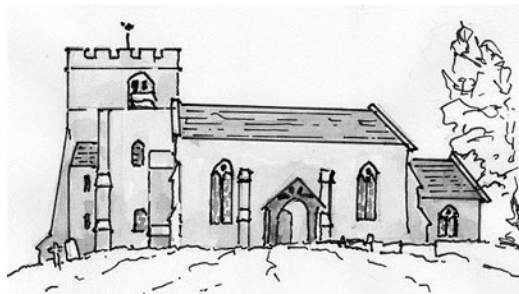
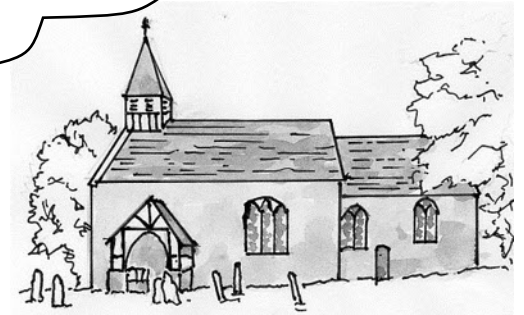


# **FROME VALLEY NEWS**

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



**FEBRUARY 2020**



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### Editorial:

Lots of events and news - thank you to everyone who contributed  
 If you lose your paper copy of the newsletter  
 It's always available on the website where it can be seen in full colour.

[www.fromevalleychurches.org.uk](http://www.fromevalleychurches.org.uk)

Sarah (oldholbans@hotmail.com)

### **FROME VALLEY NEWS COLLECTION DAY FOR THE March 2020 ISSUE**

Could volunteers from all churches kindly collect  
 their new batch of issues  
 from the Parish Office during the morning of

**Friday 28th February 2020**

If this time is not convenient please contact Eleanor  
 at the office to arrange an alternative time.

### **This advertising space could be yours!**

**Contact Sarah Sevastopulo  
 Tel: 01885 490896 email:  
 oldholbans@hotmail.com**

**£3.00 eighth page, £6.00 quarter page,  
 £10.00 half page, £20.00 whole page  
 Prices are per issue. 10 issues per year**

## Vicar's Letter

At the time of writing we are in the season of Epiphany, that post Christmas season in which we remember all the 'in between' things that happened to Christ prior to the start of his ministry; the visit of the Magi, the baptism of Christ and the Presentation of Christ in the temple (Candlemass). It is an 'in between' sort of time as we recover from the excess of Christmas and await the beginning of Lent and Easter. As Christians we are always encouraged to look back and reflect on things and we are also a people who are looking forward with hope to the future. But, lets not forget that we are also called to live in the present, in a sort of 'in between' time.



Looking back and reflecting on Advent and Christmas I am always amazed at how many people come to join in worship over the season. We are truly blessed to have so many people join us who don't come on a regular basis. I hope that people find a warm welcome in our churches and I'm sure this is one of the reasons people still come.

One of the most notable services we had in Advent was the usually fairly quiet second Sunday of Advent, when the Benefice gathered in Much Cowarne for the re-licencing of Rev'd Richard Allaway as an Associate Priest. The Rt Rev'd Alistair Magowan, Bishop of Ludlow presided at the join Eucharist at which around 80 people attended. I think that's a record attendance for a benefice service! It was a good opportunity to come together and I am delighted that Richard has chosen to stay with us now he has finished his training and completed his curacy.

Looking forward to Lent, in a change to our usual pattern of Lent talks, I am planning to lead a 6 week study course looking at the Eucharist. The course is from the Pilgrim series of books and one of the main contributors is the new Archbishop of York, Stephen Cottrell. The course will benefit anyone who wants to engage more deeply with the Eucharist and will help us all grow and deepen our faith. The course begins on Wednesday 4<sup>th</sup> March in Bishops Frome Village Centre at 7.30pm.

As I've said, it's good to look back and reflect and it's good to have something to look forward to, but don't forget that we are called to live in the present. It's only in the present that we can truly experience God. Looking back and noticing where God was in the past is great, and thinking about where we may encounter him in the future is also fine, but noticing God's presence with us in the here and now in the 'in between' times – well that's something else!

Blessings

Steven

### ***Pastoral Group***

The Group consists of Judy Orgee, Angela Lewis, Richard Allaway and myself. If you would like a pastoral visit please contact one of the group. All visits are confidential.

<b>Rev Steven Baggs:</b>	<b>01885 490582</b>
<b>Rev Richard Allaway</b>	<b>07969 699270</b>
<b>Judy Orgee:</b>	<b>01531 640525</b>
<b>Angela Lewis:</b>	<b>01885 490203</b>

## Conquest Theatre

### Live on Stage

- Feb 6 Quick Duck Theatre "Yours Sincerely" Will Jackson storytelling  
(supported by Arts Alive) 7.30 pm
- Feb 8 Blues Sisters - female harmony vocals - swing, rock'n roll, blues 7.30 pm
- Feb 14 Folk in the Foyer Tom McConville & Tony Wilson - two of the North East's finest sons 7.30pm

### Feb 15-22 Conquest Panto: Treasure Island - see website for dates and times

- Feb 26 The Charging Bullet - An Electric Adventure. Fred Spaven (with Enfield) tells of his journey on his battery powered motorcycle from Land's End to John O'Groats 7.30 pm

