

Aug/Sept 2020

THE PARISHIONER

in Ash Vale



In these unusual times we are minimising the risk to our readers and volunteers by only printing on request, and by sharing *The Parishioner* far and wide via email, website and social media instead. If you or someone you know would like a paper copy please ask in church or contact us!
parishioner@ash-vale.org.uk 07730 609446 **Best wishes & stay safe!**



St Mary's Church Ash Vale



roots down, walls down

Vicar

Rev Neil Lambert
203 Vale Road
Ash Vale
Surrey
GU12 5JE

revneil@me.com

Churchwardens

Martin Lindsay
Nikki Glover

Hon. Treasurer

Patrick Brown

Parish Administrator

Jackie Scott

E-mail parishoffice@ash-vale.org.uk

Office Hours Tues 11am-4pm, Thurs 10am-3pm

Parish Office Mobile: 9am-5pm

07863 311165

Sunday Morning 10am Services: On Zoom & in Person!

You can Zoom in to the Sunday Morning service at 10am. Email the Parish Administrator to join our mailing list and receive the link, or find us on Facebook @StMarysAshVale. You can also attend in person, with extra measures to keep everyone safe. (Please stay away and use zoom if you have covid-19 symptoms). **On arrival please sign in, use hand sanitiser, go directly to your seat and remain seated.** We must not mingle, so as to protect all those attending. **We look forward to welcoming you.**

Evensong Wednesdays 8pm

You can Zoom in to Evensong on Wednesday Nights 8pm. Email the Parish Administrator to join our mailing list and receive the link, or find us on Facebook @StMarysAshVale. Keep in touch as arrangements evolve!



Messy Church 4-6pm

Sun 16th Aug & Sun 27th Sept

Join us in the "new normal" for fun, food and activity kits to take away for all ages. (Free / donations) **Booking is essential.** Phone/text Alex: 07730 609446

St Mary's Community Centre

- Large hall & kitchen
- Small hall & sink
- Wheelchair accessible toilet

Bookings: Please contact the Parish Administrator for news. We are following emerging Government and CofE guidance.

Ash Vale Chapel, Wharf Rd

(Joint project with H-SB Methodist Circuit)

Project Manager: 07730 609446

ashvalechapel@gmail.com

See latest news on page 24

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Plus... we are hugely grateful to a small army of willing volunteers who contribute, collate, publish, email, print, bundle and deliver The Parishioner to all our readers in Ash Vale and beyond!

We get locked down... but we will open up again!

By Rev. Neil Lambert

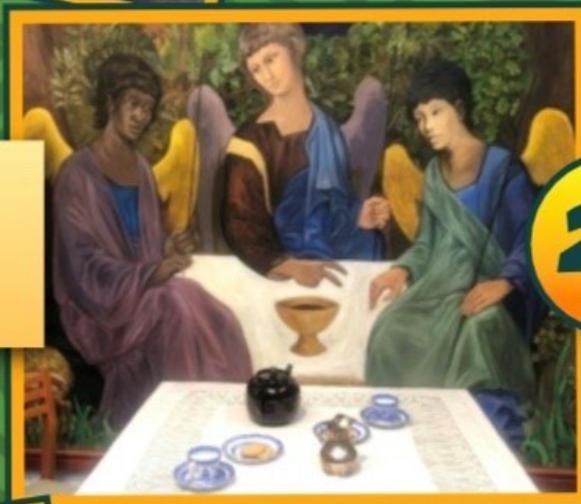
At our prayer meeting last week we had a profound sense of God as “the potter” squashing down the clay to re-shape it into something new and exciting. This is us! Ash Vale will indeed open up again, and we look forward to welcoming you into the “New Normal” at St Mary’s. Here are some of the wonderful ways we have stayed connected, and have a look at our What’s On page for ways to come and join us. See you soon! *Neil*

1.



Table church that we have been running for 3 years went on ZOOM.

Tea zoom with the angels, local and around the world



2.

3.



Easter zoom service from the vicarage table.

4.

Wednesday Evensong zoomed from the bottom of the garden.



5.



6.

The popular 'San Rocco art club another zoom with Facebook site begun at the start of lock down and still going strong.



7.

Chapel main hall being used for food distribution.



FAMILY QUIZ
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8.



FRIDAY JUNE 5TH

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Fund raising went on
line, raising money for
food relief in Uganda
and Ash Vale

9.



And the Lord said "build a
pizza oven in lock down so
that thou might serve my
people pizza in the vicarage
garden when the time is right"
not long now?

10.



11.



Always being careful



12.

Campaigning
went on line
using social
Media

13.



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YOUR WOODS**

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walk, run, and cycle in the
woods and heaths around
Farnborough, Fleet,
Aldershot, Bracknell,
Camberley



14.



*Turning the carpark into a garden
with a prayer wall*

Shielding? Get your Medicines delivered!

By Amanda Guinness

When we went into lockdown, back in March, many people struggled to get their prescriptions. Suddenly the process of calling a GP to get a prescription, collecting it to take it to the chemist and picking up the medication became a huge task and one many people could no longer do. There is a really excellent alternative, and one that I discovered months ago when I started working full time. I had to do all this at the weekend and it seemed that everyone was at the Chemist. So I signed up with Echo, a prescription app, and I regained hours of my life. Let me tell you how it works.

