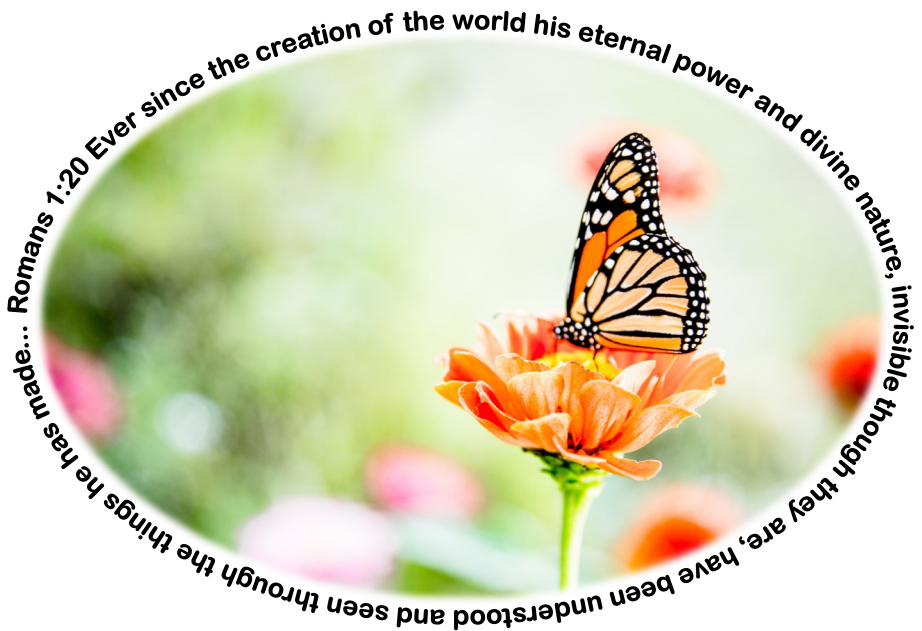




FOCUS

March 2023



London Street United Reformed Church

Basingstoke, Hants, RG21 7NU

Tadley (Old Meeting) United Reformed Church

Malthouse Ln, Hants, RG26 3NY

THOUGHT FOR THE MONTH

This month we hear from Jean Young on caring for the precious natural world around us.



The last week or two of February saw the first snowdrops, yellow crocuses and the green tops of daffodil leaves pushing through the grass.

Now we are in March and see further signs of nature waking up from its winter sleep. Soon, we shall see hosts of golden daffodils beneath the trees, fluttering and dancing in the breeze. Oh Mr Wordsworth, your poem describes the early days of Spring so beautifully!

We are filled with anticipation and longing to see the rebirth of hedges and trees as they gradually turn green again. How reassuring it is to see God's work in action. Thank you, Lord, for your wonderful gift of planet earth for us to live on, with its endless variety of wildlife, plants, rivers, and seas.

I sit down to read my newspaper and what is the top story? Water companies pumping untreated sewage into our rivers. Particularly the river Colne. A significant tributary of the river Thames, it feeds the Colne Valley Regional Park, home to Heron, Reed Warblers, Kingfishers, Water Voles, and rare insects.

Why has this happened? Because while the water companies' profits have risen the sewage treatment plants have been starved of investment and are unable to cope. Sadly, the companies are being allowed to get away with it.

Creator God, you gave us this beautiful and fragile world filled with colour and variety. Forgive us for disturbing the balance of nature. We pray that Government Ministers, Defra and Ofwat address this scandal quickly. Teach us all that the environment starts at our own front doors.

Loving Father, forgive us our neglect and equip us to care for our own immediate open spaces, gardens, and parks so that future generations can enjoy your wonderful gifts too.

THE NOTICEBOARD

Information, updates, tips and more.



Happy Birthday to the following members of our church family:

Lizzy Payne

David Corfield

Joyce Cook (83)

Sylvia Reynolds (91)

Les Wenham (92)



WORLD DAY OF PRAYER 2023

FRIDAY 3rd MARCH

A SERVICE FOR EVERYONE!



