

RUNNING FREE

THE PARISH OF WARBLINGTON-WITH-EMSWORTH

GUIDE
PRICE
£1.50



www.warblingtonwithemsworth.org

JULY/AUGUST 2025



On Sunday 18th May, we held a Joint Thanksgiving Service to mark the end of our Centenary year *(see p.9).*

It is now 101 years since the two parishes of Warblington and Emsworth became one!

Katy Meves presented Trevor Davies, Chair of Emsworth Maritime and Historical Trust, with a book of memories collected from those who have lived in the Parish for a long time. This will be held in Emsworth Museum.



Front Cover: Rainbow over St. James' - May 31st 2025

Gordon Braddock says: "Roughly ten years ago there was a spectacular rainbow over St. James' church. I did not have my camera with me, rushed home, but it was all but gone when I returned. This time I managed to take two photographs."



Praying 'Thy Kingdom Come'

Did you go and explore the Prayer Stations that Jacqui and Lizzie put together in St. James' and St. Thomas à Becket churches between Ascension Day and Pentecost? There were about ten in all, offering a wide range of creativity and experience. I liked the one where you could write some things you've done wrong on a laminated person & then put it in a bowl of water and watch you sins wash away. Watching them go made it easier for me to understand how God really does wipe us clean when we ask him to. I also enjoyed colouring in countries on a world map as I prayed for them. We, and other churches, even took a few Prayer Stations over to the Deanery Prayer Walk Evening Celebration so others could enjoy them too.

Quite a few people seem to have visited our churches while the Prayer Stations were up and we know that Years 3-6 at St. James' School enjoyed their visit. Jacqui had an interesting discussion with some of them about what prayer is and I think we managed to stretch their understanding of how, where and why we might want to pray.

Of course, during Thy Kingdom Come we not only kept the churches open for private prayer but we also organized the 24-hour prayer time, with people praying both in St. James' and at home. It was exciting to see such good numbers joining in.

A small band of families gathered to kick us off at 10am on the Saturday and another group assembled in the evening to 'Seek and Soak', using some music to worship God, enjoy being in his presence and lead them into prayer.

Jacqui and I both chose to miss one of these gatherings to pray even though we both think they're really important. The reason? Like many of us, we've been 'Praying for 5', using one of the book marks as a prompt. People on our lists invited us to spend time with them and we felt that it was important to do that. If we're committed to praying, we need to be willing to give our time too.

I thought I might find an hour of unstructured prayer (and reasonably late at night!) quite a challenge. I was pleasantly surprise by how quickly the time went. I used a variety of ways to pray – using music and silence to explore being in God's presence, praying out loud and quietly, using set prayers and my own spontaneous words, praying alone and praying with another person, standing and sitting (and other postures are available too) and walking around the church, seeking inspiration from what I saw around me or with my eyes shut.

I'd love us to do something similar again. I think exploring new and different ways to pray and engage with God is helpful.

How do you like to pray? Do you have any practices that work for you that might be worth sharing?

With my prayers,

Bruce

Please note – copy for the September issue of *Running Free* must be with the Editor by Sunday 17th August

Moore's Traditional Funeral Directors

We care for each family in their time of need as we would our own

- + Monumental Masonry
- + Available 24 Hours for Advice & Guidance
- + Private Chapels of Rest
- + Horse Drawn Funerals
- + Woodland Burials and Eco Coffins
- + Floristry ~ Service Stationery ~ Obituaries
- + Attended and Unattended Cremations

Serving Our Local Community



5 Hambledon Parade, Hambledon Road, Waterloooville

Tel: 02392 641366

302—304 Main Road, Southbourne, Nr Emsworth

Tel: 01243 374644

11 North Street, Havant

Tel: 02392 175462

www.mooresfd.co.uk

info@mooresfd.co.uk

funeralcare.co.uk

NAFD  ifso  International Federation of Social Organisations

Rated
Excellent
★ Trustpilot

We're on hand in your 24/7 hour of need.

Whether your planning ahead with a funeral plan or when a loved one passes away, end-of-life care needs to be dependable, compassionate and ethical. With decades of experience, our trusted funeral services are available whenever you need us on **0800 008 6878**.

Caring for local families for generations.

Local to you in: **Bedhampton • Emsworth
Leigh Park**



J Edwards & Son funeral directors

Here for you when you need us...

- 24 hour service
- Free bereavement advice and support
- Pre-paid inflation proof funeral plans
- Wide choice of memorials for burials

WATERLOOVILLE

3 St. Georges Walk, PO7 7TU

023 9226 2194

Rated
Excellent
★ Trustpilot

NAFD  ifso  International Federation of Social Organisations

jedwardsfuneraldirectors.co.uk

To | advertise in
Running Free please

contact Colin or Tricia at

runningfreemag@hotmail.co.uk

AROUND AND ABOUT

Community Centre

Mon 14th July 3.30pm and 7.30pm; Film
Bridget Jones: Mad about the Boy (15)
Widowed 4 years ago, Bridget is now a single mother to Billy (9) and Mabel (4). As she tentatively starts dating again, she is pursued by a much younger man but then begins to form a connection with Billy's science teacher.

Tuesdays 10am-12 noon

Coffee and Connections: come along for a chat and a cuppa and meet new people.

www.emsworthcommunitycentre.org.uk

Havant WEA

Courses for Autumn 2025:

Art Appreciation:

Nordic Art 1850 to 1950

Tutor: Michaela Cranmer

A 10 week course at Bedhampton Community Centre 10am to 12noon on Tuesdays 30th September to 9th December 2025.

History:

Discovering the Victorians

Tutor: Jennifer Goldsmith

A 10 week course at Emsworth Community Centre 10am to 12noon on Thursdays 2nd October to 11th December 2025.

Booking opens in the early summer.

Available on the WEA website

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

Or by phone to 03003 033464

Emsworth Museum

Emsworth's Forgotten Insurrection

Emsworth's Insurrection is the next temporary exhibition in Emsworth Museum starting on 12th July.

Emsworth Museum focuses on historical events in Emsworth and the surrounding area.