### Films@conquest

- Feb 7 Film: Judy 12A 7.30 pm
- Feb 28 (Borderlines ) Sorry We Missed You 15 7.30 pm

### Screenings

- Feb 1 NY Met Gershwin's Porgy & Bess 5.55 pm
- Feb 25 ROH The Cellist/Dances at a Gathering 7.15 pm
- Feb 29 NY Met Aggripina (Joyce DiDonato features) 5.55 pm

See web site for full details [www.conquest-theatre.co.uk](http://www.conquest-theatre.co.uk) or call 01885 488575

All films and screenings shown in full HD with surround sound

Full disabled facilities including loop system. Free parking after 6 pm

New for this season, children's films & screenings

For full programme details visit [www.conquest-theatre.co.uk](http://www.conquest-theatre.co.uk) or pick up a brochure from the Theatre. Box office open Wednesday & Saturday mornings 10.30 to 12.30 (01885 488575)

Costume hire by appointment

## BISHOPS FROME VILLAGE CENTRE

*Are you planning a party or a meeting?*

Don't forget your Village Hall.

The Main Hall can seat up to 120 people at tables or 140 for conferences and meetings.

For smaller events the Conference Room can seat about 40 people, a few less at tables.

More details and hiring charges online at

[www.bishopsfromecentre.co.uk](http://www.bishopsfromecentre.co.uk)

To have a look or to book, contact

Wendy in the Shop or  
on 01885 490496 or 490327

email: [bishopsfromecentre@aol.com](mailto:bishopsfromecentre@aol.com)  
& find us on facebook

### Friends of From churches Lottery

January 2020

Ticket	Name	Seller
£25. 474	Ian Ashman	BH
£20. 3	Moreen Turner	HP
£15. 397	Liz Symonds	CI
£10. 333	Jane Fowler	GW
£10. 379	Mrs M Hodgson	JS
£10. 39	Phil Birch	HL
£10. 470	Mrs B O'Farrell	Julie
£10. 396	John Connor	BH
£10. 135	I & J Smith	MB
£10. 17	Maggs Baron	JO

Childline: 0800 1111

Samaritans 116 123

Domestic Violence Hotline: 0808 2000 247

Mind 0300 123 3393

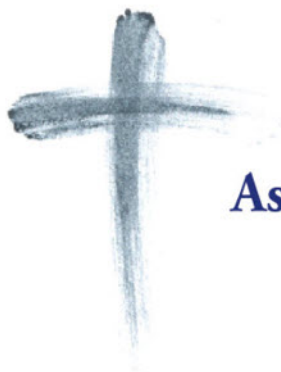
Age UK 0800 169 6565

## LICENSING OF REV. RICHARD ALLAWAY

On Sunday December 8<sup>th</sup> St Mary's Church Much Cowarne was the venue for a very special occasion – the service to witness the licensing of Rev. Richard Allaway as Associate Minister for the Frome Valley Group of Churches. Around 80 parishioners from the churches in the group were present to see Bishop Alistair of Ludlow officiate and Rev. Allaway confirm his vows to serve the Group as Associate Minister with Rev. Stephen Baggs. It was a very meaningful service made special by the number of people present from all eight churches and we much appreciated the presence of members of the church choir from Bishops Frome who sang before and after the service.

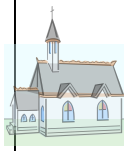


## FROME VALLEY GROUP



**Ash Wednesday**  
— Lent Begins

**Ash Wednesday Service**  
*St Mary the Virgin,  
Bishops Frome*  
*26<sup>th</sup> February 2020*  
*7.30pm*



# Castle Frome February 2020 News, Views & Muse



## Communion Service

Sunday 9<sup>th</sup> February  
8.30am



## Family Service

Sunday 23<sup>rd</sup> 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.



## Hilary's Nature Diary



### Armchair bird watching

Watching the antics of garden birds is a pastime enjoyed by many of us - and supplementary winter feeding can make a difference to a small bird's chances during cold snaps. There is a clear pecking order amongst my garden visitors, with the larger greenfinch muscling in on the highly popular sunflower hearts, but the tiny blue tits and coal tits never give up and they get their share. King of the fat balls is a handsome great spotted woodpecker – he shares with no-one.

Supplying a variety of feeders will give all comers a chance of re-fuelling. The Hop Pocket's garden centre has all you need to set up a bird feeding station and if you need more information, here is a good place to start:

[www.bto.org/our-science/projects/gbw/gardens-wildlife/garden-birds/feeding](http://www.bto.org/our-science/projects/gbw/gardens-wildlife/garden-birds/feeding)



## Songs of Praise

Sunday 23<sup>rd</sup> February  
10.00am



Back by popular demand, our Songs of Praise Service, where we get to sing our favourite hymns with gusto. The service is to be led by Louise

## Interesting facts about February

It is the shortest month of the year.

The Welsh call **February** "y mis bach" which means "little month"

2020 is a Leap Year where in February there will be 29 days

A person born on February 29 may be called a "leapling", a "leaper", or a **leap-year baby**". In non-leap years, some leaplings celebrate their birthday on either February 28 or March 1, while others only observe birthdays on the authentic intercalary date, February 29.



