



PARISH &
COMMUNITY NEWS
EASTER 2025



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Dear Friends,

Spring is the time of year for new things bursting forth. It has been a real treat watching the snowdrops battle through the frost and weather and start to brighten up the area. It is a time of assessing what has been and looking forward to what is to come.



In recent months we have been talking behind the scenes about the future of this magazine. It began over 40 years ago as part of an initiative from All Saints Church to welcome new people to our community, to help them feel known and that they belonged. It contained the information people might need so that they could start life here on the right foot, with information about bin collections and buses and other useful local information. It has changed and adjusted over time as it sought to continue in that role of drawing together our local community, fostering that sense of welcome and belonging. (See Steve's article later in the magazine)

With the well-earned retirement of key members of our Magazine team, and increasing financial pressures, we've been asking the question about what sort of magazine do we need for our community at this time? Or even, is a magazine still the best way of welcoming people and building that sense of belonging. These are questions that we don't know the answers to and would welcome any suggestions you might have.

To give time for us to think and listen this spring we've decided to take the decision to pause the magazine after this issue. We want to provide rest and space to give whatever might come next time to grow and develop. What comes next is likely to be in a different format or may be something different altogether, as we seek to ensure that it meets its goal of strengthening our community. We are excited to see what new shoots might be springing forth in our community! Please do respond to the survey to join in the conversation about what we could do in future.

Please do respond to the survey to join in the conversation about what we could do in future. A QR code to the online questionnaire is on the back of this magazine and paper copies can be found in church.

Pause is an important part of Christian spirituality. It is most seen in the idea of a sabbath, a day off to rest and recuperate each week. But also, in the idea of Jubilee, a time set aside after 49 years to celebrate what has happened and to rest and reset for what is to follow. That is, I think, a good picture for what we are doing now. To that end we will be having a service to celebrate the magazine and thank all who've contributed to its success in so many ways on **Saturday 14th June at 4pm** followed by tea and cake.

Thank you as always to the team who bring the magazine together each quarter, and those who deliver it.

See you soon,

Chris

CHURCH PARISH CONTACT DETAILS

office@eastwinchester.org phone: 01962 435003

www.AllSaintsEWB.org @AllSaintsEWB

If you have anything you would like us to pray for
(in confidence) please email: prayer@eastwinchester.org



ALL SAINTS SERVICE TIMES

All Saints Live

Holy Communion

10:30am on Sunday

9am on Sunday

Livestreamed on

(1st Sunday Chilcomb)

YouTube for

10:30am on Wednesday

AllSaintsEWB or use this link:

[YouTube.com/AllSaintsEWB](https://www.youtube.com/AllSaintsEWB)

10 Questions

As a valued person in our parish, I asked our new vicar **Chris Curry** to answer the following questions:



1. What's your favourite thing about the season of Spring?

Something I've discovered since moving back to Winchester is how much I like watching the weather. Watching the sun rising and setting and even the rain coming across the valley reminds me of the power and beauty of nature.

2. How would your friends and family describe you?

I was struggling to answer this, so I asked my 5 year old son he said: "Wonderful and perfect." So there you go!

3. How do you describe Highcliffe to people who don't know this area?

Winchester's hidden gem. Most people drive past not knowing that Highcliffe is here. They are missing a wonderful community, minutes from the town centre, and minutes from beautiful countryside.

4. What is it that you love about your job/position?

I love meeting and talking to people. I love hearing about people's lives and their days, what their hopes and fears are. I'm really enjoying hearing people's memories of living in Highcliffe, lots of the people I meet have fond memories of growing up here as I do. I love hearing what is similar and different for people from different generations.

5. What do you find most challenging in your job/position?

I have so many great things to do, but not enough time to do them all. The joy of my position is that there are always so many exciting things going

on I'd love to get involved with, but finding time for them is the real challenge. I'm not very good at saying no, but I've learnt that if I don't set good boundaries it isn't good for me and leaves others disappointed.

6. How do your beliefs help you?

Unsurprisingly for a rector my beliefs are at the centre of what I do! My beliefs keep me grounded and rooted. They are the why for everything I do, and help me to put challenges and opportunities in perspective.

