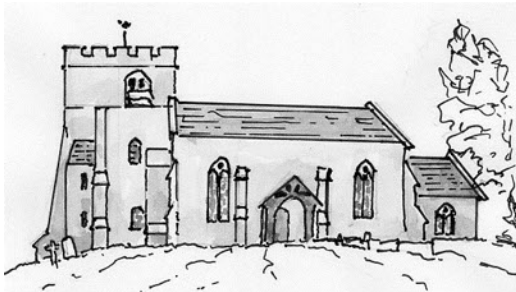
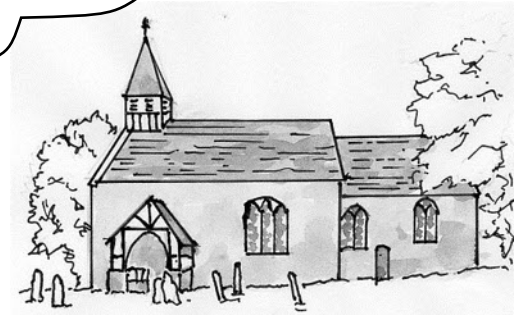


# Frome Valley News

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



*Newsletter  
March 2024*



# CONTENTS

Page 1	Vicar's Letter
Page 2 - 12	News, Events & Church News
Page 2	Matthew Padden
Page 3	Conquest Theatre
Page 13	Catldonically
Page 13	Charles Maiden Services
Page 13	Bowen Therapy
Page 14	John Lee
Page 14	Get Logs
Page 14	Advert Dr David Best
Page 14	Carpet Cleaning
Page 15	Scottwroe Hearing Centre Page
Page 15	You Go Transport
Page 15	Certainly Wood
Page 15	BRP Architecture
Page 16	3D Windows
Page 16	Andy Johnson- Chimney Sweep
Page 16	Kevin Roberts Plumber
Page 17	Whitewells Holiday Cottages
Page 17	Red Kite
Page 17	Acer Tree Services
Page 18	3 Counties Chimney Sweep Page
Page 18	Bishops Frome Community Shop
Page 19	JB Services
Page 19	Woodlands Cattery
Page 19	Emma Bouston Funeral Director
Page 19	Celia Hall Dance
Page 19	SEZ ELRCTRIC
Page 20	The Hop Pocket
Page 21	Drapes & Dressings
Page 21	Steve's Original Furniture Page
Page 21	Seabright & Co
Page 22	From Hereford Diocese
Page 23	February Services
Page 24	Registers, Rotas & Carol dates
Page 25	What's on at The Village Centre
Page 26	Contacts

## Frome Valley Lottery Results

### February 2024

£25	100	Christians Ing	CI
£20	185	Joy Onions	CI
£15	198	Kate Leese	HL
£10	40	Vera Herbert	MH
£10	547	Cheryl Rose	CI
£10	252	Mrs J Wall	JG
£10	122	Marlene Hewitt	CI

## 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](mailto:fromevalley@icloud.com)

[www.fromevalleychurches.com](http://www.fromevalleychurches.com)

### Sarah email

[fromenews@gmail.com](mailto:fromenews@gmail.com))

OR contact the Parish Office  
for more information.

**New website now up and running**

[www.fromevalleychurches.com](http://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

## THE LOCAL & FAMILY HISTORY CENTRE

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## OPEN DAY

Saturday 23rd March

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PARISH REGISTERS.

ARCHAEOLOGY.

and much more

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## Associate Priest's Letter March 2024

As we journey into the Lent season many of our thoughts will almost certainly turn towards Easter. Not only is it the great festival of the Christian church but also a beacon for those with little or no faith, that brighter days lay ahead. This has not been the most auspicious start to a new year. Wars in the Middle East and Ukraine, a stuttering economy, political malaise, the uncertainty of future elections in this country and elsewhere, our Sovereign ill and just such unpredictable weather. It does not seem to bode well, and yet.....



Something in the human nature and most certainly in our Christian belief looks for signs of hope. Be that the spring flowers as they peek out of the soil, the birdsong, the (very occasional) bright sunny day or perhaps in the warmth of friendship, our family or our community. And its not just a case of looking for hope, we can help build it in our homes, workplace and daily lives by small actions of love and kindness. Lent is the perfect time for that hope to start to appear. Many of you will be either giving something up for Lent or engaging in a Lenten discipline such as praying each day or giving more generously to charities or maybe just making time to call or visit that friend you have lost touch with. Whatever it is that you do, have you ever thought why? Well the obvious reason is that our tiny sacrifice matches the fasting that those in the past undertook but I think it goes deeper than that. In a way by giving up something for Lent we make our lives a tiny bit simpler and it seems to me that it is in the simple pleasures in life we can find that real hope and comfort we all long for. Plus whenever we think twice about having that biscuit or cake we have given up then maybe we might just think of sacrifices much greater than our own.