## Quiet Evening

Monday 17<sup>th</sup> February at 7.30pm



Like our Facebook Page  
St Michaels Church, Castle Frome



If you have any information for the Castle Frome Page please contact Su Webb on 01531 634056 or email [suwebb1606@gmail.com](mailto:suwebb1606@gmail.com)

## Ocle Pychard Church News

Dear Friends,

Christmas and New Year are now but a distant memory and we still have the winter months to look forward to, although we have noticed the earliest signs that Spring is just around the corner with the tips of early bulbs such as snowdrops and daffodils tentatively peeking through the soil.

It is a new year and time to look forward to challenges new, but before all that there are people to whom we must say thank you for all their help and dedication during 2019. These are the souls who volunteer their time selflessly to keeping our little church running. So THANK YOU to all our flower arrangers, THANK YOU to our church cleaners, THANK YOU to our church yard mowers and tidier-uppers, THANK YOU to all those generous souls who turn up and help out at the church functions. A big THANK YOU must go to Elly and Sarah who run the whist every month, what would we do without you. THANK YOU to George Hicks for his continued help and knowledge of the duties of the church wardens and THANK YOU to Jane Oliver for the use of her field as a car park (when the weather has allowed) for church functions.

Another big THANK YOU must go to 'The Pax Singers' who came along to our Carol Service before Christmas and filled the church with the most wonderful singing and music. For the past few years they have been joining us for our Carols by Candlelight service and have helped to make this particular evening quite magical. The combination of candle light, choir singing, music and mulled wine are quite a heady mix. Long may this continue.

Back to 2020 and the coming months. Our church services continue with Holy Communion on the 1<sup>st</sup> Sunday and Even Song on the 3<sup>rd</sup> Sunday of the month. We look forward to seeing you there. In April there will be the Annual Church Meeting (the date, time and place will be announced in the next Frome Valley News). This is a meeting that everyone in the parish is invited to so come along and see how your church is managed and how it fits into the community.

Ocle Pychard PCC

### **LENT COURSE 2020**

A six week course on the Eucharist following the Pilgrim course series.

Six consecutive Wednesdays starting on

Wednesday 4<sup>th</sup> March 7.30pm  
at Bishops Frome Village Centre.

Session 1 'Your ancestors ate manna in the wilderness'  
Wednesday 4th March.

Much Cowarne Parochial Church Council

# RACE NIGHT



Friday 6 March 2020  
at  
The Plough Inn, Stoke Lacy  
Racing starts at 7.30pm

**Admission £5 including light refreshments**

\*\*\*

You may wish to come just to enjoy the fun and perhaps have a bet or two (minimum stake £1) but – would you like to own a horse or sponsor a race?

You can own and 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 choose its name

\*\*\*

To own a horse or sponsor a race and for further details please contact:

Barry Bufton 01432 820024 email [bb@barrybufton.co.uk](mailto:bb@barrybufton.co.uk)

Ted Parkes 01432820402 email [tedparkes@btopenworld.com](mailto:tedparkes@btopenworld.com)





# Stanford Bishop News

Dear All,

We are now into the second month of the New Year; the weather is improving minute by minute starting to reveal more day light. As the temperature begins to rise frogs spawn can be seen populating ponds as frogs wake from hibernation. Songbirds become active, thrushes with their wistful drifting phrases of song, nuthatches with their exotic vocal range awakens the countryside.

Groves of snowdrops are a welcome bloom; hazel's golden catkins begin to open along with glossy green ferns. In the garden Daphne, sarcocca and mahonia fill the air with scent. February lambing is taking place while others are preparing for march lambing. Our wonderful countryside is starting to emerge with life.



**Saturday 8<sup>th</sup> February 2020** - Snowdrops & Soup at Stanford Bishop  
12 Noon-1.30pm, your welcome at St James' to admire our beautiful snowdrops and panoramic views, afterwards your welcome into the church to enjoy warming homemade soup with fresh crusty bread £5.00 per person.

**Our regular services are fourth Sunday of each month at 8.30am.**

**St James' Stanford Bishop**  
**Snowdrops & Soup**  
**Saturday 8<sup>th</sup> February**  
**12 Noon to 1.30pm**  
Join us at St James' Stanford Bishop  
To admire our wonderful carpet of snowdrops  
Afterwards your welcomed into our beautiful church to enjoy  
rich warming homemade soup served with fresh crusty bread.  
**£5.00 per person.**  
St James' is home to a great treasure St Augustine's Chair,  
while our Church Yard has magnificent Yew Trees.

In aid of St Marys Church,  
Bishop Frome

Monday 6th April 2020  
Bishops frome village centre



EASTER

**BINGO**

**Door open 7.30pm, Eyes down 8pm**

Any donations of prizes gratefully received,  
Yvonne Berry & Angela Lewis

**ST. GILES' CHURCH. ACTON BEAUCHAMP PCC.**

A very Happy New Year from Acton Beauchamp PCC.

On the 13th of December we held our Carols' by Candlelight.

Thank you, so much, to those who decorated the Church. It looked splendid.

Thank you to everyone who provided the Sherry and Mince Pies, that were served following the service. It was lovely to see so many people. Thank you for your support.

