

The Milton Abbas Bulletin



Welcome!

Hello all, and welcome to March's edition of our bulletin,

Well, there really is much to be celebrated in March across the UK, and the first of March is marked with St David's day when the Welsh honour the life of the famous Bishop Saint David with daffodils, parades and festivities. This national day of Wales and has been celebrated since the 12th Century

The 4th March is Shrove Tuesday or as it is more commonly known in the UK, Pancake Day. So don't forget those pancakes with lemon and sugar or go fancier with fruit and ice-cream!

The Christian tradition is to then give up something for lent which lasts through to Easter Sunday, Lent is a time of fasting and abstinence. This is where the common "I'm giving up meat or chocolate for Lent" idea comes from.

Crufts is back too, 6th -9th March for all those dog lovers out there, and is aired live on Channel 4 and More 4.

The 8th March is International Women's Day, an annual event celebrating the countless accomplishments of women from around the world.

St Patrick's day is 17th March, and nothing quite sums it up like shamrocks, leprechauns and Guinness! It's been celebrated for over 1000 years and marks the death of Saint Patrick, the man responsible for bringing Christianity to Ireland.

Mothering Sunday is the last Sunday of the month, 30th March. This is shared with the start of British summertime when the clocks go forward, which unfortunately means that all the Mums out there lose an hours sleep! Sorry, but not our fault!

There are many jobs to do in the garden too, here is a link to open that lists them for you and is quite informative:

www.sundaygardener.co.uk/what-to-do-in-the-garden-in-march.html

Happy start of spring everyone, please make sure you read Reverend Lewis piece, as it talks about the beauty of spring popping up all around us!

(Mrs Ed x)

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Milton Abbas Local History Group

The Milton Abbas Local History Group (MALHG) works to unearth, understand, transcribe, collate and archive the recorded history of Milton Abbas, and there is a group of expert volunteers working on various aspects of this.

We are looking forward to **Wednesday the 5th March's** meeting (7:30pm at the Reading Rooms) where Clive Barnes will be giving a talk on "Managing the Old Town Move". At February's meeting we had a fascinating talk by Bryan Phillips on the "Milton Abbas Churchwardens' Accounts" and were pleased to welcome some new members to the group.

A reminder that this group's meetings are open to anyone to attend, either in person, or via Zoom from the comfort of your home. Meetings cover a wide range of topics, either directly or tangentially to the rich history of Milton Abbas.

Please contact simonmartin@btinternet.com for more information or questions

MA Football

MA Football kicks off on Friday evenings @ 6:30pm. We play on Milton Abbas Sports Field where we can see the sea and play on an excellent small sided pitch to suit 5,6 or 7-a-side games.

Our aim was to gather players of 50+ and get a little bit fitter each week. In truth we have some players in their 40's and had some younger ones too in their 20's as occasional visitors supporting their Dad.

Would you would like to play Football on Fridays? You don't need to be super fit and only need trainers with a grip for the grass pitch.

Contact Martin Kelly: Tel: 07802 260393

WhatsApp or Email: martin@redmailer.co.uk



Thought for the Month

Instructions for Living a Life

I'm not a poetry expert often feeling like a Philistine when people talk to me about Keats, Dickinson or even Hardy. Yet, over the last couple of years, I have come a fan of the work of the American Poet Mary Oliver, and with a sense of irony I became familiar with her work just after she died in 2019. Perhaps one of the reasons that I like her work is that it's simple yet poignant. One of my favourite poems is called 'Instructions for living a life' and it goes like this:

Instructions for living a life:

Pay attention.

Be astonished.

Tell about it.

It feels like good advice as we tip over from winter into spring. There's something important and hopeful about noticing those first signs of spring. In a world where life often feels fast-paced and overwhelming, Mary Oliver offers us a simple, yet profound guide to how we might live fully, with presence, love, and gratitude. Mary was renowned for her love of nature and her ability to see beauty in the simplest of things, inviting us to pause, to notice the world around us, and then share our wonder with others.

Pay Attention

The first instruction may seem simple, but it's also the most challenging in our modern lives. We're constantly distracted by technology, responsibilities, and the pressures of everyday life. Mary Oliver reminds us that true engagement with the world comes from being fully present in the moment, noticing the small and sometimes overlooked details.

Be Astonished

In every moment, there is something to marvel at - whether it's the vastness of the sky or the intricacies of a leaf. Life is filled with wonder, if we allow ourselves to experience it. Being astonished is a practice that nurtures gratitude and a deeper connection with both the world, ourselves and I would say God.