The greatest of these sacrifices for all Christians is the crucifixion and with that comes both our hope and redemption. A sacrifice built upon God's love. God's love which is all hope and never leaves us no matter how dark the days may seem. I don't say this because I am a priest or because I am a glass half full person. I say it because without hope and love in our lives there is little to keep us afloat in these turbulent times.

For those of you seeking such comfort a list of all the church services leading up to and including Easter itself are found in this magazine. Plus Revd Steven is also running a Lent course of which the details can be found within. That just leaves me to wish you a thoughtful Lent and a peaceful, joyful and blessed Easter.

**God bless you      Richard**

**GOODBYE TO Eleanor:** After many years of faithful service as our Parish Secretary Eleanor has decided to retire from her role with the Frome Valley Group. Eleanor has provided valuable administrative support to myself, Richard and all those who lead services within the group as well as being a first point of contact for those who need printing, help with the magazine and safeguarding administration. She has often gone above and beyond to get pew sheets out to churches and get hold of candles, palm crosses and all the other things we need to thrive in our benefice. Thank you Eleanor for all the hard work and dedication you have brought to the role. We will all miss you!

In April we welcome a new Administrator, Steve Curtis who worships in the Whitbourne group of churches with whom we will now be sharing our office administration. Once Steve has completed some of his current work commitments he will be in the office three mornings a week, Monday, Wednesday and Friday. We hope to be able to develop this key role in the future as we seek to find new ways of working together in the Bromyard Deanery.



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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](mailto:stevenbaggs@me.com)

Rev'd Richard Allaway 07969 699270 [rja5204572fco@gmail.com](mailto: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](mailto:fromevalley.icloud.com).

## CONQUEST THEATRE

### Films (inc Borderlines)

- March 3 Anatomy of a Fall (15) (BL) 7.30pm
- March 8 The Miracle Club (12) (BL) 7.30pm
- March 12 The Eternal Daughter (12) (BL) 7.30pm
- March 15 A Haunting in Venice (12A) 7.30pm
- March 17 A Year in the Field (12A) BL) **2.30pm**

### Live on Stage

- March 1/2 Conquest Productions **Blackadder** 7.30pm
- March 9 Folk in the Foyer The Salts 7.30pm
- March 19 Conquest Youth Theatre Orchestra 6.30pm
- March 22/23 One Vision School of Arts Six the musical 7pm
- March 24 My Life in Music Dr Kevin Ilesley 7pm

### Cinema Events

- March 6 NT Live Vanya 7pm
- March 10 Titanic the musical 7pm
- March 16 NY Met La Forza del Destina 5pm
- March 21 NT Live The Motive and the Cue 7pm
- March 26 ROH Madama Butterfly 7.15pm
- March 30 NY Met Romeo & Juliette 5pm

full programme or to book visit <http://www.conquest-theatre.co.uk> or call us on 01885 488575

Box office open Wednesday & Saturday 10.30-12.30

Always a warm welcome

## Lent Lunch 2024

### 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 9<sup>th</sup> March 2024 if you are going to come.

### Lent Bible Course.

Join us for a walk through the Bible as we follow The Bible Course. Every Tuesday at 3pm throughout Lent beginning on 20th February in Bishops Frome Village Centre.

## **ST. MARY'S CHURCH MUCH COWARNE**

### **MARCH SERVICES**

In addition to our usual services on the second and fourth Sundays in March (Matins on March 10<sup>th</sup> and Communion on March 24<sup>th</sup>), we shall have a Communion service at 10.00am on Easter Sunday, March 24<sup>th</sup>. This will be taken by Father David, who we are always to welcome as visiting preacher and celebrant. Please come and join us to celebrate this wonderful time in the Church calendar.

### **RACE NIGHT**

**Friday March 8, 7.30pm, at The Plough Inn, Stoke Lacy.** If you haven't been to one of our Race Nights yet do come and join us for a fun evening in aid of Church Funds. The entry fee, Inclusive of light refreshments, is £5. You may wish just to come and enjoy the occasion and have a bet or two (minimum stake £1) but if you wish to name and own a horse (£10) 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)). The horse will then be on the race card and if it wins you win £30.

