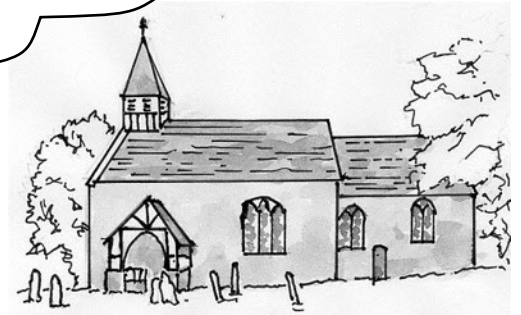


Frome Valley News

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



October 2023



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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.org.uk

Sarah email

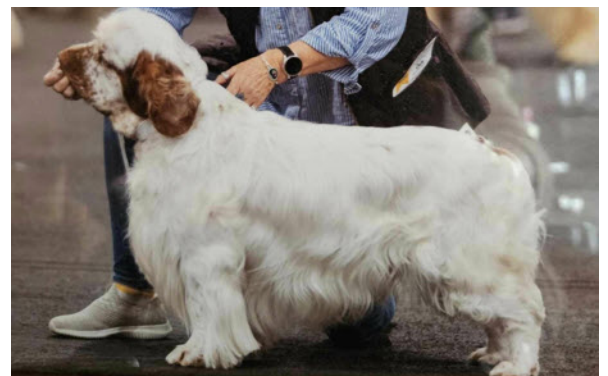
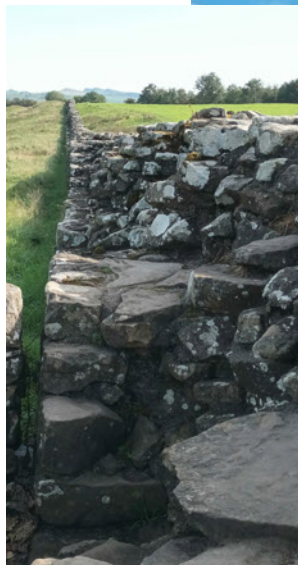
fromenews@gmail.com

**OR contact the Parish Office
for more information.**

**Advert Rates per issue:
£3.00 1/8 page, £6.00 1/4 page,
£10.00 half page, 20.00 whole page**

**Please note the website is
undergoing some changes and will
be fully functioning again soon**

**Bamburgh Castle & Hadrians Wall,
on my travels Up North and Judging too**



Vicar's Letter

When having a moan is a good thing – God's gift of lament for difficult times

How long, Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me? Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, and my enemy will say, "I have overcome him," and my foes will rejoice when I fall. But I trust in your unfailing love; my heart rejoices in your salvation. (Psalm 13:1-5)



Over the last few years, it would be an understatement to say that we have lived through 'interesting times', with BREXIT, COVID, the Russian invasion of Ukraine, the death of our Queen, high energy prices and the cost-of-living crisis. In times of adversity, it is easy to feel that God is a long way off, certainly the author of Psalm 13 thought so. However, the psalmist's difficulties, whatever they were, did not stop them praying honestly to the Lord. The Bible calls this way of praying lament. It is a gift from God to help us draw close to God during the tough times.

In psalms of lament, we see the psalmist crying out to God in sorrow, sometimes protesting about an injustice, or quite simply being honest about their own struggles. So how does lament work and why does God encourage his people to lament? Below are three reasons why lament is a good thing that can help us during difficult times.

- ***Lament remembers there Is a God who Is real*** – Simply by pausing for a moment and telling God how we really feel we are recognising that God exists and that he is interested in us.
- ***Lament remembers and can ask why?*** – Lament does not sweep troubles under the carpet, rather lament allows us to be real, to express our struggles and frustrations honestly to God.
- ***Lament moves us from despair to hope*** – Somehow by God's grace, when we are honest with God, God in his grace works in us and our situation. Time and again in the psalms we see the psalmist moving from despair to hope. God has grown bigger, and the challenge being faced smaller.

My prayer for all of us is that no matter how tough the times we live in are, that through the gift of lament we would all experience more of God's presence in our lives.

Blessings

Steven

Frome Valley Group Pilgrimage to Walsingham 2024

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

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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.