Go to <https://web.echo.co.uk/> and download the app from your smartphone app store; it will guide you through entering your GP contact information, your medications including name, dose and when it is next due. Takes a little time to set up but it is worth it. Then, when you next need your medication you will get a reminder through the app and you click to request whatever you need. Echo will contact your GP, they will send a prescription and Echo will send your medication, first class through the Royal Mail. It really is as simple as that. No more waiting on the phone to request your prescription, no more standing in the queue at the Chemist to drop off and collect.

There are other versions of this.



Pharmacy 2 U—<https://www.pharmacy2u.co.uk/prescriptions/electronic-prescription-service-nhs>

Well Online Pharmacy <https://www.well.co.uk/>

Superdrug online : <https://onlinepharmacy.superdrug.com/>

Boots online : <https://www.boots.com/online-prescriptions>

Please remember that many chemists will deliver to you at home. When we first went into lockdown it all went a bit crazy, but things are more organised now. Talk to your chemist soon, in order to be well prepared for the future.

Remember that your GP will see you so do not suffer without seeking help for medical problems. Finally, things are changing all the time so please check the gov.uk website for all up to date COVID-19 info.

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Local Businesses weathering the Storm

The Parishioner asked three local businesses to share their stories...

Bouncing back from COVID - The Stylish Dog Grooming Salon

Parishioner—How has Covid-19 affected you and how are you doing?

It feels so strange to look back, but only four months ago Take The Lead Services was locking the doors of our grooming salon, doggy daycare, dog walking and dog training premises not knowing if the business would financially survive the lockdown.

Not knowing if our team would ever be working together again was upsetting for all of us and we all really missed our four-legged buddies too. They are like our extended family! But we really do feel like we are now ‘bouncing back’! We humans might have been willing to sell our souls for a haircut over lockdown but we have discovered that there were a lot of dogs queueing up ready for the appointment book to open too!

We know our clients love us because they tell us all the time but we found out as we came out of lockdown that they really meant it. Clients continue to use our services even though they don't need to as they now work from home but they want to support us as a local family business! We are truly thankful for their loyalty and generosity! We always try to see the positive in any situation and in our case it is puppies, amazing clients and good health! EVERYONE seems to have got a puppy in the last three months so we are now seeing them in the grooming salon for their Puppy Pamper sessions and they are also attending our puppy training classes! So not only do we get to bounce back but we get to bounce back with puppies! **Katrina—07903555424**

PaninO & Go

Parishioner—A new business in a pandemic—how did it all begin?

I wanted to be somewhere where I didn't have to report to people. I felt for some reason and I'm not sure why – that I thought I could do something on my own, near home, something to let me get involved in my family, only few minutes away from schools . I would often think when I bought my coffee and jumped on a train to work, about how it would be to make my own cup of coffee in my own coffee shop....

The big adventure started with no knowledge of how to run a business or how to make a proper cup of coffee. We knew that our sandwiches would have great feedback from customers, and we just wanted to bring to Ash something different, something tasty, using the best ingredients. Our sandwiches are made in our kitchen every morning and throughout the day. Our menu is a combination of different breads like ciabatta, flat breads and paninis, with loads of generous fillings of the best quality.

The fact that our lovely customers keep coming back gives us confidence and we are happy to be part of the local community. **Gabi & Alan—07415 119430**



Twin Larder—Zero Waste Shop

Parishioner—What's it like keeping the community supplied in a pandemic?

As COVID-19 brought the world to a standstill, we were fortunate enough to be able to continue trading being classed as an essential shop when UK lockdown was announced.

We proudly provide our local community sustainable, eco-friendly, cruelty-free & ethical products from dry pantry essentials to household cleaning and personal care products - sourced locally where possible. As an unpackaged refill shop where customers can bring their own containers to fill and buy as little or as much as they need, with so many touch-points in the shop and with the increasing rate of infection meant we had to adapt very quickly for the business to survive.

It became apparent early on that it would be challenging to manage if we stayed open hence, we felt it was safer to close off the shop completely and pre-pack the food.

We have had to change our business model a few times in the last 4-months including moving all of our physical inventory to an online shop almost overnight to offer a 'Click & Collect' and a 'Local Delivery' service to those vulnerable and self-isolating / shielding at home to adapt with the ever changing situation and inline with the government guidelines to keep working safely during the pandemic.

Before even some of the UK's biggest supermarkets had made changes we'd already implemented social distancing and restricted entry to a couple of shoppers at a time just before lockdown and we had to put limits on toilet rolls, pasta, flour, dried yeast etc. to make sure we had enough stock for everyone.

We've recently started refilling customers' containers again but due to the size of our shop we are not fully open yet. We are currently offering a 'Drop-in Door Service' 10am to 2pm and 'Click & Collect' with online bookings appointments 2-4pm Wednesday-Saturday.

We would like to take this opportunity to express our gratitude to all our lovely customers for standing by us. By shopping with us, not only are they supporting our small family business but also indirectly supporting other small businesses too - our amazing suppliers, a lot of them based locally, who kept us well stocked all throughout so we've been able to continue serving the local community. The continued support of local residents has been absolutely overwhelming and we're very grateful to be of service to a wonderful community which has welcomed us with so much warmth. Thank you for embracing the refill revolution! - **Karla & Mark—01252 343226**

What's happening with Ash Ranges?

