Jan 2026
Issue 17

Welcome!

Happy New Year!

Hello all, and warmest wishes to you all for 2026. Here's to living life to the fullest. To quote Albert Einstein:- "Learn from yesterday, live for today, hope for tomorrow."

January in the UK is typically cold, damp, and often frosty. Days are short; there are only about 8 hours of daylight per day, making activities best suited for late morning through to mid-afternoon, especially winter walks provided you dress warmly in layers and waterproof clothing. Temperatures are on average from 2°C to 8°C, with nights often dropping to freezing or below. Strong winds, particularly on the coast, can make it feel much colder.

According to the Chinese zodiac calendar, 2026 is the Year of the Horse, which occurs every twelve years. However, the Chinese zodiac also includes five elements, which are Wood, Fire, Earth, Metal, and Water. This actually makes 2026 the Year of the Fire Horse, a cycle that repeats every sixty years!

The Years of the Horse include 1918, 1930, 1942, 1954, 1966, 1978, 1990, 2002, 2014 and 2026.

Many people take on the dry January challenge, made easier this year, by a lack of pub in the village!

January 4th is National trivia day - Did you know that the number 2026 in Roman numerals is written as MMXXVI? Plus in the UK we drink over 165 million cups of tea every day and 2.6 million people fall off a stool or ladder every year hanging up Christmas decorations!

January 8th is Iain Bakers birthday

January 11th is the Golden Globes awards

January 19th Blue Monday, but it is also Richard Jordan's birthday

January 24th marks a whole centenary of Winnie the Pooh stories

January 25th is Burns night

January 26th is Becky Cockerill's Birthday

January 31st marks the beginning of six nation's rugby

Happy January everyone! Keep warm and stay safe.

Best regards, Mrs Ed!

Thought for the Month

As the old year slips quietly into history and a new one opens before us, many of us find ourselves pausing - if only for a moment - to look back and to look ahead. The turning of the year has a gentle way of inviting reflection. We remember joys and celebrations, challenges and losses. Each year leaves its mark on us, shaping who we are and how we see the world.

In village life, the passing of time is often measured not just by dates on a calendar, but by shared moments: carol services, dog shows, the Street Fair, the Hambro closing, the ending of an era with the final days of the post office. Also familiar faces and conversations over garden fences, walking down the road, in the doctors surgery and then there's that rhythm of seasons in the fields around us. These everyday encounters are small blessings, easily overlooked, yet they form the heart of our community.

The New Year can sometimes feel heavy with expectation. We are encouraged to make resolutions, to do better, be better, try harder. While there is nothing wrong with fresh starts, I wonder if this year we might also allow ourselves something gentler: the resolve to be kind - to ourselves and to one another. Kindness costs little, yet it can transform a day, a relationship, even a whole community.

At the start of the year, the Christian faith speaks of light. Not the dazzling light of fireworks or celebrations, but a steady, guiding light that shines even in uncertain times. Many people begin this year carrying worries - about health, family, finances, or the wider world. Faith does not promise easy answers, but it does offer companionship on the journey, and the reassurance that none of us walks alone.

Our church remains here for everyone in the village, whether you come every week, once a year, or simply appreciate knowing that the doors are open. It is a place for celebration and for silence, for questions as well as for prayer. In the year ahead, you will be warmly welcome at our services, community events, and quiet moments of reflection. Equally, if you ever need a listening ear, please know that I am always here.

As we step into this New Year together, my prayer for our village is a simple one:

that we may continue to look out for one another, to notice those who may feel lonely or overlooked, and to give thanks for the good that is already among us. New beginnings are not only found on 1 January - they happen whenever we choose hope over fear, generosity over indifference, and love over division.

May this New Year bring you peace, health, and moments of unexpected joy. And may our village continue to be a place where all are known, valued, and welcome.

With every blessing for the year ahead,

Rev'd Lewis

Milton Abbas: Christmas 2025

Milton Abbas Surgery

New Year's Resolutions

Lifestyle change doesn't have to be huge and overwhelming. Sometimes the smallest changes add up to the biggest impact.

Why not ease your way into a healthier you with some simple and achievable bite-sized wellbeing boosts by joining one of our Wellbeing groups run by our volunteer health champions? We have a beginner's line dancing group, walking group and crafting group.

You can find out more details on our surgery website under the Wellbeing Team page. Alternatively, you can contact Anna or Kelly, our Social Prescribers at the surgery either by calling 01258 880210 or by completing the "Social Prescribing Contact Us Form" on our website and they will be happy to help.