7. What changes have you made at home to help the environment/ climate change?

We're really fortunate to have solar panels here, so we try to wait until the sun is out to use appliances that use a lot of power. We've got pretty good at recycling and we try to eat seasonal imperfect fruit and vegetables. All little things, but we do what we can manage.

8. What's something that no one would guess about you?

If you didn't know me as a teenager, you probably wouldn't guess that I had long blonde wavy hair!

9. What is your favourite book and why do you recommend people read it?

I love books, so choosing a favourite is really hard. Being busy with kids I'm listening to more audio books than having time to read, and I keep coming back to Terry Pratchett's Discworld series. I've just finished the Colour of Magic, again. I love Pratchett's narrative and his subtle commentary on our world.

10. If you could give advice to your younger self what would it be?

Be confident in who you are, and don't try to be someone else. Common advice and easier said than done, but learning how to be myself seems to have been a big part of my adult life!

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hear from you.**



Parish Family News

Congratulations: To **Elly** Goldsmith (formerly Hughes) & **Josh Hanton** on the birth of **Violet** on 7th December, the family are now settled in Norwich **and** a second grandchild for **Katy Hughes**



Baptisms: Best wishes to anyone who has been baptized recently including **Rupert** Milford –Scott who was baptized at Chilcomb on Saturday February 8th



Weddings: Congratulations to **Rachel Coombes & Toby Ceremony** who were married at All Saints Church on December 21st and to any other couples who have recently married, and best wishes to those preparing to get married.



Congratulations to John and Anne Winkworth who celebrate their Diamond Wedding Anniversary this month. They were married at All Saints church on 13th March 1965



For your prayers: anyone who is unwell at home or in hospital.

The bereaved families: Our thoughts and prayers are with any families who have recently been bereaved including those of **Pamela Bolwell**, **Cathy Murray** (nee Whitmarsh) who at one time ran All Saints Brownies in All Saints Church Hall and **Mr Rooke** (husband of Elaine Rooke, a retired teacher of All Saints School).



Thank you to **Steve Jarvis** who has printed All Saints parish magazine for about 40 years, he is now retiring from this role.

Also thanks to all the distributors who have been delivering the magazine, some for many years.

Jenny Jarvis

(Please accept my apologies if any of the above details are incorrect.)

Missionary Journey of Sister Shona

Some of you may know Sister Shona Langford, a Franciscan missionary, who currently attends All Saint's church and whom I have had the opportunity to interview.



At the age of 10, Sister Shona felt God's call to be a missionary. She was sitting on the front gate of her family home in Louisville, Kentucky, watching cars pass by. In that moment, God spoke to her, revealing that she would travel the world to serve Him. From then on, she knew she was destined for missionary work.

The most impactful place on her journey has been Africa. At 21, she went to Malawi to teach, later visiting Kenya many times. She was profoundly moved by the simplicity and joy of life there.

Sister Shona's greatest inspiration comes from Gladys Aylward, a missionary who travelled from Wales to China, where she adopted many children and led them overland to Hong Kong during the war. Her courage and dedication to God's work left a lasting impression on Sister Shona.

Shona spent two years as a missionary teacher in Hainan, China. There she learnt from experienced missionaries like Doreen Dunn, taught herself the language and led outreach trips to the countryside to share the Gospel.

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The countryside charity
 Hampshire

**Bar End Meadows:
 Magnificent Meadows Project**


We are excited to share the success of the Magnificent Meadows project, which aims to restore Hampshire's meadows and chalk grasslands, vital ecosystems that support wildflowers, wildlife, and pollinators. These habitats, essential for biodiversity, also help intercept rainwater and reduce flooding while lowering temperatures during heatwaves. However, over 97% of species-rich grasslands in England and Wales have been lost, putting these vital areas at risk.

Through this project, we've partnered with local organizations to restore fragmented habitats between St Catherine's Hill and Magdalen Hill Down. Our work includes traditional haymaking by hand, creating food for livestock, and reconnecting people with nature.