All Saints Church, Southern Road,
Basingstoke, RG21 3EA

2pm

For more information: www.wwdp.org.uk

Eco Tip

God's Gift -- Our World

The Environment -- Our Responsibility



Did you make a new year resolution? If not, why not make the following one?

"This year I will make at least one trip a month by train or bus instead of by car."

If you've already made one resolution, you could add this.

Don't forget, you can help London Street care for our earth by recycling the following items in the provided containers:

Empty Printer Cartridges, Aluminium Containers and Foil, Batteries, Plastic Milk Bottle Tops, and Empty Medicine Blister Packets.

Julian House is a charity that supports vulnerable and at-risk people across the Southwest, including our homeless outreach services in Basingstoke.

On 24th March 2023, it's the return of the Big Basingstoke Sleep Out, with individuals, families, students, businesses, and community groups all sleeping out for one night only, in May's Bounty cricket ground, raising vital funds for some of the most vulnerable people in society. If you are interested in taking part, please contact the Church Secretary for further details.

Don't fancy sleeping out? If you want to support the charity but don't fancy sleeping out, then we will be having a retiring collection the weekend of the Sleep Out.

FOCUS: Next Issue

Thank you to everyone who has contributed to this edition of Focus magazine. If you would like to contribute to the April magazine, please contact the editor by **15th of March**.

Carrier Bag Appeal

Please give any spare carrier bags you have to Alison Jamieson for use by the Foodbank.



Steward Rota

Joyce Cook requires volunteers to support the 2nd elder on duty to welcome people as they enter for Sunday Worship. Even if you can only help on the odd occasion, all offers would be most welcome. Offers of help please to Joyce.

Calling All Bakers!

Memory Tree needs you!

Our guests at Memory Tree love having cake on a Wednesday morning.

If you could help by joining the rota to provide cake on a regular basis please let Jenny know.

You would only have to bake once every 6/7 weeks!



Save the Date! Moderator's Farewell Service

There will be a Farewell Service for Clare Downing on Saturday 1st April at 3pm at London Street, followed by tea and cake. All are welcome, however please could let Deborah (office@urcwessex.org.uk) know if you will be attending so we have an idea of numbers for catering purposes.

Freedom from Torture Concert 2023

You may remember this invite from 2022. The original concert was cancelled due to Covid, but has now been rescheduled for Monday, 13th March 2023.



Enjoy a live concert, featuring The Doctors' Orchestra, from London's prestigious Cadogan Hall. The Doctors' Orchestra brings together a unique ensemble of 75 musically gifted doctors to play in aid of 'Freedom from Torture', under the leadership of conductor Stephen Brearley, and features outstanding violinist Nathan Mierdl, in his first appearance with the Doctors' Orchestra, presenting a beautiful Nordic inspired programme.

Tickets cost £32, £25 or £15, (plus handling fee) and are available from the Box Office, www.cadoganhall.com or phone 020 7730 4500

Don't fancy trekking up to London? Enjoy the concert in the comfort of your own living room via live stream. Live stream tickets are just £10.00 plus £1.00, i.e. £11.00, and are available on <https://freedomfromtorture.eventcube.io/>

The proceeds of all ticket sales go to the charity 'Freedom from Torture', (Registered charity: England 1000340).

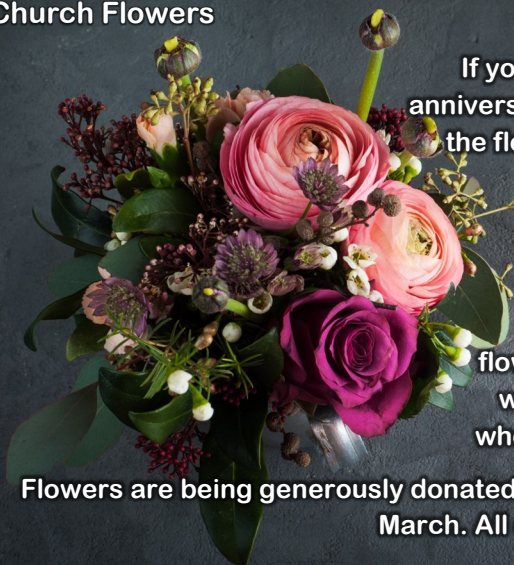
Freedom from Torture provides specialist psychological therapy, group therapy in areas such as music and art, as well as offering vital legal and welfare aid to help asylum seekers and refugees who have survived torture to recover and rebuild their lives in the UK. The charity also provides training for professionals working with torture survivors. As well as working with survivors to bring about change in the UK and across the world, they help to raise awareness and influence decision-makers about torture and its impact. For more information please visit the Freedom from Torture website at <https://www.freedomfromtorture.org>



