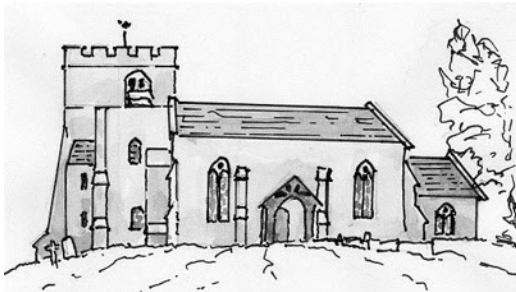
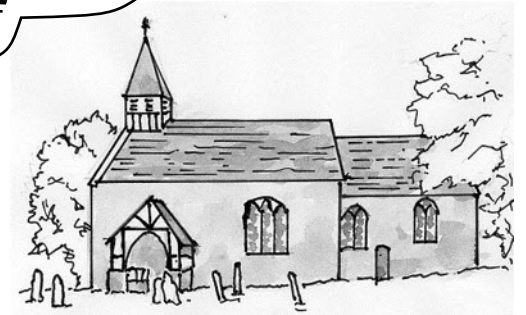


Frome Valley News

The Parish Magazine for Acton Beauchamp, Bishops Frome, Castle Frome, Evesbatch, Fromes Hill, Much Cowarne, Ocle Pychard & Stanford Bishop.



Newsletter
February 2024



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Editorial:

If you lose your paper copy of the newsletter It's always available on the website where it can be seen in full colour. It can also be emailed to you.

I always acknowledge receipt of emails - if I don't please send to Parish office as I have had some email issues.

e-mail:

fromevalley@icloud.com

www.fromevalleychurches.com

Sarah email

fromenews@gmail.com)

OR contact the Parish Office
for more information.

New website now up and running

www.fromevalleychurches.com

Advert Rates per issue:

£3.00 1/8 page, £6.00 1/4 page,
£10.00 half page, 20.00 whole page

Frome Valley Lottery Results

January 2024

£25	385	E Pryce	P. BOWLER
£20	19	Jordan Davies	MH
£15	173	K Smith	MB
£10	78	R Gough	CH
£10	403	G Phillips	JG
£10	67	Jenny Parker	CI

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£10.00 half page,
£20.00 whole page

Vicar's Letter February 2024

Bishop Richard has declared 2024 a Year of Faith and wants us to focus on this theme throughout the year. There are a number of Diocesan events planned but we are also being encouraged to participate at a local level. The aim is to enable us to be more confident in our faith.

With this in mind, our Lent course this year is recommended by the Bishop of Hereford and produced by the Bible Society, it's simply called 'The Bible Course.' This will feature the usual video presentation along with discussion time and take no more than an hour and a half per session.

Check the pew sheets for details of dates and times.

Becoming more confident in our faith is not always easy. On a personal level I often think about the complex world in which we live and find myself torn between the immediacy of a pastoral need and the churches teaching on a particular issue. Life isn't always easy and our faith doesn't always provide simple answers to all of life's problems, particularly when we are dealing with real human beings and not just debating theology with one another.

As a traditional group of churches we can sometimes be criticised for not modernising the way we do things, or for not moving at the same pace of the world around us. Personally I draw great strength and comfort from knowing that I am continuing to devote myself "to the apostles' teaching and fellowship, to the breaking of bread and the prayers." (Acts 2.42)

Worrying about the world and all its challenges may be important, but remaining faithful to our Lord and his teaching is also important. Are we really prepared to compromise our faith in an attempt to be relevant in an age where social norms are changing so rapidly?

The things we do in worship are a continuation of this two thousand year old devotion to our Lord and we should at least have confidence in this aspect of our faith which is built on the faith of the Apostles and all those Christians who have gone before us.

This week I have been reading morning prayer, which I usually do very early in the morning using my mobile phone to read in the darkness. As I have been rattling through endless psalms (not making it sound like fun am I?) a couple of Bible verses have made their way through to my half asleep brain;

Romans 12 vs 2: "Do not be conformed to this world."