This initiative has received generous support, with 50% of the funding provided by the South Downs National Park Authority's Sustainable Communities Fund. Additional backing comes from Highcliffe Community Forum for Action, Winchester City Council, Hampshire County Council, Butterfly Conservation, and other local groups.

We also extend our thanks to our project leader, Rachel Remnant of Land Lore Consulting, as well as all volunteers and donors who have contributed to making this project a success.

To read the report in full go to
www.cprehampshire.org.uk/news/magnificent-meadows



If you would like to register as a volunteer, or find out more about the project please get in touch:
 email rachel@landloreconsulting.com, 07745 977403, Facebook @Land Lore Consulting or Instagram @rachelremnant

Magdalen Hill Down



This 100-acre, chalk downland reserve is a Site of Interest for Nature Conservation (SINC), within the South Downs National Park. It lies about a mile to the east of Winchester adjacent to the Alresford Road (B3404). Its history as unimproved grazing land on a steep slope, unsuitable for ploughing up for cultivation has meant that under the management of the Butterfly Conservation Society (BCS) since 1989 it is considered one of the most valuable Butterfly Reserves in the UK. How many of us knew we had such an amazingly important wildlife resource on our doorstep.

Unimproved Chalk Grassland is a very rare habitat worldwide and has become rarer still due to land use changes over time. Although chalk downland covers large areas of southern England, valuable undisturbed and carefully managed areas of ancient chalk grassland are few and fragmented.

This habitat is considered one of the richest in western Europe and its equivalent to the tropical rainforests. It supports a huge diversity of plant, butterfly and insect species due to its varied mosaic of habitats. This is due to its shallow well drained, low fertility soils which mean that plants cannot out compete one another. These unique and finely balanced environments cannot be maintained without careful management by low density livestock grazing, on a rotational basis to maintain a variety of grass heights. This practice, along with scrub clearance activities to keep back invasive shrubs like blackthorn and hawthorn keeps these complex habitats viable for many different plant species which in turn support many different invertebrates. Due to the rich variety of flowering plants found in these areas, they are most valued for butterflies. Each type of Butterfly larvae lives on a specific plant species such as the common rock rose and the kidney vetch. Butterflies are a significant indicator species of environmental or climate change.

The site supports some 400 moth species and 34 butterfly species, the rarest of which are the Chalk Blue, the Brown Argon and the Green Hairstreak. The BCS run volunteer work parties to help with scrub clearance, along with engagement and educational activities for schools. They also rely on local volunteers to keep a regular check on the livestock which graze the area for parts of the year. The BCS are always looking to recruit enthusiastic volunteers, and have a Facebook page which contains regular posts and observations from volunteers and locals users.



It is not a country park purely for recreation but farmland specially managed for wildlife conservation. It is important that those who enjoy it use the footpaths provided and do not let dogs off the lead. This minimises trampling and disturbance not only to plants and butterflies but also to important ground nesting birds such as skylarks during the spring and summer.



Making time to visit in the summer months of June and July, peak

butterfly season, is definitely on my to do list this year. Hope you manage it too!

Find out when the seasonal displays of wildflowers like cowslips are at their best. You could even make your visit part of the BCS's Big Butterfly Count between the 18th July and the 10th August. Go to the website for details on how to sign up.

www.butterfly-conservation.org/events/the-big-butterfly-count-2025

The St Giles Hill Anglo-Saxon Cemetery

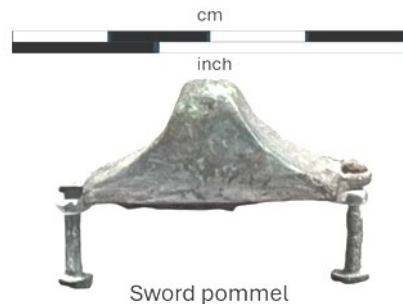
The St Giles Hill Anglo-Saxon cemetery is one of several in the Winchester area. Details of its burials are not well known because they were discovered in the 19th C before rigorous archaeological recording became commonplace. Others at Winnall, Twyford, and Worthy Park are better known because they were excavated in the 20th C. Anglo-Saxon funerary practices included cremation, burrow burials, and Inhumation burials. Inhumation burials are the most common in Hampshire including at St Giles Hill and the nearby cemeteries. Burials were made without a coffin to a depth of about 60cm on Chalk. They often contain grave goods, items that belonged to the person during life.



