# **Frome Valley News**

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



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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



December 2023

# Frome Valley Lottery Results

#### November 2023 £25 62 Freddie Cronin MH £25 37 Adam Herbert MH £20 469 Mrs S Hammond BH £20 266 Judy Orgee JO £15 395 Richard Bradbury JC £15 202 **R&S Hince** MB Chris Huffer CH £10 80 £10 99 Martin Hewitt CI 292 Gill Lynch CI £10 123 Margaret Brown MB £10 Reece Barry 33 YB £10 303 £10 John Orgee JO 154 Isabel Aitken GW £10 96 Janet S Pudge DH £10

#### Vicar's Letter December 2023

"Mary said, 'Here am I, the servant of the Lord; let it be with me according to your word.' Then the angel departed from her." Luke 1:38

At this time of year, as the Christmas frenzy begins to build Christians need to take time out of this crazy season that seems to have little to do with our preparations as a church to welcome the Christ child and more to do with boosting the economy. We need to try and pull ourselves back into the season of Advent, that penitential time of watching and waiting that comes before Christmas. Christmas will come soon enough and what better time to celebrate it than when it actually happens and not weeks or even months before! We might perhaps take some time to reflect on Mary's acceptance of



her great calling to bear the Christ child and give us the great gift of Immanuel, God with us.

As we reflect on Mary's calling, it might be a good time to reflect on our own sense of calling and to ask ourselves the question, "what is God calling me to?" As Christians we are all called, firstly to the highest calling of all, Christian baptism. Through this calling to baptism we are all inheritors of the Kingdom of Heaven, no other calling can rival that. But secondly, here on earth as members of the church, we are also called to do many things to further the mission and ministry of the church. Some are called to serve as Bishops, Priests and Deacons, others are called as Evangelists or Teachers. Others are called to use their gifts in Administration, Pastoral skills, leading services, prayers or reading in church. Some are called to serve as Churchwardens and PCC members, others use their time and skills to clean the church, arrange flowers, serve at the altar or in setting up for communion, the list could go on.

I wonder what God is calling you to? And I don't mean 'can you come and help the vicar?', that's not what calling is about. Do you feel that small still voice calling you to try something new? If so why not speak to one of the clergy about your calling, both Richard and I would be pleased to have a chat about how you can fulfil your own vocation as a Christian within the life of the church. You might not be called to be a Priest or a Bishop, but your calling is unique to you and is an important contribution to the life of the church.

We face a time of great change in the church. I have been acting Rural Dean of Bromyard now for over three years and have experienced change in the way I have had to manage my time. I am spending more time in what is becoming known as Oversight Ministry. If I hadn't spent so many years working in our benefice pastorally before the pandemic, I doubt I would ever be able to build the pastoral relationships with people that I now enjoy. Oversight Ministry is the inevitable direction of travel as we face reductions in the number of clergy in this and other deaneries. Two full-time priests for 22 churches in this area will never be able to build the same level of relationships with people that we have enjoyed in the past.

We have to do things differently. But change isn't always a bad thing. As we face this time of change in our churches with fewer clergy, we need to encourage all God's people to find their calling within the life of the church. Churchgoing can no longer simply be a passive activity and ministry can no longer be something that belongs only to a few people who wear clerical collars. The future of our church depends on everyone fulfilling their calling as Christians, and probably always has.

"You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you." John 15:16

Blessings

Steven



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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 <u>stevenbaggs@me.com</u>

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**

## **December**

### Live on Stage

Dec 1-3 Our Star Theatre Company - Mother Goose 7pm

Dec 8 Folk in the Foyer Hunter Muskett 8pm

Dec 9 A Tribute to Ruth Madoc featuring the Glynneath Male Voice Choir 7pm

Dec 16 Swing From Paris 7.30pm

Dec 17 Conquest Christmas Showcase 7pm

Dec 19 Bromyard Symphonic Wind Band: Christmas Concert 7.30pm

## **Films**

Dec 15 Tar (15) 7.30pm

### **Event Cinema**

Dec 10 NY Met Opera Florencia en el Amazonas 5.55pm

Dec 12 ROH The Royal Ballet - The Nutcracker 7.15pm

Dec 22 André Rieu White Christmas 7pm

Dec 31 Berliner Philharmoniker New Years Eve Concert 4pm

### January 2024

Live on Stage

Jan 12 Folk in the Foyer Little Rumba 8pm

## **Event Cinema**

Jan 6 New York Met Opera: Nabucco 5.55pm

Jan 24 Royal Opera House: Rusalka 6.45pm

Jan 25 National Theatre Live: Dear England 7pm

Jan 27 New York Met Opera: Carmen 5.55pm

Jan 28 ROH Rusalka 2pm

## **Films**

Jan 5 Chevalier (12) 7.30pm

Jan 19 Oppenheimer 7.30pm

For full programme details go to http://www.conquest-theatre.co.uk or call the box office 01885 488575