Hebrews 13 vs 9 "Do not be carried away by all kinds of strange teaching."

Perhaps we should have confidence in our faith, in our traditions and in our church after all.

Every blessing for a Holy and Faith filled Lent.

Steven



Ash Wednesday
— Lent Begins

FROME VALLEY GROUP
Ash Wednesday Service
St Mary the Virgin, Bishops Frome
22nd February 2023 7.00pm

M J Padden Tree Services

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Childline: 0800 1111
Samaritans 116 123
Domestic Violence Hotline: 0808 2000 247
Mind 0300 123 3393
Age UK 0800 169 6565

St Mary's church looked lovely for its annual Harvest Service. A huge thank you, as always, to all the 'flower ladies' for their wonderful arrangements.

Careline - Help at the push of a button
Careline can give you or your loved ones the reassurance and peace of mind that if you require help, it is not far away! Careline is a 24-hour personal emergency response service, based in Hereford, which is connected to your home through an alarm unit linked to your telephone line. **In times of need, help is just the push of a button away!**

For information please speak to our Careline team on 01432 384100. Herefordshire Careline is run by the Independence Trust, part of the Herefordshire Housing Group.

HELP IS STILL AT HAND

There is a Bromyard Support Group number - 07824 660480

is there to help anyone who is isolating or just feel like some support during these exceptional times.

Frome Valley Pastoral Group

The Pastoral Group are all very actively engaged in emailing and telephoning people through out this difficult time. If you have any concerns or would just like to speak to someone please call one of the group;

Rev'd Steven Baggs 07490 533720 stevenbaggs@me.com

Rev'd Richard Allaway 07969 699270 rja5204572fco@gmail.com

Mrs Judy Orgee 01531 640525

Frome Valley Group of Parishes – Safeguarding

Please could anyone who takes part in organising, leading and/or helping with any church activity involving children, young people or vulnerable adults, ensure that they have a valid DBS check i.e. one carried out by the Frome Valley Benefice within the last 3 years. If not, please could you contact your Parish Safeguarding Officer, Eleanor Morris, to arrange an up to date check. She can be contacted on 01885 490229 (Wednesday and Friday mornings) and by email fromevalley.icloud.com.

CONQUEST THEATRE

Films

Feb 2nd Book Club: The Next Chapter 7.30pm (12A)

Feb 16th The Great Escaper (12A) 7.30pm

Live on Stage

Feb 3rd TRIGGER The Stadium Rock Experience 7.30pm

Feb 9th Folk in the Foyer - Steve Turner supported by Huw Knight & Viv Bell 8pm

Feb 17th Conquest Drama Group - Valentines Poetry Evening 7.30pm

Feb 22nd - March 2nd Conquest Productions Black Adder 7.30pm

Event Cinema

Feb 4th Kinky Boots: The Musical (recorded live) 7pm

Feb 7th Royal Opera House The Royal Ballet Manon 7.15pm

Feb 14th Rodgers & Hammerstein 80th Anniversary Concert (recorded live) 7pm

Feb 27th Exhibition on Screen - Painting the Modern Garden - Monet to Matisse 7.30pm

Visit and book through our web site conquest-theatre.co.uk
or call the box office 01885 488575 Open Wednesday 10.30 - 12.30

Lent Lunch 2024

To encourage joint working together by the local churches
Greater Whitbourne will be holding a

Lent Lunch on 20th March

at Whitbourne Village Hall at 12.30pm

The menu is soup, bread and a pudding. There is no charge for this
and a donation to the charity of the cook's choice will be invited.

All members of the Frome Valley Parishes are warmly invited to
this event. Please let Reverend Steven Baggs know by 9th March
2024 if you are going to come.