Tell About It

Lastly, Mary encourages us to share the beauty and awe we experience. Our stories connect us to one another. They remind us that we're all part of this shared journey. When we tell our stories, we invite others to pause, notice, and marvel with us. The God story is a story that incorporates each one of our unique individual stories within it.

Living the Instructions

Let's take a moment this month to follow Mary Oliver's instructions, embracing the beauty in our everyday surroundings and sharing our wonder with others. After all, life is short, but it can also be full of wonder - if only we stop long enough to notice.

Blessings

Rev'd Lewis

Milton Abbas Surgery

Surgery Staff

We would like to warmly welcome Mandy, our new Health Care Assistant, to the surgery Nursing Team. Mandy has come from the Southern Health Heart Failure Team and has lots of experience, so we are lucky to have her.

We are also very pleased to welcome back Alice in Dispensary from maternity leave!

We would like to extend our thanks to both our Nursing and Dispensary Teams for their dedicated efforts in covering gaps within their teams. Your hard work has been invaluable. We also want to express our gratitude to our patients, for your patience and understanding over the past few months.

Wellbeing Team Activities

Just a reminder of some of the great groups run by our fantastic surgery Health Champions:



□ **Beginners Line Dancing group** is on a Monday 2.30pm – 3.30pm at the Winterborne Whitechurch Village Hall



□ **Walking group** is on Wednesday's at 10am - please see our surgery Facebook page for the monthly walking schedule or collect a programme from Reception



□ **Crafting group** is on the first and third Wednesday of the month at 12.30pm at the Milborne St Andrew Sports Club Pavilion (DT11 0JA)

No need to book a space, just turn up on the day. Our Wellbeing Team would love to see you! Further information can be found on our surgery website www.masurgery.co.uk/wellbeing-team

RSV

RSV (Respiratory Syncytial Virus) is an infectious disease of the airways and lungs. RSV infection often causes symptoms similar to a cold, including cough, sore throat, sneezing and runny or blocked nose. It can also make you become wheezy or short of breath and lead to pneumonia and other life-threatening conditions.

Everyone turning 75 years old on or after the 1 September 2024 will be offered a single dose of RSV vaccine. For the first year of the programme, the vaccine will also be offered to those who are already aged 75 to 79 years on 1 September 2024 as part of a catch-up programme. If you are eligible and would like to have the vaccine, please contact the surgery to book.

Milton Abbas Surgery (cont)

Wednesday 12th March 2025 - Young Carers Action Day

#YoungCarersActionDay 2025 theme this year is 'Give Me A Break'. A young carer is someone under the age of 18 who looks after or helps to look after someone. It might be their mum or dad, grandparent, brother or sister or a close relative.

Young carers have so much responsibility on their shoulders that they often have little time for themselves and are at serious risk of burnout. They need a break. They need time out from their caring responsibilities to rest, recharge and focus on themselves – be it for a hobby, or just spending time with friends, like other people their age.

If you are a young carer, it is important that you let the surgery know so that we can understand the challenges you face and help you find the support you need. Give us a call on 01258 880210 or please send an email to miltonabbassurgery@nhs.net for the attention of Kelly.

Remember, you are not alone in this - it's okay to ask for help.

Carer Money Matters

Carers Support Dorset in partnership with the Carers Trust have a new service - Carer Money Matters. Their Financial Wellbeing Officers are available to provide advice and support on:

Financial Support: Guidance on understanding and claiming the financial assistance they're entitled to, along with practical tips for reducing energy bills.

Energy Saving and Debt Advice: Free support on energy saving, managing energy debt, and assistance with registering on the Priority Services Register for extra support during supply interruptions.

Work and Career Support: Help with job searching, interview practice, and CV guidance for carers balancing caregiving with work.

Carers can access the service by calling freephone **0800 368 8349** or email admin@carersupportdorset.co.uk



Milton Abbas Dog Show



MILTON ABBAS DOG SHOW

Saturday, 19 April 2025

MILTON ABBAS SPORTS
PAVILION

STARTING AT 12 NOON
DOG SHOW 2-00 pm

MILTON ABBAS
Sports Club warmly
welcomes you to the
annual DOG SHOW

Activities include
Tombola and Raffle with
some great prizes,
Easter egg hunt and of
course the famous
Milton Abbas BBQ!