By Carl Cookson

One of the reasons we love living in Ash Parish is how easy it is to access the nature on our doorstep. Ash parishioners, for generations, have been fortunate that they can go onto military land. This is enshrined in a byelaw, last updated 37 years ago, but in existence since 1887. The law gives the public the right to access this area when the flags are not flying. Earlier this year, the Defence Infrastructure Organisation (DIO), the government agency responsible for managing the Ash Ranges, erected additional fences around the perimeter of the ranges, preventing access to the range floors even when they are not in use. Initially, the reason they gave was to allow training to continue without the risk of spreading COVID-19 to the troops, but they have now stated it is because of vandalism and people not cleaning up after their dogs. The area that has been closed off is the most accessible. The roads, built to improve access for Army vehicles, are the perfect place for those with reduced mobility, families with pushchairs and cyclists, young and old, to enjoy the open space and woodlands. Take Heather, for example. She has lived in Ash Vale for 52 years, and is in her third house in the village. She now suffers from reduced mobility, caused by severe back problems. She has walked on the ranges for over half a century; she wanted to continue this activity. Heather wrote to the Ministry of Defence (MoD) explaining that, when the gates were closed, it was difficult to access the ranges on her mobility scooter. They responded by installing a mobility friendly gate that opened with a special key, available to the disabled community. Heather enjoyed using her new gate, with the improved accessibility it provided, roaming the roads, and making the most of the countryside that is available on her doorstep. Since March, like many in our community, Heather has not been able to enjoy her "walks". She cannot reach the open gates at the tops of hills and dirt tracks, even with a rugged scooter. The heathland is still open, but access is now very limited. Approximately 3000 people live within half a mile of the entrance on Heath Vale Bridge Road, with only 294 that close to the gate towards Normandy and 916 at the third gate behind Ash Vale station at Furze Hill. If allowed to become permanent, these changes will have a dramatic impact on our community, with groups that regularly use the site, such as scouts and guides, having to travel to similar areas. The MoD and DIO have promised a public consultation on these changes as part of a broader review of the current byelaws. As a community, we need to influence these discussions and ensure that our voices are heard. You can help by contacting our councillors and MP to ensure they know our opinions and concerns. We want full access reinstated this summer, while the consultation takes place so that Heather and others don't miss out on the opportunity to exercise locally in this beautiful area, especially during this pandemic. To keep up to date and see how you can help, join us on Facebook, search for Save Ash Ranges, or head over to AshRanges.com.

Anxious about emerging from Lockdown?

By Amanda Guinness

It's been an odd four months - we were all going about our business, then COVID-19 raised its head and suddenly our lives were transformed. Over a million were told to 'shield', what did that even mean? Many more were told to 'self-isolate' and work from home 'if you can'. Life would never be the same again. Schools, restaurants, pubs, gyms and other business were closed and none of us really knew what to do next. Then we settled into this new reality; we learned to 'socially distance' ourselves from friends and family, we clapped for key workers on a Thursday evening and there were special shopping slots allocated to the vulnerable and key workers. Parents became home schooling teachers, a whole team of volunteers became personal shoppers, and furlough became a new buzzword. And now, we are 'opening up' again, and this is bringing a whole new world of worry. When I was told I could stop shielding I asked, "What has changed to make me feel safe out there?" And I know I am not alone in this. We have become used to feeling safe at home, we have reorganised our homes to be offices or schools and they are our safe places. Now there is a whole new anxiety; it's called going out and facing the world again. The good news? We are looking at our mental health, what it takes to make us feel well and there are all sorts of places we can go for help if we need it.

A few top tips when wearing a mask: 1. Breathe through your nose, it can thermoregulate and moistens the air to keep lungs working and nasal hairs and mucus are the first line of defence for your immune system. 2. breathe lightly in the mask (big breaths blows out too much CO₂). 3. change it whenever it is wet.

Here are a couple of things that we can do to help ourselves to keep safe.

- ⇒ Be kind to yourself. It is perfectly normal to be anxious about going out and mixing with people; we do not know who may have the virus.
- ⇒ Make an effort to keep in touch with friends and family; make a list and phone or zoom with someone every day. They need it as much as you do and they'll be pleased that you did.
- ⇒ Get some exercise: go out for a walk, find an exercise program on the TV (Joe Wicks has become a firm favourite).
- ⇒ Is there a new activity that you've discovered? Can you do more of it? Is there something else that you really would like to try? Go for it, what is stopping you? You can do it.
- ⇒ We all need a certain amount of information but don't keep watching and listening to the news, it is exhausting to be constantly immersed in it all.

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Michelle 07871 355095

Tuesday 5:30pm
The **Ash** Centre,
Christina 07948 421661

Tuesday 5:30pm and 7:30pm
Wednesday 9:30am and 11:30am
The Community Centre, **Tongham**
Angie 07988 165711

Wednesday 5:30pm and 7:30pm
Ash United Football Club,
Mel 07720 687660

Wednesday 5:30pm and 7:30pm
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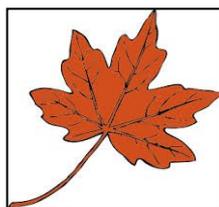
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News from Butterflies Preschool

By Natalie & the Butterflies Team



Butterflies Pre-school is already looking forward to welcoming our families back in September! Our registration is open and we would love to hear from you!