ST. MARY'S CHURCH MUCH COWARNE

The following events took place in December but too late for reports to go into the December issue of the Frome Valley News so they are briefly described here:

Burley Gate Primary School and Nursery Nativity Play

On Tuesday 6th December the children of Burley Gate Primary School and Nursery acted and sang an excellent Nativity Play, in front of a full church of Parents, Carers, Grandparents and Community members. It was led by Rev Steven Baggs, and mince pies and drinks were offered to the congregation afterwards. The school head said that the children had thoroughly enjoyed singing and performing, she had received lovely feedback, and the children look forward to performing again next year.

Christmas Coffee Morning, Saturday December 10

Coffee and homemade cakes were enjoyed by an encouraging number of people who were able to browse and purchase from our collection of books and an attractive selection of plants, produce and Christmas items. The event raised over £320 which was donated to the Hereford Salvation Army Christmas Homeless Persons Appeal. We hope to repeat these coffee mornings at intervals in 2024.

Carol Service, Sunday December 18

Over 30 people braved the very cold morning and threatened snow to attend this popular service of lessons and carols, which included, after each bible reading, a relevant modern poem and short prayer, thus emphasising the continuing relevance and importance of the Christian message today. Mince pies and mulled wine helped to warm us up after the service.

Events in 2024

At the time of writing only one event(see below and page) has been definitely arranged for 2024 but further events will be advertised in future issues of the Frome Valley News and Community News as well as by the usual posters.

Race Night Friday March 8

If you haven't been to one of these evenings yet do give it a try – perhaps bring some friends with you – and join in some lighthearted fun. Half the fun is owning a horse and watching it run and if you wish to do this you do need to book in advance so that the name of your horse can be added to the race card. If you have any queries about how it all works either Barry or Ted (contact details in the advert) Page 6 will be happy to help. Light refreshments – hot pork rolls - are included in the entry fee.

ATTENTION

I think at this moment in time, we are all horrified and dismayed by what is happening in our world - what with shootings, stabbings, earthquakes and floodings. However, we can only but imagine what is happening in the wars in the middle east.

When we get a first-hand account on television, of what the scenes of devastation and destruction in the Middle East, wars, we can only but imagine an apocalypse has taken place in the affected countries.

I think on the words of the well-known hymn, I have little to give, “But what, I can, I give him, G I V E my Heart”. Like most of you, you will like me want to give your hearts, - I am sure we do.

Out of these thoughts came the idea of holding a concert, the proceeds of which could be donated to help out the charities and humanitarian agencies who are ministering to the needs of thousands of people.

I therefore started to plan a concert, and here it is.

CONCERT

At St. Mary’s Church. Bishop’s Frome,

**Friday 23rd February 2024 at 7pm.
Proceeds to The British Red Cross**

Tickets £10 each to include a glass of wine, and nibbles.

**Please contact Moyra Taylor, 01885 489268 or
email: moyrataylor412@btinternet.com.**

**Please help me support this worthwhile organisation.
p.s. Our own Rev. Chris Fletcher is giving a recitation.**

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Contact Richard 01531 640768 or 07989501047

Much Cowarne PCC

RACE NIGHT

Friday 8th March 2024

At The Plough Inn, Stoke Lacy. Racing starts at 7.30

Admission £5 including light refreshments

You may want to come just to have some fun and a bet or two
(minimum stake £1)

But - would you like to own a horse for the night or sponsor a race?

You can own & name a horse (£10) & it will be on the race card.