Hire a stall for just £10
(please bring your own tables to
display your wares, sorry no food
stalls)
email for more details:
miltonabbaspavilion@gmail.com

Proceeds shared between St James' Church and Sports Club

Prizes for the tombola are required for the Annual Dog Show at Milton Abbas Sports Club! If you can donate anything, then please contact Bev Martin at:

beverley.martin11@btinternet.com

VE Day 80th Celebrations

On **Thursday 8th May** we are joining in the country-wide 80th VE Day celebrations. Please keep this date for the raising of the flag, church bells ringing and bbq and fire pit lighting on the Milton Abbas sports field.

We are hoping to be joined in this celebration with the Milton Abbey school cadets.

Posters and advertising will be completed soon. Any profits from this day will go to Help the Heroes.



Steeptonbill Farm Shop

Selling beautifully fresh, locally-grown produce all year round!

Opening hours:

Monday to Saturday 09:00 - 17:00

Sunday 09:00 - 16:00



Contact Steve at steeptonbill@gmail.com

Steve is currently selling some fabulous veg including Butternut Squash, Leeks, Potatoes and Artichokes! Some interesting recipes for Jerusalem Artichokes can be found here:

https://www.bbc.co.uk/food/jerusalem_artichoke



Milton Abbas Lunch Club

We meet on **every second Wednesday** of the month in **Milton Abbas' Reading Room**.

Lunch is a two-course meal served at 1pm with a welcoming glass of sherry.

A small group of ladies take it in turns to cook a main and a pudding and we charge £5 per head. We have a 5-star food hygiene rating.

We also hold a small raffle at 50p per ticket and we ask people to bring along something to put into the raffle, ensuring everybody can take something home.

Why not come along to our next lunch meet on the **13th of March** and have a delicious meal with us? To book your place, please register your name with **Milton Abbas Post Office by Friday the 7th March**, or email Jennifer:

hrrssnsup@aol.com

The main course in March is going to be Cottage Pie! Pud is yet to be announced, but is sure to be scrummy...



The View

Come and visit us, we are located at the Milton Abbas Sports Field and offer a welcoming spot with scenic Dorset views. We have a cosy indoor space, and beautiful expanding covered outdoor area sheltered from sun or rain, dogs are very welcome!

With a menu featuring hot and cold food, pastries, toasties, and unique treats. Vegetarian, gluten-free, and dairy-free options are available. We also sell Jurassic Roast coffee, Clipper teas, and local Piddle Brewery beers.

There is free parking, a bike rack, and family-friendly sports field.

WINTER OPENING HOURS

From October 1st

MONDAY: 9AM-4PM
TUESDAY: CLOSED
WEDNESDAY: 9AM-4PM
THURSDAY: 9AM-4PM
FRIDAY: 9AM-4PM
SATURDAY: 9AM-4PM
SUNDAY: 10AM-3PM



Find us on our website: www.theviewcoffeeshopma.com or our social media pages

Coffee Stop



Coffee Stop at St James Church.

Each Tuesday from 11am until 12noon, come and enjoy a chance to catch up with fellow villagers over a hot drink and a piece of cake.

We meet inside the church in the south aisle, all are welcome.

£1 for a hot drink and £1 a slice of cake.

All proceeds go towards the upkeep of St James.

Friday Quilters!

Fridays from 9:30 to 12:00 in the Milton Abbas Reading Room.

You do not have to be a quilter! Bring your knitting or anything else that you are currently working on.

We stop for coffee, tea & biscuits or, if you are lucky, a piece of cake! We will be very pleased to see you.

Further details from **Anthea** - 01258 269348

Pilates



PILATES WITH CATHERINE

PILATES WITH CATHERINE

MILBORNE ST ANDREW VILLAGE HALL

Do you have aches and pains, osteoporosis, joint replacements or sciatica? Still able to get up and down from a mat and want to stay active and supple?



If so, my classes will improve your strength, mobility and balance as well as keep you in better shape.

FREE TASTER CLASS OFFERED

Friday mornings 10.45am - 11.45am and 12 pm - 1pm

I am a **Pilates Foundation** trained teacher with over 15 years experience of both matwork and rehab apparatus

TO BOOK YOUR SPACE OR FOR MORE
INFORMATION CONTACT CATHERINE ON:
07449 346229
catherinehoworth@outlook.com



PILATES FOUNDATION
ESTABLISHED
1996

The Hambro Arms

March Dates at The Hambro:

Tikka Trak – Thursday 6th & 20th March
Basilico Pizzas – Thursday 13th & 27th March.