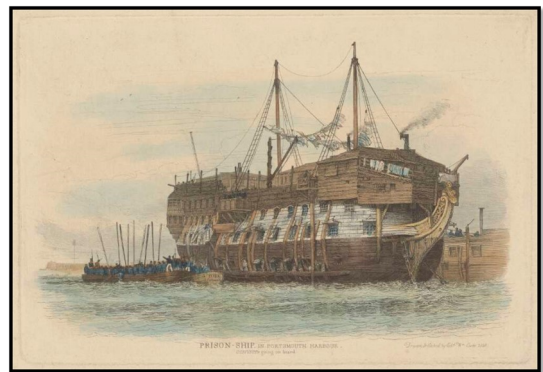
However, just occasionally, Emsworth finds itself at the centre of national or international events. (D-Day is one such example.)

Emsworth Museum cont.

In November 1830, insurrection swept across southern England with a campaign aimed at destroying threshing machines. These upheavals became known as the Swing Riots, named after the pseudonym of the writer of letters threatening farmers with the destruction of their threshing machines. There were three areas where the impact was greatest – East Kent, North Hampshire, - and Emsworth!

This exhibition sets out the causes of the revolt in and around Emsworth; the authorities' response and the penalties imposed on those who were caught. The ringleaders were transported to Tasmania for 7 years.

Remarkably, the underlying causes of the social unrest in 1830 are similar to social issues today – low wages; unintended consequences of legislation; and climate change. One can understand the despair and frustration of the young men who were involved in the riots. They had nothing to lose as they hurled themselves against an unsympathetic establishment.



The prison hulk York, moored in Langstone Harbour
(image courtesy of National Library of Australia)

Museum opening hours: Saturdays, Sundays, Bank Hols 10.30am-4.30pm

Emsworth Maritime and Historical Trust is a Registered Charity – no.1204910

website www.emsworthmuseum.org.uk
info@emswordhmuseum.org.uk

**Thank you to our
photographers this month:
Gordon Braddock (front
cover), Clare Jury, Bob
Warnock**





Families at St. James'



ARE WE REVIVAL READY?

Here is some advice from Scripture Union



God is on the move across the land, so be aware and have your eyes open for the seekers and the hungry.

If you haven't had a child or young person turn up at your church yet, that doesn't mean you won't! And so it is great to be prepared and to think through, as a church, how you would welcome and follow up with any young 'turner-uppers'.

A few abbreviated tips for churches to ponder

1. **Prayer.** As a church, pray together and pray individually, involving everyone from the youngest to the oldest. Pray that you would be open and welcoming to those who are walking through the doors of the church.
2. **Safeguarding.** Ensure that your whole church are aware of what is expected of them around children and young people, particularly if someone under 18 turns up without their parent or guardian.
3. **Welcome.** Ensure that the welcome is as much for children and young people as it is for adults, whether they arrive as a family, unaccompanied or with a group of friends. You could consider having a welcome pack with appropriate activities and treats in for during and after the service.
4. **Bibles.** Buy children's/youth/young adult's Bibles (or copies of Mark's Gospel) to give out to those who might not have one. Consider also including an indication of what to read, or a reading plan, to help them explore God's Word effectively.
5. **Visibility.** Setting up a QR code on your notice board linking to your website is a great way of helping others to connect with you.



There is an interesting article in the **Church Times** which looks at the statistics of young people returning to Church. To find out more follow this link:

<https://www.churchtimes.co.uk/articles/2025/11-april/news/uk/dramatic-growth-in-young-people-attending-church-bible-society-research-finds>

Jacqui Watson, Children and Youth Worker

childrenandyouth@warblingtonwithemsworth.org



Coffee and Chat



Come and join us
on **Friday 18th July**
from **10am to 12 noon**
at **6 Emsbrook Drive PO10 7QX**
the home of Pauline and Rob Nelson

and

on **Friday 15th August**
from **10am to 12 noon**
at **11 Bridgefoot Path PO10 7EA**
the home of Pat Hales.

Do come along. All are welcome.
There are still some dates in 2025 needing a host.
I would be pleased to hear from you!

Rosemary Jupp 01243 942525



Parish Churchyard Teas at St. Thomas à Becket

This summer we will be serving Parish Churchyard Teas
once again at St. Thomas à Becket Church, Warblington on
Saturday and Sunday afternoons during **July and**
August from **2.30 to 4.30pm**

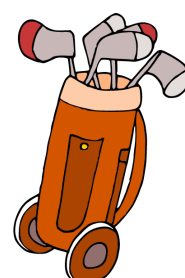
Do come along!



Calling all Golfers!

On Thursday 2nd October, **Dan Robinson** (Parish Treasurer) and I are
running a **parish golf event** at Tournurbury Golf Course, Hayling Island. 9
holes - nothing too serious, official handicap not necessary. Start time 10am,
cost approximately £25 per head (to be confirmed) includes refreshments.
Max numbers 20. If you're interested in taking part please email
me on parishwarden@warblingtonwithemsworth.org or call/text
on 07498 726467. **Closing date for entries 12 September.**

David Habershon
Parish Warden



News from our Churchwardens

From St. James' ... Bob Warnock



I was honoured to be elected as Churchwarden for St. James' at the Annual Parochial Church Meeting held on 30 April 2025.

On behalf of the Parish, I would like to extend our sincere thanks to Gill Andrews, our outgoing Churchwarden. Gill has served with great dedication, leading the restoration of the west elevation and managing numerous projects to ensure our church remains a well-maintained, safe and welcoming space for everyone. I am especially grateful for her support and guidance during the handover period, which has helped ensure a smooth transition.

We are also very thankful to Dave Jupp, who has stepped down as Deputy Churchwarden. Dave's steadfast support, along with that of

Rosemary, continues to be much appreciated by the whole church community.

As a result, we are currently looking for a new Deputy Churchwarden. If you are interested in joining the St. James' Churchwarden team, Chris Barrett (the other Deputy Churchwarden) and I would be very happy to speak with you about the role. Please don't hesitate to get in touch - we would welcome the opportunity to explore this with you.

By way of introduction: my wife, Catherine, and I moved to Emsworth in August 2021, following my retirement as Superintendent of Hampstead Heath, after more than 30 years managing open spaces with the City of London Corporation. We previously lived in tied accommodation in Hampstead and worshipped at All Souls, Langham Place.