### **BRING & BUY PLANT SALE**

**Saturday May 11, from 2.00pm, at Panks Bridge Farm, HR7 4JB.** A variety of bedding and mature plants, will be available for sale. Please see the advert on page 7. for more details.

## **ST. GILES' CHURCH, ACTON BEAUCHAMP**

### **DATES TO POP IN YOUR DIARY**

THURSDAY, 3rd of APRIL, at 7pm.

Coppice House, Acton Beauchamp, WR6 5AH.

AGM for St. Giles' Church and Acton Beauchamp PCC.

SATURDAY, 20th of APRIL, 11am until 1pm.

MANOR BARN, SEVINGTON, ACTON BEAUCHAMP, WR6 5AF.

BY VERY KIND PERMISSION of MR. and MRS DUNCAN FINLAYSON.

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STAY FOR TEA, COFFEE, CAKES, CONVERSATION and a RAFFLE.

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SATURDAY, 6th of JULY, 6.30pm.

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**MORE DETAILS NEARER THE TIME.**

**EVERYONE VERY WELCOME.**

**Bishop's Frome and Fromes Hill Parish Council**  
**80<sup>th</sup> Anniversary of the D Day Landings Celebrations**



**The Parish Council is proposing to celebrate the 80<sup>th</sup> Anniversary of the D Day landings with a community event on Ward Hill.**

**At this event it is proposed to burn a strawman as part of the beacons being lit to commemorate the landings.**

**The Parish Council will support the event which we believe should be a noncharged on entry event.**

**There will be buckets for donations on the evening.**

**As well as the Strawman this year there will be food outlets, a bar and music. Come and have a picnic the gates will open at approx. 7 pm**

**It is hoped to have a Firework display as at the past events.**

**WE NEED SPONSORS**

**The event will cost approx. £8,000 (we had 800 last time £10 ahead)**

**We have received a cheque from the Ferret racing to start us off (thank you)**

**It is my 75<sup>th</sup> year so will put my hand in my pocket to support the event**

**How many of you are having anniversaries this year?**

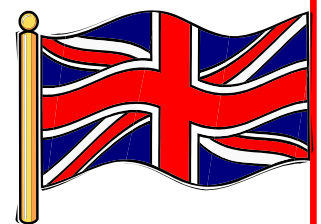
**How about having a firework display as part of your celebrations**

**This could be another brilliant Valley event please support it.**

**Please contact me [john@thehoppocket.com](mailto:john@thehoppocket.com) or 01531 640323**

**let me know how you can help**

**John Pudge**



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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



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

### Hereford's newest charity shop opens its doors

**Eager shoppers queued to catch a first glimpse of Hereford's newest charity shop.**

St Michael's Hospice opened its Eign Gate unit in the former Iceland store on Friday morning (9<sup>th</sup>). With over 4,000 square feet of shopping space, the premises is packed with pre-loved items including clothing, children's toys, homeware and music.

"I love the shop. It looks inviting, and the stock is really fresh," said one of the first shoppers, Emily Jones. "I shop at St Michael's shops three or four times a week. I'm always keen to support the Hospice because I know that my money is going straight back into the community. I just love the aspect of never knowing what you might find. Everything I wear is from a charity shop, often St Michael's, and I'll often re-donate too."

The shop was opened by Jo, one of the Hospice's IPU nurses, and the Mayor of Hereford, Cllr Jacqui Carwardine. The Hospice's Chief Executive, Mike Keel, welcomed shoppers before the ribbon was cut.



The shop has been gathering interest from keen charity shoppers since St Michael's first announced it was taking over the lease. The shop is located at 25 Eign Gate, Hereford and will be open from 9am – 5pm, Monday to Saturday. Donations are accepted in store during these times and at the donation zone at the rear of the shop on West Street.



# **BRING & BUY** **PLANT SALE**



**SATURDAY 11 MAY 2024**

**from 2.00pm**

**at**

**Panks Bridge Farm, Much Cowarne, HR7 4JB**



**Shrubs, Perennials, Dahlias & Bedding Plants,  
Veg: Beans, Tomatoes, Cucumbers etc**

**free entrance, ample parking**

**Ring Marlene on 01432 820282 for further  
information**

**Proceeds to Much Cowarne Church**



Communion Service

Sunday 10<sup>th</sup> March

11.30am

Family Service

Sunday 24<sup>th</sup> March

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 March 2024 News, Views & Muse

## Hilary's Nature Diary

### A winter flock of goldcrests brightens up a dull day

The tiny goldcrest is a frequent visitor to the conifer hedge leading to the church. Along with the firecrest, it wins the prize for being Britain's smallest native breeding bird – weighing just 5 or 6g. I struggle to hear the goldcrest: its thin, high-pitched, zeee zeee zeee call is almost out of my range, but I love to see the flash of colour from its bold head stripe as it flits hurriedly amongst the foliage in search of insects. A cold winter can be disastrous for this diminutive bird, but there are good numbers currently – topped up with winter migrants from far off lands.

