

*Issue 7: Developing our mind,
body and spirit*

A photograph of two male runners on a paved road. The runner on the left is wearing a green singlet, black shorts with orange side panels, a white cap, and sunglasses. He has his arms raised in celebration. His bib number is 327. The runner on the right is wearing a red t-shirt, black shorts, a white cap, and sunglasses. He is giving a thumbs up. His bib number is 1268. The background shows a grassy area with trees.

John Fairhurst
and eldest son Trevor
near the finish of the
Canberra marathon in
April 2013. See his
article page 4.

Lent Course Feedback - Page 2

Welcome

Thank you to everyone who has made a contribution for this issue with the theme of *Developing our mind, body and spirit*.

If you have a contribution that you would like to be considered for a future magazine article, limiting it to 150 words, please email ideas to:

htmagazine@htscf.org.uk

Our September issue will be called *Time and Talents*.

Future Events

JULY

Lunchtime Conert <i>Karen and friends</i>	Tuesday 2nd July 1pm - 2pm (bring lunch, tea and coffee available)
Growing Old Gracefully 'Money Management'	Thursday 11th July 2.30pm - 4pm

AUGUST

Evening Concert <i>Kyiv Classic Accordion Group</i>	Friday 2nd August
Lunchtime Conert <i>Charles Timberlake - piano</i>	Tuesday 6th August 1pm - 2pm (bring lunch, tea and coffee available)
Growing Old Gracefully 'Facing Decline Together'	Thursday 8th August 2.30pm - 4pm

SEPTEMBER

Lunchtime Conert <i>Gordon and Allen - organ</i>	Tuesday 3rd September 1pm - 2pm (bring lunch, tea and coffee available)
Ride and Stride (see article on page 3)	Saturday 14th September

OCTOBER

Lunchtime Conert <i>Baroque ad hoc - recorders</i>	Tuesday 1st October 1pm - 2pm (bring lunch, tea and coffee available)
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Developing our mind, body and spirit

Spirit in Sport

At first I thought that there was no point going to the mini Olympics because of my wrist injury. Then I was asked to do a report for the special Deanery service at Portchester the next day. I thought to myself that there would be no point

doing a report on a book that you've never read, so I decided to join in anyway. The Spirit in Sport team kindly gave up their time to come to our Mini Olympics at Holy Trinity. They set up fantastic games for all ages, abilities and

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disabilities. There was extremely tasty food provided by our local scout group and lovely refreshments provided by our capable ladies in the church kitchen.



Scouts, parents and children joined in the various games involving dribbling, teamwork and just having genuine fun.

Most of the children enjoyed having their faces painted in many different patterns, by Sarah and Julia, and were thrilled by the result.

I really enjoyed it and would like to thank those that organised it. Let's hope there's another one next year.

Reported by Sophie Smith

Lent course feedback

This year's Lent course at Holy Trinity was run by Richard Wharton. The very successful 5 week course was based on the film 'The King's Speech'. Each week began with the group of up to 30 people watching a short clip from the film and then we split into small groups with a facilitator to discuss what we had seen.

Lovely to meet some new people especially those who don't come to our church regularly.

Here are a few comments from people who came to this year's course...

Really liked the fact that the group was made up of people of all ages.

Really enjoyed the discussions but liked the fact we came back together for prayers at the end of the evening.

This gave one the opportunity to hear contributions and opinions as well as getting to know other church members.

If you couldn't make this year's Lent course, now is the time to get out your diary for 2014! Next year, the course will be held at Holy Trinity on the following Tuesdays - 11th March, 18th March, 25th March, 1st April and 8th April 2014. St Columba will run their Lent course on the following Thursdays - 13th March, 20th March, 27th March, 3rd April and 10th April 2014.

Parish Register

Baptisms and Confirmations

Ava Makin
Benjamin Chamberlain
Charlie Roberts
Connery Meakes
Freya Kearton

Monroe Meakes
Samantha Taylor (SC)
Tyler Cope
Warren Cope

Marriages

Jonathan Brown and Hayley Champion • 4th May 2013
James Hooper and Holly Martin • 1st June 2013
Stephen Leung and Gemma Mueller • 15th June 2013

Those who have recently died

Andrew Morley
Betty Goodman
Christine Ward
Frederick Brown

Marjorie Mortlock
Ronald Tullett
Sheila Baker
Virginia Cross

If you would like to arrange a Baptism, Confirmation or Funeral please contact the Parish Office or drop into Vestry Hour at the back of the church on the 1st Saturday of each month at 10am.



On the 14th of September, more than 350 churches throughout Hampshire will remain open from 10.00 a.m. until 6.00 p.m. for visitors who are taking part in the sponsored Ride and Stride event in aid of the Historic Churches Trust.

The annual Ride and Stride event involves people of all ages and those taking part are invited to plan their own routes in order to create an interesting and active day out. The money raised is divided equally between the Historic Churches Trust and each participant's own church.

Our church representative for this event is Sylvia Coughlan, who can provide further information to anyone interested in taking part. Sylvia's husband, John, was a keen participant in the annual Ride and Stride (last taking part on a tandem!) and Sylvia would love as many people as possible to join in the event this year in John's memory.

For more information, visit <http://www.hihct.org.uk/index.php>

Parish People

John Fairhurst



John plays acoustic guitar in our third Sunday band and has been doing this for over twenty years. He first came to Holy Trinity church when he moved to Fareham with Anne and his young family in 1973. He has three boys, Trevor now 42 and twins Roger and Peter who are 40. His sons live in Australia, France and Surbiton. At Holy Trinity they met another family with baby twin boys of almost the same age. This and many kind offers of practical help made them feel welcome. Anne and John also worship at Hill Park Baptist Church.