We received a very warm welcome at St. James' and soon became involved in the life of the church. We joined a home group, and I later became part of the Parish Hall team. Over the past three years at the Parish Hall, we've installed new noticeboards, worked on energy efficiency improvements and more recently, on projects to improve accessibility and storage - just completing building a new shed for the Ark Toddler Group's toys and equipment.

Catherine, a retired teacher, was elected as a Foundation Governor at St. James' Primary School in May 2022, and became Chair of Governors in September that same year. Catherine also volunteers in school to support children with their learning.

Outside of church life, we are both members of Emsworth Sailing Club and enjoy sailing in the harbour. You may occasionally spot us making a swift exit after the Sunday morning service to catch the tide!

After enjoying a year of retirement, I was presented with the opportunity to join the Ancient Tree Forum. The Forum is the leading authority on the conservation of ancient and veteran trees and is the only organisation in England and Wales dedicated exclusively to their protection and care. These remarkable trees are not only vital to our ecology but also form a treasured part of our landscape and cultural heritage. Britain is home to an internationally significant population of ancient trees. As Executive Director, I lead a dedicated staff team and collaborate with experts who volunteer their time to support the work of the Ancient Tree Forum. These volunteers contribute in various ways, serving as Trustees, members of our Technical Advisory Panel, or leaders of our 15 local groups across the country. To learn more about our work, please visit www.ancienttreeforum.org.

On 1 July, Peter Eberle and I will be attending the Archdeacon's Visitation at Holy Trinity Church, Blendworth, where incoming churchwardens will make their declaration of office. This service marks the beginning of their term and where we will publicly commit to faithfully and diligently perform the duties of office as Churchwarden in the parish of Warblington with Emsworth.

With over 100 volunteers supporting every aspect of church life across the Parish, it's a real privilege to be part of such a dedicated and welcoming team. Please get in touch if you would like to help or get more involved in the life of our parish.

Bob Warnock

sjwarden@warblingtonwithemsworth.org



Joint Thanksgiving Service at St. James' 18th May 2025



On a glorious sunny morning, a year on from the Centenary Service of Celebration, over 200 parishioners gathered in St. James' church for the 101st anniversary of the Parish of Warblington and the Parish of Emsworth becoming one Parish. Taking the St. Thomas à Becket Holy Communion service as the cornerstone of the service, it was interlinked with readings, hymns and music which the congregation much appreciated. During the service Trevor Davis Chairman of Emsworth Museum and Rev Andrew Sheard on behalf of the Parish were presented with beautifully bound folders full of memories and photographs collected over the past year from those who have lived in Emsworth all their lives and for many their parents, grandparents and great grandparents too.

Much preparation had been done prior to service and special thanks go to Matthew Lawrence and Dave Jupp for mowing the grass in St. James' garden, to Bob Warnock and his team for bringing over and putting out the tables and chairs from the Parish Hall and to Toni Tredray and her team for laying on the excellent teas, coffees and homemade cakes for everyone to enjoy sitting in the garden after the service. Dave and Rosemary Jupp were invited to cut the "101st Birthday Cake" on behalf of the congregation gathered for this special occasion.

Last year's Centenary Celebration was attended by the Patrons and the Lord Lieutenant of Hampshire, so Rev Andrew Sheard has written to about the events of the past year and presented them each with a copy of the Souvenir brochure. The Souvenir brochure is available in both churches for a small voluntary donation.

Clare Jury



He is risen, Alleluia!
Window at St. Thomas
à Becket

Ascension Day 29th May 2025

Service of Holy Communion at St. Thomas à Becket at 7.30pm



St. Thomas à Becket

Ascension Day is the 40th day after Jesus's Resurrection and is the last day he was seen by his disciples before his Ascension into Heaven. This year Ascension Day was celebrated at St Thomas à Becket church with a special service that also marked the end of celebrations of the 100th year of the coming together of the Parish of Warblington and the Parish of Emsworth in 1924. The traditional service of Holy Communion with some beautiful hymns and readings from Acts 1: 1-11 and from Luke 24: 44-53 was led by Rev Julie Price and Rev Lizzie Davidson. Rev Andrew Sheard gave a thought-provoking address on the theme of Victory of Love over Hate. After the service many stayed for the refreshments and to enjoy sharing time together in the stillness of the church before departing their separate ways home.

Clare Jury

A TRUSTWORTHY TEAM FOR LOCAL PEOPLE

- Gas boiler servicing, repair and replacement
- Central heating repair and servicing
- Boiler maintenance contracts



Taskforce Heating and Plumbing, Unit 9b, The Old Flour Mill,
Queen Street, Emsworth, PO10 7BT

Call us for advice: 01243 370880

taskforceheatingandplumbing.co.uk | admin@mytaskforce.co.uk



H. LOUCH and SONS Est. 1870 Building Contractors Incorporating JPG

29a Victoria Road, Emsworth
01243 372023
peter@jpgbuildersandcontractors.com

Sarah Pinnell & Co. Accountants & Tax Advisors

Relax - Let us deal with your tax!

12, The Old Flour Mill, Queen
Street, Emsworth, Hampshire,
PO10 7BT

01243 374867 or 07811 902852
SPinnellOffice@gmail.com



Motor repairs • Servicing • MOT Testing • Electronic diagnostics
Tyres & exhausts • Bodywork repairs • Free loan car

40 Queen Street, Emsworth, PO10 7BL. Tel. 01243 372336
www.lilywhitegarage.co.uk



Gary Beaton INTERIOR & EXTERIOR PAINTING & DECORATING

Phone: (023) 9245 1312
Mobile: 07790 689406

A View from the 'Octag' – Lee Abbey

I've arrived! I've come back home! I was last here at this very special place, Lee Abbey in north Devon, about 25 years ago, but even so it still feels familiar. I've come on a silent retreat, with the expectation of meeting with God in a profound way. He's never let me down in the past, and He won't now!