URC 50th Anniversary Service

Re-scheduled for Saturday 15th
April 2023 at the Methodist
Central Hall in London. Tickets
are still available on the URC
website or contact the Church Secretary.

Church Flowers



If you would like to celebrate an anniversary or birthday by donating the flowers on the first Sunday of the month in 2023, please contact Alison Jamieson or Liz Lindsay (details in the Church Directory). You do not need to arrange the flowers, unless you wish to, as we have a Flower Committee who can arrange them for you.

Flowers are being generously donated by David and Julie Bath for March. All other months still available.

Thank you!

The amount received for the earthquake appeal, from our retiring collection in February, was £162. This does not include any online donations.





Can you help to make sure that no one in our local community goes hungry?

Items needed:

Desserts (Jelly, Sponge, or Steamed Puddings),
Long Life Fruit juice,
Evaporated Milk,
Powdered Milk,
Shampoo,
Dog Food,
Kitchen Roll.

Please **do not** give Pasta, Rice, or Baked Beans as there are already plentiful supplies of these items.

This information was accurate at time of writing, but for an up to date version go to the link below. Donations can be left at London Street URC in the container provided, or at other locations listed at: <https://basingstoke.foodbank.org.uk/give-help/donate-food/>

COMMUNITY COOKBOOK

Our first recipe comes from Jean Young.



FILLED PASTA SOUP

Serves: 2 (but easily doubled)

286 calories (fat: 9g) per serving.

INGREDIENTS:

1 dessertspoon olive oil.

1 chopped carrot.

1 small, chopped onion.

500ml/generous $\frac{3}{4}$ pint of made up vegetable stock.

Half of a 400g can of peeled tomatoes with garlic.

100g/4oz frozen mixed peas and beans.

Half of a 250g pack of filled pasta e.g. tortellini.

A few chopped basil leaves (optional).

Finely grated cheddar/parmesan to sprinkle the top.

Crusty bread to serve.

TIPS:

Buy 250g packs of filled pasta (e.g. meat or cheese) and split into single portions and freeze in small bags. Be on the lookout for 2 for 1 special offers.

Substitute plain pasta, such as macaroni or penne, if preferred.

Using cheddar cheese instead of parmesan is cheaper, but use the fine side of your grater.

Use packs of frozen chopped onions, carrots and other veg.

Adapt ingredients to your choice!

METHOD:

1. Heat the oil in a saucepan and fry the carrots and onion for 5 minutes to soften.
2. Add stock and tomatoes, simmer for 5 minutes.
3. Add peas and beans and simmer for further 5 minutes.
4. When vegetables are tender, stir in pasta, return to the boil and simmer for 2/3 minutes according to packet directions.
5. Stir in basil, season, and serve in bowls topped with cheese.
6. Enjoy with crusty bread or freeze individual portions for later.

THE PRAYER CIRCLE

Please remember the following people in your prayers...



Karen Jones	Linda Hicks
Christine Weaver	Mark Best
Beverley Cantwell	Shirley Craft
Carys Haywood	Stan and Sandra Marut
Doina Rasnita	Joyce Cook
Claire Macro	Tony Chan
Sandy and Liz Lindsay	Nicola Hamilton
The Patterson family	

DAILY BIBLE READINGS

This month's assigned readings.



