and verdant leaves
Our tree just looked so good!

But Twelfth Night came upon us, And, though it broke my heart, The Christmas season ended – T'was time for us to part.

We took off all his pretty lights We stripped our Twisty bare We took him to the garden And left him lying there.

Until came bin collection day And, though it seemed a sin We cut him into pieces, small And put him in the bin.

The moral of my story, sad it Is (it seems to me), So that you don't shed bitter tears as well, Don't name your Christmas tree!

ARE YOU A CARER?

New for 2023 A Carers Walk and Talk Group.

Are you a carer? Do you enjoy walking in our local countryside?
I am starting a Carers Walk and Talk
Group where carers can meet with others, have a chat whilst walking and getting exercise.

If you are interested please email me for more details- anne.nashbb@gmail.com Anne Nash



"Does anyone have a light, please?"

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ROBIN TRUFFLES -A FESTIVE TREAT TO MAKE WITH THE CHILDREN



Ingredients

120g (4oz) plain cooking chocolate 2 tbsps fruit squash 30g (1 ½ oz) unsalted butter

50g (2 oz) icing sugar, sieved

50g (2oz) ground almonds

Chocolate sugar strands or drinking chocolate powder

5/6 glace cherries cut in half

About 12 flaked almonds

About 24 currants

10/12 sweet paper cases

Method

- 1. Gently melt the chocolate in a bowl with the fruit squash. Stir in the butter and mix well
- 2. Stir in the sieved icing sugar and the almonds. Mix well.
- 3. Leave the mixture in a cool place until it is firm enough to handle.
- 4. Divide the mixture into 10-12 even-sized pieces, roll them into balls and then roll them in the chocolate vermicelli or drinking chocolate powder to coat them.
- 5. Stick half a glace cherry onto one side of each ball. Just above it place 2 flaked almonds to make a "beak" and 2 currants for the "eyes".
- 6. Place each truffle in a sweet paper case.

The truffles keep well in a cool place. Alternatively, they can be frozen before the cherries etc are added.

Crossword Solution



THANK GOD FOR RAINBOWS

In these "Thank God For..." articles I deliberately try to draw attention to the little things around us that everybody can see, hear and appreciate no matter their circumstances. These little things are often overlooked or taken for granted but, once noticed, they can give you a lift and add a smile to your face even on the darkest day.

As I write this, near the beginning of November, the skies are overcast and dark (if not actually raining), the Christmas festivities are only just getting going and the state of the world is utterly depressing. So, what can be found to cheer us at this time? Rainbows! Admittedly, you cannot see them every day, but on days when sunshine and showers alternate. there is a reasonable chance that one can be seen - if only briefly. It's worth taking the time to look at them properly, especially as they are so hard to paint or photograph.

The best rainbow I have ever seen was a few years ago when I was driving north across the New Forest. There was a light shower of rain and the sun was shining quite brightly behind me. Gradually, a perfect double rainbow formed across the sky in front of me and lasted for about ten minutes. It then faded slowly, as rainbows do, but my memory of it remains.

And, of course, rainbows are a reminder to us of God's promise, given after the flood, never to destroy the world again. Sadly, we are quite capable of doing that for ourselves! But, if you see a rainbow soon, remember to thank God for making something so special that makes His creation even more beautiful.

Jean Filtness



ST FRANCIS

4 DECEMBER

9:30 AM Holy Communion 11 AM Toy Service

11 DECEMBER

9:30 AM Morning Worship 11 AM Informal Communion

18 DECEMBER

10:30 AM Carol Service

24 DECEMBER

3 PM Crib Family Service 6 PM Candle Service 11 PM Midnight Communion

HOPE CHURCH

4 DECEMBER

10 AM All Age Service Old Sarum Community Centre

11 DECEMBER

4 PM All Age Carols in the Hangar Boscombe Down Aviation Collection

18 DECEMBER

4 PM Candlelit Christingle Old Sarum Community Centre



25 DECEMBER

10 AM All Age at St Francis