If it wins - you win £30

or you can Sponsor a Race (£30) and have it named after you

For further details please contact:

Barry Bufton 01432 820024 email:bb@barrybufton.co.uk

or Ted Parkes 01432 820402 email:tedparkes@btopenworld.com

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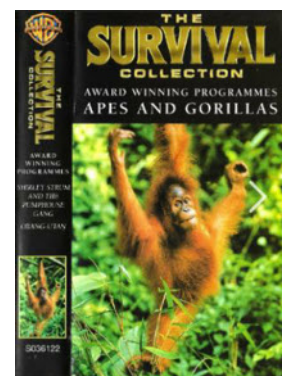
Supper & Speaker

with

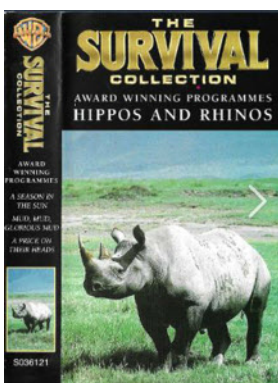
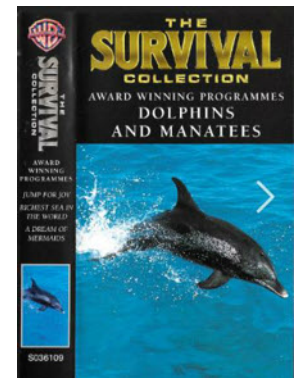
Malcolm Penny

Saturday 24 February, 7pm

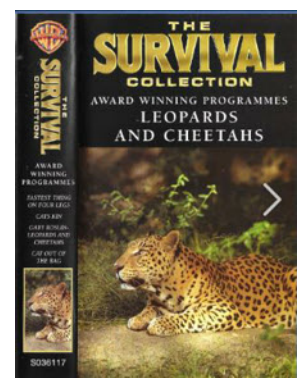
Many of you will know local resident **Malcolm Penny** by sight, but here he is making friends with an alligator in 1988, during his long and fascinating career as a wildlife film producer.



Come and join us for
supper and Malcolm will
tell you all about it.



Simple supper
and vegetarian option
Bar
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Call 07960 881989 for tickets,
£12 a head
Support your village hall and
have a good time.





Communion Service

Sunday 11th February

11.30am

Family Service

Sunday 25th February

10.00am

This is a reverent and informal service for the family of the Church. All are welcome. Coffee, tea and squash served at the close of the service, offering a time to socialise.



Castle Frome February 2024 News, Views & Muse

Hilary's Nature Diary

The Common Buzzard is now living up to its name

The new stock fencing below the church is clearly there to provide numerous perches for our resident buzzards. One, in particular, regularly frequents a post close to the lane, sometimes for hours at a time, patiently waiting for a small mammal or other delicacy to pass by. This buzzard has a distinctive pale colouration and is one of several that patrol the sky above the church, attracted by the mature woodland and permanent pasture.

Since its near demise in the mid-20th century, the buzzard has made a remarkable comeback and is now the UK's most abundant raptor. Watching them circling above the church, and hearing their plaintive mewing, reminds me that in all the gloom there really are some biodiversity good news stories



Hilary



2024 – Leap Year

In some places around the world, leap years are considered lucky while, elsewhere, a February 29 birthday is thought to be unfortunate. One thing is for certain: Without leap years, there would be nothing to keep our months and years in check.

The Gregorian calendar has 365 days a year, plus one additional day every four years. These years are called leap years. Julius Caesar instituted leap years in the Western calendar more than 2,000 years ago, a leap year was declared in any year that could be divided evenly by four. In a leap year, the shortest month, February, gets an extra day at the end of it. This so-called intercalary day, February 29, is commonly referred to as leap day. Leap years have 366 days instead of the usual 365 days and occur almost every four years.

Our calendar remains in sync with Earth's rotations around the Sun thanks to leap days. Earth completes one orbit of the Sun in about 365.242189 days, or 365 days, five hours, 48 minutes, and 45 seconds. The equinox in March marks the beginning of what is known as a tropical year.

Only 365 days make up a year on the Gregorian calendar. In regard to Earth's rotation around the Sun, each calendar year would start around six hours earlier if we didn't add a leap day on February 29 almost every four years.