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

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 01880490582 stevenbaggs@me.com

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

Mrs Judy Orgee 01531 640525

Tony & Liz Davis 01885 490394

Frome Valley Group of Parishes – Safeguarding

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

CONQUEST THEATRE

Films

Oct 6th	The Unlikely Pilgrimage of Harold Fry (12A)	7.30pm
Oct 14th	(Saturday) Barbie (12A)	7.30pm
Oct 20th	Ticket to Paradise (12)	7.30pm

Live on Stage

Oct 1st	My Life in Music Kevin Ilesley	7pm
Oct 7th	Abba (tribute band)	7.30pm
Oct 13th	Folk in the Foyer - John Kirkpatrick & Terry Tandler	7.30pm
Oct 25 - 28	Conquest Productions BIG The Musical	7.30pm

Event Cinema

Oct 5th	ROH - L'elisir D'amore	7.15pm
Oct 21st	NY Met Opera - Dead Man Walking	5.55pm

Full programme details available <http://www.conquest-theatre.co.uk>

Hello,

I'm trying to get a couple of other Castle Frome residents to help with the annual verge clearing up. It involves raking up the dead grass on a small length of the verge just up from the lay-by up towards Grove Cottage (opposite top Moorend Farm track) so the beautiful wild flowers will reappear next year. If anyone is interested date Tuesday 24th October at 9.30. Bring a rake Hi Viz available. Thanks Ann Grove Cottage.

St James Church Stanford Bishop Festival Services

Looking ahead to Autumn / Winter we have services as follows

On Friday October 6th at 7pm we will be holding our Harvest Celebration Service at St James Church followed by Harvest Supper 7.30pm.

We are also very pleased to welcome the FISHMONGERS FRIENDS who will be singing a variety of sea shanty songs during the evening. Please make a date in your diary, everyone very welcome

See main poster in this magazine for further information

Remembrance Sunday Service November 12th @ 11.45am

Christmas Eve 24th December @ 6pm Carols by candlelight

Following the service, Sherry and festive refreshments will be served



Castle Frome October 2023 News, Views & Muse



Communion Service

Sunday 8th October



Family Service

Sunday 22nd October

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

Wildlife in Autumn

There is still much wildlife activity this month, but nectar and pollen can get a bit trickier for insects to find. If you have a garden, some late flowering plants such as Michaelmas daisies will help fill the void. Leave any seedheads for birds such as finches.

As well as seedheads, birds will be very grateful for any berry-bearing trees and shrubs through the autumn and winter months, and of course it's time to dust off bird tables and feeders.

If you haven't already, now is also a good time to thin out any overgrown garden ponds, remembering to leave any surplus vegetation on the edge for a day or two to let pond animals return home. I have done just that and it's fascinating to watch what appears out of the greenery!

Hilary x



The Three Wise Monkeys

We had a cleaning session in the Church on 2nd September in preparation for an up and coming Wedding. Mike painted the porch gates, Alan did a wonderful job on the Churchyard, Clifford sorted out the mouse holes in the carpet, a lot of dusting was done by the bride and her family and the hoovering was done by Jo, Su & Louise and then the Three Wise Monkeys (aka Meg, Betty & Judy) polished the brasses. They sat on the alter pew and we just couldn't resist the photo opportunity. Everybody worked really hard to get the Church looking more beautiful than normal.



Like our Facebook Page
St Michaels Church, Castle Frome

St James Church, Stanford Bishop

Harvest Celebration Service

Friday 6th October 2023 at 7pm

Following the Service,
a **Harvest Supper** will be served.

Home cooked Cottage Pie
with Fresh Crusty Bread

and a Selection of delicious
Seasonal Puddings



Entertainment provided by **The Fishmongers Friends**

singing a repertoire of Sea Shanty Songs

If you are unable to attend the Service, you are very
welcome to join us at 7.30pm for supper & entertainment.

£10 per head payable at the door.





EVENTS TO COME AT ST. GILES' CHURCH.

OCTOBER THE 1st at 11.30am.

HARVEST THANKSGIVING SERVICE.

We would very much appreciate donations of non-perishable food items.

These will then be donated to Bromyard Food Bank.

EVERYONE VERY WELCOME.

DECEMBER THE 3rd at 6.00pm.

CAROLS by CANDLELIGHT.

This evening service will replace the usual family communion service, in the morning.

After the carol service Mr and Mrs Laurence and Stacey Mutkin have very kindly invited the congregation, to their home, Church House, for sherry and mince pies.

Wrap up warm and do bring a torch. EVERYONE VERY WELCOME.