Saturday 8th March – Soul night with locals Lawrence & Bex. (Poster attached)

Friday 14th March – The Milton Shamrocks for St Patrick's Day. (7.30/8pm)

Friday 28th March – Open Mic Music Night. (8pm)

Keep an eye on our Facebook page for posters giving details nearer the dates.

On **Thursday 13th March** we are restarting our lunchtime food service from 12 noon until 2.30pm and offering this on Thursday's, Friday's & Saturdays to start until the season picks up when further days may be available.

The Hambro Arms Milton Abbas

Tel. 01258 880233

The Hambro Arms

Milton Abbas

Dorset

DT11 0BP

01258 880233

www.hambroarms.com

Smiths - Uncorking a New Phase!



Smiths Kitchens are delighted to reveal they are opening alongside **Langham Wine Estates** on **1st March 2025!!**

This has all the signs of a brilliant partnership, with exceptional cooking merging with exceptional English sparkling wines. Happy days!!

Mel and Justin (Director of Langham wines) have known each other for 6 years and are excited at the fresh endeavour that is about to begin. Langham wine estates will be open from Wednesdays through to Sundays between 10 am – 5 pm.

Smiths Kitchens will be providing drop-ins for coffee and cake, lunches and light bites, welcoming walk-ins (with or without dogs!) There will be regular **‘Fizz Fridays’** with evening meals, and on selected Saturdays, an **a-la-carte menu** will be available. Mel is also establishing a number of live gig nights.

Langham’s provides a huge heated barn, an indoor Café, dining space and outdoor seating. There is also al-fresco kitchen area with pizza oven which will be fired up on selected nights.

To keep up to date with the latest information, follow them on:

<https://langhamwine.co.uk/#:>

[https://www.smithsdorset.com/;](https://www.smithsdorset.com/) (why not join Langham’s newsletter!)

<https://www.instagram.com/smithsdorset/>

There is free parking available, and there are some gorgeous walks to be enjoyed around the vineyard (please check availability in the tasting room beforehand in case of essential work on the vines).

Maps and walk routes will be available soon.

So come along, walk, refresh and enjoy the location. Equestrian guests are also very welcome; there is a bridle path that comes alongside the estate.

Mel describes herself as **“beyond excited”** and looks forward to seeing you there!



MA Art Group



The members of MAAG are ready and raring to return to their art materials with renewed vim and vigour as the group starts again on Monday 3rd of March following their annual winter break.

A friendly bunch of creatives, they'd love to welcome new members into the fold, to join the fun! All experience levels are very welcome.

To give you an idea of what they get up to, the upcoming Spring and Summer programme includes visiting artists, a silk painting workshop, their annual exhibition, social trips, and various topics of inspiration week-to-week, as well as sessions to complete work 'en plain air' (outside, when the weather warms up!)

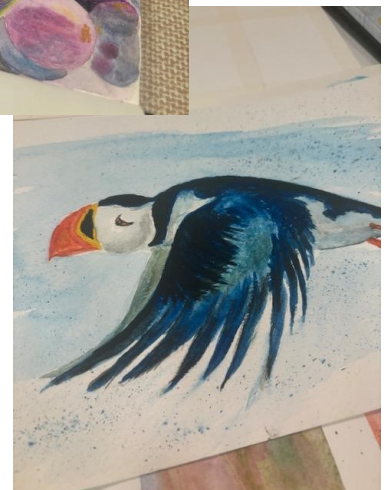
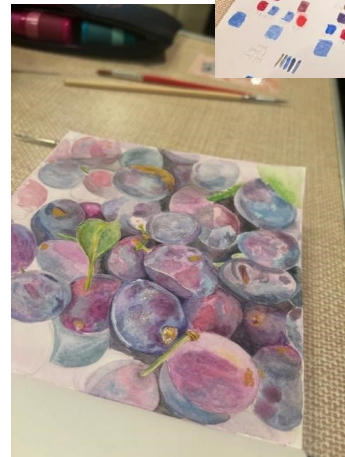
They meet on Monday evenings at the Reading Room and if you're interested in joining, please contact Chairperson Eve:

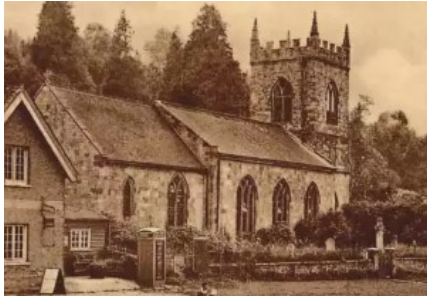
pen@evebonham.co.uk

They're also on social media, so feel free to connect and keep up to date with their work, arty prompts, and what's going on in the world of MAAG.

