

## Parish Directory

Vicar	Fr Darren A'Court <a href="mailto:fr.darrenacourt@gmail.com">fr.darrenacourt@gmail.com</a> (Usual day off is Friday)	02393 070921
Churchwardens	Miss Stella Wansborough Mr Mark Pearce	02392 642386 02392 426992
Hon Assistant priests	Fr John Strain	07834647744
Organist / Choirmaster	Mr Hugh Darnley-Smith	07930925595
Safeguarding	Ms Caroline Tyler	07468565572
Hall Bookings	Valerie & Rosemary England email address: v.england-halls@outlook.com	07762524781
Magazine Treasurer	Mr Peter Garner	02392 812448

## Services

Sunday	Mass 10:00 (church)
Wednesday	Mass 10:00 (church)
Online presence	<a href="http://stjamesmilton.org.uk">http://stjamesmilton.org.uk</a> <a href="https://facebook.com/StJamesMiltonUK">https://facebook.com/StJamesMiltonUK</a>



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C H U R C H

March 2024

50p



MILTON & EASTNEY REVIEW

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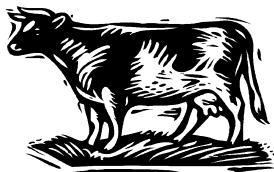
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Dear friends

The British weather, one of the country's favourite talking points, remains as unpredictable and bothersome as ever. The effects of climate change, to which we must all attend with a sense of purpose and urgency, have normalised in unexpected weather patterns that we are increasingly becoming accustomed to. Like the weather, the margins of each season have become rather more fluid, so that we can be left uncertain precisely when, for example, Winter has passed and Spring has arrived. Cold, dark evenings are forbidding and I know that often even regular worshippers here at St James, as is the case in many other places, feel unable to attend services later in the day. The advent of lighter evenings is understandably welcome; it makes us feel like there is more time to get things done, perhaps to be in our gardens a little more. It brings a little cheer at the prospect of some slightly warmer weather, perhaps.

In March the Church will be observing a similar movement, between the closing weeks of the penitential season of Lent, Passiontide, Holy Week and on to the most important Festival of all, Easter, at the end of the month. This sequence witnesses to the frailty of human living and its moral fragility in the weeks of Lent, a period of self-examination and penitence, following the example of Jesus resisting temptation in the wilderness. It then gives way to the intensity of Holy Week, as we come alongside Jesus in the final days of his earthly life. Finally, we step out from the darkness into the brilliant light that is Easter, celebrating the resurrection of Jesus. Easter captures the essential message that runs through the Church's year, echoed particularly at times like Advent and Christmas: the enduring and unrelenting hope that is God. It is certainly a dramatic sequence of changing character in the Church's life and worship, which is observed here at St James with reverence and dignity. Alongside the formality, however, beats the heart of a warmly welcoming and inclusive church community which, unlike the weather and the times and seasons of the Church year, remains constant.

Whatever you may or may not have done by way of marking Lent this year, I hope you might feel drawn to share in the next part of the story by joining us in our worship, not just for the joyful celebrations of Easter (when I believe there will be chocolate eggs to take away!) but also the powerful and emotive prelude that is Holy Week. Whenever you come, you will find a warm welcome among all of us who are making this journey together.

With every blessing Fr Darren



The Bishop of Portsmouth  
The Rt Revd Dr Jonathan Frost

To all Incumbents, Treasurers, Churchwardens and Parish Secretaries

**Bishop's Lent Appeal 2024**

Thank you for all you do as Parish Officers in so many ways to support your parish and indeed the Diocese throughout the year, but especially in facilitating the Bishop's Lent Appeal in your parish.

The Lent Appeal this year will support the following charities: **Tearfund** – Middle East Emergency Appeal and **The Trussell Trust** who support food banks within the diocese. Donations can be made via the diocesan website from now onwards.

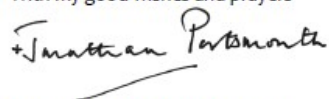
**Tearfund** – Middle East Emergency Appeal. From the Tearfund website: "Right now, thousands of people in Gaza and Israel and the wider region are experiencing devastating loss, trauma and overwhelming need. The situation continues to worsen on a daily basis, increasing the number of people being displaced from their homes. Tearfund is working with local churches and partners to support their preparations and help them respond to the needs of people across the region."