Let me tell you what you can expect if you choose to visit this lovely place. A walk through the building from Reception and down the main stairs (there is also a lift) will bring you into the Octagonal Lounge, or the 'Octag' as it's called by Community and those 'in the know'. This is where the main teaching and worship sessions are held, and it's like the hub of Lee Abbey. Looking westward through the windows the field slopes away down to the river and then on to Lee Abbey's own rock-strewn beach. To the left the hills rise up to the great plateau of Exmoor, and to the right wooded walks lead to the cliff top and a wide view over the Bristol Channel to South Wales. East, and behind Lee Abbey, is the Valley of the Rocks, and beyond that are the towns of Lynton and Lynmouth. This place is secluded, shielded and protected by the landscape from the world outside, and beyond. God, who has travelled with you on your journey here, both physically and spiritually, is also here waiting to welcome you, to wrap in His embrace.

But Lee Abbey is so much more than just amazing scenery. This is a place soaked in prayer, and the presence of God is tangible. People are drawn here from over the world - coming as guests on silent retreats, or for times of teaching, for weekends of refreshment, or for youth camps and family holidays in the summer.

This is also where the Community lives - guests are invited to share their home for the duration of their stay. Young people from all over the world come to serve - in the kitchen, looking after the bedrooms and communal areas, managing the estate, and leading worship. They come for just a few months up to several years. Their love of the Lord, and serving Him through serving their guests, is self-evident.

Guest speakers provide the teaching, with a variety of morning and evening sessions. Around this there is plenty of time to relax in the lounge areas or the library, or you can explore the footpaths around the 288-acre estate.

You will surely come with your 'baggage' of cares and anxieties, hoping to relax and take time out. And this is a place to let go, rest in God's love for you, and encounter Him afresh - for you surely will. There's time to breathe, to unwind, to just 'be'. Time to allow God to be who He knows you need Him to be in this moment of your life. Time to receive from Him and just let Him love you. Your days here, indeed your very selves, will be permeated by God as He gives Himself to you.

This is a place where prayer is easy, and God's voice is unmistakable. It's a place to grow without even realising it. It's a place of non-effort. It's a place where Jesus says to us, just as He did to His disciples, 'Come with Me by yourselves to a quiet place and get some rest' (Mk 6:31). He knows about your busy and fragmented lives, and your longings for His peace, and He will meet you here.

Some members of our Parish are going in October to spend a few days around the theme of 'A Deeper Knowing of God'. The resumé from Lee Abbey's brochure and website says *'For the Apostle Paul, a desire for a deeper knowledge of God and the conviction of its necessity flows through all of his words, actions, and longings for others. Let's journey together through his prayers to see what we can learn from him about the priority of prayer, and the priorities in prayer for those who long to grow in closeness and fellowship with God.'*

If that's your desire why not consider joining them for an unforgettable experience? But if you're not sure and you want to know more about Lee Abbey then visit their website - <https://leeabbeydevon.org.uk/> - it's extremely informative, with lots of enticing pictures as well.

To book your place, contact Lee Abbey, either via their website or by phone, then let James Mant know that you're joining the church group. I assure you that you won't be disappointed!

Jill Stanley

Meet our new CMS partner



This is **Luke Brennan**. Luke will be working in Bunia, Eastern DRC (Democratic Republic of the Congo), an area torn by conflict. Luke writes:

"In eastern DR Congo, armed conflict has taken countless lives, forced people from their homes, leaving people grieving and traumatised. This legacy of trauma often drives people to further violence, leading to cycles of conflict that seem impossible to break. CMS and CMS Africa long to build a movement committed to seeking peace, justice and the transformation of communities through the power of God.

I will be part of a community of local mission leaders, CMS mission partners and other regional partners, working to bring peace through healing divisions, addressing trauma and combatting poverty. My focus will be on discipling young people who have grown up amid armed conflict.

By starting with young people, we challenge deep-rooted divisions that persist through generations. I will train youth leaders and work with young people directly so they can grow spiritually and learn a vocation.

I first discovered a passion for working with young people when I visited Ghana aged 18, serving in a school and orphanage. After teaching in the UK, I worked with schools and charities in West Africa. While in Sierra Leone, I met Jesus and made the decision to follow him. Back in the UK, I discerned God's call to return to Africa to serve him."



tearfund



BIG QUIZ NIGHT and AUCTION 2025

Saturday 15 November – 7pm – Parish Hall

The quiz night is back! Start sharpening your brains and your pencils in order to have fun and raise money for Tearfund to help some of the poorest people in the world!

What talent can you offer, or what item can you donate, for the auction? A trip in your vintage car? A wine tasting evening? Mowing a lawn? Some decorating? Painting a portrait? Baking a Christmas cake?

The possibilities are endless, and poverty is not part of God's plan, but you are! Put this evening in your diary!

Please let Paul Chapman know what you are able to offer:

paul.chapman@blueyonder.co.uk or 07305 406566



Enabling churches to house the homeless

Hope into Action update

As I reflect on the past 6 months in our two Hope into Action (HiA) houses, providing for those who would otherwise be homeless, it seems that things have been relatively steady. We still have the same four tenants, one with a 3-year-old daughter. However, much has been going on behind the scenes with weekly visits to the tenants from their HiA Empowerment Worker and our own befrienders. That stability is helping them to improve their relationships with their families, a key feature in avoiding homelessness.

One has been helping out at Tuppenny Barn and another sometimes helps with our food bank deliveries. The food bank at nearby One Church has been very generous to our tenants when needed. A member of our team is helping a tenant to learn English as she now has some time for herself because her daughter is going to nursery. With the fine Spring that we have enjoyed, the befrienders have worked with the tenants to keep the gardens under control.

Four of our church team went to the HiA national conference in Peterborough in March. HiA is a Christian charity and the love of Jesus for the marginalised in our society is at the centre of all that that they do. Some 400 attend this event, and it is the biggest gathering for a homeless charity in the UK. There we heard from Jon Kuhrt, the CEO, and learnt more about the challenges that are faced and also the many success stories. One former tenant, who arrived in this country with nothing, is now living independently and running a cleaning business that employs over 30 people. The highlight of the conference was the tenant awards where, often for the first time in their lives, tenants are recognised for doing something well or improving an aspect of their lives. Please pray that through the stability of a home and the love and support that they receive, all those supported by HiA, and especially our own tenants, will be able to move towards living independently in the future. Please also pray for the relationship between the tenants in each house.