Many of the 19th C finds from St Giles Hill were donated to Winchester Museum (between 1850 and 1905). I decided to investigate. A quick phone call to Ross Turle of Winchester Museum

Services revealed that most are metal objects that are kept in the sensitive store of the museum archives at Bar End. He expected preservation to be poor. However, it turned out that they were reasonably well preserved. A few items are also on display in the City Museum on the 1st floor. This sword pommel is one of them.

Many of the objects are weapons buried with male Anglo-Saxons. Such burials were common between the 5th and 7th C. But as Christianity became established in Southern England in the late 6th C burial practices changed heralding the end of weapons burials.



Sword pommel



Located in the Bar End archive

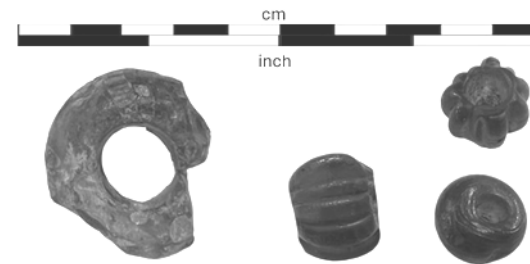
Such burials were probably rare after the founding of the Old Minster, Winchester's first Christian church in 648.

Burials have been unearthed in areas flanking the west end of Northbrook Avenue and near St Giles Hill Graveyard. The discoveries occurred during intense building activity on St Giles Hill as it was developed as a residential area. Several objects were found in burials at the site of Milesdown (previously Palm Hall) in 1894. These included shield bosses, shield rivets, spears, knives, and beads. There was also a pair of Anglo-Saxon tweezers.

In 1905, a cluster of graves was found when a summer awning was being put up in the garden of High House (now renamed



Anglo-Saxon knives found on St Giles Hill



Anglo-Saxon beads found in the grounds of Palm Hall

Earlsdown). The graves contained goods including two spearheads a dagger, a ferrule, and a silver ring.

It is not known if the cemetery continued to be used between the 8th C and the Norman conquest. We do know that in 1080 St Giles Chapel and Cemetery occupied the location. Perhaps St Giles Chapel was predated by an Anglo-Saxon church.



For more information visit: www.stgileshill.org.uk

Understanding My ME/CFS Journey

By Sarah Read



I've written many articles for this magazine, but in recent editions, I've focused more on gathering others' words.

This time, I want to share my personal experience with **Myalgic Encephalomyelitis (ME)/Chronic Fatigue Syndrome (CFS)**, a condition I've lived with for over 30 years. You may have seen me using a stick or, more recently, a wheelchair as walking has become increasingly difficult.

Like many, my ME/CFS was triggered by a virus, though it can also be sparked by stress, surgery, or other major events. Unfortunately, it's often misunderstood, with some mistaking it for laziness or hypochondria. To those unfamiliar with ME/CFS, imagine the fatigue and pain after being bedridden with the flu for a week, but it doesn't go away. That's what living with this condition feels like - constant exhaustion, pain, with no relief from rest.

It's tempting to push through, but doing so only worsens the condition. There's no cure for ME/CFS, and no test to diagnose it. Doctors can only diagnose by discounting other conditions. Since COVID-19, there's been greater awareness of post-viral syndromes, including ME/CFS, but it remains poorly understood in the medical community.

Common Symptoms and Co-occurring Conditions

Symptoms of ME/CFS can vary but often include extreme fatigue, muscle and joint pain, headaches, and gastrointestinal issues like IBS. A hallmark symptom is **post-exertional malaise (PEM)**—where any physical or mental exertion leads to a worsening of symptoms that doesn't improve with rest. The condition can also be accompanied by **fibromyalgia**, which causes widespread muscle pain. Hormonal fluctuations, especially in women, can worsen symptoms.

