



St. John's Newsletter

Charity No 1162162

www.stjohnschurchbroadstone.org.uk

June 2026



Letter from the Vicar

Dear friends,

Rest is written into Creation. The Genesis Creation myth says that God rested on the sabbath from all his work. While we don't take that story literally, its mythical meanings and teachings are invaluable, and it shows that rest is part of what God intended for all: a message that today's modern world needs to hear.

For those with a busy working life, it can be hard to get the rest needed. Many in middle-age cope not only with full-time work and running a busy home, but are often caring for family at both ends of the age spectrum: children and elderly parents all need our attention.



This can also be true of clergy. A recent National Survey conducted amongst all clergy on well-being made it clear that many clergy are struggling. To that end, as Dean of Women's Ministry, I have also spent a day looking at clergy well-being in our Diocese, to discuss what needs to change and what support needs to be given.

On in to retirement, we also know that there can still be many demands, whether for volunteer hours or with grandparenting duties and so on (or even just fitting in medical appointments that suddenly seem to pop up all the time!). Our energy can lag, we get slower, and we can't fit into a day as much as we used to be able to. While it is important to have routine in our day – we get a bit lost and lose our sense of purpose without it – it can swing from being overly busy to suddenly an empty diary, and both of those can be hard to deal with.

Learning how to pace ourselves, in our rest, our work (whatever that word means for us) and our play is crucial. I learnt a few years ago the balance I needed between a busy work-life, but also the importance of carving out time for me. I learnt that if I missed my regular day off, I was useless at work by about ten days in. When I take my breaks as I should, I become far more efficient in what I do, and probably make wiser decisions to boot!

None of us should under-estimate what we need in terms of rest and recuperation. I find that, for me personally, I also need to balance time with friends alongside time spent alone, simply reading, with an empty day ahead of me and no agenda in the diary. I rest and enjoy leisure through reading, walking and cycling, and thankfully, Tony shares those pleasures too.



Knowing what we need, what restores our soul, and giving the space to it, is important. The Psalmist in Psalm 23 wrote, *'The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul. He leads me in right paths for his name's sake.'* Although we often think of this Psalm as a comfort for those facing death (because of the line about *'walking in death's dark vale'*) it is actually also a Psalm for life. It is a recognition God is with us always, and we should not be surprised at the nature imagery here linked to having our soul restored. We have long since known that exercise is just as important for a healthy mind and emotions as it is for our physical well-being. But walking in nature has even more benefits than we might realise.



I don't know if you have heard of the term *'forest-bathing'*? It originates from a Japanese term, *'Shinrin-yoko'*, which developed in the 1980s. It is a research-backed method for reducing stress and improving overall well-being. Spending time in a forest environment has been proved to significantly lower levels of cortisol, the stress hormone, as well as reduce blood pressure and heart rate. It boosts the immune system. Did you know trees release natural antimicrobial compounds called



phytoncides to protect themselves from germs and insects? When inhaled by human beings, these compounds increase the number and activity of our own 'natural killer cells' which help fight infection and tumours. Walking among or sitting under trees provides mental clarity and mood improvement, and research has shown that even a natural view of trees from a hospital window can shorten recovery time from an illness.

Some guidelines for *'forest-bathing'* are as follows:

1. Slow Down: - it is not about hiking or exercise; it is about wandering or sitting quietly;
2. Engage the senses: - Notice the scent of the wood, the sounds of leaves rustling, the texture of tree bark, the feel of the air, the sight of dappled sunlight on the green leaves;
3. Time Commitment: - Aim for 15-20 minutes a day for this, which provides measurable health benefits;
4. Accessibility:- if your mobility prevents you getting down to wander in Delph woods or along the Castleman trail, even sitting under a tree in garden can offer significant benefits.

Such rest in Nature and all she has to offer us is very good for us, body, mind and spirit. Take time in your busy schedules to enjoy this, and let Nature bring healing where we need it most. This is one of God's greatest gifts he has given us.

As we approach the summer, and with it, I hope, the opportunity to do this more, may I encourage you to have a go at this practice, because *'there you will find rest for your souls.'*



With my love

Helen

Come & See! Family Work at St John's!