Keeping Warm

As the colder weather arrives, here are a few reminders for keeping warm and safe:

- Dress in layers to keep warm. Several thin layers work better than one thick layer of clothing.
- Use hot water bottles, electric blankets, and wheat bags. Do not use both a water bottle and electric blanket at the same time though!
- Heating your home. If you are not very mobile, are 65 or over, or have a health condition heat your home to at least 18C. Draw curtains at dusk and keep doors closed to block out draughts.
- Eat the right foods. Make sure you are eating well, with at least one hot meal a day. Try to eat a balanced diet with lots of fruit and veg to get nutrients.
- Keep as active as possible. This is a great way to keep warm.
- Be prepared if you are heading out. Wear warm footwear with non-slip soles, and keep hands, heads and faces warm.
- Check on older neighbours and relatives. Make sure that they are safe and well, are warm enough (especially at night) and have enough food and medicines so that they do not need to go out during the very cold weather. If you are worried about a relative or elderly neighbour, please contact your local council or call the Age UK helpline on 0800 678 1602.

If you are struggling with heating costs, you may be able to claim financial and practical help with heating your home. Please speak with the Citizens Advice Energy Advice Team by calling 01929 775500 or email energyadvice@cabnet.org.uk.

New Year Opening Times

Mon 29h Dec – Open as usual

Tue 30th Dec – Open as usual

Wed 31st Dec – Open as usual

Thurs 1st Jan – CLOSED

Fri 2nd Jan – Open as usual

New Year's Message to all our patients

May the New Year bring you happiness & peace and be filled with new adventures. Wishing you a joyous 2026 from all of us here at Milton Abbas Surgery!

Dorset: Becoming Health Literate

Effective communications for better health

THE VIEW
Coffee Shop

January
OPENING HOURS

MONDAY - 10am - 3pm
TUESDAY - CLOSED
WEDNESDAY - CLOSED
THURSDAY - 10am - 3pm
FRIDAY - 10am - 3pm
SATURDAY - 10am - 3pm
SUNDAY - 10am - 3pm

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

Steeptonbill
Farm Shop

Contact Steve at steeptonbill@gmail.com for all your seasonal produce

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Coffee Stop

Every Tuesday St James Church opens up its south aisle to welcome villagers and passers-by in for a cuppa and a slice of cake

All are welcome!

It is a great way to meet other villagers and catch up on things.

The coffee stop runs from 11am until 12 noon and we charge just £1 for a drink and another £1 for a slice of cake!

All proceeds go to the up-keep of our beautiful church.

Milton Abbas Lunch Club

Christmas at The Lunch Club!!

Christmas came to the Lunch Club on Weds 10th December, and as usual the Chefs rose to the occasion with great success! There were games, a Secret Santa and all manner of merriment!

The first Lunch Club of the year will be on **Weds 14th January at The Reading Rooms.** All villagers over 55 are welcome, and we provide something warming and hearty to fill your tummy! Main will be cooked by Sue Hodder and a pudding will be by Jane Harley.

The cost for the meal will be £5 per head, payable to Trevor Payne on the day.

To book your place, please email Jennifer by 9th January:

hrrssnsup@aol.com

Pews News

January 2026

Services in January

SUNDAY 4TH JANUARY
9am - Turnworth (Communion)
10:30am - Winterborne Stickland (Morning Worship)
10:30am - Winterborne Whitechurch (Communion)

SUNDAY 11TH JANUARY
9am - Winterborne Stickland (Prayer Book Communion)
10:30am - Milton Abbas (Communion)
10:30am - Winterborne Clenston (Prayer Book Communior
4:30pm - Winterborne Houghton (Cafe Church)

SUNDAY 18TH JANUARY
9am - Milton Abbas (Prayer Book Communion)
10:30am - Winterborne Stickland (Communion)
11:30am - Winterborne Whitechurch (Cafe Church)

SUNDAY 25TH JANUARY
10:30am - Winterborne Houghton (Celtic Communion)
10:30am - Turnworth (Morning Worship)
6pm - Milton Abbas (SoulSpace)

Bible Readings

Sunday 4th January - 2nd Sunday of Christmas
Jeremiah 31. 7 - 14/John 1[1-9] 10 - 18 (White)

Sunday 11th January - Baptism of Christ
Isaiah 42. 1 - 9/ Matthew 3. 13 to end (White)

Sunday 18th January - 2nd Sunday of Epiphany
Isaiah 49. 1 - 7/ John 1. 29 - 42 (White)

Sunday 25th January - 3rd Sunday of Epiphany
Isaiah 9. 1 - 4/Matthew 4. 12 - 23 (White)

January Events

Saturday 24th January: The Winterborne Wanderers 5 mile walk around DWT Lyscombe nature reserve. Lunch at Lyscombe chapel.

Laptop Needed for Church Communications
Our church laptop, used for producing pews news and other communications, has unfortunately stopped working. At this time we do not have the funds to replace it (approx £400)
If anyone has a working laptop they would be willing to gift or donate, we would be extremely grateful. An older model that you no longer need at home or in your business may be perfectly suitable for our needs.