Like our Facebook Page St Michaels Church, Castle Frome



**We have a BCP Choral Evensong at Bishops Frome
with the Hereford Church Singers coming up
at 6.00 pm on Sunday 11th February
There will be light refreshments after the service.**

Hereford Church Singers exists to provide music for churches in Herefordshire and beyond, where no permanent choir exists.

The choir was founded in 1968 and has pursued its aim, we believe with good success, during the following 50+ years, and the choir is still going strong!



St James Church, Stanford Bishop

A big thank you to all who helped decorate the church for Christmas it looked amazing, and very festive for the candlelight service on Christmas Eve, which was so well supported with the church nearly full to capacity. Also many thanks to all those who supplied Christmas refreshments so much appreciated by the PCC.

A special mention must go to Gladys Draper who at 102 years of age attended the service. Gladys who for many years lived in Stanford Bishop and attended church at St James and Linley Green, she also helped out with all the fund raising events for the church. Gladys now lives at Highwell Nursing home at Bromyard and her wish was to attend the carol service on Christmas Eve which was kindly arranged by the staff at Highwell so a big thank you to the staff.

Snowdrops and Soup Looking ahead our next event is Snowdrops and Soup on Saturday 10th Feb 12noon to 1.30(See main poster Page 12)

Come along and enjoy some homemade soup admire the snowdrops and spectacular views. A warm welcome awaits you.

CAN YOU HELP?

St Mary's Church, Bishops Frome needs volunteers to help with cleaning in the church, lawn cutting and gardening in the church yard.

If you are able to give sometime to help out, please contact John Ewens (07801 122778) or Diane Pinches (0772 4184189)



**Thanks
St Marys PCC**



CANDLEMASS AT ST. JAMES

OCLE PYCHARD

ON FRIDAY 2nd FEBRUARY

AT 7PM



THE LETTER WRITER from Godfrey (Geoff) Norman

I cannot obviously speak for everyone else but 90% of the mail I get these days is what I would call junk mail, amongst all this about bathing aids, retirement flats, stairlifts and funeral plans etc etc, is a lot of Charities wanting donations and whilst many of these are laudable and genuine organisations which you may sympathise with, you can only do so much with what for most of is a dwindling income given the current mess the dear old UK finds itself in these days. My wife Sally and I used to donate to four charities RSPCA, Dogs Trust, Donkey Sanctuary and Hedgehog Rescue, but somehow our details have got to many other organisations and I find myself inundated with pleas for cash, some from organisations I have never heard of. What I like receiving is handwritten letters sadly very rare these days

Due to a hobby I have I send fairly regular letters and materiel to correspondents both in and out of the UK and very often get an e- mail reply in lieu of a letter, well that's OK and serves it's purpose but it would be nice if they took the time to pen a reply letter which to me is a more personal response than any e-mail, which of course is a lot faster that's if you actually have a computer to read replies. You might say that our postal rates are prohibitive, and to be fair they have shot up over the last few years, well we still do have some of the cheaper postal rates in Europe, but, think if you had to deliver a letter by hand, that cost would far exceed the cost of your stamp.

Last Christmas for the first time I had some e-mail Christmas cards I accept that this is now becoming the modern way of doing things, and of course you only know you have got one if you access your computer but the sentiments expressed are sincere and appreciated, it would mean even more to me if it was a handwritten card that I would appreciate even more as the sender would have taken the time and effort to buy a card and stamp and hand write a greeting. We have a superb postal system in this country despite what you may hear to the contrary.

Perhaps you may think I am old fuddy duddy bemoaning the loss of things which were once considered of importance, well perhaps I am, but I have always valued the lessons I had when many years ago as a part of my working life was as a Draughtsman when correct spelling, grammar and neat legible writing were of paramount importance and the writing of letters was the norm.

ST. GILES' CHURCH ACTON BEAUCHAMP

CHRISTMAS AT ST. GILES'

On the 3rd of December we started our Christmas with Carols by Candlelight. The Church was beautifully decorated, and very Christmassy. Many thanks to the December team who made sure St. Giles' was ready for Christmas.