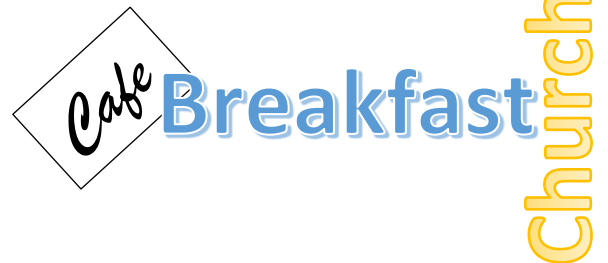


Muddy Church had great fun on Sunday 24th May when we did an I Spy Nature Walk, and learnt how to identify plants using

a phone app. It was good to get out in the fresh air and learn more about nature and God's wonderful creation!

Our June Muddy takes place on Sunday 14th June at 3pm and we shall be exploring the theme of Solstice Suncatchers and Summer Celebrations.

Our last Café Breakfast Church in May was led by Revd Gary and explored humanity as part of God's creation. Look out for our next one in July, on Saturday 18th. Do come and join us - and you get breakfast too!



Dean of Women's Ministry Report

May was a busy but worthwhile month in terms of my DAWM role. I spent a day in Salisbury working with a small group of women clergy to look at a new menopause policy we are putting in place for clergy. I also had a meeting with someone in the HR Department who is working on a Maternity Policy for clergy which I also worked on, so that we might try to develop that.

Meanwhile, the big thing we are planning for at the moment is our first Gathering of Clergy Women Day in June. Again, with a small team of other clergy women, we met at Bryanston School one afternoon to put together a special day to celebrate women's ministry. We are looking forward to the event which has proved popular in being signed up for!

Finally, I attended a meeting run by NADAWM National Association of Diocesan Advisers for Women's Ministry. This was on bullying and harassment policy guidelines: most useful The Diocese of Salisbury hopes to put together a policy for that.

Revd Helen Bailey



Eco Tip: Flowering roof & Churches Count on Nature

We are sharing some tips from Dorset Wildlife Trust volunteer Sarah about her fabulous flowering roof, which caused quite a stir in church last month. We know at least one person has already been inspired to put this into practice in her own garden! Sarah used a 2 inch depth of soil and grit on a waterproof lining on top of her shed. If the shed is not very strong, it might need to be reinforced. Try flowers like Verbena bonariensis, cornflowers and any wildflowers as they tend to cope with erratic weather. Sarah used Kate Bradbury's book Wildlife Gardening to guide her.



The Eco gang will be taking part in Churches Count on Nature on 6th June from 10 am to 12 noon (weather permitting). We will be finding and recording what is living in our churchyard, especially the insects, which are essential to all the other wildlife. You are very welcome to join us for all or part of that time. *THE ECO GANG*



St John's Summer Fayre

Help needed!

Cakes – We need people to bring in cakes to sell at the Summer Fayre. Please sign-up on the sheets at the back at church so we know how many are coming in. We also need two or three people to sell the cakes on the day. Sign up on the sheet at the back of church.

Jams and Chutneys – We are appealing for more jars of home-made or shop-bought jams, chutneys and so on for our stalls. Please bring into the office.

Selling books of raffle tickets – This is a big-fund-raiser for our church – please help us to raise the funds we need by purchasing raffle tickets and selling to others. Please return any unsold tickets to the office.

Setting up and dismantling – see the sign-up sheets in church. We need help with setting up and taking down the gazebos, tables etc for the Summer Fayre. If you are able to help, we will be setting up in the church grounds from 2.30pm and in the hall from 6.30pm on Friday 19th June and taking down on Saturday 20 June from 2.00pm. There is a sign-up sheet at the back of church if you are able to assist.

Kitchen Help - We are also looking for people to help in the kitchen that day, and again a sign-up sheet will be at church.

Stalls – we need extra help with looking after a stall, the Bar (all will be bought in for you), possibly supervising a children's outdoor play-area and other sundries. Please sign up on the sheets at the back of church or let Revd Helen or Roger Leach know if you might be able to volunteer even just an hour of help on the Saturday between 11am and 2pm.

Plants – we need plants to sell at our plant stall. Bring in any you have to Sue Bennett.

Tell everyone! Invite friends, family, neighbours, and take leaflets to any clubs or groups to which you belong. Let's get the word out!