On the 22nd of December we held our Christmas Party and rounded off our fund raising, for the year. A huge THANK YOU to Antony, Jo, Hannah and Emily for welcoming us into their lovely home. There was a wonderful festive atmosphere.

Another big thank you to everyone who donated the festive food and drink. Everyone was very generous.

Thank you, also, to all those who donated draw prizes.

Last, but not least, a big thank you to those who came to support us.

On Christmas Day we rounded off our Christmas Celebration's with our Family Communion Service. Lovely to see you all and we hope you all had a wonderful Christmas.

We will be holding a PCC Meeting very shortly and will be arranging the fund raising dates for 2020.

## From Hereford Diocese

It's tradition at this time of year to wish each other a very Happy New Year. So let me begin by doing so. I trust that 2020 will be a good one. As you may know 2020 has another meaning as it is regularly used for perfect eyesight. Clear vision and happiness are two wonderful qualities and when you have them together a great gift.

What about happiness; what is it that we are wishing for each other when we say these words? For some it may be simply a greeting. For others, a genuine wish that those we greet really will enjoy a good and trouble free year. Eleanor Roosevelt famously said "Happiness is not a goal...it's a by-product of a life well lived." As we enter this New Year what might lives well that look like?

Christmas is past, the latest must have present truly unwrapped, the parties over: what's next? For many January can prove a difficult month. The days remain dark and the winter weather set in. Someone worked out that the 21<sup>st</sup> January, labelled Blue Monday is the all time low. It is the day the credit card bill arrives. The transient happiness of the festive season can disappear. More lasting happiness requires travelling well, a kind of 2020 vision. May I suggest three things.

Hope and hopefulness can make a big difference. As a diocese we are looking forward to the arrival of our new Bishop, Richard Jackson. We are certainly hopeful and trust he is too. We have a new government and although it is early days there is space for hope. Our world is full of challenges and not least the environmental crisis. As a diocese we have become a eco diocese. It is a hopeful choice.

Contentment is surely another ingredient. A few years ago, we lived close to the sea. On the 28<sup>th</sup> December each year we developed a custom of going to the beach all wrapped up, buying fish and chips and sitting out and eating them as a family. It came to be one of the best things. Simple? Yes. Happiness was in being together and enjoying the moment.

Thankfulness is the third quality that comes to mind. Oprah Winfrey said: "Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never ever have enough." There is a spiritual discipline in this kind of happiness by recognising that life itself is a gift from God. Learning, as St Paul wrote, the secret of being content in any and every situation and giving thanks. It is a process. It promises a happiness rooted in hope, contentment, thankfulness and ultimately in God himself.

.....

**The election of the Rt Revd Richard Jackson as Bishop of Hereford was confirmed on Tuesday 7th January at St Mary-le-Bow. During the service, the Archbishop of Canterbury confirmed the election made by the College of Canons at Hereford Cathedral on the 6th December 2019.**



This means that Bishop Richard has legally taken on the responsibilities of Bishop of Hereford, but in practice, he will not take up residence at the Bishops Palace in Hereford until February when he and Deborah make the move from their home in Sussex.

We are delighted to announce, Bishop Richard will be installed as Bishop at Hereford Cathedral on 21 March 2020. This is the opportunity for the Diocese and the people of Herefordshire and South Shropshire to celebrate Bishop Richard taking up the role. More information will be available from the Cathedral in due course regarding the service.

The Bishop of Ludlow, the Rt Revd Alistair Magowan, has today announced he will retire at the end of April. He has been both a Suffragan Bishop and Archdeacon in the Diocese of Hereford since 2009. Bishop Alistair's last official service will be on Easter day 2020 with a farewell in the Cathedral later that month. "Bishop Alistair has exercised a significant role in shaping the Diocese of Hereford over the last 11 years," said the Bishop of Hereford Designate, Rt Revd Richard Jackson.

Bishop Alistair expressed his gratitude for the many partnerships between Church and local community across the diocese of which he has been a part. He said: "It is a privilege, joy and humbling experience to have worked with so many wonderful people and organisations across the whole diocese over the last 11 years. As bishop it has also been my privilege to ordain, baptise and confirm many people over the years, and a great joy to be involved in the appointment of nearly all of the clergy who currently serve the churches of the Ludlow Archdeaconry which covers parts of North Herefordshire and South Shropshire."

"I know Bishop Alistair from national and other roles. His skills have played a vital part across the whole Diocese in shaping its ministry and direction over the 11 years he has served as Bishop of Ludlow," said the Bishop of Hereford Designate, the Rt Revd Richard Jackson. "He has acted in a unique role as both Suffragan Bishop and Archdeacon, providing pastoral care, love, kindness and support for clergy and lay leaders. These will be greatly missed. Alistair has also served as Acting Bishop of Hereford during two Vacancies in See and I am very grateful to him for his support during this most recent one."

"Alistair has been deeply committed throughout his ministry to the mission of God in this diocese. He has consistently championed growth and discipleship. He was a prime mover in establishing the Borderlands Chaplaincy and in developing ecumenical work across the diocese in new patterns of ministry and again being active in the initial development and then a huge supporter of the intergenerational mission work, established by my predecessor the Rt Revd Richard Frith. He has been a pastor and friend to many, and he will be greatly missed."