To those who read the lessons, thank you, very much.

Many thanks to all those, who braved the very wet weather, and joined us, for The Carol Service.

Following The Carol Service, the Church congregation were very kindly invited to Church House, by Laurence and Stacey Mutkin, for Sherry and Mince Pies. Many, many thanks to Laurence and Stacey for their generous invitation, to their lovely home.

Many thanks, also, to all those who provided the festive goodies.

On the 22nd of December we held a "Christmas Get Together."

Antony and Jo Blackwell very kindly allowed us the use of their home, for this Christmas fundraiser. Many, many thanks, to Antony and Jo, for their generous offer.

The space, they provided, within their home, was just wonderful.

Many, many thanks to everyone who provided the Mulled Wine, the Festive Food and the prizes for the Christmas Raffle.

Thank you, Tony, for playing the piano, as Carols were Sung.

Many, many thanks, also, to all those who came to support us.

On the 25th of December we had the Christmas Day Family Communion.

It was wonderful to see you all, on a day that is particularly busy!!

THANK YOU, EVERYONE, FOR ALL YOUR GENEROUS, AND CONTINUED SUPPORT OF ST. GILES' CHURCH.

Acton Beauchamp PCC will be meeting shortly to plan, our events for 2024.

Wishing you all a Very Happy New Year.

Burley Gate Village Carol Singing 2023

Christmas 2022 was a most successful carolling occasion at Middle Farm, Hillhamptom, thanks to Mark and Ali Panniers, the cows in the manger and all the local Community who came along. We made nearly £300 for **Sands**: neo-natal deaths and bereaved parents. For this last Christmas the Panniers kindly offered their help and their big barn once more – how could we refuse? Mulled wine and cider were prepared along with hot mince pies. Mark made sure the really hungry were satisfied with hot dogs, beer and burgers. Christmas lights glittered around the barn and buildings – quite magical.

Our thanks to Julie Hadley who made our carols merrier with her sax. playing. Sadly, there was a lot of illness around which prevented many people and families attending. The result is that donations are well down and so far we have collected £150 to be divided between two charities. Of course, we are most grateful, especially to those who gave but couldn't join in the carols.

If you didn't manage to attend the carol singing there is still time to give to these worthwhile charities directly to: The Ukrainian Association of Great Britain, Hereford Branch (sending needy goods directly to Ukraine), contact: olgatve@hotmail.co.uk and www.Closehouse.org.uk (doing brilliant youth work) charity No. 1114192 and you can donate online OR pop your donation into Audrey at Wanaki, Burley Gate (by the Book Box) all donations will be acknowledged.

A very Happy New Year to you all, and thank you from – Julie, Janet and Audrey



St James' Stanford Bishop

Snowdrops & Soup

Saturday 10thth February

12 Noon to 1.30pm

Join us at St James' Stanford Bishop
To admire our wonderful carpet of snowdrops

Afterwards your welcomed to enjoy
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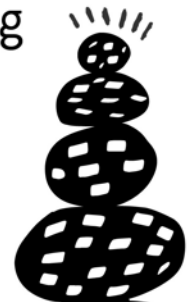
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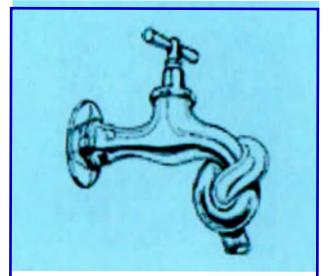
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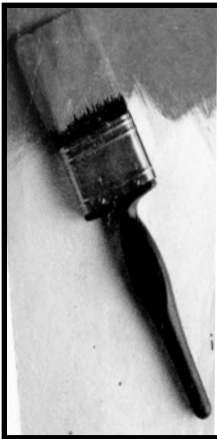
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Parish magazine article February 2024 from Hereford Diocese

Ash Wednesday this year will fall on the 14th February which of course is also St Valentine's day! Ash Wednesday is traditionally the beginning of Lent and this has been marked over the years as a period of self-discipline, fasting and spiritual journeying. It is a period of penitence and self-examination and seeing ourselves from God's perspective. Even if we don't have a strong faith we have learnt through the work of Educational Neuroscientists that intentional self-reflection helps us to learn and enhances how we apply, transfer, retain and recall new ideas and information.