Services in February

SUNDAY 1ST FEBRUARY
9am - Turnworth (Communion)
10:30am - Winterborne Stickland (Morning Worship)
10:30am - Winterborne Whitechurch (Communion)

SUNDAY 8TH FEBRUARY
9am - Winterborne Stickland (Prayer Book Communion)
10:30am - Milton Abbas (Communion)
10:30am - Winterborne Clenston (Prayer Book Communion)
4:30pm - Winterborne Houghton (Cafe Church)

SUNDAY 15TH FEBRUARY
9am - Milton Abbas (Prayer Book Communion)
10:30am - Winterborne Stickland (Communion)
11:30am - Winterborne Whitechurch (Cafe Church)

SUNDAY 22ND FEBRUARY
10:30am - Winterborne Houghton (Communion)
10:30am - Turnworth (Morning Worship)
6pm - Milton Abbas (SoulSpace)

COMMUNION
MUSIC/PRAYER/REFLECTION & SHARING BREAD & WINE
BOOK OF COMMON PRAYER
A GENTLE & TRADITIONAL LANGUAGE STYLE SERVICE
CAFE CHURCH
FOOD/INTERACTIVE/CRAFT
SOULSPACE
SHORT/CONTEMPLATIVE WITH REFLECTION AND SILENCE
MORNING PRAYER/WORSHIP
A MIXTURE OF MANY OF THE ABOVE WITHOUT COMMUNION

Epiphany Door Blessing

God of heaven and earth, you revealed your only-begotten One to every nation
by the guidance of a star. Bless this house and all who inhabit it. Fill us with the
light of Christ, that our concern for others may reflect your love. We ask this
through Christ our Saviour. Amen.

Rector - Rev'd Lewis Pearson
revlewispearson@gmail.com - 01258 880482
Chaplain to Milton Abbey School - Tuesday
Day Off- Friday

Admin & Pews News - Jennifer Harrison
wwmbenefice@gmail.com

www.wwmbenefice.co.uk

SMITHS
DORSET

Happy New Year from the team at Smiths!

We will be closed in January and February, recharging after an eventful and enjoyable 2025 at Langhams. We've very much enjoyed hosting familiar faces and new friends alike during the past year, and we look forward to seeing you again when we start back up in March.

Meantime - we wish you a healthy and prosperous New Year! Cheers!

www.smithsdorset.com

Milton Abbas Riding for Disabled Group offer therapeutic horse riding to young disabled children on Tuesdays 5-6.30pm and Fridays 10-12 noon in term time. We are a charity (Reg. no. 1177691) entirely run by volunteers and we raise our own funds to enable us to operate.

If you would like to consider regular volunteering with us, please contact Sue Hodder on 07739 469946 or suehodder01@talktalk.net

Thank you so much.

https://rda.org.uk/

You can also find us on facebook:-

https://www.facebook.com/p/Milton-Abbas-Riding-for-Disabled-Group-MARDA-100067613680731/?locale=en_GB

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**

Strawberry Cottage Studio & MA Art Group

It is with great sadness that I am writing this to let everyone know that our amazing friend and artist Annabelle Narey passed away on 14th December 2025. She is leaving a massive hole in our hearts having been such a caring, gentle and inspiring person. I would like to share her art biography with you which says a little bit about her life.

Growing up in an isolated hill country farm on the edges of a national park in a remote corner of New Zealand, inspired a deep connection to the beauty and processes of the natural world which was a key element woven throughout Annabelle's creative work.

Loving the countryside, Annabelle divided her time between Dorset and Kew and was never too far away from a tree. When based in Dorset, her studio window looked out across the magical and leafy valley of Milton Abbas where she helped to run the local art group. Annabelle's work explored a deep connection to all things and to how all things are connected. Never wishing to rule anything out, she explored colour and layer in her work, often combining a multi-media approach across acrylic and oil painting, print, collage, and 3D creations all of which embraced original and quirky themes.

Her latest exploration of the folk genre took inspiration from a life-long interest in blending the elements of fairy tale, folk lore, myth and alternative cultures. Annabelle's original and handmade greetings cards were much sought after and bespoke designs had been commissioned for London stores. Her creative work has been collected and commissioned around the world with buyers in Australia, New Zealand, America and the UK.

In addition to walking and exploring nature with her husband Terry, Annabelle was an accomplished writer, musician, singer, dancer, teacher and creator of educational programmes for Early Years. Her creative talent was immense and it was valued, praised and enjoyed by all who had the fortune of meeting her.

Annabelle's family gathers in Kew where she sadly passed away amongst their deep love for their amazing mum and wife. Her memory lives on.

Sending all our love to those grieving from Louise and Milton Abbas Art Group friends.

If anyone would like details of Annabelle's memorial, please contact one of her daughters,

Kit who would be very happy to help - see email address below.

Email Louise: lfreirart@gmail.com

Email Kit Narey: kit.narey@gmail.com

Computer Cafe

Got an issue with your computer or mobile phone?

Come along to the Reading Rooms on a Thursday between 10am and 12 noon and we will see if we can help. We ask you to buy a drink and a piece of cake for £2 to cover our costs.

Jennifer

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

December Picture Quiz Result:

Last month's photo was part of the statue on the bench outside of Number 15 The Street - Louise Freir recognised it :)

Well done Louise!

January Picture Quiz:

Do you know where this was taken? Recognise the image?

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:
Paula Driver
Bev Martin
Stuart Driver