DECEMBER THE 22nd.

A CHRISTMAS PARTY.

This will be held at The Grange, Acton Beauchamp by very kind permission of Mr and Mrs Antony and Jo Blackwell.

More details nearer the time. EVERYONE VERY WELCOME.

25th DECEMBER at 11.30pm.

Family Communion Service on Christmas Day. EVERYONE VERY WELCOME.

PLEASE NOTE

THERE WILL NOT BE A SERVICE IN JANUARY.

This will allow everyone to recover from the Christmas and New Year Festivities!!

ST. MARY'S CHURCH MUCH COWARNE

Harvest Celebrations

On Saturday October 7th there will be a **Make and Take** morning in the church from 10.30am until 1.00pm. Everyone is welcome and will have the chance to learn how to make a Corn Dolly while for younger members of the family there will be a other crafty activities such as potato and apple printing to try. Drinks and biscuits, (and cuppas and cake for Mums & Dads) will be provided. There is no charge for the session but any donations will be appreciated.

Our **Harvest Service** this year will be on Sunday October 8th at 10.00am in St. Mary's church and we are pleased to welcome back Lay Leader Sue Williams to lead the service. Everyone is welcome to the service as they are to the Harvest Lunch, which will take place at 12.30pm at the Plough Inn, Stoke Lacy. The cost for this is £20 for two courses and If you would like to come please let Jean Parkes (01432 820402 / 07792 314696) or Martin Hewitt (01432 820282 / 07580 575784) know by Wednesday October 4th.

Remembrance Sunday

The Remembrance Sunday Service this year is on Sunday November 12th and will begin at 10.30pm rather than the usual 10.00am in order to take in the 2 minute silence at 11.00am. The service will be taken by Rev. Richard Allaway.

Carol Service

Our Carol Service this year will replace the usual Matins service on December 10th. Hopefully mince pies and mulled wine will once again be available after the service!

Christmas is Coming!



**And so is the Community Christmas Lunch
at Burley Gate Village Hall. Sunday 10th
December 12.30pm. Cost £22.50
Tel. Audrey 01432 820436
E: wanaki@btinternet.com**

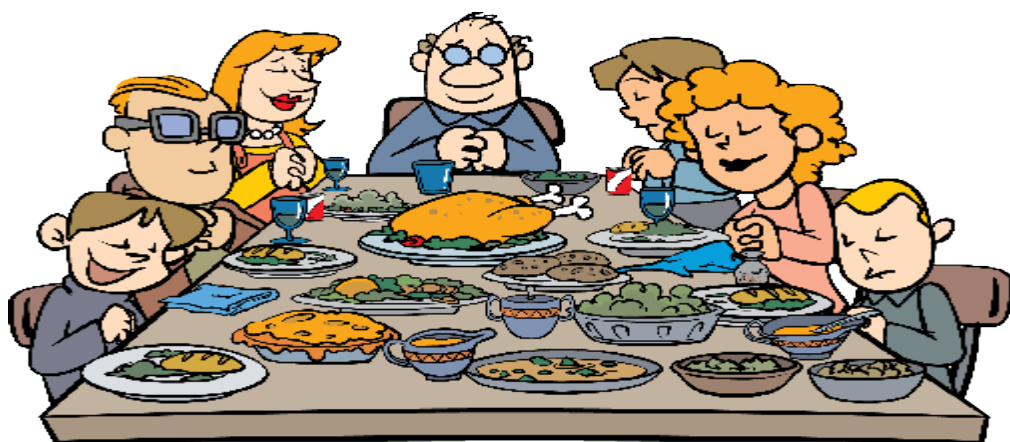
St Mary's Church Much Cowarne

HARVEST



SERVICE

Sunday October 8th 10am
All welcome!



Harvest Lunch at
The Plough Inn, Stoke Lacy
12.30 pm. Carvery & Dessert £20

To book for lunch please contact:
Martin – 01432 820282 / 07580 575784 or
Jean – 01432 820402 / 07792 314696
By Wednesday October 4th

Stretch and Extend

Do you want to improve your body, mind and balance?
Come and join a light hearted group of stretchers and extenders in Bishops Frome Village Hall on Tuesday afternoons at 3.00 pm.



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If you want to give it a go.