**The Trussell Trust** – across the Diocese of Portsmouth. From the Trussell Trust website: "A network of more than 1,300 food bank centres in the UK providing a minimum of three days' nutritionally balanced emergency food to people who have been referred, as well as support and advice to help people maximise their incomes and lift themselves out of poverty. We recognise that ending hunger is about more than food. We support and encourage our food banks to provide compassionate, practical support to people in crisis to tackle the root causes that lock people into poverty and build people's resilience so they are less likely to need a food bank in the future."

Please look on [www.portsmouth.anglican.org/lentappeal](http://www.portsmouth.anglican.org/lentappeal) to find out how to donate to this year's Lent Appeal, and to read stories about those who will benefit from your kind donations. That page includes a link by which anyone can make a donation online. This appeal will close on 30<sup>th</sup> September 2024, contributions received after that date will be shared between the two charities but will not be included in the total raised by the Diocese.

Thank you for all that you, your colleagues and the members of your congregations do, to facilitate and promote the Lent Appeal 2024.

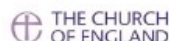
With my good wishes and prayers



+Jonathan, Bishop of Portsmouth

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### Mr Bates vs The Post Office: not the only one

"We're here because the Post Office told every single one of us sat here today, told us over and over, 'You're the only one.' And that was wrong. That was a lie, actually. Because... well, look at us. Here we all are. And from this moment forwards, none of us will be the only one ever again."

By now, most of us know what the Post Office did all those years ago. It's hard to believe that hundreds of innocent sub-postmasters were repeatedly lied to and prosecuted in what has been called 'the biggest miscarriage of justice in British legal history'. Yet when Horizon, the computer system rolled out to each post office, incorrectly showed huge account shortfalls, these were blamed on sub-postmasters. They were told that nobody else had any issues, that they were the only one.

Except that they weren't – and the Post Office knew this.

But still the Post Office went ahead and prosecuted these sub-postmasters. Some went bankrupt, some went to prison, some committed suicide.

The anger and outcry against the Post Office is welcome. The cry for justice is right. We all want to live in a society where justice is done.

As Jules Gadsby of the London Institute for Contemporary Christianity says: "As Christians, this should be close to our hearts. The Lord is a God of justice. Righteousness and justice are the foundation of his throne (Psalm 89:14).

"And Christ stands by those who suffer. He doesn't look on from a distance, but as one who, at the cross, has experienced it Himself.

"It's through His people, reflecting His character and His priorities, that He reveals this.

"We may never have to battle like Alan Bates and the sub-postmasters. But each of us will, in some way, be called to be a mouthpiece for truth and justice in our workplaces, homes, or community.

"In doing so, we show what God is like. And we show those facing unfairness and injustice that they're not alone. We are there with them. God is there with them."

## Time for the Great Daffodil Appeal

The month of March brings us the Great Daffodil Appeal. This annual campaign is a fundraising initiative by the Marie Curie charity, which provides care and support to people living with terminal illnesses and their families.

The Great Daffodil Appeal says: "Right now one in four people don't get the care they need at the end of life. With your support, we can help bring end of life care and support to everyone who needs it, in their homes and in our hospices."

Here are some ways to participate:

- **Purchase a Daffodil Pin:** And wear it as a symbol of support.
- **Organise or Attend Fundraising Events:** Many events, such as charity walks, bake sales, and concerts, are organised to raise funds during the appeal.
- **Donate Online:** Visit the Marie Curie website to make a donation online, which goes directly to providing care for those in need.
- **Volunteer Your Time:** To help with various activities during the appeal.
- **Spread Awareness:** Use social media to encourage others to get involved and donate.



The Marie Curie Great Daffodil Appeal was established to honour the memory of Marie Curie, a pioneering scientist known for her work on radioactivity, as well as her dedication to providing care to those with cancer. The daffodil, a symbol of renewal and hope, was chosen to represent the campaign's message of support and care for individuals with terminal illnesses.