Delivery of Summer Fayre leaflets We are looking for 2 more people to deliver 200 leaflets to local houses in Broadstone over the next few weeks. Latest for delivery is ideally by 7th June so people can get the date in the diary. Please pick up a pack for delivery from the back of church (packs left are Dunyeats Rd & Higher Blandford Rd/Fairview Rd) and bring back any you can't deliver. Thanks so much!

Occasional Offices from May



Baptism & Confirmation

30th May Alex Kusanale

Funerals

12th May Sandra Roberts (St John's Church)
14th May (George) Chris Kaye (Harbour View)

Burials

8th May Alan Godfrey (St John's Church)

Service Readings in June

| Date | Sunday | OT | Psalm | NT | Gospel |
|---------------------------|---------------------------|-----------------|---------------------|--------------------|-----------------------|
| Sun 7 th June | 1 after Trinity | Hosea 5.15-6.6 | Psalm 50.7-15 | Romans 4.13-25 | Matthew 9.9-13, 18-26 |
| Sun 14 th June | 2 after Trinity | Exodus 19.2-8a | Psalm 100 | Romans 5.1-8 | Matthew 9.35 – 10.8 |
| Sun 21 st June | Birth of John the Baptist | Isaiah 40.1-11 | Psalm 85.7-end | Galatians 3.23-end | Luke 1.57-66, 80 |
| Sun 28 th June | 4 after Trinity | Jeremiah 28.5-9 | Psalm 89.1-4, 15-18 | Romans 6.12-end | Matthew 10.40-end |

Diary Round-up: Events at St John's in June

- Tues 2nd June 2pm Funeral of (Margaret) Wilma Brown
7.30pm Events Committee in Parish Hall
- Wed 3rd June 10.30am Eucharist
- Thurs 4th June 8.45am Morning Prayer in Church
10am – 12 noon Holy Grounds Coffee Morning
- Sat 6th June 10am – 12 noon Churches Count on Nature with Eco Gang
- Sun 7th June 8am Holy Communion 10am Parish Eucharist
- Wed 10th June 10.30am Eucharist
7pm Deanery Synod Meeting
- Thurs 11th June 8.45am Morning Prayer in Church
10am – 12 noon Holy Grounds Coffee Morning
7.30pm St John's Fellowship
- Fri 12th June 10am Children's work meeting at the vicarage
- Sat 13th June 9.30 – 12.30 Gardening Group Clear up
2pm – 4pm Craft & Chat
- Sun 14th June 8am Holy Communion 10am Parish Eucharist, followed by Fairtrade
3pm Muddy Church
- Wed 17th June 10.30am Eucharist
- Thurs 18th June 8.45am Morning Prayer in Church
10am – 12 noon Holy Grounds Coffee Morning
- Thurs 18th June 10.45am Service at The Links Care Home
- Fri 19th June 11am Service at The Potteries Care home
2.30pm/6.30pm Set up for Summer Fayre
- Sat 20th June 11am – 2pm Summer Fayre



Sun 21st June 8am Holy Communion 10am Parish Eucharist
Wed 24th June 10.30am Eucharist
Thurs 25th June 8.45am Morning Prayer in Church

St John's News from the Pews

A more detailed look at what is happening in and around the church...

PARISH OFFICE AND CHURCH FOR PRIVATE PRAYER will be closed on Friday 29th May. Sorry for any inconvenience this causes.

CLERGY HOLIDAY DATES Please note Revd Gary will be away from 23rd May until and including 30th May.

DAWM ANNUAL MEETING DATES Please note Revd Helen will be at the NADAWM conference in Northampton, a requirement of her Dean of Women's Ministry Role, from Wed 3rd June until and including Friday 5th June.

QUIET DAY AT ST JOHN'S SAT 30th MAY 9.30am The Theme will be Reflecting on a Beautiful World. Bring and share lunch - please bring a food contribution for the table. It will be a time of quiet reflection on a series of Biblical themes: living beyond past experiences, anger and finding peace, finding completeness and enjoying the beauty of where you are in life right now. As usual there will be a variety of prayers, reflections, meditations and plenty of personal quiet space.