For those of you who read my piece here last month about the buzzard – this mobile phone picture shows those new field posts are still very popular!



Hilary

### Events up an coming Near Ledbury in March 2024

Ledbury Fantastic World Book Day 9th March 10.00am - 4.00pm

Countrytastics – Three Counties Showground 28th March

Immersive Regenerative Farming Experience – Risbury Court Farm 30<sup>th</sup> March

Check out <https://www.vir.sitherefordshire.co.uk/whats-on> for information about these and more events

Like our Facebook Page St Michaels Church, Castle Frome



# St James the Great Ocle Pychard

**Easter Sunday  
March 31st  
11am**

Everyone is welcome!  
Everyone is invited!



**St James the Great  
Ocle Pychard  
Sunday March 10<sup>th</sup>  
10am**

Please join us for this traditional service. Everyone is welcome!

## Summerpool Garden Update

Upkeep and work on the Summerpool Garden continues this year, thanks to a number of volunteers who care for it; keeping the garden tidy and welcoming for visitors.

Access through the garden has been improved for families and everyone with the addition of pathway matting, which we are hoping will mean less mud and easier navigation.

Growing and ensuring that fresh produce is available for those who come to the garden will continue in 2024. There will be a variety of seasonal vegetables and fruit for people to select and enjoy – completely free and easily found.

We are very grateful to be supported by the Parish Council. In addition, money raised by customers and staff at the Majors Arms was used to purchase the pathway matting.

It would be really great to welcome further volunteers. You don't have to be an expert gardener to help. We meet on the second Saturday of the month between 11 am and 1 pm at the garden.

So, can you find time in your diary this year on the following dates please?

9<sup>th</sup> March, 13<sup>th</sup> April, 11<sup>th</sup> May, 8<sup>th</sup> June, 13<sup>th</sup> July, 10<sup>th</sup> August, 14<sup>th</sup> September, 12<sup>th</sup> October, 9<sup>th</sup> November, 14<sup>th</sup> December.

We are also hoping to host a community event at the garden in October, so any assistance with this would be greatly appreciated. Or please just show your support by coming along. We will publish further details nearer the time.

Please just turn up. Come for a chat or get involved from the outset. Our email address is [summerpoolgarden@gmail.com](mailto:summerpoolgarden@gmail.com).

Happy gardening!

### 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**





**ACTON BEAUCHAMP  
ST GILES PCC**

**PLANT SALE**

**SATURDAY 20<sup>th</sup> APRIL**

**11am to 1pm**

**AT**

**SEVINGTON**

**ACTON BEAUCHAMP**

**WR6 5AF**



**COFFEE, TEA, SCONES & CAKE**



**FANTASTIC VEG & FLOWERS**



**PRODUCE SALE**



**RAFFLE**



**A CHANCE TO MEET & CHAT**



**SEE YOU THERE!**



**PROCEEDS TO ST GILES CHURCH**



## **STANFORD BISHOP/LINLEY GREEN PCC**

This year we have changes, after many years of service two members are relinquishing their posts as officers to the Stanford Bishop/Linley Green PCC .

### **CHURCHWARDEN**

Rachel Hawkins will be stepping down from this position March 2024

### **TREASURER**

Claire Howells will be relinquishing this post at the end of the financial year December 2024

Therefore, we are actively seeking replacements for the positions of Churchwarden, Treasurer and also looking for Parochial Church Council Members, if anyone within in the community/wider community feel they could offer their services to help keep your beautiful Church of St James open and functioning as a place of worship for future generations to come, we would love to hear from you.

Further information on the above positions we invite you to visit the Diocese of Hereford website -Parish Support -Parish Officers to gain more information on the rolls.

You are welcome to Contact a member of St James PCC or  
Rev Steven Baggs for any further enquires.