The Trumpet & District Agricultural Society 78th Annual Ploughing Match

Thursday 5th October 2023

Location

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Open to all for classes entry forms and details please visit our
webpage www.trumpetanddistrictagriculturalsociety.co.uk

EVERYONE WELCOME





HARVEST FESTIVAL

**St James the Great, Ocle Pychard
Friday 29th September 6.30**

Come and join us and bring a donation for the Bromyard Food Bank if you can.

**If you would like to help decorate the church
please come at 2.00 on Friday 28th with flowers etc.**

**St James the Great, Ocle Pychard
Harvest Supper
and**

**Barn Dance
with**

Sheila's Reels

Burley Gate Village hall- 7.00 onwards

Saturday 30th September





ST MARYS BISHOPS FROME
Harvest Supper

Saturday 21st
October

Bishops Frome Village Centre

7pm - Tickets £15 adults, £7.50 children

Tickets available from the Community Shop
or Lyn Bolton on 07973 882578

Beer and cider available to buy at the hall,
bring your own wine



POEM HARVEST 2023

Well here we are another year,
The Summer's fading, and Autumn's here.
The time when all farmers are hard at work,
They're working from early dawn till dusk.

Our Lord has blessed us with our seasons,
Carefully thought out, he has his reasons,
Each one has it's part to play,
But in Autumn, there is no need to say.

The farmers have been watching their crops,
Making sure this year won't be a flop.
Ready now, to send out their combines,
These days, they feel are the perfect times.

Their year has been preparing for the harvest,
The earth has been cared for, to give of the best,
To plough, and to sow, the crops in the field,
Farmers doing their best, to have a good yield.

The arable soil, enough sunshine and rain,
And choosing a particular tested grain,
Our farmers' knowledge, learnt from years ago,
K now exactly, which grain, is best to grow.

The potatoes, flowering, it's time to harvest,
The pickers arrive, and are put to the test
Gathering by the carts, now all ready to sell,
We hope the market's fair – only time will tell.

The fruit growers too, set about their tasks
Picking apples, pears, strawberries and rasps,
Baskets and crates filled, keeping up their targets,
As the lorries deliver them, to different markets.

Gathering in the harvests, man's food from the earth,
In Herefordshire here, we really are blessed.
Our farmers up early, working till late in the night
Lights on tractors and combines, shine our bright.

We must thank all our farmers where'er they be,
For harvesting the crops in the fields that we see.
They feed all our folks whether in country or town
And never – never never, do they let us down.

St Mary the Virgin, Bishops Frome

We are celebrating Harvest this year with a supper
Saturday 21st October at 7pm
in the Village Centre, more details further in the newsletter.

Please do then join us for our Harvest Service at **10am on Sunday 22nd October.**

We are still looking for bell ringers to join us, having recently started ringing I can say it's a great new skill to learn with friendly people helping you to master the bells!

We are hoping to be able to start ringing before services on the 1st and 3rd Sundays very soon.

Bellringers needed at Bishops Frome



We don't have enough bellringers and are desperate for some new recruits. The church has 6 bells, so we need a minimum of 6 ringers, and ideally a pool of 8 or 9, but we only have 2.

Anyone can learn to ring, male or female, from about age 13 upwards, and you do not need to be at all musical. Bellringing is a hugely enjoyable and rewarding pastime which can give years of pleasure once you have learnt the basics. It is also very sociable and a good way to get some upper body exercise.

Bellringing is a skill but it doesn't take long to learn how to handle a bell and join a team to ring before church services or at special occasions.

If you would like to see what it's all about, taster sessions can be organised






If anyone is interested in a taster session or would like to visit the bell tower and see the bells in action, just give me a call or message me.

Tony Davis. Bell Tower Captain
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for information