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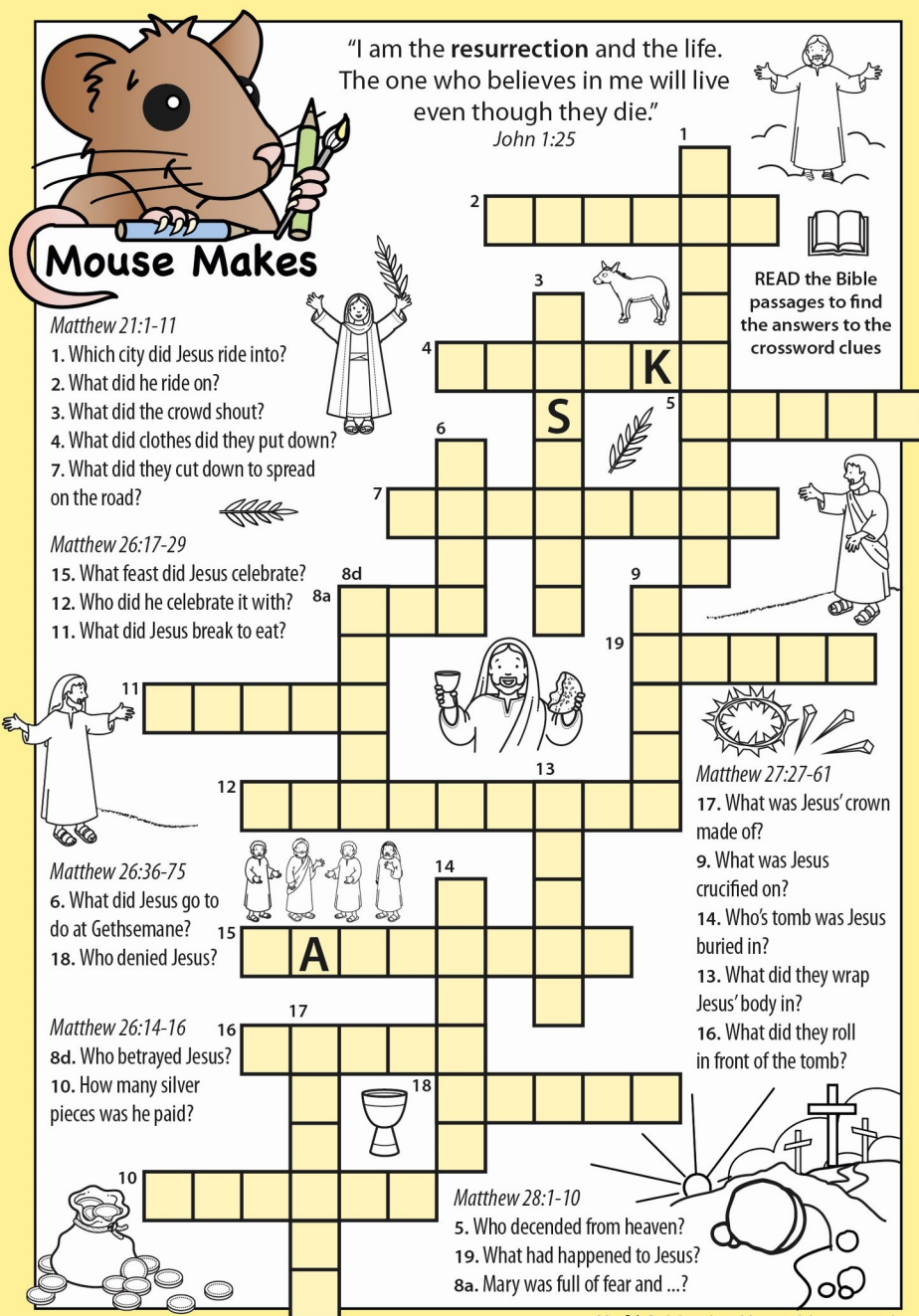
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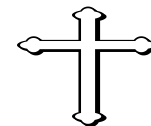


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## From the Registers

**We led funerals for those who now rest with God:**

Maureen Chivers



## Happy Birthday Beryl!

A few of you may remember Beryl and Ken Ramsay. They moved down from Newcastle when they retired, as Portsmouth was Beryl's childhood home



town and she had family here. They came to worship at St James' Church. Beryl and Ken ran the Shell Club, their scouting experience helped to make this club a thriving weekly event. Ken helped with the painting and repairs of the church and hall. Beryl was involved with the church social activities, ordering supplies for the kitchen, making table cloths, always involved with the summer fete and making a grotto for Santa to occupy at the Christmas Bazaar. Never did you visit their home without a church project underway. Sadly Ken passed away in 2020 and Beryl then had to go into care at the age of 96.