We wish all our patrons and volunteers a happy and peaceful Christmas and look forward to your company in 2024



#### ST MARY'S CHURCH, MUCH COWARNE

#### **HARVEST CELEEBRATIONS**

The **Make and Take** craft morning, on Saturday October 8, overseen by Judy Orgee and Bridget Lloyd was a fun morning including something for everyone and every age. Margaret Bradbury kindly showed people how to make corn dollies, resulting in some beautiful creations which everyone took home. Bridget helped the children with potato and fruit printing to make cut out designs which were added to her harvest collage screen which decorated the church. For the little ones there was colouring and painting of Harvest farm pictures and they listened to a story about harvest time traditions. There were hot drinks for adults, cold drinks and biscuits for the children who all went home with a goody bag. This was a really good event enjoyed by all. **NB** Margaret Bradbury has provided an outline of the history of corn dollies which is printed elsewhere in this newsletter.

The Harvest service on Sunday was conducted by Sue Williams from Malvern, who until recently was one of the Church chaplains for the Borderlands farming charity. She spoke to us about the importance of keeping farmers and farming safe in this present age. The service was very well attended and the church looked beautiful with all the flower and fruit arrangements. Thank you to all the helpers. Martin Hewitt read a lovely prayer for Shirley Barber who has recently passed away and this was followed by a toast to Shirley with coffee and Tia Maria – remembering how she always served the congregation with Tia Maria in their coffee after the service.

After the service we enjoyed a delicious roast lunch thanks to Simon and the gang. The raffle returned £100 so with the church collection we were able to give Borderlands charity £200.

#### **COFFEE MORNING**

We are holding a Christmas Bring & Buy Coffee Morning on Saturday December 9<sup>th</sup>, from 10 – 12noon in aid of the Hereford Salvation Army Shelter for the homeless. Please do come and join us for drinks and delicious homemade cakes and bring any Christmas or other items to sell. Entry is free and there will be the opportunity to browse our collection of second hand books.

#### **DECEMBER SERVICES**

Richard Allaway will be running a short Advent Course, at St Mary's Church, Much Cowarne on Thursdays the 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> of December at 3.00pm. Each session will last approximately an hour with a reflection on a particular aspect of Advent, a period of quiet reflection and prayer followed by a service of Evening Prayer. Everyone from the Benefice would be most welcome.

Our Carol Service will be on December 10<sup>th</sup> at 10.00am, followed by Mulled wine and Mince pies. Please join us for this traditional Christmas service.

There will be no service on Sunday December 24th

Christmas Day Communion Service will be on Monday December 25<sup>th</sup> at 10.00am On Sunday December 31<sup>st</sup> there will be a Communion Service at 10.00am

#### And finally -

the Churchwardens and PCC of Much Cowarne wish everyone a peaceful and enjoyable Christmas.







#### **St James Church Stanford Bishop**

#### Carols by Candlelight

The Carol Service will take place on Christmas Eve at 6pm. Sherry and festive refreshments will be served after the service. Everyone welcome.

Although we have had such inclement weather recently, hopefully things will improve why not come up for a walk over the festive season to the church here at St James to admire the wonderful views to the Malvern Hills and the Welsh Borders you will not be disappointed

Finally the PCC would like to say a huge thank you to those that have supported this beautiful church during this last year

Wishing all our parishioners

A Happy Christmas and Healthy Peaceful New Year



#### ST. GILES' CHURCH, ACTON BEAUCHAMP CHRISTMAS AT ST. GILES' CHURCH

#### 3rd of DECEMBER at 6pm CAROLS BY CANDLELIGHT.

Traditional Carols and Lessons for that "Christmassy Feeling."