	Psalm	New Testament		Psalm	New Testament
1st	29:7-11	Mark 8:1-21	17th	35:1-10	Mark 16
2nd	30:1-5	Mark 8:22-9:1	18th	35:11-16	Luke 1:1-25
3rd	30:6-12	Mark 9:2-29	19th	35:17-21	Luke 1:26-38
4th	31:1-5	Mark 9:30-50	20th	35:22-28	Luke 1:39-56
5th	31:6-13	Mark 10:1-31	21st	36:1-4	Luke 1:57-80
6th	31:14-18	Mark 10:32-52	22nd	36:5-12	Luke 2:1-21
7th	31:19-24	Mark 11:1-33	23rd	37:1-6	Luke 2:22-40
8th	32:1-7	Mark 12:1-27	24th	37:7-11	Luke 2:41-52
9th	32:8-11	Mark 12:28-44	25th	37:12-20	Luke 3:1-20
10th	33:1-5	Mark 13:1-19	26th	37:21-26	Luke 3:21-37
11th	33:6-9	Mark 13:20-37	27th	37:27-33	Luke 4:1-13
12th	33:10-15	Mark 13:20-37	28th	37:34-40	Luke 4:14-30
13th	33:16-22	Mark 14:32-52	29th	38:1-8	Luke 4:31-44
14th	34:1-7	Mark 14:53-72	30th	38:9-16	Luke 5:1-16
15th	34:8-14	Mark 15:1-32	31st	38:17-22	Luke 5:17-39
16th	34:15-22	Mark 15:33-47			

EVENT DIARIES

What's on this month at London St. & Old Meeting URCs.



At London Street URC:

(unless otherwise specified)

Regular Events

Sunday Worship 10:30am			
Mondays	10:15am	Craft Group	
	7:30pm	Take Time Meditation (Exploring Mark's Gospel)	On Zoom. Contact Church Secretary for password.
Tuesdays	2:30pm	Take Time Meditation (Exploring Luke's Gospel)	On Zoom. Contact Church Secretary for password.
	5:45-6:45pm	Beavers	In Term Time. All in the Den except Scouts who meet in the Wessex Hall.
	7-8:30pm	Cubs	
	7-9pm	Scouts	
Wednesdays	10:15am	3Cs Coffee, Chat and Company	3rd Wednesday of the Month Only (15th).
	10:15am	Memory Tree Social Club	
	12:15pm	Lunchtime	

March Worship Diary

5th	Led by Revd. Josh Thomas; Musician: Joyce Cook; Duty Elder: Ian Scott.
12th	Parade Service. Led by 8th Basingstoke Scouts; Musician: Mark Best; Duty Elder: Carol Scott.
19th	Mothering Sunday and includes Holy Communion. Led by Revd. Howard Sharp; Musician: Peter Dixon; Duty Elder: Carol Scott.
26th	Led by Joyce Cook; Musician: Mark Best; Duty Elder: Carol Scott.

Next Church Meeting:

March 20th (Monday), 7:30pm - Annual Church Meeting

At Tadley (Old Meeting) URC:

(unless otherwise specified)

Regular Events

Sunday Worship 10:30am		
Monday Afternoons	Ladies' Cell Group	Contact Penny O'Bee.
Monday Evenings	Cell Group	Contact Mark Ward or Paul Gross.
Tuesday Evenings	Joint Prayer Time with St Paul's	Contact Penny O'Bee.
Wednesday Evenings	Prayer via Zoom	Contact Mark Ward.
Friday Afternoon	Men's Shed	2pm, once a fortnight. Contact Paul Gross.

March Worship Diary

5th	Led by Mark Ward.
12th	Led by Karen Jones.
19th	No service at Old Meeting.
26th	Led by Philip Jones.

London Street United Reformed Church

London Street URC, Basingstoke seeks to ensure that all content and information published in this issue of FOCUS is current and accurate. The information included does not in any way constitute legal or professional advice and the church cannot be held liable for actions arising from its use.

London Street United Reformed Church is a working name of
Registered Charity London Street (Basingstoke) United Reformed
Church Charity [reg. no. 1130801]