On the 26th January this year Beryl celebrated her 100th birthday, a card had arrived from the king wishing her a happy day. We were so

privileged to call them both our friends. May the Lord bless her remaining years.

## Rules of living well after 60

The King is 75. Last year he did 516 engagements, and before his recent diagnosis for cancer, he had no intention of slowing down. Instead, he was keen to be 'back up and running' as soon as possible after his prostate operation. Was he right?

"Absolutely he was – you shouldn't slow down," says Sir Muir Gray, 80, former chief knowledge officer for the NHS. "Ageing exists as a normal biological process but until the age of 90, it has little effect on your ability to look after yourself, engage with others or get about independently. In fact, paradoxically, as we get older, we need to become more active – physically and mentally. Ageing doesn't make you feel old – disease and loss of fitness will."

A study from the Yale School of Public Health found that people who had positive ideas about their own ageing ("I have as much pep as last year") lived for an average of 22.6 years after they first participated in the study, while the people who felt less positively about ageing, lived for just 15 years more on average.

Of course, getting older does involve some loss of energy. But slowing down a bit is never something to be ashamed of, and getting enough rest is the very cornerstone of leading a good life.

Exercise is also crucial as we get older. Focus on the four Ss: stamina, strength, skill (balance) and suppleness. Maintain your stamina by brisk walking every day for 30 minutes.

When you are ill, get up again as soon as you reasonably can. Otherwise, you are at risk of 'deconditioning syndrome', a physiological decline where muscle strength can decrease dramatically if you are over 70.

Thoughtfully review of your personal life-balance. Try to find the 'sweet spot' between activity and rest. Gray advises: "If you're only doing activities, you are inevitably going to burn out. But if you only rest, you will become sedentary and you're more likely to fall ill, feel disconnected and lonely."

Finally, don't run on a hamster wheel of someone else's making. This Lent, before God, rethink your real purpose and calling in life. And live it!

## Holy Days for March

1	<i>St David's Day</i>
2	<i>Chad</i>
3	<b>Third Sunday in Lent</b>
4	<i>Casimir</i>
5	<i>Eusebius</i>
7	<i>Perpetua and Felicitas</i>
8	<i>Woodbine Willie</i>
8	<i>Felix of Burgundy – and Dunwich</i>
9	<i>Savio</i>
10	<b>Mothering Sunday – Fourth Sunday of Lent</b>
17	<b>St Patrick's Day - Fifth Sunday of Lent</b>
19	<i>St Joseph of Nazareth</i>
20	<i>Cuthbert</i>
21	<i>Thomas Cranmer</i>
24	<b>Palm Sunday</b>
24	<i>Catherine of Sweden (this is her normal place in the church calendar)</i>
24	<i>Oscar Romero (this is his normal place in the church calendar)</i>
26	<i>Harriet Monsell</i>
27	<i>Rupert</i>
28	<b>Maundy Thursday</b>
29	<i>Good Friday</i>
30	<b>Easter Eve or Holy Saturday</b>
30	<i>John Climacus (this is his normal place in the church calendar)</i>
31	<b>Easter Sunday</b>
31	<i>John Donne (this is his normal place in the church calendar)</i>



## 10<sup>th</sup> March – 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.

On Mid-Lent Sunday the Epistle talks of bondage and freedom; the bondage of the Law and the Old Covenant as compared to the freedom in Christ, "the promised one", and the New Covenant. Verse 26 reads "But Jerusalem which is above is free, which is the mother of us all." We gain our freedom from Christ and, as it was seen before the Reformation, the Church.

Thus, 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 UK seems to be the exception. In recent years Mothering Sunday has been hijacked to take the place of a special, secular day to give thanks for our mothers.