Thankyou

### **SOUPS and SNOWDROPS**

This event was very well supported and a huge thank you to all those that came to admire our beautiful snowdrops in the churchyard on such a beautiful sunny day a special thank you who contributed lovely soups and draw prizes very much appreciated by the PCC






### **DATES FOR the DIARY 2024**

March Wed 6 <sup>th</sup>	AGM will take place at St James Church at 4pm
March Sunday 31 <sup>st</sup>	Easter Day Service 8.30am
July Friday 5 <sup>th</sup>	A evening of Shantys and Sea Songs provided by Fishmongers Friends
October Friday 11 <sup>th</sup>	Harvest Festival Service at 7pm with cottage pie and puddings
November Sunday 10 <sup>th</sup>	Remembrance Service
December 24 <sup>th</sup>	Christmas Eve Carol Service 6pm

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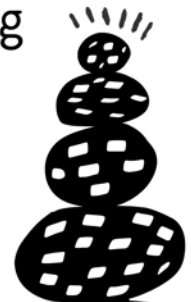
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lindsay-holder

or you can email at  
[lindsay@smartbowen.co.uk](mailto:lindsay@smartbowen.co.uk)

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Please look at web site;

[www.localonlinetherapy.co.uk](http://www.localonlinetherapy.co.uk),

for information

and details of the services he offers, the approach he uses, and *how to contact me*.

**In particular, he offers support for:**

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  - Parenting challenges
    - Stress and Trauma
    - Anxiety

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hereford@scottwroehearing.co.uk

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Barnards Green, Malvern, WR14 3LY  
01684 566 449  
malvern@scottwroehearing.co.uk



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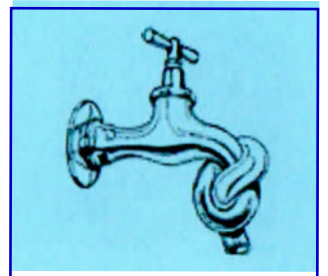
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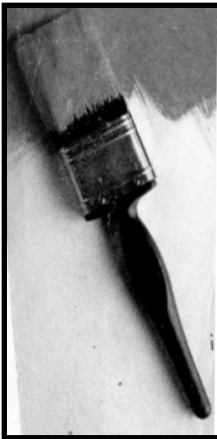
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From The Diocese

I have just read the Rule of St. Benedict, to my shame for the first time. It is a monastic rule from the 6th century that sets out the disciplines and structures for the effective running of a monastery. The rules of poverty, chastity and obedience are highly restrictive; the punishments for violations severe; the lifestyle highly demanding.

Praying at set offices eight times a day (including at 2 in the morning) meant that the monk would rarely get more than few hours of unbroken sleep. Central heating was for wimps and the diet uninspiring. Although eased in later centuries, it has been the basis for the monastic tradition in Western Europe ever since. Its not the sort of discipline that works in everyday life, but that doesn't mean it has no value. It is designed to foster Christian virtues of humility, and obedience (albeit expressed through submission to the Abbot), and a growing Christlikeness.



Most of March will be the season of Lent, when we Christians have traditionally given up things that give us pleasure to focus on our spiritual journey. As our world has changed it seems increasingly anachronistic. Our culture screams at us from the lifestyle sections that the way to real fulfilment is getting what you really desire. The idea that giving something up might be good for you, other than as a grudging acknowledgement of post-Christmas weight gain, is anathema. Consumerism works by creating desire and then offering to fulfil it. But our strongest desires are not necessarily our deepest ones. Giving things up, or fasting can get us in touch with these deeper desires that only God can satisfy.

There is evidence that restricting calories by intermittent fasting or turning our mobiles off is actually good for us physically and psychologically. A good lent can be like leaving the Christmas presents unopened under the tree until Christmas day. There is a joy in the opening that is enhanced by the waiting. So, as well as helping us grow closer to God, our Lenten restraint can amplify the joy of Christ risen when we get to that glorious Easter celebration.

I once gave up tea and coffee for lent and had my first large cup on Easter morning. Before I knew it, I'd done three services and built a compost heap! Lent can be spiritual dynamite.