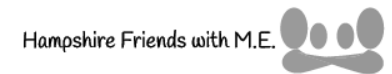
Mental and Emotional Impact

ME/CFS is not just physically taxing—it also takes an emotional toll. The lack of understanding can lead to frustration, isolation, and mental health struggles like anxiety and depression. Comedian **Miranda Hart**, who has spoken about her experience with ME/CFS, emphasizes the importance of acceptance in the early stages of the illness, and focusing on small, positive steps forward to recovery.

Support and Resources

If you'd like to learn more or find support check out:

Hampshire Friends with ME offers Facebook groups, Zoom meetings, and local meet-ups. www.friendswithme.org.uk



ME/CFS Alliance works to raise awareness and share the latest scientific research.

www.mecfsalliance.org.uk



The ME Association provides information and a helpline.

www.meassociation.org.uk



Thank you for reading. Your support can help raise awareness of this often misunderstood condition.

SOUTHERN VOICES



celebrated in style last year with a sold out 40th Anniversary concert series placing them firmly as one of our finest and most popular local chamber choirs.

This year, they invite you on a journey exploring four pillars of human existence: **HOPE, FAITH, LIFE, LOVE**. With their next concert being on **Saturday 29th March at 7.30pm, in Holy Trinity Church, Winchester**, Musical Director, Jamal

Sutton, has created a programme including Frank Martin's monumental *Mass for Double Choir*, Eric Whitacre's contemplative *Three Songs of Faith*, together with a stunning group of a cappella works by Bach, Holst, Briggs, Celia McDowall and

William Harris' ravishing *Faire is the Heaven*.

Full details and tickets from: southernvoices.co.uk or

phone 0333 666 3366 (booking fees apply)



Community Cafe

Unit12 a not for profit organisation based in Winnall will be launching a new Community Cafe this spring. The aim is to open in early March, 4 days a

week to start with (Tues - Fri, 10am till 2pm), offering good value, teas, coffees and a selection of home cooked baked items, alongside soups, toasties and jacket potatoes.

This will serve the users within the building, as well as anyone from the local community. It's planned that it will work alongside the Community Pantry which is already a well established community service within the Unit.

As the cafe grows it is intended to extend the hours, expand the offering and host events that all help the local community feel connected.

Unit 12 welcomes all users, as well as community members looking to gain experience via volunteering.

An update from your MP :

Who is Fighting for the Environment in Parliament?

In Parliament, I've been fighting for our health services, raising the issue of child poverty, and championing the environment. On so many important environmental issues the Labour government and Conservatives have teamed up to block Liberal Democrat measures.



I joined my Liberal Democrat colleagues in Parliament to stand up to water company bosses. You should not be expected to pay for their bonuses whilst they fail to meet environmental obligations. We urgently need a fair deal that prioritises people and the environment. The other parties blocked our amendment for now, but I'll not give up fighting for justice when it comes to water and sewage.

We also saw a new set of announcements from the Chancellor pushing through a third runway at Heathrow, which flies in the face of our climate ambitions. It's another desperate attempt to achieve growth with priorities, like climate change and our environment, thrown out of the window.

I had the opportunity to challenge the Prime Minister on the state of our health services. Years of underinvestment in maternity have resulted in the NHS paying an astonishing £1.15 billion every year in compensation due to avoidable life-changing injuries, so I pushed the government to make improving our maternity wards in Winchester and across the whole country a priority.

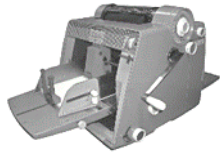
Back at home I've been on a mission to visit every state school across Winchester and the Meon Valley. I recently visited Itchen Abbas Primary School and met with pupils from Kings and The Henry Beaufort. We discussed vapes and I was really impressed with their thoughtful consideration and support for cracking down on companies advertising vapes to children.