Following the Service, the Congregation have very kindly been invited, by Mr. and Mrs. Laurence and Stacey Mutkin, to their home, Church House, for Festive Drinks and Mince Pies.

MANY THANKS to Laurence and Stacey for their kind invitation.

DO BRING A TORCH.

#### 22nd of DECEMBER at 7.30pm CHRISTMAS GET TOGETHER.

At the Grange, Acton Beauchamp, WR6 5AG, by very kind permission of Mr. and Mrs. Antony and Jo Blackwell. Carols, Mulled Wine, Festive Treats and a Christmas Raffle.

MANY THANKS to Antony and Jo for giving us the use of their home.

#### 25th of DECEMBER at 11.30am FAMILY HOLY COMMUNION.

Join us to Celebrate Christmas Day.

#### 7th of JANUARY at 11.30 FAMILY HOLY COMMUNION.

The first service for the New Year.

#### EVERYONE VERY WELCOME TO ALL CHURCH SERVICES AND FESTIVE EVENTS.

Acton Beauchamp PCC would like to acknowledge, and say THANK YOU, SO VERY MUCH, to EVERYONE who supports St. Giles' Church.

We really do appreciate all those who give so much of their time, talents and hard work to maintain St. Giles' Church.

MANY THANKS, also, to those who give us the use of their homes and gardens for the fund raising events.

MANY THANKS, TO EVERYONE, who gives, so generously, to St. Giles' Church.

We would find the care, of St. Giles' Church, very difficult without you.

We wish you all a VERY HAPPY CHRISTMAS and all the VERY BEST for the New Year.



St. Mary's Church Much Cowarne

# BRING & BUY COFFEE MORNING



Saturday 9<sup>th</sup> December 2023, 10.00 – 12 noon in St Mary's Church Much Cowarne

Please come and join us, enjoy homemade cakes,

a chat and the chance to bring and buy:

Books =



**Produce** 



# **Christmas Items**



money taken will be donated to the Hereford

Salvation Army Christmas Homeless Persons Appeal



Communion Service

Sunday 10th December Sunday 14th January

11.30am

Family Service

<u>Carol Service</u>

Sunday 17th December

4pm

<u>Christmas Service</u>

Monday 25th December

10.00am

Sunday 28th January 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 December 2023 / January 2024 News, Views & Muse

# Hilary's Nature Diary

#### The 'barking' deer announces its presence

I had a 'new' species on my garden trail camera this week – two muntjac deer. Probably, a doe with fawn as they are usually solitary. More and more, I see these small, russet brown deer wandering along the lane at dusk towards the church – or hear their bark. They have a greyer appearance this time of year – perhaps the colour they turn some gardeners and landowners who could well do without the presence of this invasive, alien species. At low density, they generally cause less damage than some other deer species – but with no real predator, although foxes will take fawns, the population is on the rise. An increasing number of restaurants sell muntjac venison – perhaps this will be the solution to a species of growing environmental concern. Either that or reintroduce the wolf perhaps?



Hilary

# New Year Across the World

Have you ever wondered which Country celebrates New Year first

and which Country celebrates last? Due to the International Time

Zones we don't all welcome the New Year at the same time.

The Kiritimati Island is the first inhabited place to welcome the New Year, where January 1<sup>st</sup> begins at 10am GMT December 31<sup>st</sup>.

Tonga, Samoa and Kiribati are small Pacific Island Nations that celebrate the New Year first









Like our Facebook Page St Michaels Church, Castle Frome





# Carols by Candle Light With

# **The Pax Singers**

7.30
St James the Great
Ocle Pychard



COME AND JOIN THE COMMUNITY CAROL SINGING
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We look forward to Christmas Eve and our 6pm Carol service. During our service we create our Nativity Scene where we invite the congregation to assemble our display.

After the service we invite you to join us for mince pies and sherry.

D# Pate com backdronsfactor





# Off-gas? Unaffordable

You should apply if you have:

No connection to mains gas for your heating Live in Herefordshire

An inefficient home that you own or privately rent A household income under £31,000 per year

For energy efficiency improvements tailored to your home and funded by the government's Home Upgrade Grant, apply today with Severn Wye.





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0800 170 1432

Hello.

I would like to get in touch about the Home Upgrade Grant which helps low-income, off-gas households in Herefordshire access free energy-efficiency home upgrades, to keep their energy bills down this winter.