+Richard





THE FROME VALLEY GROUP					
MARCH 2024					
	3 <sup>rd</sup>	10 <sup>th</sup>	17 <sup>th</sup>	24 <sup>th</sup>	31 <sup>st</sup>
<b>Acton Beauchamp</b>	11.30am Holy Communion SB				11.30am Holy Communion SB
<b>Bishops Frome</b>	10.00am High Mass SB	10.00am Holy Communion SB	10.00am High Mass SB	10.00am Holy Communion Fr David West	10.00am Holy Communion SB
<b>Castle Frome</b>		11.30am Holy Communion SB		10.00am Family Service Lay Led	11.30am Holy Communion Fr David West
<b>Evesbatch</b>					Sat 30 <sup>th</sup> March 7pm Vigil & Eucharist SB
<b>Much Cowarne</b>		10.00am Matins Lay Led		10.00am Holy Communion SB	10.00am Holy Communion Fr David West
<b>Ocle Pychard</b>		10.00am Mothering Sunday Service Lay Led			11.00am Holy Communion Rev Ros Trafford Roberts
<b>Stanford Bishop</b>					8.30am Holy Communion SB
<b>Maundy Thurs Service 7pm BF</b> <b>Good Friday Service 2pm BF</b> <b>Holy Saturday Service 7pm Ev</b>	Lent 3 Purple 1 Corinthians 1.18-25 Psalm 19 John 2.13-22	Mothering Sunday Purple Psalm 127.1-4 Colossians 3.12-17 John 19.25-27	Lent 5 Purple Hebrews 5.5-10 Psalm 51.1-13 John 12.20-33	Palm Sunday Red Isaiah 50.4-9a Psalm 31.9-16 Mark 15.1-39	Easter Sunday Gold or White Acts 10.34-43 John 20.1-18

09.02.24

### Easter in the Frome Valley

**28<sup>th</sup> March 7pm Maundy Thursday Service, St Mary the Virgin, Bishop's Frome.**

**29<sup>th</sup> March 2pm Good Friday Service, St Mary the Virgin, Bishops Frome.**

**30<sup>th</sup> March 7pm Holy Saturday Eucharist and Vigil, St Andrews, Evesbatch.**

#### Easter Sunday

8.30am Holy Communion St James the Greater, Stanford Bishop.

10.00am Holy Communion St Mary the Virgin, Bishops Frome

10.00am Holy Communion St Mary the Virgin, Much Cowarne

11.00am Holy Communion St James the Great, Ocle Pychard

11.30am Holy Communion St Giles, Acton Beauchamp

11.30am Holy Communion St Michael & All Angels, Castle Frome

## **From The Registers**

### **Baptisms**

The Baptism of Archie Watkins took place on 11<sup>th</sup> February 2024 at St Mary the Virgin, Bishops Frome.

### **Funerals**

The Funeral of Gordon Edward Walter Lock who died on 11<sup>th</sup> January 2024, aged 78, took place on 9<sup>th</sup> February 2024 at St Michael and All Angels, Castle Frome.

May He Rest in Peace.

## **ST MARY THE VIRGIN, BISHOPS FROME**

<b>DATE</b>	<b>READER</b>	<b>PRAYERS</b>
Mar 3 <sup>rd</sup>	Sarah	Moyra
Mar 10 <sup>th</sup>	Lucy	John
March 17 <sup>th</sup>	Susie	TBA
March 24 <sup>th</sup>	Martin	Maureen
March 31 <sup>st</sup>	Maureen	TBA
April 7 <sup>th</sup>	Sarah	Moyra

### **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](mailto:lucyanne@mygarden.org.uk) as soon as possible so we can arrange accommodation.



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## WHAT'S ON WEEKLY in March

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
- 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**



- Bingo with Jo, for various good causes  
7th and 21<sup>st</sup>. Eyes down 7.30pm  
07804 045366

### 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

**BINGO!**  
BINGO is back  
at Bishops Frome!

Fortnightly  
March 7<sup>th</sup> & 21<sup>st</sup>

Other organisations and charities  
very welcome to contact us to  
arrange a date

Doors Open - 6.30pm  
Eyes Down - 7.30pm  
Raffle  
Refreshments

Contact Jo Chedgoy on 07804 045 366 about  
booking at date for your chosen group/charity

**ZUMBA**  
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	Tues	13.00 to 14.30
	Wed	9.00 to 12.00
	Thurs	9.00 to 12.00

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.

**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 490229

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Jane Allan 01531 640227

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Charles Pudge 01531640309

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Richard Kuehn 01886 880259

Diana Harrison 01531 805058

MUCH COWARNE

Jean Parkes 01432 820402

Martin Hewitt 01432 820282

OCLE PYCHARD

John Ridler 01432 820328

Janet Bartlett 01432 320485.

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Jetta Hawkins 07973 239778

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**Diocesan Safeguarding Adviser:**

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**LAST COPY DAY for the April 24 issue of**

**THE FROME VALLEY NEWS is: Monday 11th March**

**And the collection date will be : TBC**