My team and I are ready to help, so if there are any issues or concerns you have, get in touch at danny.chambers.mp@parliament.uk



A Brief History of the Parish Magazine

The parish magazine has a rich history, beginning back in 1891 when the church was first built. By the 1960s the magazine was being printed by

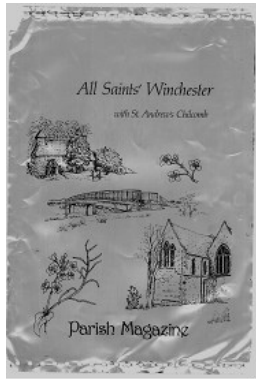


Warrens in Winchester, maintaining the same size it holds today (A5).

In 1985 I was asked to help print the magazine, which at that time had increased in size to an A4 format.

I gave it a try and, as it turned out, ended up managing its production for nearly 40 years. Initially it was printed using a Roneo/Gestetner machine. The process involved typing the master copy, placing it on the drum, and printing each page. A dedicated team then collated and stapled the pages before delivering the finished magazines to the 160 subscribers who had paid for it.

The Rector at the time, Rick Thomas, decided to switch to offset litho printing. This was an interesting transition, as the process relied on a delicate balance between water and ink. If the balance was off, the result could be either an entirely black page or a blank one! Thankfully, this method was short-lived and by the 1990s we had upgraded to a copy printer. This machine could produce its own master from an A4 page and even copied pictures, marking a significant improvement.



As the original collating team aged and no new volunteers came forward, we invested in a rotary collator. Though it made the process more efficient we still had to staple the magazines by hand. Under a new Rector, Caroline Baston, the magazine format changed to A5 and the decision was made to distribute it to every household in the parish free of charge. To facilitate this we purchased a stapler/folder machine allowing us to deliver the magazine to around 1,500 homes.

As time passed and the machinery, as well as myself, began to show signs of wear so we upgraded once more. About five years ago we invested in a photocopier that could produce a finished booklet in one go. Despite the improvements, the process still took around 12 hours to complete. Once printed, a dedicated group of volunteers, many of whom had been involved for nearly 40 years, would take on the task of delivering the magazines.



Now, as I retire from this long-running responsibility, the future of the magazine remains uncertain. I can only look back with gratitude for the many hands that have helped shape and share this piece of parish life over the years.

Steve Jarvis

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Crescendo Choir Recital

All Saints Church on May 3rd
7pm for 7.30pm start

In Memory of Brian Gerrard and Supporting Winchester Hospice

A Message from Lynne Gerrard Lowe : *"I hope you will come and support me and Crescendo."*

Crescendo is a mixed choir of around 30 members from Zottegem, Belgium and was established in 1966.

For More Information visit our website:
www.vzwcrescendo.be or
www.winchesterhospice.com



Look out for more Details and Posters Nearer the Time!



LENT, HOLY WEEK & EASTER IN EAST WINCHESTER



March - April 2025

30
SUN

MOTHERING SUNDAY
ALL SAINTS 9AM HOLY COMMUNION
10.30AM FAMILY SERVICE
ST JOHNS 10AM COMMUNION & POSIES



13
SUN

PALM SUNDAY
ALL SAINTS 9AM HOLY COMMUNION
10.30AM FAMILY SERVICE
ST JOHNS 10AM PROCESSION & LITURGY OF
PALM SUNDAY

17
THU

MAUNDY THURSDAY
ALL SAINTS 11-1PM MESSY CHURCH & LUNCH
7PM SERVICE & MEAL



18
FRI

GOOD FRIDAY
ST JOHNS 2-3PM AN HOUR AT THE CROSS



19
SAT

HOLY SATURDAY
ST ANDREWS 6PM EASTER VIGIL

20
SUN

EASTER DAY
ALL SAINTS 9AM HOLY COMMUNION
10.30AM FAMILY SERVICE
ST JOHNS 10.30AM EUCHARIST OF EASTER
DAY & BAPTISM



Please take a moment to complete our online questionnaire following the QR code, or feel free to send your ideas directly to magazine@eastwinchester.org. For those who prefer paper, copies of the questionnaire will be available in church, along with a post box for your suggestions.