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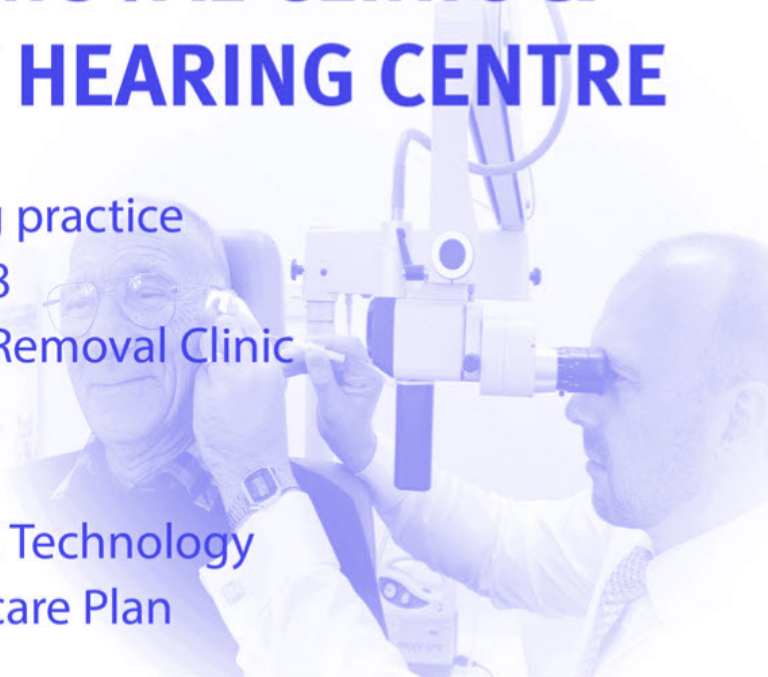
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One of my roles on the council is Chairperson of the Connected Communities Scrutiny Committee, which deals with issues including the economy and transport. Scrutiny committees are an important part of how the council runs. They are cross-party, with seats allocated in proportion to the size of the political groups. Their job is basically to ask lots of questions!



The committee that I chair covers many fascinating topics. For example, we lead on scrutinising the new administration's proposal to scrap the Maylords Orchards library project and put the library in the Shire Hall instead. You may remember I mentioned this in my column last month. My committee asked a lot of very detailed questions about this, and succeeded in persuading the administration not to cancel the Maylords project until a full business case had been prepared for the alternative site. We will be scrutinising that business case once it is ready, later this autumn.

Another topic that my committee is currently looking at is the development of the Local Transport Plan (LTP) and Local Cycling and Walking Infrastructure Plan (LCWIP). Today we had some very useful briefings on these emerging plans, and we will be discussing them at our next public meeting (date tbc, sometime in the next few weeks – I will post a notification on Facebook when the date is agreed). These transport strategy plans are really crucial – setting the direction for transport infrastructure for the coming decades.

This summer I went to the Nordic countries for the first time, and was enormously impressed with their transport infrastructure. I travelled by train because I avoid flying for environmental reasons – and train journeys are lovely, as you see the landscape change! It's also incredibly reasonably priced if you book in advance – for example, about £65 for a 17-hour overnight journey from Geneva to Copenhagen.

The infrastructure for walking and cycling in Denmark's capital Copenhagen is wonderful, meaning the city is incredibly easy to get around. Gothenburg on Sweden's west coast is equally good. I hired bicycles in both places and had a wonderful time exploring these vibrant, pedestrian-friendly and cyclist-friendly cities. What particularly impressed me was the fact that cars gave way to pedestrians rather than the other way round – the most vulnerable road users were prioritised.

This hasn't happened by accident – it's the result of long-term planning that recognises that places are for people! There are some fantastic resources online about this sort of planning. I especially recommend the YouTube channels 'Not Just Bikes' <https://www.youtube.com/c/notjustbikes>

and 'Streetfilms' <https://www.youtube.com/@StreetfilmsCommunity>,

both of which have some really informative and inspiring videos on this topic.

Here in Herefordshire we have a great opportunity to do this long-term planning too, and to create a much more effective transport system that gives people the widest possible range of options for getting around. In my work on the Connected Communities Scrutiny Committee I will be scrutinising the development of these plans to ensure that local people's views are heard, and that we learn from as many inspiring examples as possible!

If you'd like to contact me about a local issue, please phone 01531 670729 (landline) or 07950 714947 (mobile), or email ellie.chowns@herefordshire.gov.uk. 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 very best wishes, Ellie

THE FROME VALLEY GROUP					
October 2023					
	1st	8th	15th	22nd	29th
Acton Beauchamp	11.30am Harvest Festival SB				
Bishops Frome	10.00am High Mass SB	10.00am Holy Communion SB	10.00am High Mass SB	10.00am Harvest Festival SB	
Castle Frome		11.30am Holy Communion SB	13 th October 6pm Harvest Festival	10.00am Family Praise Lay Led	
Evesbatch					11.30am Harvest SB
Fromes Hill					
Much Cowarne		10.00am Harvest Festival Sue Williams		10.00am Holy Communion Father David	
Ocle Pychard					
Stanford Bishop		6 th October 7pm Harvest Festival			
	Trinity 17 Green Psalm 78.1- 4,12-16* Philippians 2.1- 13 Matthew 21.23-32	Trinity 18 Green Psalm 19* Philippians 3.4b- 14 Matthew 21.33- 46	Trinity 19 Green Psalm 106.1- 6,19-23* Philippians 4.1-9 Matthew 22.1- 14	Trinity 20 Green Psalm 99* 1 Thessalonians 1.1-10 Matthew 22.15-22	Last Sunday after Trinity Green Psalm 90.1- 6,13-17* 1 Thessalonians 2.1-8 Matthew 22.34-46