We really enjoyed being able to come back for a short while after “Lockdown”, it was so lovely being able to enjoy our little Butterflies. We have all loved the Bell ringing at Midday, and being part of Chapel Kids on Zoom too was fun!

We celebrated our 7 graduates from Pre-school with a lovely little Graduation party with yummy cake made by Iva Blake, party bags, gifts, certificates, music, bubbles and photography by Studio GD, it really was a wonderful afternoon. Reverend Neil Lambert and Alex Sanderson also gave a blessing and prayer to our Families, we are very fortunate to be a part of St Mary's Church ♡

Like so many of us in our Community, we have faced challenges with all that is going on in our world right now. Having to close our beautiful new Pre-school just 5 months after opening, was not something we anticipated! We have had to implement and change many things, though we feel very lucky that everything has worked out well. We welcomed back a bubble of 8 children in June before closing again in July for the Summer. Our children adapted almost immediately to the extra processes in place, they made us feel incredibly proud. We did little activities to help keep our children safe, to check in on their knowledge and wellness around the Coronavirus. Safety at St Mary's Church for our Community and Children remains their key priority and their support has been wonderful in ensuring our environment was safe and kept clean. When we re opened, Story time and Water play outside remained a favourite for many, along with watching the bells ring!

During “Lockdown” Butterflies Pre-school supported our local hospital with sponsoring meals from Mia's Restaurant in Mytchett to Frimley Park Hospital. We also worked with a very kind lady from our Community, Janet Thody. We met Janet when her Great granddaughter attended Butterflies. Butterflies Pre-school bought the material and Janet made scrubs and Face masks for Frimley Park Hospital and our Butterflies Pre-school team. We feel incredibly lucky to have met and worked with some wonderful people to help just a little where we could.

Despite so many hurdles in our first year of opening, we are also incredibly lucky to share that we have survived, we have an amazing dedicated team, we are growing and we will welcome more children in September! Our highly qualified and experienced team are here to help with any questions you may have. Please feel free to call anytime on 07881807337 or email us at Butterfliespreschool19@gmail.com. We look forward to hearing from you and wish you all a happy and healthy summer!

What's on in August & September 2020?

We got locked down... but we are opening up again! The "New Normal" won't stop our local community from coming together. Here are a few of the activities that are on this Summer:

Mondays: ChapelKids & Little Lambs Parents & Carers "Coffee Chat" on Zoom 11:30am. Contact Alex for the link: 07730 609446 (We may venture outside to a park bench as restrictions ease, text us for the latest!)

Wednesdays: Chapel Kids (toddler group) Zoom 11:30am. For those still shielding or just wanting to stay indoors we are here on zoom with show & tell, story, nursery rhymes and bell ringing. Contact Alex for the link: 07730 609446.

Thursdays: Baby Plus at St Paul's Tongham with Claire 10:30am-12:00 Join us for singing, chat and activity ideas to try with your little ones. Contact Claire via the facebook group for details or email communityworker@stpaulstongham.org.uk (Baby Plus also have special topic discussion groups on Mondays by arrangement)

San Rocco Chapel Art Club meets on Zoom on Thursdays 6pm. Contact Rev Neil for the link. revneil@me.com

Fridays: Little Lambs (Toddler Group) in 3D! Meet for a socially distanced picnic and chat 12:00-13:00. Contact us for the venue details each week or follow us on facebook @stmarysashvale Alex: 07730 609446

Sundays - Church Services:

Sunday Morning 10am Service (See inside front cover)

16th August 4-6pm Messy Church (See inside back cover)

27th September 4-6pm Messy Church (See inside back cover)

Chapel Poetry Group: Monthly Zooms continue 17th Aug & 28th Sept. We share, workshop and experiment, and it's brilliant fun! Sessions are led by Max our Poet in Residence. Contact Alex for details 07730 609446

Chapel Arts Monthly Makes: Debi and Jono have run some amazing zoom workshops already, and these are set to continue until we can be at the Chapel again (hopefully soon!) Contact Debi to join her mailing list, and be the first to hear when bookings are open! debiretallick@googlemail.com

Bible Study (Gal 5:22-23, with Matt 11:28-30 and 13:1-8)

By Helen Lambert

As we turn our thoughts to what the French call “la rentrée” (the September mass return to school, work and “normal” life after a long Summer), we find ourselves in a very different situation to previous years. Many of us are desperate for a return to some semblance of “normality”, others are less certain – anxious, even – and would prefer things to continue as they are for now. For yet others, everything has changed, and there will be no “return to normality”.

Where can we find God speaking to us at this time? It seems that our God, who is the same “yesterday, today and forever” (Hebrews 13:8) continues to reveal himself to us, as he always has done, through his Creation, through his Word and through his Spirit, and in our reading this month these three come together to guide us...