## World Water Day, 22nd March

World Water Day became a UN observance day in 1993.

It wants to focus attention on the global water crisis, and raise awareness of the 2.2 billion people still living without access to safe water. It hopes to inspire action to tackle the water and sanitation crisis. This year, World Water Day 2024 will focus on the theme, 'Leveraging Water for Peace'.

**Deadline for March edition : 22nd March**  
**Send contributes to Ruth Baber**  
**Email: [sjmilltonreview@gmail.com](mailto:sjmilltonreview@gmail.com)**

## There Is No Goodbye

There are moments on this planet  
Periods of special time  
That connects us with our loved ones  
By revealing certain signs

For when the vibrations of the earth  
Disturb the balance in the air  
A message will reveal itself  
For you to act upon with care

Then the forces will surround you  
To help you if you ask  
And smooth a path for you to walk  
Unhindered in your task

For your loved ones will be watching  
Each day when you awake  
To assist you in your struggles  
And the errors you might make

Pay attention to their presence  
And listen with both ears  
For the whisper that will call to you  
And the advice that you will hear

Have courage in your footsteps  
And use their wisdom without fear  
To settle all your worries  
From life's troubles that are near

For you travel not alone in time  
On the journey that you take  
As their spirits stand-by to guide you  
On the choices you now make

So, do not say the word 'goodbye'  
To loved ones when you part  
As they will tap you on the shoulder  
To cause a tremor in your heart

And when that movement stirs your soul  
Get up and march ahead  
As they are looking down on you  
To see where you might tread

For through your senses a light will shine  
To show you where to turn  
As the departed gently teach you  
On the lessons you must learn

*By Maura Kelly*

## Get Together Social Group

We always prefer to have fine weather  
When we gather for our Get Together  
But more important is that welcoming treat  
We share with each other as we greet

There is no barrier to our ages  
As there's younger folk and some old sages  
Neither does it matter what clothes we wear  
Nor even the colour of hair

Angles café in Winter Road  
Is a perfect meeting abode  
Here we can sit and talk  
Unless our Get Together is a leisurely walk

With different activities being arranged  
Our meeting venues will also be changed  
So if you would like to join we folk  
Do come along and share a joke

*By Peter Garner*

P.S. We will meet whatever the weather see  
you at our next Get Together?

## Events over the next Month will be:-

### Lent Course 2024 'Pathway in Prayer' Continues after 11am Mass

28th February - The devotional path

6th March - The sacramental path

13th March - The contemplative path

20th March - The charismatic

### Holy Week Services

24th March **Palm Sunday** - *Liturgy of Palms, Procession to Church and Mass of the Pasion 10am*

28th March **Maundy Thursday** - *Mass of the Last supper 7pm*

29th March **Good Friday** - *The Liturgy of Good Friday 2pm*

25<sup>th</sup> March **Holy Saturday** - *Easter Vigil and First Mass of Easter 7pm*

31st March **Easter Day** - *Parish Mass with Blessing of Easter Garden 10am*

### Ladies Guild

Ladies Guild will meet on Tuesday 5<sup>th</sup> March, where there will be a quiz from Stella.

## Smiles Lines

### Mothers and teenagers

A woman was confiding in her neighbour just how hard it was for her to get her teenagers out of bed in the morning. The neighbour replied that she never had any trouble at all with her son. "I just open the door and throw the cat on the bed," she explained. The woman was puzzled, and asked how that might help. "Easy. My son sleeps with the dog."



### Palm Sunday visit

It was Palm Sunday, but because of a sore throat, five-year-old Bobby was kept home from church with his grannie. When the family returned home, they were carrying several palm fronds and Bobby asked them what they were for. "People held them over Jesus' head as He walked by," his father explained.

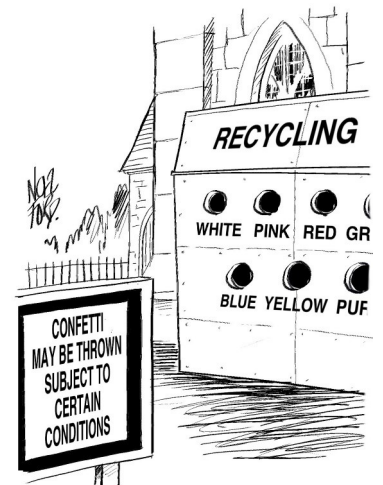


"The new vicar is really cool, Dad. Did you know that God emailed the Ten Commandments to Moses' Tablet PC?"

