

Here's the news email for the Parish of Medstead and Four Marks for this week.

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**Sunday - 18th January 2026**

**8am at COGS - Communion Service**

**9.30am at COGS - All Age Service service with sung worship, kids church and creche**

**11am at St Andrew's - Communion Service**

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### **Christmas Quiz**

With many thanks for people's generous donations, the Christmas Quiz this year will raise over £400 - a record amount!

The money raised will go to The Church Homeless Charity, which is the Church of England's organisation dedicated to the rehabilitation and resettlement of homeless people. It supports the work of the English Churches Housing Group, which is one of the largest providers of accommodation and support for homeless people in the UK, helping 3,500 people every day through hostels, move-on accommodation, day centres, winter shelters, women's refuges and drug/alcohol rehabilitation schemes.

Congratulations to the top scorers!

1) Adrienne Crane

2) David & Sarah Giles

3) Craigen Family and Chris Oakesmonger

Our thanks to Mike Saltmarsh for teasing our brains once again!

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### **Patrick Busby Running the Brighton Marathon**

On 12th April Patrick will be running in the Brighton marathon to raise money for the Alton Climate Action Network GUMBI Malawi Irrigation Project, especially important work given the recent severe droughts in Malawi.

If you would like to donate, please visit his JustGiving page:

[Patrick Busby is fundraising for Alton Climate Action Network](#)

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### **Tea & Chat and Tea & Bowls**



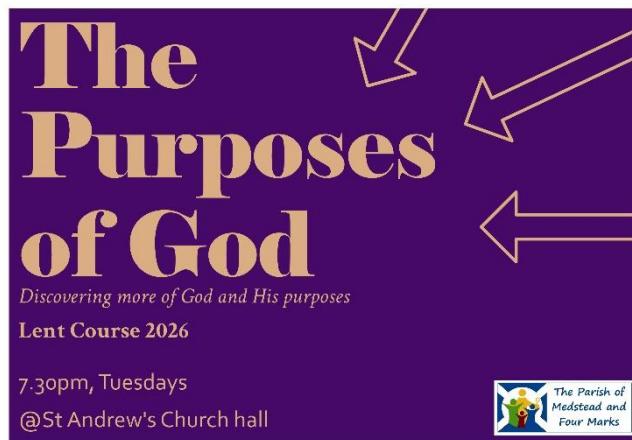
Tea & Chat and Tea & Bowls are back for the new year this coming Wednesday - 21st January. 2pm in the church and church hall.



Medstead Family Church is back on 25th January!

4pm, at Medstead Church Hall.

Do come along and spread the word



### Lent Course 2026 - The Purposes of God

*Discovering more of God and His purposes*

7.30pm, Tuesdays in St Andrew's Church hall

Sessions will include presentations, group discussion and open question times

**24th February** - How to know God: The source of our understanding - the Bible as the revelation of the character and nature of God

**3rd March** - The nature of God: Seeking an understanding of God through his self-revelation in the Bible and supremely in Jesus

**10th March** - The purposes of God for the world: Plotting the story of salvation and mission through His-story.

**17th March** - The purposes of God for us: Seeing and taking our place in God's work.

No need to book, just show up.

## The Bereavement Journey - a few places left.

Grief is hard.  
Death can impact  
all of life.

The Bereavement  
Journey  
a place to talk

7 Sessions of films  
and discussion  
**for anyone bereaved anytime**

Topics include:

- Attachment, separation and loss
- The pain and responses of grief
- Anger and guilt
- Coping with others' reactions
- Delayed and suppressed grief
- Adjusting to change
- Moving forward healthily
- Faith questions – a Christian perspective (optional)

To find out more visit: [thebereavementjourney.org](http://thebereavementjourney.org)

Running soon:

**Fridays 0945 - 1145**  
**16th Jan - 27th Feb**  
**Alton Maltings Centre.**

Suggested voluntary contribution £20 (for the whole course).  
To book your place, or to find out more about it, email [bereavement@potr-alton.co.uk](mailto:bereavement@potr-alton.co.uk) or phone 07514280362

Our next Bereavement Journey will be held at The Alton Maltings Centre, 2 Maltings Close, GU34 1DT, on Friday mornings 9.45am - 11.45 am, starting on **Friday 16th January** and finishing on Friday 27th February.

Our suggested voluntary contribution of £20 is for the whole course and helps towards the cost of the materials, venue and refreshments.

To find out more about it, and to book a place, please email Wendy at [bereavement@potr-alton.co.uk](mailto:bereavement@potr-alton.co.uk) or phone on 07514 280362.

## Alton Foodbank

The Alton Foodbank (*Charity name Alton Christian Care Limited, Charity Number England & Wales 1151471*) is a local charity that supports some of the most vulnerable people in Alton and the surrounding villages. For the charity to run well we need a dedicated team of trustees and volunteers. Recently the following roles have (or are about to become) vacant: Charity Trustee and Treasurer (does not need to be a trustee also)

A summary role description for the trustee role can be viewed here.

[ACCTrusteeJD\\_V1.pdf](#)

If you would like to find out more about either role, please contact Ian Dane, Chair of Trustees Alton Foodbank on [imdane@alton.foodbank.org.uk](mailto:imdane@alton.foodbank.org.uk) or 07768 711679

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### **Child Sponsorship**

If you responded to the appeal on Compassion Sunday or sponsor a child through any other charity, please may we have a photo for our revised sponsorship notice board?



We can scan the photos and return them to you. Please ensure your name, the child's name, and their home country are on the reverse, and give them to Matt or Chris McGrath, thank you

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### **Pilgrim accommodation**

A pilgrimage from Winchester to Canterbury, with members from St Peter and St Paul's Church, Wantage, will be stopping in Four Marks on 10th March.

The group, which is likely to be 2 or 3 gentlemen, are wondering if anyone might be able to put them up for the evening.

If anyone thinks they can help, please let Matt know, and he can put you in contact with the group leader, the curate of the parish.

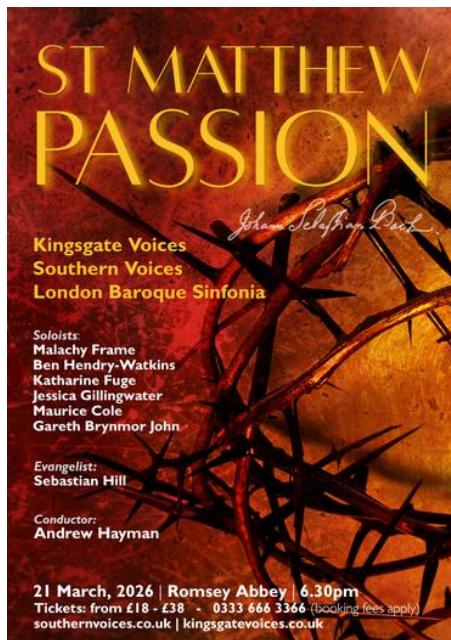
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### **Bookstall**

Bible Reading notes and other items are available for sale from the Church Bookstall



**Our new teaching series at COGS is Revelation Part 2: The King & The Wedding Day.**  
**Catch up on previous sermons on our website or YouTube channel.**  
**Click the image to view the series card. (Paper copies available at COGS)**



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