"There will be many occasions to express our appreciation to Bishop Alistair and to his wife Louise, over the coming months before his retirement in April."

Details of the timetable for consultations and the appointment of Bishop Alistair's successor as Bishop of Ludlow will be announced by the Diocese of Hereford in due course.

## **ST MARYS BISHOPS FROME**

December was an eventful month, the season off advent, a time of preparation for the great day – a busy time.

We held our advent carol service Sunday evening 1<sup>st</sup> December. The choir, the organist, the readers, all excelled themselves. A great beginning to advent.

On the second Sunday at Much Cowarne church was Richard's Licensing conducted by Bishop Alistair whose address is always amusing and meaningful. Thank you to Much Cowarne for their hospitality, the eats and drinks were much appreciated.

On 17<sup>th</sup> December Burley Gate School visited our church to perform their annual nativity play. The children were so uninhibited and loved dressing up, they were a delight and we the congregation so enjoyed being able to join in the singing. Thank you to children and staff for their great effort. The mince pies were good too!

That same evening we held our own carol service, a joyous outpouring of voices and music so ably conducted by Duncan. Thank you to the choir and organist and to those who supplied mince pies and mulled wine.

So to Christmas Eve. The church beautifully decorated, the magnificent christmas tree in the Lady Chapel, the crib awaiting the Christ child. Richard conducted the crib service telling the events of Bethlehem assisted by the children as they built the crib – a wonderful service enjoyed by adults and children alike. Then midnight mass was well supported by a good congregation. A beautiful atmosphere, the nativity scene, the flickering candlelight, the majestic tree. For many a church visit at Christmas is the only time they come and they are plunged headfirst into the spirit of the season.

Thank you to all who give so much to make this time special.

Heather Partridge

## MUCH COWARNE PCC SOCIAL AND FUNDRAISING EVENTS

Following the success of our coffee morning and book sale in November – the final total raised following donations received after the event was over £600 - we plan to hold another similar event in aid of a different local charity on **Saturday April 4** and will hope for better weather next time. Watch posters and newsletters for further details.

Our Candlelight Advent Carol Service on December 11 was a family occasion with numbers swollen by parents and friends of the children of Burley Gate School. The church looked very beautiful in the light provided by the Christmas tree, candles on the window sills and the glow of the wall heaters. The school children played a large part in the service: brass players played carols before the service, four of the lessons were read by children and the choir sang several carols. After the service refreshments including mulled wine and mince pies were provided by parishioners. This was a very enjoyable evening and a fitting start to the Christmas season.

**Our provisional programme of other social and fundraising events for 2020 is as follows:**  
**RACE NIGHT - Friday 6 March 2020, The Plough Inn, Stoke Lacy. Racing starts at 7.30**  
**Admission £5 including light refreshments**

Our Race Nights are always friendly and exciting events; racegoers have several choices: you can just come and watch the 10 races and perhaps bet on one or more horses (minimum stake £1) and therefore have a chance of winning a few pounds; for £10 per horse you can name and “own” one or more horses for the night and if it wins you win £30; for £30 you can sponsor a race and choose its name – a good way to publicise your business. For further information or to own a horse or sponsor a race please contact:

Barry Bufton 01432 820024, email: [bb@barrybufton.co.uk](mailto:bb@barrybufton.co.uk) or Ted Parkes 01432 820402, email: [tedparkes@btopenworld.com](mailto:tedparkes@btopenworld.com)

**COFFEE MORNING & BOOK SALE – Saturday April 4, 10am – noon, in St Mary’s Church (see above)**

**SPRING LUNCH – Sunday 19 April**

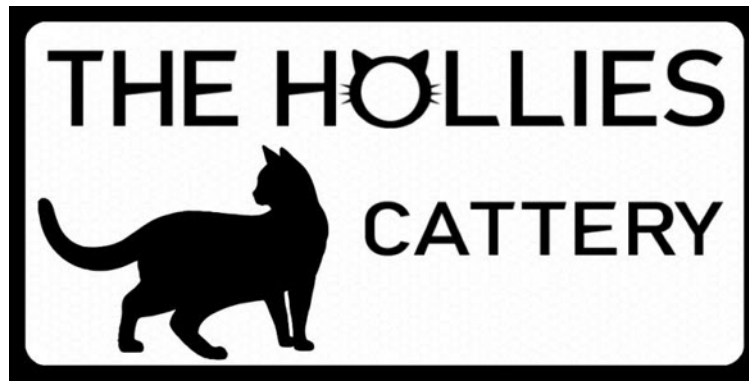
**PLANT SALE – Saturday May 16, from 2pm in St Mary’s Church.**

**“CHURCH CRAWL” – Saturday June 6. Organised by Herefordshire Historic Churches Trust and beginning at St Mary’s Church.**

**CONCERT – Midsummer Music from Octavo. Saturday 13 June 7pm in St Mary’s Church. Organised by Herefordshire Historic Churches Trust.**

**CHURCH FETE – Saturday July 11, from 2pm at Tan House Farm, Much Cowarne (by kind permission of Mr. & Mrs. Davies).**

Full details of the above will be in future Community Newsletters, the Frome Valley News and on Notice Boards. As always we welcome suggestions for future events and offers of help on any occasion.