Bobby was aghast. "I don't believe it! The one Sunday I don't go, and He shows up!"

### Destination?

Lenora, 95-years-old and in excellent health, confided that she was terribly worried: "Every one of my friends has already died and gone on to heaven. I'm afraid they're all wondering where I went!"



## Why we should be like donkeys

Are you a pet-lover? Many people own a dog, a cat or a budgie, but most of us don't own a donkey! Yet in Bible times, donkeys were essential to daily life. They did everything from helping to grind corn, to ploughing, to carrying people, to transporting their belongings. Despite their small frame, donkeys are surprisingly tough. They can survive on poor fodder, can travel an average of 20 miles a day.

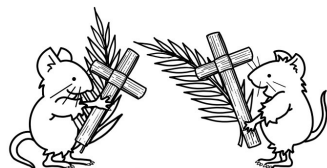
There are two occasions in the Christian calendar where donkeys walk into the picture. At Christmas, Mary travelled the 100 miles from Nazareth to Bethlehem on a donkey. And although a donkey doesn't get a specific mention in the manger story, that same one that transported her was probably there; where else would it have been?



On Palm Sunday Jesus entered Jerusalem riding on a donkey. Jesus deliberately chose this animal rather than a horse. Why? In Bible times, the horse was associated with war, conquest and worldly might. But the donkey was a symbol of peace and humility. So, Jesus used this animal to show that He had come with the dignity of the king of peace. His entry into the Holy City also fulfilled Zechariah's prophecy concerning the Messiah.

Donkeys are hardworking and undemanding. They wait for their master to put them to the work He has chosen for them. And, remarkably, each one bears the mark of the Cross on their backs!

Perhaps that is something we should learn—to wait for Jesus our Master, to be always obedient to Him, to serve Him with all our hearts, and to bear the mark of His grace in our lives.



## WEEKLY DIARY OF EVENTS IN ST. JAMES' CHURCH HALLS

Day	Time	Activity
<b>Monday</b>	6.30 - 9.30pm	Scouts
<b>Tuesday</b>	9.30 - 10.30am	Latin Dance
	10.00 - 12.15pm	Seven Stars Tai Chi
<b>1st</b>	2.00 - 4.00pm	Ladies Guild
<b>2nd and 4th</b>	1.00 - 2.30pm	Little Shells
<b>3rd</b>	2.00 - 4.00pm	Craft Club
	6.00 - 7.30pm	Brownies
	7.00 - 10.00pm	Victory Model Railway Club
<b>Wednesday</b>	9.30 - 10.30am	Pilates
	10.30 - 2.30pm	Highbury
	5.30 - 7.45pm	AG Martial Arts
	6.45 - 8.15pm	Yoga with Erika Nagy
<b>Thursday</b>	10.00 - 12noon	Jiggy Wrighlers
	3.00 - 7.00pm	Slimming World
	5.15 - 6.45pm	Yoga with Erica Nagy
	7.00 - 9.00pm	Guides
	7.30 - 8.30pm	Yoga with Maz
	7.00 - 9.00pm	Guides
<b>Friday</b>	10.00 - 11.00am	Seven Stars Tai Chi
	7.00 - 9.00pm	Milton Glee Choir
	7.30 - 9.00pm	B Fit with Billie (Ad hoc)
<b>Saturday</b>	7.00 - 11.30am	Slimming World
	9.45 - 11.15am	Yoga with Erika Nagy

If you require a Booking at any other time, please contact our Hall Letting Secretary Valerie England. Tel. No. 07762 524781.