The bible recognises that as we go through life we will be tempted and tested and that our response to those times will help to shape the depth of our spiritual lives. I am often astounded by the way many Christians have been shaped by sermons and theology that promise good things but never talk about the cost of following Jesus. The writer and theologian Dietrich Bonhoeffer called this a theology of cheap grace.

“Cheap grace is the grace we bestow on ourselves. Cheap grace is the preaching of forgiveness without requiring repentance, baptism without church discipline, Communion without confession, absolution without personal confession. Cheap grace is grace without discipleship, grace without the cross, grace without Jesus Christ, living and incarnate.”

Lent gives us an opportunity to realign our lives with God's values, it gives us a prolonged and focused time to reflect and pray and to read the bible and deepen our faith. The 40-day period is time enough to build in new habits and actions into our lives, which will have a lasting effect.

With ongoing war in Ukraine, the conflict between Israel & Hamas and so much uncertainty in our world I am finding that there is a great deal of anxiety in society about the future and a sense of aimlessness and general anger and tiredness. Lent gives us as Christians an opportunity to give these feelings back to God and to ask him to heal and restore us. It is also, as Paul reminds us, a time to recognise that our human experiences are common and that whilst heightened by the personal challenges or world events, are not unique to us but the difference is that our faith will endure.

“No temptation has overtaken you that is not common to all. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.”

1 Corinthians 10:13

As Christians, whilst we can use this time for reflection, we also know how the story ends and we have an enduring hope within us because Jesus has conquered death and brought forgiveness to us. We are forever Easter people who live in the light of the resurrection and we can mark Lent because of his sacrifice for us. The rhythm of the spiritual and liturgical year is a helpful tool to remind us that there is a cost and a purpose to our faith, which is not about self-benefit and self-fulfilment but about generosity, servant heartedness and a simple humbler faith. As Christians, we have a message of hope for a better future and Lent gives us the perfect opportunity to prepare our hearts and minds to share the good news.

The Venerable Derek Chedzey

Archdeacon of Hereford

THE FROME VALLEY GROUP					
FEBRUARY 2024					
	4 th	11 th	18 th	25 th	3 rd March
Acton Beauchamp	11.30am Holy Communion SB				11.30am Holy Communion SB
Bishops Frome	10.00am High Mass SB	10.00am Holy Communion & Baptism SB 6.00pm Sung Evensong with Hereford Church Singers	10.00am High Mass SB	10.00am Holy Communion SB	10.00am High Mass SB
Castle Frome		11.30am Holy Communion		10.00am Family Service Lay Led	
Evesbatch					
Much Cowarne		10.00am Matins Lay Led		10.00am Holy Communion RA	
Ocle Pychard					
Stanford Bishop					
Ash Wednesday 14 Feb @ 7pm Bishops Frome Holy Communion with Imposition of Ashes	2 before Lent Green Colossians 1.15-20 Psalm 104.26-37 John 1.1-14	Sunday before Lent Green 2 Corinthians 4.3-6 Psalm 50.1-6 Mark 9.2-9	Lent 1 Purple 1 Peter 3.18-22 Psalm 25.1-9 Mark 1.9-15	Lent 2 Purple Romans 4.13-25 Psalm 22.23-31 Mark 8.31-38	Lent 3 Purple 1 Corinthians 1.18-25 Psalm 19 John 2.13-22

03.01.24

We have a BCP Choral Evensong at Bishops Frome with the Hereford Church Singers coming up at 6.00 pm on Sunday 11th February
We are doing light refreshments after the service

Frome Valley Group Pilgrimage to Walsingham 2024

We are planning a benefice trip to The Shrine of Our Lady of Walsingham next June. Places are limited so please contact Lucy Cranmore on 01432 882275 or at lucyanne@mygarden.org.uk as soon as possible so we can arrange accommodation.