BRING AND SHARE TEA FOLLOWING THE BAPTISM AND CONFIRMATION OF ALEX Sat 30th MAY 5pm We would love as many as possible to come and support this fantastic step in Alex's faith journey, and afterwards we are going to enjoy a faith tea together. Sign up on the sheet at the back of church to say you are coming, and on the evening bring a food contribution with ingredient slips (see office if slips are needed) **READY-PLATED** (not just in a box!) and place it on the tables in the **Parish Hall**.

NO CORPUS CHRISTI SERVICE Unfortunately we won't be able to offer this service on Thurs 4th June as there are no clergy available to take it. We will reinstate it next year.

VOLUNTEERS DAY FRIDAY 5TH JUNE 10AM - 4PM Join Bishop Karen and DBF staff at Emmaus House, Wilton, as we resource and celebrate volunteer who serve our churches across the Diocese of Salisbury. To book and for more information on sessions, go to this link: <https://forms.office.com/pages/responsepage.aspx?id=TrIEFZGRIUaLmM3hwnI30zeTVDZc8GxLg0E2I1W2QqjRUQjIKUUhXUFFEMzY3QI03M0pXRDFRNTFURS4u&route=shorturl>



ST JOHN'S FELLOWSHIP meet in the Church Hall at 7.30 pm on Thursday 11th June. Our speaker, Miranda Pender will recount the "Intriguing Tale of Norah C James". Norah was the cousin of Miranda's grandfather and was a successful writer of romantic fiction. In 1929 her novel "Sleeveless Errand" was banned under the Obscene Publications Act. It was described as "filthy" and "indecent". Ideas of what is and what is not acceptable have changed greatly over the years and Miranda's talk is most unlikely to offend today's audience. We are promised "a lively entertaining talk which includes two songs and a slide show". Fellowship Members won't want to miss this, and non-members are welcome for a very modest fee.

GARDENING DAY 13TH JUNE The Gardening Group are having another Gardening Day to tidy up the grounds around the Church for the Summer Fayre. Everyone is welcome to come and help for all or part of the morning and there will be plenty of jobs to suit all abilities. We will be based in Northreach, starting at 9.30am



and will finish around 12.30pm, with a break for coffee and donuts. If you could let me know if you can come that would help me organise catering. Many thanks *Ken Pearce*

SUMMER FAYRE SAT 20th JUNE 11am - 2pm Note the date of our fabulous fayre. Sign-up sheets in church and a special Summer Fayre Supplement is now out for help we need!

NEW BRIC-A-BRAC At this year's Summer Fayre, we are going to have a **Bric-a-Brac Stall**. If you have any Antiques, Collectables, Good quality used items which you no longer require, please consider donating them to our Summer Fayre to raise money for our church. Also, we will have a Jams and Chutney Stall. If you are able to supply any jars of Jam or Chutney either homemade or bought we will be very grateful. If it is homemade, it must have a list of ingredients attached. We will also have a Jigsaw, Books and Board Games Stall, so any contributions towards that will also be greatly appreciated. Many thanks for your support, *Roger Leach*

BROADSTONE FUN DAY SUNDAY 5th JULY Later we shall be appealing for help with St John's stall at it, as part of our Churches Together presence in the community.

ADVANCE NOTICE OF NEWCOMERS' PARTY The Newcomers' Party takes place in the vicarage gardens, with drinks and finger food, on Sunday 19th July, 2.30pm-4.30pm. Invites to those who have joined church this year, or those we have met or recently moved into Broadstone, will be sent out nearer the time. Please also let us know you want to come if we don't have your contact details yet! The PCC also is invited to attend and supply the finger-food.



ADVANCE NOTICE: BEHIND THE SCENES WITH THE BROADSTONE COMMUNITY BAND THURSDAY 30TH JULY

7.30PM Put this date in your diary and join us for a wonderful opportunity to enjoy an informal musical delight. Tickets £5 include refreshments and cake - will be on sale later this year. Come and hear some wonderful pieces played by the band, be taken on a behind-the-scenes tour of how those pieces are chosen and come together. This will be an informal evening of great fun, entertainment, music and cake!

NEW LAUDEMUS CHORAL EVENSONG AT ST JOHN'S CHURCH

6pm on Tuesday 11th August. We are thrilled that Laudemus has included St John's as part of their annual Dorset tour of churches this year. Please join us for a very special choral evensong according to the Book of Common Prayer, with conductor Jeremy Jackman and Organist Sam Hanson. The service will be led by Revd Helen Bailey. Do join us for what will be a very special evening service with a beautiful choir. Attendance is free but there will be a retiring collection to be split 50/50 between Laudemus and St John's on the evening.