Many of us have been able to enjoy our gardens, or walks in nature, in new ways this year. Many have commented on a heightened experience of colour, birdsong, and aspects of the natural world hitherto unnoticed. What a joy to see seeds germinate, leaves unfold and fruit or seeds form and ripen! With more time at home this year, I have tried to provide for my emerging seedlings – making sure they had good soil, water, light. In the time of Jesus (and in many parts of the world today), these were/are everyday concerns as people strive to survive on what they grow. Many of Jesus’ parables speak into this context, not least those we have been considering over the last few weeks at St Mary’s: oxen ploughing fields, sowers sowing seed, weeds growing amongst the wheat crop, are all images Jesus uses in the stories – or parables – with which he illustrates what life with him is like.

In one of these stories (Matthew 13:1-8), Jesus likens our lives to the soil in which the “seed” of his word can grow. What do you think is needed for the Word of God to take root and grow in your life? My garden has all kinds of ground in it – compost, stones, weeds. Sometimes I have to spend time picking out the stones and the weeds, or even taking up a stone slab, to enable my seeds to grow properly. We too are all a mixture of “soils” – what would have to happen in our lives to transform the “ground”? And what kind of “seeds” do we want to grow anyway? What kind of a harvest do we want?

Galatians 5:22-23 gives us a “shopping list” of fruit – what items are there? Many of us worry when we read this – we feel so inadequate and lacking in much of this wonderful fruit! We feel we must try harder, do better, strive to achieve all of this. Read v22 again – how does this “fruit” grow in us? I cannot force my tomato plant to make tomatoes – I can only make sure that the soil is

good, that it has light and water. The tomatoes will come because that is the nature of a healthy tomato plant. Similarly, I cannot make myself have more love, joy, peace etc by “trying harder to be good”! But if I allow the Spirit of God to fill me and guide my life, making me like Jesus, the fruit will grow automatically – because that is the nature of a healthy follower of Jesus!

Which brings us to the image in Matthew 11:28-30 of being “yoked” to Jesus in a way that enables us to watch him (learn from him, model ourselves on him), walk in step with him (“What would Jesus do?”) and work alongside him (as the fruit grows, how do we use it for his Kingdom?)

And so, as we yearn to become “good soil” bearing a basket of wonderful fruit, let us not strive for perfection (impossible!) but allow Jesus, the “author and perfecter of our faith” (Hebrews 12:2) to pick out the stones and the weeds, nourish us with his Word and pour the life-giving water of the Holy Spirit into our lives, so that we reflect his image more and more.

Galatians 5:22-23

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. “

Matthew 11:28-30

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Matthew 13:1-8

That same day Jesus went out of the house and sat by the lake. Such large crowds gathered around him that he got into a boat and sat in it, while all the people stood on the shore. Then he told them many things in parables, saying: “A farmer went out to sow his seed. As he was scattering the seed, some fell along the path, and the birds came and ate it up. Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. But when the sun came up, the plants were scorched, and they withered because they had no root. Other seed fell among thorns, which grew up and choked the plants. Still other seed fell on good soil, where it produced a crop—a hundred, sixty or thirty times what was sown.



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Need support? Useful numbers:

Local Churches:

St Mary's, Ash Vale – 07863 311165 (Parish Office)

The Chapel, Ash Vale – 07730 609446

St Peter's, Ash – 01252 331161

Holy Angels, Ash – 01252 321422

St Paul's, Tongham – 01252 782790

Local help and support during the covid-19 crisis:

Ash, Ash Vale & Ash Green Coronavirus Support group (volunteers doing shopping & prescription runs) – 07843 489796 (Mon-Fri 9am-5pm)

Ash Parish Council – 01252 328 287 (Mon-Fri 10am-12noon office open, phones answered 10am-3pm)

Ash Citizens Advice Bureau – 01252 314711 (phone only at the moment)

Ash Vale Health Centre – 01252 317551 (Out of hours phone 111, in an emergency dial 999)

Guildford Borough Council Covid19 Community Helpline – 01483 444400 for food parcels & prescriptions. (Mon-Fri 8.30am-7pm & w/e 10am-2pm)

Community Wellbeing Team - 07769 642053 / 07901 513652

Safe & Settled Team - 01483 444476 for those needing help at home on arriving back from hospital or needing some help to manage at home.

Need help? If you need to talk to someone : national helplines

Samaritans (24/7 service) – 116 123

National Domestic Abuse Helpline – 0808 2000 247

www.nationaldahelpline.org.uk/ (run by Refuge)

The Men's Advice Line, for male domestic abuse survivors – 0808 801 0327

The Mix, free information/support for under 25s in the UK – 0808 808 4994

National LGBT+ Domestic Abuse Helpline – 0800 999 5428

PAPYRUS—Young suicide prevention society,
0800 068 4141

Childline for children 0800 1111

Alcoholics Anonymous—0800 917 7650 (24/7)

Narcotics Anonymous—0300 999 1212

Cruse Bereavement Care— 0808 808 1677



Ash, Ash Vale & Ash Green Coronavirus Support Group News

The Parishioner caught up with Carla Morson for an update:

The last four months have been incredible, and I mean that in both a joyous and extremely sad sense. Many of us have never experienced such an awful time, and we all feel for every single person who has lost someone from this terrible virus. We're also extremely grateful for the NHS, Carers and the emergency services as without them the situation could have been so much worse.