A recent highlight here was a visit that we organised to Arundel Castle. Not a cheap day out, but it is hard to put a value on the relationships that a day like this forms and strengthens. We are also planning to run a fundraising event with a speaker from the charity on Saturday 18th October in the Parish Hall starting at 5pm. Please keep a lookout for this in the pewsheets and parish email. We remain grateful to the Trinity Trust for its on-going financial support.

James Mant

Current members of our Friendship and Support Group:

Felicity Keeping, James and Carol Mant, Patsy Robinson, Jacqui Watson, Jerry and Angela Adams, Judith Main, Bee Hancox, Nick Helme, Pat Hales, Toni Tredray, Maggi Hardcastle

Does God answer prayer?

Barbara Hammond came across this during her 'turning out' time. She used it years ago when teaching RE to teenagers. She writes "It echoes the way God works among us. He does not wave a magic wand but he does put thoughts in our heads. So always consider thoughts that bubble up and consider first 'Is this a good thought?'. If it is, take one 'o' out of 'good' and ask 'Is it a God thought?'. If it is, then either go for it, put it off until tomorrow, or ignore it. The choice is ours."

SO DOES GOD ANSWER PRAYER?

If what you pray for is not right, and you're not right, and the time is not right,
God answers your prayer by saying NO.

If what you pray for is right, and the time is right, but you're not right,
God answers your prayer by saying GROW.

If what you pray for is right, and you're right, but the time is not right,
God answers your prayer by saying SLOW.

But if what you pray for is right, and the time is right, and you're right,
God answers your prayer by saying GO.

Gifts and Senses

As Christians, we are all members of the Body of Christ, so we are all essential and of great value, with different strengths.

Where do we each fit in? I've been thinking of us as different sense receptors: you know, in the ears, eyes, mouth, nose and hands.

Of course the Holy Spirit in each of us has all the gifts, and at any moment could ask any one of us to move out of our comfort zone and act in a specific way.

However, within our comfort zones, we often seem to have one predominant gift.

Firstly we tend to be most aware of those who are the voices, speaking God's word and teaching; reading aloud, praying or singing in church. Yet equally important are the ears, listening to people and also to the Lord, receiving from him words of knowledge or prophetic insights to build up the body.

And what about those vital hands and feet caring practically for people, driving them to appointments, doing their shopping, providing refreshments, writing letters and articles, playing the music, cleaning and decorating the church, laying on hands for healing

Furthermore, maybe there are others that we don't think about so much. Who are the noses, sensing the spiritual atmosphere and ready to give warning if something 'doesn't smell'?

Or the eyes, looking ahead, immersing themselves in the scriptures and keeping up to date with current events, like the men of Issachar who 'understood the times and knew what Israel should do'. (*1 Chronicles 12:32*)

Then, last but not least, I pray that we will all continue to 'taste and see that the Lord is good' and encourage others to do the same. (*Psalms 34:8*)

And all of this is to 'equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ.' (*Ephesians 4:12-13*)

Patsy Robinson



DIGNITY
FUNERAL DIRECTORS

W. WRAIGHT & SON

Taking the Greatest Care

FUNERALS FROM £1,495*

- Unattended Funerals
- Memorials
- Attended Funerals

We're here for you anytime. Whatever your wishes or budget, we can provide a funeral to suit you.

*Pricing is correct at time of going to print and is subject to change. Price stated is for an Unattended Funeral

The Square, Emsworth PO10 7EG
01243 372255
dignity.co.uk/local



Home Prayers

July/August 2025



- As summer arrives and with it, for many, the chance to rest, help us to slow down and find our restoration in You. May we remember that You are always ready to listen to us and receive us and share our joys and our burdens.
- Summer time is often a time to travel and so we pray for all those who are making journeys whether that's for work or pleasure. We pray for the safety of all those who travel and remember those for whom journeys are dangerous and difficult and to places that are not ready to receive them.
- We thank You for the witness of St. James' Church as we celebrate our Patronal Festival this month. As we look to the future inspire our thoughts and our planning.
- We give thanks for all the opportunities the summer gives us to engage with Your people, including 'Teas in the Park', 'Churchyard Teas' and the Pet Service. Give us a spirit of welcome and hospitality that we may be a worthy witness to Your great love for all.
- We pray for all children and young people as they come to the end of this school year. As they face change and upheaval, give them strength and courage to face the future with confidence.
- We pray for the children's holiday club in August. May it be an opportunity to grow deeper with You as well as great fun for all those involved, both leaders and participants.
- We pray for Lizzie our Curate as she presides at the Eucharist for the first time. We thank You for her ministry amongst us and pray that You would continue to equip her for the future.
- As we remember 'Sea Sunday' this month, we pray for all those who sail for business or pleasure. We pray for the Missions to Seafarers as they minister to those who are in need and we pray for the safety of those who sail in our local waters.
- We pray for all those who use our churches for the occasional offices of baptisms, weddings and funerals. We pray that as they gather and worship, they find Your loving presence with them and know the power of Your Spirit in their lives.
- Each month we pray for one of the charities we support. This month we pray for the work of Stop Domestic Abuse (SDA), which delivers specialist accommodation and community services to victims of abuse across Hampshire, providing caring practical support and advice from highly skilled staff. We pray for the affected families and ask that, through the work of SDA, victims and survivors will be able to move forward and rebuild their lives. Amen
- We pray for all those who are struggling with their health at this time and for those who are dying or bereaved. Help them feel surrounded by and confident of Your love for them and those they fear for.

Sequel to 'The Council of Nicaea 325 CE'

- see June 2025 issue of Running Free p.16

Answering the Editor's Questions from last month

While the Nicaean celebrations continue around the world and in Emsworth, this article will address the Editor's three questions about the Emperor Constantine's deathbed baptism, his mother St. Helena, and the Codex Sinaiticus. These were all mentioned in my previous article with a hint that there was more to tell about them and the editor picked up on these references.