30.08.23

ST MARY THE VIRGIN, BISHOPS FROME

DATE	READER	PRAYERS
Oct 1 st	Sarah	Moyra
Oct 8 th	TBA	TBA
Oct 15 th	Maureen	TBA
Oct 22 nd	Angela	Maureen
Oct 29 th	Group Service at Evesbatch 11.30am	
Nov 5 th	Sarah	Moyra

FROM THE REGISTERS

Baptisms

The Baptism of Briony and Lacey Winter-Stephens took place on 13th August 2023 at St James the Great, Ocle Pychard.

Weddings

The Wedding of Ellis Arthur Whittal-Williams and Sarah Rebecca Wells took place on 9th September 2023 at St Michael and All Angels, Castle Frome.

Funerals

The Funeral of Jill Southall took place on 16th August 2023 at St Mary the Virgin, Bishops Frome.

May She Rest in Peace



Harvest Festival Services in the Frome Valley 2023

Acton Beauchamp	11.30am Sunday 1st October
Bishops Frome	10.00am Sunday 22nd October
Castle Frome	6.00pm Friday 13th October
Evesbatch	11.30am Sunday 29th October
Much Cowarne	10.00am Sunday 8th October
Ocle Pychard	6.30pm Friday 29th September
Stanford Bishop	7.00pm Friday 6th October





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WHAT'S ON WEEKLY in Oct

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 Mon 2 Oct
Susanna 01885 490 440
- Tae Kwon Do , White Phoenix
6.30pm, 07814 778 112

Tuesday

- Pilates with Sally, 9.30, 07909 754 039
- Stretch & Extend, 3-4pm, 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 to 12
First & third
Thursdays
Contact Tony
07764 578 410



- Ward Surgery, 10.30 to 12
- Third Mondays, 2-3.30pm
- Cllr Ellie Chowns, 07950 714 947

Friday

- Pilates with Sally, 9.30, 07909 754 039
- Shanties – back on 6 October, 2pm
- 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



Tuesday

£5

7:00pm - 8:00pm

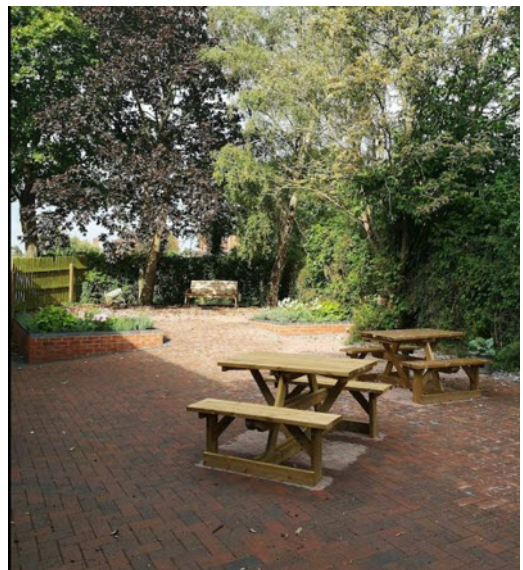
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VICAR

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
(Wednesdays & Fridays 9.30 to 11.45)

CHURCH WARDENS

ACTON BEAUCHAMP

Sally Wall 01886 884727
Jane Allan 01531 640227

BISHOPS FROME

John Ewens 07801 122778□.
Tony Davis 01885 490394

CASTLE FROME

Charles Pudge 01531640309

EVESBATCH

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.

STANFORD BISHOP

Rachael Hawkins 01886 884250
Jetta Hawkins 07973 239778

FROME VALLEY GROUP OF CHURCHES

Safeguarding Officer: Eleanor Morris - 01885 490229

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 November 23 issue of
THE FROME VALLEY NEWS is: Monday 9th October And
the collection date will be : TBC**