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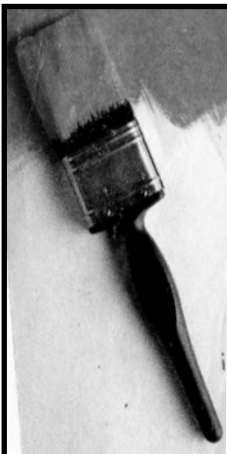
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12.30pm    Flamenco  
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#### THURSDAYS

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#### FRIDAYS

9.30am    Dance Mix  
10.15am    Adult Tap Dance  
11.30am    'Fitsteps'  
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2. You don't have to be worried about New Year's resolutions. They're over.
3. The days are getting longer. At the rate of about four minutes a day.
4. On the 14<sup>th</sup>. Englishmen have to be romantic. But don't worry, it's only for one day.
5. World Nutella Day is celebrated in February. It was February 5<sup>th</sup>. Too bad you missed it.
6. No-one's binding on about Brexit any more.
7. The daffodils are beginning to push through.
8. Pancakes.
9. Snow. You know you love it.
10. **But best of all, somehow February makes the Dragon even cosier and more cheerful. The log fires are blazing, there's a great new landlord "John" behind the bar, and the welcome is warmer than ever.**

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---

## Laughter Yoga:

**If you're in need of a chuckle or a belly full of titters, St Michael's Hospice has a slightly different approach which may lighten your mood this winter.**

Free monthly Laughter Yoga sessions are taking place at the Hospice in Bartestree.

Laughter Yoga is proving popular around the world with many suggesting it's a good workout, as well as putting people in a happier mood.

'It's a combination of laughter and breathing exercises which are good for the body, mind, spirit and soul,' said Elaine Pawley, the Lead Social Worker at St Michael's who runs the sessions.

'It taps into our inner child by encouraging us to be playful and laugh at the everyday.

'It can be applied as a non-medicinal approach to assist with pain relief, mood, immune system and relaxation.'

The public can attend one session or as many as you wish.

They take place on the final Friday of each month at 11.30am, starting on Friday 31<sup>st</sup> January at the Hospice in Bartestree (HR1 4HA).

**For more information, contact Elaine on 01432 852 628 or email [epawley@smhospicehereford.org](mailto:epawley@smhospicehereford.org)**



St Michael's Hospice  
Always a place of light and love

## Mobile Information Point:

The miles covered by the St Michael's Hospice Mobile Information Point continues to grow.

The vehicle is visiting communities across Herefordshire and beyond, helping raise awareness of the wide range of services provided by the Hospice.

The vehicle has a number of monthly locations it visits which are listed below. Other dates can be found by visiting [www.st-michaels-hospice.org.uk/informationpoint](http://www.st-michaels-hospice.org.uk/informationpoint)

If you would like the Information Point to visit your community, call Michelle Havard on 01432 852 621 or email [mhavard@smhospicehereford.org](mailto:mhavard@smhospicehereford.org)

## Monthly venues:

Kington Co-op: First Thursday of the month

Leintwardine Surgery: Second Tuesday of the month

Hay-on-Wye Surgery: Second Thursday of the Month

Ledbury Co-op: First Friday of the month

Bromyard Co-op: Last Friday of the month

Hop Pocket Shopping Village: Second Friday of the Month

Ewyas Harold: Last Wednesday of the month

Asda Hereford: Tuesday 17<sup>th</sup> Dec (2019), Friday 17<sup>th</sup> April, Friday 17<sup>th</sup> July (2020)

**For more information contact Paul Broome, Communications Officer at St Michael's Hospice, on 01432 852 643 or email [pbroome@smhospicehereford.org](mailto:pbroome@smhospicehereford.org)**

**The St Michael's Hospice Plant Fair takes place on  
Friday and Saturday 1<sup>st</sup> – 2<sup>nd</sup> May 2020.**



Growing support for your Hospice.

With roots now firmly established, the St Michael's Plant Fair will return to the Hospice grounds on 1st and 2nd May 2020.

To help with this horticultural fundraiser, we need supporters to grow and donate plants so that we can continue providing the best possible care for people living with a terminal illness.

If you can help, please call Gaynor on 01432 852630 or email her at:

[gwarren@smhospicehereford.org](mailto:gwarren@smhospicehereford.org) and let her know you would like to grow half a dozen plants and make arrangements to deliver them ready for sale at the Fair.

We would also like to hear from supporters who would like to spare a few hours to sell plants at the Fair on 1st and 2nd May 2020.



St Michael's Hospice  
Always a place of light and love

### **Social groups**

Social groups are meeting around Herefordshire allowing those who have been bereaved to spend time in each other's company.

The 'Friends' groups meet in five locations; Hereford, Bromyard, Ledbury, Leominster and Ross.

Each group offers an informal setting such as a cafe in which people can relax, share experiences and make new friends over coffee. The groups meet each month. For specific dates visit [st-michaels-hospice.org.uk/hospice-care/friends](http://st-michaels-hospice.org.uk/hospice-care/friends) or call Sarah on 01432 852627.

For those who want to be out in the fresh air, Striders & Strollers allows you to stretch your legs while spending a leisurely hour or two exploring Herefordshire's beautiful countryside.