NEW HOLIDAY AT HOME 2026 Fun, Friends & Fabulous Food – all without leaving town! Joining with visitors from St Nicholas Church for a holiday at home (in the annexe) on Wednesday 26th August for a day of laughter, games, treats and togetherness. 20 places will be available. £5 entry for the day, which includes all activities and food. Please register your details with Caroline in the Parish Office.

MOTORISED CHAIR Free to a good home! It has no batteries, but when it does, it runs very well. See picture and contact Caroline for more information.



BOTTLES FOR REMEMBRANCE DAY I am wanting bottles, i.e. coke, lemonade, mixer drinks etc... to take the bottoms off to make poppies for a Remembrance Day project. Please bring any clean bottles to the Parish Office. Many thanks *Ann Biggs*

CONTACT DETAILS FOR NEXT OF KIN Do get your next of kin form in. Due to GDPR, it must be signed by you and your named next of kin, so we can store details. *Revd Helen*

JIGSAWS If you wish to keep a jigsaw for a donation, please do: give donation to the office. Otherwise, borrow jigsaws stored in north aisle, enjoy them and return (note any missing pieces).



CORFE MULLEN FOOD BANKS Food donations can be left in the Church Porch Mon - Fri 10am - 1pm & Sun 11.30am – 12.15pm. All given to St Nicholas' Corfe Mullen Foodbank for food for Broadstone individuals & families, and vouchers to Broadstone/Hillbourne Schools. They are grateful for what we bring, but are currently short of: **Shampoo, Toothpaste, Toilet Rolls and Soup**. Visit parishofcorfemullen.church/foodbank to make cash donation or contact Sheila & Ken.

HOLY GROUNDS COFFEE MORNING Free tea & coffee every Thursday morning, from 10am – 12noon. Come and enjoy a drink and a chat with old friends and new.

Further Afield

NEW POOLE-WAU PARTNERSHIP Our next Prayer Meeting is on Monday 1st June at St John's Heatherlands, Parkstone BH14 0AA from 12.30 to about 1.15pm (arrive from 12.15). We would be glad to see you. There is a church car park, but please remember to register your car's number with the church after arriving. Tea and coffee will be provided; please bring your own packed lunch if you would like to.

CRAFTY CORNER AT ST ANTHONY OF PADUA CHURCH HALL 3rd Monday of the month, 2pm – 4pm. Bring a craft – tea and biscuits included.

DONATIONS FOR ASYLUM SEEKERS BIKES WANTED International Care Network (ICN) need bikes for refugees / asylum seekers in BCP. Do you have an unused but usable bike stagnating in your garage or garden? Contact Judith 07840490525 judithw0651@gmail.com

CHITTER CHATTER CLUB Every Wednesday, 2.30pm – 4pm at Cafe Gardenia.

TUESDAY CLUB AT BROADSTONE UNITED REFORMED CHURCH We are open 10.30 am till 2pm. Please contact Ann on 01202 849136 for more information.

NEW OUR SOUND IS OUR WOUND: CONTEMPLATIVE LISTENING TO A NOISY WORLD with Revd Lucy Winkett. **Wednesday 3 Jun 2026, 7-8pm at Salisbury Cathedral.** Revd Lucy Winkett is the Rector of St James's Church in Piccadilly and the Priest-in-Charge of St Pancras Church on Euston Road in London, and a wonderful speaker and writer. Beyond her pastoral duties, she is a regular broadcaster on BBC Radio 4's *Thought for the Day*, a writer, a musician, and a well-known advocate for inclusive ministry. Join her at Salisbury Cathedral as she explores themes from her acclaimed book *Our Sound is Our Wound*, delving into the theology of noise within the Bible and the wider Christian tradition. To buy tickets, click or enter the link below into your browser. <https://www.salisburycathedral.org.uk/events/our-sound-is-our-wound-contemplative-listening-to-a-noisy-world/>

DEADLINE FOR JULY/AUG EDITION SUBMISSIONS FRI 19th JUNE.

Please email all items to admin@stjohnschurchbroadstone.org.uk,
AND a copy to Revd Helen at revdhelenbailey@gmail.com