FROM THE REGISTERS

Funerals

The Burial of Ashes of Raymond Hince took place on 20th October 2023 at St Mary the Virgin, Much Cowarne.

The Burial of Ashes of Jill Southall took place on 28th November 2023 at St Matthews, Frome's Hill.

The Burial of Ashes of Monica Symonds took place on 16th December 2023 at St Mary the Virgin, Bishop's Frome.

May They Rest in Peace.

ST MARY THE VIRGIN, BISHOPS FROME

DATE	READER	PRAYERS
Feb 4 th	Sarah	Moyra
Feb 11 th	Maureen	TBA
Feb 18 th	Flo	Moyra
Fe 25 th	Angela	Maureen
Mar 3 rd	Sarah	Moyra



Ash Wednesday
— Lent Begins

FROME VALLEY GROUP
Ash Wednesday Service
St Mary the Virgin, Bishops Frome
22nd February 2023
7.00pm



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WHAT'S ON WEEKLY in February

Please contact group leaders before attending exercise classes

Monday

- Pilates with Sally, 9.30, 07909 754 039
- Internet Café, 10am to 12, 01531 640 981
- Board Games, 2-4pm , first Mondays
Susanna 01885 490 440
- Ward Surgery, 10.30 to 12
Third Mondays, 2-3.30pm
Cllr Ellie Chowns, 07950 714 947
- Tae Kwon Do, White Phoenix
6.30pm, 07814 778 112

Tuesday

- Pilates with Sally, 9.30, 07909 754 039
- Stretch & Extend, 2.30-3.30pm,
Angie Box, 07530 420 554
Stretching and mobility
- **NEW CLASS**
Zumba with Laura, 7.30pm, 07411 765272

Wednesday

- Needlecraft, 2-4pm, Judy 01531 640 358
- Kazuko Kick Boxing, 7pm, 07495 427 993

Thursday

**Coffee morning,
10 - 12
First Thursdays
Just turn up**



Friday

- Pilates with Sally, 9.30, 07909 754 039
- Shanties, 2 – 4 pm Richard 01531 640768
- Tae Kwon Do, White Phoenix

Supper & Speaker

with

Malcolm Penny


Many of you will know local resident **Malcolm Penny** by sight, but here he is making friends with an alligator in 1988, during his long and fascinating career as a wildlife film producer.

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We'd love it if you could be a volunteer at the Village Centre, perhaps helping with events, or doing some gardening, or helping at a coffee morning. Please let us know if you would like to join the team.



Mon	13.45 to 16.45
Tues	13.00 to 14.30
Wed	9.00 to 12.00
Thurs	9.00 to 12.00

VICAR

Rev. Steven Baggs tel: - 07490 533720
e-mail: stevenbaggs@me.com 01885 490582
PLEASE NOTE: Monday is Steven's day off.

ASSOCIATE PRIEST

Rev. Richard Allaway tel:07969 699270
email: rja5204572fco@gmail.com

PARISH OFFICE

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PARISH SECRETARY

Eleanor Morris tel - 01885 490225

(Wednesdays & Fridays 9.30 to 12.00)

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Jane Allan 01531 640227

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Diocesan Safeguarding Adviser:

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Editor & Advertising:

Sarah Sevastopulo e-mail: fromenews@gmail.com

PARISH OFFICE OPEN - Wednesdays & Fridays 9.30 to 12.00

**LAST COPY DAY for the March 14 issue of
THE FROME VALLEY NEWS is: Monday 11th February
And the collection date will be : TBC**