Striders and Strollers meets monthly at Queenswood Country Park between Hereford and Leominster.

**For more details, phone Shirley on 01432 852650.**

## **Big Spring Walk & Black Mountains Trek**

**Blow out the cobwebs this Spring by joining St Michael's Hospice as we explore our green and pleasant land.**

Whether it's a gentle Sunday morning stroll, or an all-day mountain hike, we've got a walking adventure for you.

The Black Mountains Trek on Saturday 7<sup>th</sup> March is a challenging 30-kilometre walk taking in the remote, dramatic scenery of this renowned mountain range. Marshalled by the Longtown Mountain Rescue Team, you'll reach the prominent central ridge of the Black Mountains offering superb views across the Brecon Beacons National Park. End the day at Longtown Village Hall where a two-course meal awaits.

For something more gentle, try the Hospice's Big Spring Walk on Sunday 22<sup>nd</sup> March.

Choose from a gentle Sunday morning stroll, or a longer meander. Set off from Hereford Rowing Club on either a 2.5k, 5.5k, 12.5k or 17.5k walk. Each route will head west towards Breinton, returning to the Rowing Club along riverside paths. It's free to enter in advance but we ask those taking part to get sponsored for St Michael's.

To sign up for Black Mountains Trek or Big Spring Walk,

visit [www.st-michaels-hospice.org.uk/events](http://www.st-michaels-hospice.org.uk/events)



St Michael's Hospice  
Always a place of light and love



## **Virtual Tour of Britain**

**A year-long exercise challenge taking a group of St Michael's Hospice patients on a virtual tour of Britain has been successfully completed.**

The Hospice's Physiotherapy team devised the virtual Tour of Britain which allowed patients to take it in turns using exercise bikes or treadmills to help complete a 7,723-mile journey around the British Isles – all without leaving St Michael's.

Starting and ending in the Cornish town of St Ives – a favourite place for one of those taking part – the journey lasted throughout 2019, ending just before New Year's Eve.

Rose Livesey (pictured second left) said: 'I've really enjoyed taking part. You really feel as though you are contributing to a worthwhile cause.'

The exercise helped improve the cardiovascular system and strengthened legs and arms.



# IT'S A SCAM

## Fraudsters want your money

① A fraudster telephones you claiming to be from your bank or the police. They tell you that your bank card has been used fraudulently or the bank is issuing counterfeit notes and that your help is needed in the investigation.

② They suggest that you hang up and ring the bank/police back to ensure the call is genuine, **Don't be fooled** - they stay on the line. They then ask you to attend your bank and withdraw your money.



The phone call



The Taxi



The cash

③ They send a taxi/courier to you to collect your money, which they claim will be examined forensically as part of the investigation. They will reassure you that your money will be returned.

**JUST REMEMBER:**  
The police and banks would never ask you to withdraw your money and send it to them!



**ST MARY THE VIRGIN, BISHOP'S FROME**

<b>DATE</b>	<b>READER</b>	<b>PRAYERS</b>	<b>COFFEE</b>
Feb 2 <sup>nd</sup>	Liz	Maureen	Sue & Martin
Feb 9 <sup>th</sup>	Maureen	TBA	Jill
Feb 16 <sup>th</sup>	Mike C.	Liz	Celia & Vera
Feb 23 <sup>rd</sup>	Angela	TBA	Sheila & Angela
Feb 26 <sup>th</sup>	Ash Wednesday	TBA	
March 1 <sup>st</sup>	Martin	Maureen	Sue & Martin

**ST JAMES THE GREAT, OCLE PYCHARD**

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Service</b>	<b>Reader</b>	<b>Sidesman</b>	<b>Flowers/Cleaning</b>
2 <sup>nd</sup> Feb	Candlemass	8.30am	Holy Communion	J Ridler	S Ridler	M Evans & I Hicks
16 <sup>th</sup> Feb	2 Before Lent	6.00pm	Evensong	J Oliver	G Hicks	
1 <sup>st</sup> March	Lent 1	8.30am	Holy Communion	J Ridler	S Ridler	

**ST MARY THE VIRGIN, MUCH COWARNE**

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Service</b>	<b>Reader</b>	<b>Sidesman</b>	<b>Flowers/Cleaning</b>
Feb 9 <sup>th</sup>	3 Before Lent	10am	Matins	M Brown/B Bowler	Jill Cooksley	M & D Brown
Feb 23 <sup>rd</sup>	Sunday Before Lent	10am	Holy Communion	A McFarlane	Bridget Lloyd	

**ST JAMES THE GREATER, STANFORD BISHOP**

<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Service</b>	<b>Reader</b>	<b>Sidesman</b>	<b>Flowers &amp; Cleaning</b>
Feb 23 <sup>rd</sup>	Sunday	8.30am	Holy Communion			Rachel & Jetta Hawkins

**FROM THE REGISTERS**

**Funerals**

The Burial of Ashes of Eric John Morris who died on 22<sup>nd</sup> September 2019, aged 95, took place on 22<sup>nd</sup> November 2019 at St Michael and All Angels.

The Funeral of Peggy Davies took place on 23<sup>rd</sup> November 2019 at St James the Great, Stanford Bishop.

May They Rest in Peace.