The Home Upgrade Grant scheme is run by Severn Wye on behalf of Herefordshire Council and has £7 million in government funding available. It is open to residents who:

- Don't have gas central heating
- Own or privately rent a property with an EPC rating of D, E, F or G
- Have a total household income of under £31,000 per year

We have identified households in your parish that could qualify for fully-funded energy-saving home improvements which is why I'm getting in touch so that you can share this with your community.

Please find attached flyers, posters, also social media images and text for you to share with your parish. So that we can reach as many residents as possible that will qualify for this opportunity to take the first step to a warmer, more energy-efficient home.

If you would like any further information, please don't hesitate to get in touch. Many thanks for your support.

**Ali Howes** 

Marketing Manager Severn Wye Energy Agency f/p 01452 645217



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I've recently moved house – though only a few doors down from my old house! I've remained in Canon Frome, but have downsized from a 3-bed to a 2-bed house now that my kids have grown up. It's the first time I've moved in over 20 years, and even though it's less than 100 metres from the old to the new house – and my neighbours were amazing in helping to shift boxes – I was oddly surprised to find the process fairly exhausting. But I am now very happily settled in my new, smaller, and very cosy & well-insulated home. And I feel very lucky indeed to continue to live in such a beautiful place and wonderful community!



Sadly I'm all too well aware that many people aren't so lucky. Too many UK homes aren't well enough insulated to help people stay warm through winter, and that's why I'm so keen on investing in home energy efficiency. I believe we need a nationwide plan of action on this – sadly there is nowhere near enough funding provided for this currently. But organisations like Keep Herefordshire Warm do wonderful work helping people to keep warm and reduce their bills. If you think that you or someone you know could benefit from free energy saving advice, please do contact them on 0800 677 1432 or https://www.yesenergysolutions.co.uk/schemes/keep-herefordshire-warm/.

In the last month I've enjoyed taking part in the ancient Herefordshire traditions of apple harvest and apple juicing; indeed as I write I am drinking a glass of home-grown and hand-pressed apple juice! It's lovely to celebrate the passing of the seasons, and to mark time with traditions old and new. Now I am looking forward to the Christmas and New Year period, and to spending time with family, shared meals, and of course lots of board games!

I'm acutely aware of how lucky I am to be able to enjoy these things in peace and relative prosperity. The shocking violence in Israel and Gaza, as well as the ongoing war in Ukraine, and lesser-known conflicts like that in Sudan, are reminders of how precious peace is.

I recently read a very moving book about the conflict in Israel and Palestine – Apeirogon by Colum McCann. It's the true story of two men, one Israeli and one Palestinian, brought together by shared grief after their young daughters were killed. They now work tirelessly, together, to advocate for peace. There's a recurrent theme in the book, a phrase that one of them says repeatedly: 'this conflict will not be over until we talk'. I keep thinking of that when I listen to the news.

I suppose that is why I feel that politics is important – it's a framework for us all to talk to each other – and crucially to listen. I recently attended the recording of the first Reith Lecture this year, on the topic 'the future of democracy' – given by Prof Ben Ansell, who has written a book called 'Why Politics Fails'. I appreciate what he is trying to do – shine a light on the difficulties of making politics work well in real life. At the same time, I think we need to spend more time working out how politics can work better – how we can talk, and listen, and decide, better together.

If you'd like to contact me about a local issue, please phone 01531 670729 (landline) or 07950 714947 (mobile), or email <u>ellie.chowns@herefordshire.gov.uk</u>. You are very welcome to come and see me at one of my ward surgeries on the third Monday of each month: in Cradley Village Hall from 11.30am to 1.00pm, and in Bishops Frome Village Centre from 2.00pm to 3.30pm.

With my very best wishes for a merry Christmas and a peaceful New Year, Ellie



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# **Bishops Frome Community Shop**



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Top of Fromes Hill, behind the convenience store.