John started playing the guitar through his son learning at school. First Anne learnt to play and then she taught John before he had evening classes to develop his musical talent.

It was also through his son, Trevor, that the interest in running began. Anne decided to 'get fit' and joined the

Stubbington Green Runners in 1991 but it was not until John was recovering from a long term illness and struggled to keep up on a family walk in Switzerland in 2001 that he also decided to give running a try. First he trained secretly - stopping to walk if anyone went past but soon became fitter and fitter and has now completed seven marathons in many different locations including London in 2012.

John runs four times a week when he is training for an event and the furthest he has run is 50k in Canberra 2008. The longest sporting event he has taken part in was the Ironman Triathlon at Sherbourne in Dorset (2006) where he swam 2.4 miles, cycled 112 miles and then finished it all with a mere 26.2 mile run. John is enthusiastic about keeping fit and encourages us all to get out there and have a go. I did google 'Ironwoman' and it does exist so whether you're male or female if you need a goal to get you motivated I'm sure John will give you some top tips.

Interview by Donna Irving



Stubbington Green Runners
www.sgrac.net

Thoughts from our Vicar



Scissors! Do you know how many pairs you have in your home? Perhaps you have 'special' scissors - for craft work, sewing, carpet cutting or cutting hair. I was drawn up sharply by a 'scissor incident' when in Ghana recently. Along with visiting Dioceses we had been unable to get to see last time, our party also went to lead a retreat for the clergy in Kumasi diocese. We gathered at the Nkawie Spirituality Centre which Portsmouth Diocese has helped to build and it was intended for just such occasions as this.

On the second day, the clergy wives were invited to join the retreat. This was one of the highlights of the trip for me! At 8.45am the wives swept into the room, all resplendent in the distinctive blue and white Mothers Union uniform. I knew we were in for a lively day! After brief introductions and lots of questions about me, we settled down to looking at the bible passage about Mary and Martha; they certainly knew their bible and direct in their comments. We laughed a great deal!

As I wasn't certain about our ability to communicate, I had taken out a simple frame on which to do some weaving – an idea, I had borrowed it from Hope Weavers, an organisation based in Southampton run by Jacqui Lea to encourage spirituality. The frame was big enough for several to work on and I had small versions for others to do too. It was fascinating to watch them. Over lunchtime some of the clergy popped in and they too got involved in weaving in the odd bit of material. In spite of my 'repeated encouragement' it was clear they weren't going to finish the article but I managed to find a delightful young Ghanaian who agreed to take it home and finish it on behalf of the group. I sent her off with all the material, but gathered up my two pairs of scissors. She asked if she could take one pair and, as I hesitated, she quickly said she could easily buy some. Just as quickly I insisted she take one of mine but I was in a bit of a spin. How could I have made such an assumption that scissors would be part of her household? What do the Ghanians use instead of scissors? What other 'ordinary' things that make a difference to our lives, do our sisters not possess? Not wishing to embarrass her in any way, I didn't ask any of these questions. But the sharpness of that moment – how much 'stuff' we have and take for granted - has stayed with me – especially when I see the scissors I brought home.

When I next visit Ghana, I shall be sure to take some special gifts – lovely sharp, good quality pairs of scissors!

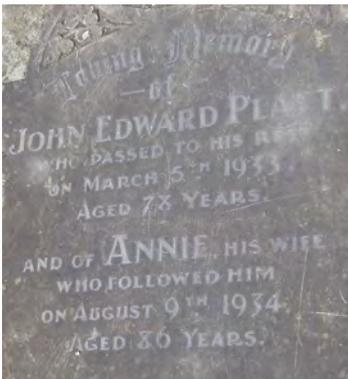
Services

Regular services at Holy Trinity

SUNDAY	8.00am	Holy Communion
	9.30am	Family Communion
MONDAY	9.15am	Morning Prayer
TUESDAY	9.15am	Morning Prayer @ the Highlands Hub
WEDNESDAY	9.15am	Morning Prayer
	9.30am	Little Fishes
	10.30am	Holy Communion
THURSDAY	9.15am	Morning Prayer @ the Highlands Hub

We look forward to welcoming you to our church community

Just for FUN



Answer to the May
Just for FUN

Well done if you found
the memorial for
John and Annie Platt.
Annie died the year after
her husband in 1934

What year did this person run the
London Marathon?



Answer in September issue

Church Groups

There are many groups at Holy Trinity, if you would like to find out more, please contact the group leader or the Parish Office

Band • [Sue & Pete Hall](#) • 01329 233775 • thehall.family@virgin.net

Choir • [Hazel Ricketts](#) • 01329 284717 • hazel.ricketts@gmail.com

Circle Dancing • [Trisha Prosser](#) • 01329 235381 • patpro@talktalk.net

Flower Arrangers • [Sue Purcell](#) • 01329 280472 • spurcell@btopenworld.com

Gardeners • [Ed and Margaret Pearce](#) • 01329 238068

Holy Dusters • [Sylvia Coghlan](#) • 01329 232200

House Group • [Sue Craft](#) • 01329 220021 • scraft@btinternet.com

Junior Church • [Helen Cobb](#) • 01329 234750 • hmcathome@btinternet.com

Little Fishes • [Hazel Ricketts](#) • 01329 284717 • hazel.ricketts@gmail.com

Mothers' Union • [Judy Jacobs](#) • 01329 232855 • jeyjey@ic24.net

PAC (People Alone Circle) • [Beulah Brewer](#) • 01329 233236

Pastoral Care • [Dorothy Jempson](#) • 280360 • dorothy.jempson@btinternet.com

Prayers for Justice and Peace • [Jenny Hellyer](#) • 01329 287757

Scouts • [Dave Humphrey](#) • dh1200gs@gmail.com

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(Open 9am – 2pm Monday to Thursday and 9am – 12 noon Friday)



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