Facebook: facebook.com/MiltonAbbasArtGroup

Instagram: instagram.com/miltonabbasartgroup1





Pews News

THE MONTH AHEAD	KEY HC – Holy Communion (music/prayer/reflection & sharing of bread and wine)	CSC - Café Style Church (Food/interactive/craft) SS – SoulSpace (short/contemplative with reflection and silence)	BCP – Book of Common Prayer (a gentle traditional language style)	MW – morning prayer/ worship (a service for all No communion)
Our churches	2nd March 2025 Green Sunday next before Lent	9th March 2025 Purple 1 st Sunday of Lent	16th March 2025 Purple 2 nd Sunday of Lent	23rd March 2025 Purple 3 rd Sunday of Lent
Clenston		10.30am BCP + HC		
Houghton		4.30pm CSC		10.30am Celtic HC
Milton Abbas		10.30am MW	9am BCP + HC	6pm SS
Stickland	10.30am MW	9am BCP + HC	10.30am HC	
Turnworth	9am HC			10.30am MW
Whitechurch	10.30am HC		11.30am CSC	
Milton Abbey				
Old Testament	Exodus 34. 29 to end	Deuteronomy 26. 1 - 11	Genesis 15. 1 – 12, 17 - 18	Isaiah 55. 1 - 9
Psalms	99	91. 1 – 2, 9 – end or 91. 1 - 11	27	63. 1 - 9
Epistle	2 Corinthians 3. 12	Romans 10. 8 - 13	Philippians 3. 17, 4. 1	1 Corinthians 10. 1 - 13
Gospel	Luke 9 28 – 36 (37 – 43)	Luke 4. 1 - 13	Luke 13. 31 to end	Luke 13. 1 - 9

Website: www.wvmabenefice.uk (or a 'Church Near You')

If you would like Pews News as an email, please contact **Jennifer Harrison** on wvmabenefice@gmail.com

From Lewis Podcast on Prayer - Lewis interviews Franciscan Brother (Monk) Clarke Berge about prayer.
<https://open.spotify.com/show/2ud8RWFoYgHBPLW54Ksw4f>

Imogen Le Sueur: Foot Health Practitioner

For all your general footcare needs in the comfort of your own home!

Services include nail cutting, corn/callus removal, basic treatment for ingrowing toenails and verrucas. Footwear and management advice is also provided, all for £36 per person (slight discount for couples). For an appointment call 07754030565 / 01929 402094

imogen@foothealtdorset.co.uk

February Picture Quiz Result:



Maybe last month's wasn't as tricky as I thought! A number of you got this straight away, but Pamela Phillips was the first!

It is, of course, the base of the old market cross situated in the old town near the road running around from the school to the Abbey church, and featured in the BBC's "Pubs, Ponds and Power" series - A clip can be found here:

<https://www.bbc.co.uk/programmes/p06ycr24>

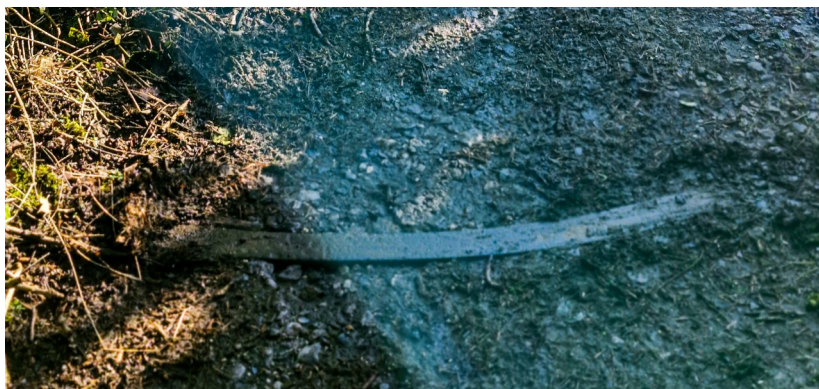
March Picture Quiz:

A tricky one?

Do you know where this was taken? Recognise the image? Know it's significance?

Drop us an email and let us know!

The first correct responder gets their name in next month's MA Bulletin.



Articles and Feedback Gratefully Received:

MiltonAbbasBulletin@GMail.com

or contact the editorial team directly:

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Stuart Driver