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			THE FROME	THE FROME VALLEY GROUP DECEMBER 2023	MBER 2023		
	3rd	10 <sup>th</sup>	17 <sup>th</sup>	24 <sup>th</sup>	25 <sup>th</sup>	31st	Carol Services
Acton Beauchamp	6.00pm Carol Service SB				11.30am Holy Communion SB		3 Dec 6pm Carol Service SB
Bishops Frome	10.00am High Mass SB	10.00am Holy Communion SB	10.00am High Mass SB	3pm Crib Service SB 11.30pm Midnight Mass SB			20 Dec 7pm Carol Service SB
Castle Frome		11.30am Holy Communion SB	4.00pm Carol Service SB		10am Holy Communion SB		17 Dec 4pm Carol Service SB
Evesbatch							22 Dec 6.30pm Carol Service SB
Much Cowarne		10.00am Carol Service RA			10am Holy Communion RA	10am Group Service RA	10 Dec 10am Carol Service RA
Ocle Pychard				3:30pm Crib Service Lay Led			15 Dec 7:30pmCarols by Candlelight with Pax Singers RA
Stanford Bishop				6pm Carols by Candlelight SB			24 Dec 6pm Candlelit Carols SB
03.11.23	Advent 1 Purple Isaiah 64.1-9 Psalm 80.1- 8,18-20 Mark 13.24-37	Advent 2 Purple Isaiah 40.1-11 Psalm 85.1- 2,8-13 Mark 1.1-8	Advent 3 Christmas Eve Purple Gold or White Isaiah 61.1-4,8-11 Isaiah 62.6-12 Psalm 126 Luke 2.8-20 John 1.6-8,19-28	Christmas Eve Gold or White Isaiah 62.6-12 Luke 2.8-20	Christmas Day Gold or White Isaiah 62.6-12 Luke 2.8-20	Christmas 1 White Isaiah 61.10 – 62.3 Psalm 148 Luke 2.15-21	

THE FROME VALLEY GROUP					
JANUARY 2024					
	7th	14 <sup>th</sup>	21 <sup>st</sup>	28 <sup>th</sup>	4 <sup>th</sup> Feb
Acton Beauchamp	11.30am Holy Communion SB				11.30am Holy Communion SB
Bishops Frome	10.00am High Mass SB	10.00am Holy Communion SB	10.00am High Mass SB	10.00am Holy Communion SB	10.00am High Mass SB
Castle Frome		11.30am Holy Communion RA		10.00am Family Service Lay Led	
Evesbatch					
Much Cowarne		10.00am Matins Lay Led		10.00am Holy Communion RA	
Ocle Pychard					
Stanford Bishop					
	Epiphany Gold or White Isaiah 60.1-6 Psalm 72.10- 15 Matthew 2.1- 12	Epiphany 2 White 1 Samuel 3.1- 20 Psalm 139.1- 5,12-18 John 1.43-51	Epiphany 3 White Genesis 14.17- 20 Psalm 128 John 2.1-11	Candlemas Gold or White Malachi 3.1-5 Psalm 24.7-10 Luke 2.22-40	2 before Lent Green Colossians 1.15-20 Psalm 104.26- 37 John 1.1-14

# Have some time to spare? - Trustees & Volunteers Wanted

Have a look at www.bishopsfromecentre.co.uk

Bishops Frome Village Centre Volunteers needed to join a team. Managing Bishops Frome Village Centre, its day to day activities, compliance & financial wellbeing. Getting involved offers personal satisfaction from supporting our community and looking after a valuable village asset. Trustees of Bishops Frome Village Centre

Bishops Frome Village Centre is now a Charitable Incorporated Organisation (CIO) and needs new trustees to support its continued growth as a community facility. Bishops Frome is so lucky to have such a wonderful village hall which i ideal for all sorts of events and activities.

Pease consider helping with its

management and events as a trustee or volunteer

Call: Isabel 07960 881989, or talk to any Trustee

Email: bishfromecentre@aol.com

#### FROM THE REGISTERS

#### Weddings

The Wedding of Benjamin Broadhurst and Polly Morgan took place on 28<sup>th</sup> October 2023 at St James the Great, Ocle Pychard.

#### **Funerals**

The Cremation of Monica Dorothy Symonds took place on 14th October 2023.

The Funeral of Shirley Barber took place on 18<sup>th</sup> October 2023 at St Mary the Virgin, Much Cowarne.

The Funeral of Lesley Helen Cowan took place on 19th October 2023 at St Mary the Virgin, Bishop's Frome.

May They Rest in Peace.