Over four months, our community has come together again, driven by a spirit to help and support each other. Our volunteers, too many to mention here, have been amazing and without their help none of the following

would have been possible. They've delivered in the region of 1200 prescriptions, made at least 300 shopping trips and ensured people got to their medical appointments. In addition to this, they've helped to combat the loneliness felt through the lockdown, making regular phone calls and just chatting. We've heard some lovely stories along the way.

Donations from caring residents and local supermarkets (CoOp and Tesco Express in Ash and Ash Vale, Tesco's in Aldershot and Asda in Farnborough) have made it possible to provide food packages to local people who through no fault of their own have found themselves in difficult circumstances. I'd like to thank our small team (Alex, Julie & Mark, Libby, Deb & Mark) who collect the donations, pack everything up and then deliver to households around the area, amounting to around 400 deliveries since April.

Jayne, Sam, Nath and I have been in constant contact with all our volunteers and their response to be being able to help their neighbours has been outstanding. We, as volunteers, have been so fortunate to meet many more people than we otherwise would have. To quote one of our volunteers "I think the main benefit of your group, other than essential support, is that it's driven community spirit. I've been chatting to two people today, for example, who know me because of the group. Before all this, I knew no-one and always felt isolated and disconnected. No-one said hello to me, for example". Along the way, we've all made new friends. When this pandemic eventually goes away, we have every intention of maintaining those friendships, both amongst ourselves and also with our neighbours.

We are now working on how we can build upon what we have achieved so far as we have no intention of going away.

Take care and stay safe

Carla



News from The Chapel

By Alex Sanderson (Project Manager)

The Chapel Team has been as busy as ever during lockdown, In fact, some of us have been busier than usual! With The Chapel events and especially our Lunch Club closed to the public, we looked at ways to make a difference in the community. Partnering with the local Coronavirus Support Group we registered for food donations, organised a team, and together we have been collecting, packing and distributing food every week. Huge thanks to the volunteers involved and please get in touch with us if you're a local in need.

While all this was going on, work did not stop for our Artists in Residence Jono and Debi, who have been very busy juggling family needs, managing the impacts of the crisis on their commissioned work, and keeping their wonderful workshops going using Zoom from home. The Monthly Makes have been a lovely way to get inspired to be creative at home, and fundraise for the Chapel at the same time. The 'home made natural ink' & mark making session was very popular. If you're interested in joining the mailing list to be first to hear about the next Monthly Make, contact Debi for more details. debiretallick@googlemail.com

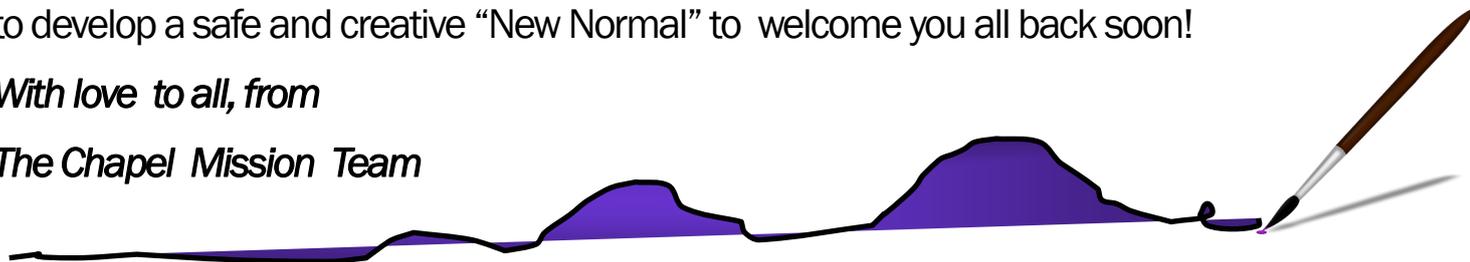
Musicians in Residence Matt and Dan have been tirelessly working throughout the pandemic too, writing, recording, editing and producing – and even found time to record a song in lockdown “There is Hope” with Resound Worship, which I'm sure all our Facebook followers will already have enjoyed online (If you missed it check the blog item on our website: www.ashvalechapel.com or do a quick search on YouTube.

ChapelKids have been zooming, twice a week—one for the grownups to chat (Mondays 11:30am) and another to interact with the little ones (Wednesdays 11:30am). Crafts at Chapel have been replaced by take-home kits, and we've been sharing photos on facebook. Our hero on Wednesdays is 8yo Lucy who has been helping to lead the songs and taking turns reading the story. Hats off to all the parents and carers out there! It's a tough job at the best of times and this has certainly been extra tricky! You're all doing such a wonderful job. The little ones always amaze us on zoom every week too, and it has been a joy to see them grow. If you'd like to join in, don't be shy! Text Alex 07730 609446.

There's more! Rev Neil has been running an online painting group, “San Rocco” Chapel Art Club is on Zoom on Thursdays 6pm, #tablechurch is alive and well online, Chapel Poets have zoomed, as has the Craft Group, and we have seen some beautiful creativity. Other groups including Filmshare, Chapel Greens, the gardening team, and Chapel Café are on hold for now, but watch this space! We are praying for you all and working hard to develop a safe and creative “New Normal” to welcome you all back soon!