No-one is really sure why **Constantine delayed his baptism** until he was dying. One suggestion is that there was a short-lived heresy at the time that believed that forgiveness at Baptism could not be repeated so, in order to die blameless and go straight to heaven, it was better to delay one's baptism. – And Constantine knew when he began to favour Christianity that he still had plenty of fighting and killing to do in his future.

Constantine's Mother, the concubine Helena was raised to the dizzy heights of First Lady in the Empire when her son Constantine became Emperor. She certainly favoured the Christian faith, and used her position to great effect. She went travelling to Palestine, and in the dereliction of Jerusalem searched for the places where Christ had been. She found the hill outside the city walls where Jesus had been crucified, and also the cave in the nearby garden where he had been buried. She used her power, influence, and wealth to build the huge Church of the Holy Sepulchre over both the hill *and* the cave. Helena is also credited with finding three ancient crosses



Constantine and Helena - an Armenian icon

nearby and identifying the one on which Jesus died. (Fragments of the 'Holy Rood' were shared around the world, as in the royal palace of Edinburgh and Holy Cross Abbey near Tipperary in Ireland.) Helena then travelled southwards to Bethlehem and built another huge Church, - of the Nativity, - over the cave which tradition claimed was the place where Jesus was born. Both these Churches are still famous places for pilgrims to visit (when there is no war in the area). Icons of Constantine and Saint Helena can be seen all over the Middle East, and especially in Cyprus.

And the third question -

The **Codex Sinaiticus** was described in 1859 as 'the most precious biblical treasure in existence' and is now on show in the British Library. It is now believed to be one of the 50 copies of the Christian scriptures written by order of the Emperor Constantine, but no-one even knew of its existence until the German Count von Tischendorf went treasure-seeking in 1864. He was visiting the Russian Orthodox Monastery of St. Catherine on the slopes of Mount Sinai, where monks in the library had found a collection of beautifully written Greek texts of the Scriptures. In 1845, he was given 43 sheaves to study in Leipzig (where they are now in the University Library). When he returned there in 1859, the monks were suspicious, but allowed Von Tischendorf to 'borrow' the text and take it to St. Petersburg to show the Tsar (Head of the Russian Church), and prepare it



for publication. But the Tsar kept it! Many years later, in 1923, when the atheist Soviet Government was bankrupt, the British Government stepped in and bought the text for £100,000. It is now available for all to see, and scholars to study.

St. Catherine's monastery, Sinai where the Codex Sinaiticus was found

In the Church yard of Warblington

I sit in quiet view of the old Yew Tree,
It's wonders!
Made by God's hand, for all to see,
Giving shelter from the rain and sun,
God's creation,
What wondrous works, God has done.
In the shadows or the light,
God is always there for each one of us.
Throughout the day or night,
Time for reflecting comes to mind,
Time for prayer, unwinds,
Peace in nature unfolds.
Love for God's creation grows, within my heart.
Caring and sharing, let me make a start.

by **Angela Rogers** Sat 14th June 'Quiet Morning' St Thomas a' Becket



EMSWORTH MOTHERS' UNION
MOTHERS' UNION THEME FOR 2025
Transformation-Now!

JULY - On Wednesday 2nd MU will join the usual congregation in St. James' Church at 10am for Holy Communion and will be happy to provide refreshment after the Service.

On Thursday 24th July, members will go to the Pavillion Tearooms at Stansted for coffee/cake/scones etc. paying for themselves.

AUGUST - On Wednesday August 6th MU will NOT be making refreshment after the 10am Holy Communion service. Instead, there will be a Service to celebrate Mary Sumner Day, our founder, at Blendworth Church at 2pm. All members are invited and will need to make their own way there.

We hope that all our readers will enjoy a happy healthy summer.

Margaret Cornick, Emsworth Branch Secretary

If you would like more information regarding The Mothers' Union please contact Margaret Cornick (01243 378044), Vivien Gowlett (01243 573868) or look at the information on our Parish website www.warblingtonwithemsworth.org

A VIEW THROUGH A WINDOW



St. Swithun's Day falls on the 15 July every year and - as the legend goes - if it rains, it will rain for a further 40 days. Saint Swithun died in 862 AD. The details of his death are not part of historical accounts, but he is known for requesting to be buried outside the Old Minster in Winchester. This was so that his grave would be walked on and rained on, demonstrating his humility. I hope for a dry July!!

Its willow on Oak for cricket fans at the rec now, the pitch always looks so well kept. The church garden at its peak now. Shame the swans did not nest by the bridge this year.

Brook Meadow is worth a visit if you can; - full of birds and, if you're patient, water voles are very busy in the Ems. ... I only hear the plop!

Our summer birds have arrived now; house martin nests are full of little ones maybe a double brood if the food stores last out.

Where have all the slugs gone? ...Maybe the hedgehogs had a hand in there.

July is the start of the oyster season but keep away from the Emsworth ones; you all know the story!

Keep the feeders topped up.

ANON





Loving God's World

On Thursday 22nd May, St. James' children took to the outdoors to celebrate 'Loving God's world'. Children spent the day learning outside and exploring all the wonderful things found in and around our school grounds, as well as in the local area.

Year 4 went to the Recreation ground, where they went on a tree orienteering hunt. They identified the different trees that grow there, before either drawing their favourite tree or finding out the ages of a tree by measuring the trunk circumference. They found an oak tree that is over 300 years old!



Years 2 and 3 teamed up for some mud painting and explored the different patterns that they could create with mud, before heading down to the Pirate Park on Southleigh Road for some fun and games.

Year 5 spent time identifying trees in the school grounds and played some maths games using the natural resources found in the school grounds. They also created stories imagining what an ancient tree had seen and witnessed during its time on earth.

Year 6 became stewards of the school grounds and spent time tidying and weeding. They showed great pride in improving the outdoor areas of the school. This was also mirrored by the school's Eco Team, who set to work to weed and tidy up 'God's Garden', our quiet, reflective area of the school field. They then planted new herbs to the already existing ones to help encourage a wider sensory experience whilst in the garden - we now have a variety of mint, thyme, oregano, sage, lavender and rosemary.