# The Frome Valley Group

## FEBRUARY 2020

	<b>2nd</b>	<b>9th</b>	<b>16th</b>	<b>23<sup>rd</sup></b>	<b>1<sup>st</sup> March</b>
<b>Acton Beauchamp</b>	<i>11.30am Holy Communion SB</i>				<i>11.30am Holy Communion SB</i>
<b>Bishops Frome</b>	<i>10.00am High Mass SB</i>	<i>10.00am Holy Communion Anthony Ellis</i>	<i>10.00 am High Mass SB</i>	<i>10.00am Holy Communion SB</i>	<i>10.00am High Mass SB</i>
<b>Castle Frome</b>		<i>8.30am Holy Communion Anthony Ellis</i>		<i>10.00am Family Praise Lay Led</i>	
<b>Evesbatch</b>					
<b>Fromes Hill</b>	<i>10.00am Matins Lay Led JS/JR</i>		<i>11.30am Holy Communion SB</i>		<i>10.00am Matins Lay Led JS/JR</i>
<b>Much Cowarne</b>		<i>10.00am Matins tba</i>		<i>10.00am Holy Communion tba</i>	
<b>Ocle Pychard</b>	<i>8.30am Holy Communion SB</i>		<i>6.00pm Evensong SB</i>		<i>8.30am Holy Communion SB</i>
<b>Stanford Bishop</b>				<i>8.30am Holy Communion SB</i>	
	<i>Candlemass Gold or White Psalm 24.[7-10 Hebrews 2.14-18 Luke 2.22-40</i>	<i>3 before Lent Green Psalm 112.1-9 1 Corinthians 2.1-12 Matthew 5.13-20</i>	<i>2 before lent Green Psalm 136.1-9,23-26 Romans 8.18-25 Matthew 6.25-34</i>	<i>Sunday before lent Green 2 Peter 1.16-21 Matthew 17.1-9</i>	<i>Lent 1 Purple Psalm 32 Romans 5.12-19 Matthew 4.1-11</i>

## WHAT'S ON AT BISHOPS FROME VILLAGE CENTRE

Visit [bishopsfromecentre.co.uk](http://bishopsfromecentre.co.uk) for much more information

and find us on [Facebook](#)

<b>Mon</b>	10.00 – 12.00	<b>Internet Café</b>	Drop in or call 01531 640981 All welcome, help available
	14.00 – 16.30	<b>Board Games</b>	Susanna 01885 490440 First Mondays, next 3 February
<b>Tues</b>	09.30	<b>Pilates</b> Body Design	Sally 01886 880956 Prior booking essential
	12.30 for 13.00	<b>Over 60s Lunch Club</b> <b>NOT EVERY WEEK</b>	Joan 01531 640587 Advance booking is essential
	19.30 to 20.30	<b>Zumba</b> Have fun and get fit.	Bev Hughes 07900 640467
<b>Weds</b>	10.00 to 10.45	<b>Circuit Training</b> Fitness-building sessions, all abilities	Dominic 07906 203388
	14.00	<b>Needlecraft Group</b>	Beryl 01531 640359
<b>Post Office Outreach Service</b> in the small office by the main entrance			Monday 13.45 to 16.45 Tuesday 13.00 to 14.30 Wednesday 9.00 to 12.00 Thursday 9.00 to 12.00

**Is your class or club looking for a venue?**

Our Main Hall is a great space for clubs, games or fitness activities, and don't forget the Conference Room for smaller groups. We try to keep Friday and Saturday evenings free for one-off events and private parties. See our charges on [www.bishopsfromecentre.co.uk](http://www.bishopsfromecentre.co.uk)



**Saturday March 21**  
More details next month.

**Do you fancy joining in the production?**  
**We particularly need two young people to take part.**  
**Call Tony 01885 490 394 if you are interested.**

**VICAR**

Rev. Steven Baggs tel: - 01885 490582

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 tel - 01885 490229

e-mail: fromevally@icloud.com

**PARISH SECRETARY**

Eleanor Morris tel - 01885 490229

Office open for routine matters

Wednesday & Friday 9.15am-11.45am

**CHURCH WARDENS**

**ACTON BEAUCHAMP**

Sally Wall 01886 884727

Jane Allan 01531 640227

**BISHOPS FROME**

Gill Lynch 01531 640305

Tony Davies 01885 490394

Heather Partridge (Deputy) 01531 640157

**CASTLE FROME**

Charles Pudge 01531640309

**EVESBATCH**

Richard Kuehn 01886 880259

Diana Harrison 01531 631813

**FROMES HILL**

Jill Southall 01531 640288

Joan Rose 01531640587

**MUCH COWARNE**

Jean Parkes 01432 820402

Martin Hewitt 01432 820282

**OCLE PYCHARD**

John Ridler 01432 820328

**STANFORD BISHOP**

Rachael Hawkins 01886 884250

Jetta Hawkins 07973 239778

**FROME VALLEY GROUP OF CHURCHES**

**Safeguarding Officer: Eleanor Morris - 01885 490229**

**Diocesan Safeguarding Adviser:**

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**LAST COPY DAY for the March 2020 issue of**

**THE FROME VALLEY NEWS is: Monday 10 th February '20**

**And the collection date will be : Friday 28th February '20**