With love to all, from

The Chapel Mission Team



Poetry for an emerging world

With love from the Chapel Poetry Group

Wings

*Lockdown Eve came early
As Mothers' of Brides, Workers and Cruisers,
Laden with crumpled excitements
Emptied their hearts and fears in exchange for money
That was returned by troubled staff
Who, anxiety-masked, had cleaned and cleaned
Only to lovingly restore Fabrics' perfect dreams
In steaming uncertainty,
As Footfall's by-election put summer on hold.*

*Then, Unlock Day varied
As Managers of stores, sales teams and drivers,
Loaded with hopeful enthusiasm
Quizzed their minds and eyes in search of safety
As redefined by Covid's risk
And, chatter-filled, box opened and opened
Unfurling garments as wings for the lives waiting
In patient compliance,
As fatigue's heroes let Autumn unfold.*

- by PCD Roberts



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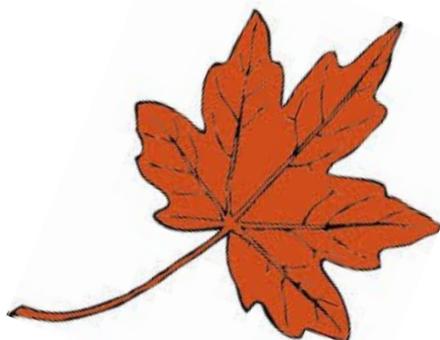
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Masking up for Ash Football Club!

By Pat Scott



A few weeks ago my friend Bill phoned to say his wife (Jen) had been given a new sewing machine and found a pattern, and had made 10 face masks. I joked with Bill (who used to be a Parish Councillor with me), by saying ,“I know, Bill, people keep coming up to you and saying “I know you’re not a Councillor any more BUT”

Bill replied, “That’s just what I was going to say!”. I laughed and asked what he wanted? He explained about Jen and the new sewing machine and said, “She has just made 10 masks, do you know who would want them?”. I suggested Lesley and Jo our

Community Wellbeing contacts, and said I would enquire. Lesley was very pleased and said she would get them to vulnerable people she knew in Ash & Ash Vale through distributing food parcels to residents in Ash and Ash Vale from Japonica Court.

I also contacted Carla from the “Ash, Ash Vale & Ash Green Coronavirus Support Group”. She and I thought out a Project! My first BIG mistake!

From that day we came up with a Project and I had to think it through! We would ask people to donate any clean cotton (eg bedding, shirts etc), then get the material to Jen. Not an issue - my son Jon could do this while he could not do his volunteering jobs. Carla would take any orders for face masks. This changed when I put out the information, so that poor Carla was “off the hook” with all the other work she was doing, and orders came direct to me. Jen and her husband Bill cut and Jen stitched them (30 per day), then Bill brought them back to me, I bagged them up and put the orders outside for people to collect. Only one problem – people wanted to know how they could make a donation. I suddenly thought of Ash Football Club. I knew they badly needed funds as their main fundraising event in May had been postponed. I made contact with Paul (Burch) and he was delighted they be the recipient of any money donated.

And so this whole project suddenly took off. My son Jon delivered masks to anyone shielding and my husband Len takes charge of any cash donated. Simple! All anyone had to do was to Private Message me with their requirements and when they would collect, I would bag the masks up (in Co-op sandwich bags), label them and put them in our lean-to! Simple? No! I have hardly left my desk every day! So far we have raised over £1300.00 (in 10p’s, 20p’s £1 coins and £5 & £10 notes!). I NEVER thought it would be like this or that we would take so much money! We have kept a list of everyone who had ordered, when they would collect and gave them our address to collect from. Just pleased to help our community!



DOXECOLOGY // RESOUND WORSHIP

By Matt Weeks

Greetings from the Music Rooms in the Chapel. As Alex has mentioned already we've managed to stay busy over the last while and one of the main projects I've been involved in is a new album from Resound Worship. I've worked with these guys before so they've probably been mentioned here before too. They are a network of grassroots Congregational songwriters mainly from the UK but now from all around the globe that write songs for their local church environment. This recent album they've been writing for is called Doxecology. <https://www.resoundworship.org/doxecology>



Doxecology is a made-up word that they've created which perfectly describes the album project. Songs of praise that are oriented around creation, the current ecological situation and our role as stewards on the earth.

We all are increasingly facing up to the urgency of climate change and all the various things that we can do to respond. Resound Worship realised that the Church would start to need songs that would address these things and offer a way of bringing them into our corporate and sung worship.

So the project was born, the songs were gathered and the project went into full production. The original plan was to record and video about 80 people up at Wydale Hall in Yorkshire worshipping to these songs, but with lockdown setting in the project turned into a studio album that the Ash Vale Chapel was perfect for.

It's been a real honour and a great responsibility to be involved as the producer for the project. And as the project comes towards its end we're really excited to see how it will be received. Resound are not a massively well-known outfit so we need all the help we can get with social media posts and shares to get the project out there.

There will be an early release of one track on the 4th August, a song that I co-wrote with Joel Payne called "Heaven's Voice Brings The Dawn" which I'm really excited about! Then the rest of the album will follow when it's released on the 1st September.

The album has purposely been released then because from the 1st September to the 4th October will be a period in the Anglican Church calendar called Creationtide, or the Season of Creation.