It was a fabulous day where the children were able to enjoy being outside and connecting with the wonderful world that God made. The time away from our usual school routines enabled the children to take time to pause and reflect, and encouraged them to love, appreciate and respect the world around them.



Made Your Will Yet?

**You have probably worked hard all your life
for everything you have**

*The impact of future Care Fees, Tax and other issues could
significantly reduce your loved one's final inheritance*

**With the "right" Will and good planning you CAN help ensure
as much as possible goes to your chosen loved ones...
not to unintended others**

For a free home visit
or more information

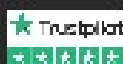
Call 07881 811 619



**Secure Inheritance
Legal Services**
Will and estate planning
Trusts and probate

Rich Taylor
Will and Estate Planner

rich.taylor@secureinheritance.co.uk



Make Your Will Today

from

£139*

*standard basic Will

Your family will be so glad you did



Creating Impressions

- ⊕ Competitive prices
- ⊕ Superb customer service
- ⊕ Fast turnaround

**Call 01243 782988 for a Fast Free Quote
or email info@srpress.co.uk**

A LOCAL VENUE FOR HIRE

Our Parish Hall could be just
what you're looking for:

- ◆ Club Meetings ◆ Parties ◆
- ◆ Wedding Receptions ◆
- ◆ Family Functions ◆
- ◆ Lectures ◆ Quiz Nights ◆



It has a fully equipped kitchen as well!
If interested please contact Tony
tonyhines1@virginmedia.com
or 01243 372611

WHO'S WHO IN THE PARISH

Rector - Revd Andrew Sheard, The Rectory, Church Path, Emsworth, PO10 7DP 01243 376744 07967 588520
email: rector@warblingtonwithemsworth.org

Associate Minister - Revd Julie Price, c/o Parish Office, Church Path, Emsworth PO10 7DP 07909 267180
email: julieprice@hotmail.co.uk

Pioneer, Families and Fresh Expressions Minister - Revd Bruce Watson, email: pioneerminister@warblingtonwithemsworth.org

Curate - Revd Lizzie Davidson, email: curate@warblingtonwithemsworth.org

Children and Youth Worker - Jacqui Watson, email: childrenandyouth@warblingtonwithemsworth.org

Anna Chaplains - Dennis Chandler, Sue Ingram and Myra Wilkinson can be contacted via the **Parish Office**

Licensed Lay Minister (Reader) - James Mant, email: jamesnmant@gmail.com

Parish Administrator and contact for Pew sheet notices - Maria McGannan. **Parish Office** - Leave a message on 07579 798010 and someone will get back to you or email: parishoffice@warblingtonwithemsworth.org

Parish Warden - David Habershon, 07498 726467 email: parishwarden@warblingtonwithemsworth.org

Warden, St. Thomas à Becket - Peter Eberle, 07794 189787 email: tabwarden@warblingtonwithemsworth.org

Deputy Wardens, St. Thomas à Becket - Clare Jury, 07515 350301 - Madeleine Cox, 07740 868960

Warden, St. James' - Bob Warnock, 07974 495912 email: sjwarden@warblingtonwithemsworth.org

Deputy Wardens, St James' - Chris Barrett, email: cjbarrett65@gmail.com - Dave Jupp, email: dandrjupp@gmail.com

Verger, St. Thomas à Becket - Jeff Murphy, 1 Second Avenue, Havant, PO9 2QP 023 9247 5297 email: spud_t_murphy@hotmail.com

Verger, St. James' - Gordon Braddock, email: gordon.braddock@gmail.com

Parish Hall bookings - Tony Hines, 35 Park Crescent, Emsworth, PO10 7NT 01243 372611
email: tonyhines1@virginmedia.com

Parish Safeguarding Team - Angela Adams, Helen Simmonds, Judith Main 07818 912371
email: safeguarding@warblingtonwithemsworth.org

Legacies Officer - Rob Nelson 01243 373465

Running Free Editor - Colin and Tricia Brotherston, 15 Westbourne Avenue, Emsworth, PO10 7QT 01243 377878
email: runningfreemag@hotmail.co.uk

Running Free Advertising - Colin Brotherston (Contact details above under Running Free Editor)

Running Free Distribution - Clare Jury, Tel: 01243 389742 Mobile: 07515 350301 email: clarejury@btinternet.com

Parish Treasurer - Dan Robinson, 17 Crowsbury Close, Emsworth, PO10 7TS 01243 375469
email: treasurer@warblingtonwithemsworth.org

Planned Giving Secretaries - Colin and Tricia Brotherston, email: pgsecretary@btinternet.com

Webmaster - Phoebe Atkinson email: webadmin@warblingtonwithemsworth.org

Parish website - www.warblingtonwithemsworth.org

<https://www.facebook.com/groups/186161271509594/>



COMMUNITY INFORMATION

Hospitals

Queen Alexandra, Portsmouth 02392 286000
St. Richard's, Chichester 01243 788122
Emsworth Surgery 01243 378812

Havant Borough Council 02392 446019

Emsworth Good Neighbours 01243 430999

Citizens Advice Bureau

0344 411 1306

Electricity emergencies

0800 404090

Gas Leaks - freephone 24hrs

0800 111999

Portsmouth water leaks

02392 477999

Hampshire Public Transport

0300 555 1375

National Rail Enquiries

0345 748 4950

www.nationalrail.co.uk



FOR MAY 2025:

MARRIAGES

There were no Weddings at either church in May.

BAPTISMS

At St. James':

4th Delilah Faith Lin Doe, daughter of Jessica Eileen Ann Doe

At St. Thomas à Becket:

25th Oliver Curtis James Holtham, son of Angel Denise Robinson and Jordan Curtis Rees Holtham

R.I.P.