#### ST MARY THE VIRGIN, BISHOPS FROME

DATE	READER	PRAYERS
Dec 3rd	Sarah	Moyra
Dec 10th	Angela	TBA
Dec 17th	Flo	TBA
Dec 24th	TBA	Maureen
Dec 31st	Group Service at St Mary's	s, Much Cowarne
Jan 7 <sup>th</sup>	Sarah	Moyra
Jan 14 <sup>th</sup>	Lucy	TBA
Jan 21st	Flo	TBA
Jan 28th	Martin	Maureen
Feb 4th	Sarah	Moyra

## **Christmas Carols in the Frome Valley**

Sunday 3rd December 6.00pm Carol Service Acton Beauchamp Sunday 10th December 10.00am Carol Service Much Cowarne

Friday 15th December 7.30pm Carol Service with the Pax Singers Ocle Pychard

Sunday 17th December 4pm Carol Service Castle Frome
Wednesday 20th December 7pm Carol Service Bishops Frome
Friday 22nd December 6.30pm Carol Service Evesbatch
Christmas Eve 6pm Carol Service Stanford Bishop

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#### **BISHOPS FROME VILLAGE CENTRE**



bishopsfromecentre.co.uk for much more information & hiring charges

# To arrange to have a look, or to book,

contact Wendy Roberts on 01885 490327

or email bishfromecentre@aol.com

#### WHAT'S ON WEEKLY in Dec & Jan

Please contact group leaders before attending exercise classes – especially to check for changes over Christmas

#### 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
- Zumba with Bev, 7pm, 07900 640 467
   Exercise at your own pace

#### Wednesday

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

#### Thursday

Coffee morning, 10 - 12 First & third Thursdays



#### **Friday**

- Pilates with Sally, 9.30, 07909 754 039
- Shanties, 2 4 pm Richard 01531 640768
- Tae Kwon Do, White Phoenix 6.30pm, 07814 778 112



Mon 13.45 to 16.45 Tues 13.00 to 14.30 Wed 9.00 to 12.00 Thurs 9.00 to 12.00 Bishops Frome is so lucky to have such a wonderful village hall which is ideal for all sorts of events and activities. If you would like to join the team, to help organise community & fund raising events, there is plenty of scope. Would you like to see village breakfasts/markets, or concerts for example, which you could help organise on behalf of the Committee? Could you help keep the fortnightly coffee mornings going, or help with looking after the raised flower beds? Get involved, meet some new people, and bring new ideas and energy to the running of the village hall. Call: Isabel 07960 881989

Call: Isabel 07960 881989 or speak to any trustee

email: bishfromecentre@aol.com www.bishopsfromecentre.co.uk

Facebook:

Bishops Frome Village Centre



VICAR Rev. Steven Baggs tel: - 07490 533720

e-mail: stevenbaggs@me.com

PLEASE NOTE: Monday is Steven's day off.

ASSOCIATE PRIEST Rev. Richard Allaway tel:07969 699270

email: rja5204572fco@gmail.com

**PARISH OFFICE** The Rosary, Bishops Frome, Worcester, WR6 5AP

tel and fax 01885 498537

e-mail: from e v a lle y @ i cloud.com

PARISH SECRETARY Eleanor Morris tel - 01885 498537

(Wednesdays & Fridays 9.30 to 11.45)

#### **CHURCH WARDENS**

ACTON BEAUCHAMP	Sally Wall Jane Allan	01886 884727 01531 640227
BISHOPS FROME	John Ewens	07801 122778□.
CASTLE FROME	Charles Pudge	01531640309
EVESBATCH	Richard Kuehn	01886 880259
	Diana Harrison	01531 805058
MUCH COWARNE	Jean Parkes Martin Hewitt	01432 820402 01432 820282
OCLE PYCHARD	John Ridler	01432 820328
	Janet Bartlett	01432 320485.
STANFORD BISHOP	Rachael Hawkins Jetta Hawkins	01886 884250 07973 239778

#### **FROME VALLEY GROUP OF CHURCHES**

Safeguarding Officer: Eleanor Morris -

**Diocesan Safeguarding Adviser:** 

Mandy McPhee 07875757396 or m.mcphee@hereford.anglican.org

# **Editor & Advertising:**

Sarah Sevastopulo e-mail: fromenews@gmail.com

PARISH OFFICE OPEN - Wednesdays & Fridays 9.30 to 11.45

LAST COPY DAY for the February 14 issue of

THE FROME VALLEY NEWS is: Monday 8th January

And the collection date will be: TBC