This time will be dedicated to God as Creator and Sustainer of all life and the theme will be 'Jubilee for the Earth'. Jubilee is a time of rest for the land from exploitation, and to restore ecosystems and people.

So as the global Anglican Church joins to consider this Creationtide, we hope that this album and these songs would assist, uphold and encourage the church as she worships.

The Lord of the Flies Disproved?

Recently the 75th Anniversary of VE Day was celebrated (in a somewhat muted fashion because of Covid19). As the happenings of WWII became revealed Academia tried to get an understanding of how so called civilised people could become so immunised against the horrors of what was happening around them that they too could get swept up into the system and take an active role. It was not the remote actions (V1, V2, Bomber Command or even the Atomic Bomb) but the direct actions of the Gas Chambers, the Concentration Camps and the mass executions that horrified people so much.

Historian A J P Taylor was commissioned to write an upbeat book on “The Course of German History” which the commissioners hoped to give out in Germany to help explain how the people of the land of Bach could have ended up as the people of the Nazi party. However, Taylor’s book blamed Charlemagne as the instigator of a series of events that led **inevitably** to the horrors of WWII. Taylor’s book was counted so downbeat that the commissioners aborted the distribution in Germany but the book was published in the UK.

Others took up the cudgel. Academia sought to confirm that civilisation was only skin deep: scratch the surface and mankind was merely an omnivorous ape that had got lucky (shades of Desmond Morris and Richard Dawkins?) and in the normal course of things could obey “orders” from “pack leaders” no matter what.

In the early 1950’s USA Muzafer Sherif undertook social experiments aimed at showing how society could fall apart. The first was an abject failure the second “proved” the point. In 1961 Stanley Milgram set up his famous experiment of getting people to give electric shocks to someone unseen but not unheard. It was the urging of an authority figure which caused the damage in both sets of “experiments”. If anyone tried to repeat the “experiments” today they would probably end up in jail.

BUT, BUT, BUT in 1966 there was a happening which undermined all this. This unplanned “experiment” started in 1965 in Tonga. A group of six schoolboys (13-16), fed up with their school meals decided to “borrow” a boat and sail 500 miles to Fiji for a takeaway. It was all badly planned and after a sudden storm at sea in which the boat was destroyed the occupants clambered ashore an uninhabited island. The island was way off the beaten track but the six Tongans managed to survive and thrive for 15 months by co-operating and working as a group for the betterment of all before being rescued purely by chance.

I hope that the group of Tongan children represents the true free nature and future of humankind but I do have to report that the boat’s owner sued the boys for the loss of his boat and won.



Scrivener

Welcome to **Messy Church**

< With social distancing >

Sun. 16 Aug 4-6pm

Sun. 27 Sept 4-6pm

Book your places today!



We've had a lovely time finding new ways to be Messy Church! We've done a Zoom, a Pentecost Trail in May half term, and started to emerge with individual prayer stations on a rota inside, and social distancing outside.

Now we are working on embracing the "new normal" to keep everyone safe and keep enjoying Messy Church. Join us here at St. Mary's, for "hands off"

activities & social distancing at church, and take away food and a Messy Church kit for "hands-on" Messy Church to do at home!

Spaces are limited so booking is essential. Text Alex 07730609446 to secure your place. All are welcome!

Messy Church is free to attend, there is no fee. We do welcome and appreciate donations to allow us to keep the church & activities going. Thank you! *Info: 07730 609446*

What's inside?

We get locked down... but we will open up again! — (p3-6) Rev Neil Lambert

Still Shielding? Get your medicines delivered! — (p7) Amanda Gunness

How three local businesses are weathering the storm — (p10&11)

Save Ash Ranges — (p12) Carl Cookson updates us on the latest

Anxious about emerging from lockdown? - (p13) You're not alone!

2020 Butterflies news — (p16) News from Natalie and the team

What's on in Ash Vale in August & September? - (p17)

Bible Study — (p18&19) Helen Lambert

Need Help and Support? Useful Numbers — (p22)

News from the Ash, Ash Vale and Ash Green Coronavirus Support Group —
(p23) the Parishioner caught up with Carla Morson

Chapel News — (p24) Alex Sanderson

Poems for an emerging world — (p25) The Chapel Poetry Group

Masking up for Ash Football Club — (p28) Pat Scott

Doxecology for Creationtide - (p29) Matt Weeks on the new Resound Worship Album

Lord of the Flies disproved? - (p30) Scrivener

Don't Miss Messy Church! 16th Aug & 27th Sept - (back inside cover for details)

*"It's the first day of autumn! A time of hot chocolatey mornings, and toasty
marshmallow evenings, and, best of all, leaping into leaves"*

Winnie the Pooh, Pooh's Grand Adventure

We welcome fun, informative and local interest items!

Oct/Nov issue copy deadline is Wednesday 9th September 2020

if you would like to nominate a Local Hero or have an idea for anything you would like to see in here. If you are interested, chances are someone else will be too. No age limit so please encourage the younger members of the family to put their ideas down and send them to us. If you need a little help with editing that's ok too.

Emails please to: parishioner@ash-vale.org.uk

The Parishioner seeks to explore and reflect upon a wide variety of local issues whilst recognising that not everyone will agree with the views expressed. These do not necessarily reflect the views of all the members of St Mary's Church nor those of its Parochial Church Council.