Funerals in May:

Wayne Goldring

Betty Watson

Nathan Sky

Anthony Palmer

David Leonard

Hugh Haines

Roger Pink



What's On during July 2025

Each week:

Morning Prayers on Zoom Mon-Sat 9-9.30am

Personal prayer - St. Thomas à Becket:

Mon-Thu, Sat 10am-4pm, Sun 12.30am-4pm

- St. James': Mon-Thu 10am-4pm

July Calendar:

Tue 1st 10-11.30am Babies, Biscuits, and Banter, Parish Office

Wed 2nd 10am Holy Communion, St. James'
12pm Parish Lunch, The Kings Arms

Thu 3rd 9.30-11am The Ark Toddler Group, Parish Hall
3.20-4.20pm Teas in the Park, Horndean Road Recreation Ground

Sun 6th 8am Holy Communion, St. James'
10am Holy Communion, St. James'
10am Breakfast Church, Parish Hall
11am Holy Communion, St. Thomas à Becket
5pm All-in@5, Parish Hall
6.30pm Seek the Lord, Parish Office

Mon 7th 2.15pm Minus One Friendship Group, Parish Hall

Tue 8th 10-11.30am Babies, Biscuits, and Banter, Parish Office

Wed 9th 10am Holy Communion, St. James'
11am St Thomas à Becket Patronal Service and Lunch, St. Thomas à Becket

Thu 10th 9.30-11am The Ark Toddler Group, Parish Hall
3.20-4.20pm Teas in the Park, Horndean Road Recreation Ground

Sun 13th 8am Holy Communion, St. Thomas à Becket
10am Family Service with Baptism, St. James'
11am Matins, St. Thomas à Becket
3pm Pet Service, St. Thomas à Becket
6.30pm Holy Communion, St. James'

Mon 14th 11.45am Open Doors Prayer Meeting, Emsworth Baptist Church

Tue 15th 10-11.30am Babies, Biscuits, and Banter, Parish Office

Wed 16th 10am Holy Communion, St. James'

Thu 17th 9.30-11am The Ark Toddler Group,

Parish Hall

2-4pm Mothers' Union, Parish Hall

3.20-4.20pm Teas in the Park, Horndean Road Recreation Ground

Fri 18th 10am-12pm Coffee and Chat, 6 Emsbrook Drive

Sat 19th 7-10pm WemsFest: Le Vent Du Nord Concert, St. James'

Sun 20th 8am Holy Communion, St. James'
10am Holy Communion, St. James'
10am Breakfast Church, Parish Hall
11am Holy Communion (Sea Sunday), St. Thomas à Becket
5-6.30pm Sunday Night Youth, Parish Hall
6.30pm Evensong, St. Thomas à Becket

Mon 21st 12-2.30pm Anna Café Church, Parish Hall

Tue 22nd 10-11.30am Babies, Biscuits, and Banter, Parish Office

Wed 23rd 10am Holy Communion, St. James'

Thu 24th 9.30-11am The Ark Toddler Group, Parish Hall

Fri 25th **St James Day**

5.45pm St. James' Choir lead Evensong, Portsmouth Cathedral

Sun 27th 8am Holy Communion, St. Thomas à Becket

10am Holy Communion and Baptism, St. James'

11am Matins, St. Thomas à Becket

1.30pm Wedding, St. Thomas à Becket

4pm Wild Church, St. James' Church Garden

6.30pm Reflective Service, Emsworth Methodist Church

Mon 28th 3.30pm Hope into Action Meeting, Parish Office

Tue 29th 10-11.30am Babies, Biscuits, and Banter, Parish Office

Wed 30th 10am Holy Communion, St. James'

Thu 31st 9.30-11am The Ark Toddler Group, Parish Hall

What's On during August 2025

Throughout **July and August**
2.30-4.30pm in **St. Thomas à Becket churchyard**
- Parish Churchyard Teas

August Calendar:

Sun 3rd	8am Holy Communion, St. James'	10am Holy Communion and Baptism, St. James'
	10am Holy Communion, St. James'	10am Breakfast Church, Parish Hall
	10am Breakfast Church, Parish Hall	11am Holy Communion, St. Thomas à Becket
	11am Holy Communion, St. Thomas à Becket	5-6.30pm Sunday Night Youth, Parish Hall
	5pm All-in@5, Parish Hall	6.30pm Evensong, St. Thomas à Becket
Mon 4th	2.15pm Minus One Friendship Group, Parish Hall	Mon 18th 12-2.30pm Anna Café Church, Parish Hall
Tue 5th	10-11.30am Babies, Biscuits, and Banter, Parish Office	Tue 19th 10-11.30am Babies, Biscuits, and Banter, Parish Office
Wed 6th	10am Holy Communion, St. James'	Wed 20th 10am Holy Communion, St. James'
	12-2pm Parish Lunch, The Kings Arms	Thu 21st 9.30-11am The Ark Toddler Group, Parish Hall
Thu 7th	9.30-11am The Ark Toddler Group, Parish Hall	Sun 24th 8am Holy Communion, St. Thomas à Becket
Sun 10th	8am Holy Communion, St. Thomas à Becket	10am Holy Communion with BibLE2GO, St. James'
	10am Family Service and Baptism, St. James'	11am Matins, St. Thomas à Becket
	11am Matins, St. Thomas à Becket	4pm Wild Church, St. James' Church Garden
	6.30pm Holy Communion, St. James'	6.30pm Reflective Service, Emsworth Methodist Church
Mon 11th	11.45am Open Doors Prayer Meeting, Emsworth Baptist Church	Mon 25th 10.30am-5pm CTiE Stall at Emsworth Show, Thorney Road Emsworth
Tue 12th	10-11.30am Babies, Biscuits, and Banter, Parish Office	Tue 26th 10-11.30am Babies, Biscuits, and Banter, Parish Office
Wed 13th	10am Holy Communion, St. James	Tue 26th – Fri 29th
Thu 14th	9.30-11am The Ark Toddler Group, Parish Hall	10am-12:30pm Wonderzone Holiday Club, St. James' School
Fri 15th	10am-12pm Coffee and Chat, 11 Bridgefoot Path	Wed 27th 10am Holy Communion, St. James'
Sun 17th	8am Holy Communion, St. James'	

The Parish Office is open to visitors between 9.30am and 12.30pm on Mondays and Thursdays. We welcome your emails and calls to the mobile during office hours on: Monday, Wednesday and Thursday.

Running Free is published every month except August and costs £1.50 per copy or £15 per year. Copies are available in both churches. Alternatively, you can download the magazine from the Parish Website www.warblingtonwithemsworth.org by clicking on Parish Information from the drop down Menu.