# SOCIAL EVENTS FOR 2024



## March 2024

Saturday 2<sup>nd</sup> Gardening - weather permitting  
 Tuesday 5<sup>th</sup> Ladies Guild 2pm - 4pm  
 Saturday 9<sup>th</sup> Making Posies for Mothering  
 Sunday 11.30am  
 Tuesday 19<sup>th</sup> Craft Club 2pm - 4pm  
 Wednesday 20<sup>th</sup> Coffee Morning after Service  
 Saturday 23<sup>rd</sup> Making Palm Crosses 11.30am  
 Saturday 30<sup>th</sup> Holy Saturday - Spring Cleaning of the Church

## April 2024

Tuesday 2<sup>nd</sup> Ladies Guild 2pm - 4pm  
 Saturday 6<sup>th</sup> Gardening - weather permitting  
 Saturday 13<sup>th</sup> Table Top Sale 10am - 12.00  
 Tuesday 16<sup>th</sup> Craft Club 2pm - 4pm  
 Wednesday 17<sup>th</sup> Coffee Morning after Service

## May 2024

Saturday 4<sup>th</sup> Gardening - weather permitting  
 Tuesday 7<sup>th</sup> Ladies Guild 2pm - 4pm  
 Tuesday 21<sup>st</sup> Craft Club 2pm - 4pm  
 Wednesday 22<sup>nd</sup> Coffee Morning after Service

## June 2024

Saturday 1<sup>st</sup> Gardening - weather permitting  
 Tuesday 4<sup>th</sup> Ladies Guild 2pm - 4pm  
 Saturday 15<sup>th</sup> Summer Fete 10.30am - 1.00pm  
 Tuesday 18<sup>th</sup> Craft Club 2pm - 4pm

## July 2024

Tuesday 2<sup>nd</sup> Ladies Guild 2pm - 4pm  
 Saturday 6<sup>th</sup> Gardening - weather permitting  
 Tuesday 16<sup>th</sup> Craft Club 2pm - 4pm  
 Wednesday 17<sup>th</sup> Coffee Morning after Service  
 Thursday 25<sup>th</sup> St. James Day

## August 2024

Saturday 3<sup>rd</sup> Gardening - weather permitting  
 Tuesday 6<sup>th</sup> Ladies Guild 2pm - 4pm  
 Tuesday 20<sup>th</sup> Craft Club 2pm - 4pm  
 Wednesday 21<sup>st</sup> Coffee Morning after Service

## September 2024

Tuesday 3<sup>rd</sup> Ladies Guild 2pm - 4pm  
 Saturday 7<sup>th</sup> Gardening - weather permitting  
 Saturday 14<sup>th</sup> Table Top Sale 10am - 12.00  
 Saturday 14<sup>th</sup> Ride and Stride all day  
 Tuesday 17<sup>th</sup> Craft Club 2pm - 4pm  
 Wednesday 18<sup>th</sup> Coffee Morning after Service

## October 2024

Tuesday 1<sup>st</sup> Ladies Guild 2pm - 4pm  
 Saturday 5<sup>th</sup> Gardening - weather permitting  
 Tuesday 15<sup>th</sup> Craft Club 2pm - 4pm  
 Wednesday 16<sup>th</sup> Coffee Morning after Service  
 Saturday 19<sup>th</sup> Quiz Night 7.00pm

## November 2024

Tuesday 5<sup>th</sup> Ladies Guild 2pm - 4pm  
 Saturday 16<sup>th</sup> Christmas Bazaar 10.30am - 1.00pm  
 Tuesday 19<sup>th</sup> Craft Club 2pm - 4pm  
 Wednesday 20<sup>th</sup> Coffee Morning after Service

## December 2024

Tuesday 3<sup>rd</sup> Ladies Guild 2pm - 4pm  
 Saturday 7<sup>th</sup> Table Top Sale 10am - 12.00  
 Tuesday 17<sup>th</sup> Craft Club 2pm - 4pm  
 Monday 23<sup>rd</sup> Making Christingles 10.30am



**Result of Draw No. 613**  
**Drawn on Sunday**  
**28<sup>th</sup> January 2024**  
**after 10am service**

1 <sup>st</sup>	£15	77	Mrs E Fry
2 <sup>nd</sup>	£11	24	Miss E Randall
3 <sup>rd</sup>	£9	62	Mrs C Hatton
4 <sup>th</sup>	£7	15	Mrs D Saunders
5 <sup>th</sup>	£5	148	Mrs E Leonard