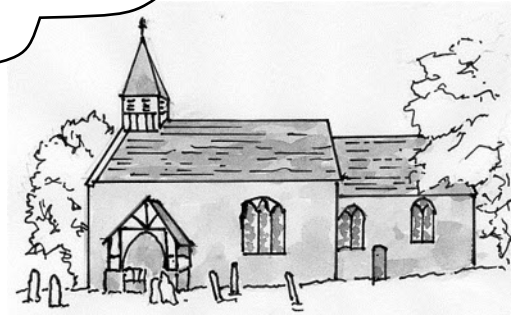


# Frome Valley News

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



*February 2022*



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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:**

**f r o m e v a l l e y @ i c l o u d . c o m**

**www.fromevalleychurches.org.uk**

**Sarah (oldholbans@hotmail.com)**

**I am still doing the FVN so please use my email - oldholbans@hotmail.com**

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

**Happy New Year to you all**

## ***FROME VALLEY NEWS COLLECTION DAY FOR THE***

### ***March 2022 ISSUE***

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

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

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

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## February's Letter

### The Joy of Sadness

February already! I'm not sure about you, but the past weeks and months seem to have been a blur of activity - I'm half expecting to wake up tomorrow and have arrived at Easter! These wintery months are a difficult time of the year for many of us at the best of times - let alone in the midst of a pandemic. We have seen the effects once again over the winter, with cancelled services and an increased wariness of social interaction.



I am assured it *is* suitably cold enough now to groan about the weather - back in November and December I was complaining about the drop in temperature, to which I received an almost universal reply of 'it's not cold yet, just you wait!' I can see now what you all meant! I hadn't been aware that my homeland of Northamptonshire was so temperate a climate, but there you go!

What with the cold, damp, and increasing worry over our interactions, it is easy to see how this time of year may be a very lonely one for people. With loneliness often comes sadness; despair, even. Unsurprisingly, we think of sadness as a bad thing - we're rather happy when we're happy, it turns out! But I think that this is a little too simplistic of an idea. We can all remember times in our lives when initial sadness leads to eventual understanding or reconciliation - often, we come out the other end a stronger, more developed person. The ending of a relationship, for example, may be a bitter pill to swallow at the time, but we may think we've had a lucky escape when we reminisce a few years down the line!

No one from the Bible does sadness quite as well as Job. He curses the day of his birth (Job 2:4), he wishes God would cut him off (6:9), and complains of the hopelessness of his life (all of chapter 7!) A cheery fellow indeed! And yet, despite all of these complaints, despite the suffering and punishment that has befallen him, Job still trusts in the Lord - 'though He slay me, I will hope in Him.' (13:15) Despite all the sadness in his life, Job was still devoted to God - he knew that, whatever might befall him, God was his creator.

When the Messiah comes, He tells us what the reward for our devotion will be - eternal salvation alongside Our Father in Heaven. John 10:27-28 records Jesus' words: 'my sheep will hear my voice, and I know them, and they follow me. I give them eternal life, and they will never perish, and no one will snatch them out of my hand.' Being a sheep is not meant to be easy - there will be times that we lose sight of the Shepherd, when the wolves attack us. Jesus does not promise that our lives as His sheep will be easy - but He *does* promise that they will be worth it.

This is not to say that we should not feel sad at all. Christ himself wept with the other mourners at Lazarus' tomb. He cried out to God for forsaking Him on the cross. Jesus was not only fully divine, He was also fully human - He understood the pains and sufferings of the human condition. So yes, we should feel sad. Yes, we should mourn, lament, get upset. But we should also ultimately rest and take abundant joy in the knowledge that God knows all, controls all, and loves us all - 'what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?' (Malachi 6:8).

Ewan



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### **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](mailto:stevenbaggs@me.com)

Rev'd Richard Allaway

07969 699270 [rja5204572fco@gmail.com](mailto:rja5204572fco@gmail.com)

Mrs Judy Orgee 01531 640525

Tony & Liz Davis 01885 490394

### **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.

**Childline: 0800 1111**

**Samaritans 116 123**

**Domestic Violence Hotline: 0808 2000 247**

**Mind 0300 123 3393**

**Age UK 0800 169 6565**

**During the COVID-19 pandemic Bromyard Community Transport are remaining open.**

Transport for Covid Vaccinations

**Cathy Marsh (Manager) Bromyard**

**Community Transport Tel: 01885 488452**

**This advertising space could be yours!**

**Contact Sarah Sevastopulo**

**email: [oldholbans@hotmail.com](mailto:oldholbans@hotmail.com)**

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## Ocle Pychard Ramblings

The winter is upon us and it will soon be the shortest day, soon we will be looking forward to the lengthening days and the hint of spring on the horizon. Each season has its own personality and at this time (in December as I write this article) it has to be the frosty mornings, seeing ones breath in the air and kicking up fallen leaves along the country lanes and footpaths. The sun lies so low on the horizon, giving very little warmth, and the cold air nips at your fingertips. When I was a child I loved running through the woodlands near my home and tossing the dried, brown or golden leaves all over the place. I loved to look at the shapes that the trees made minus their summer finery (I still do). If you look closely at the trunks of the older trees you can often see faces in the bark and other wonderful things. With the dark nights I must admit that there is nothing I enjoy more than sitting in front of the fire with a mug of hot chocolate or something a little stronger! What luxury.

However with the turning of the year and 2022 on the horizon I look forward with optimism to the beginning of another chapter in the book of life and hope that it will be a good year for us all. There are so many wonderful opportunities out there to be experienced if we look in the right places.

I wish everyone a very happy, healthy new year and hope that you all stay safe with your families and friends.

Sally Ridler

### Please note :

There will be no 8.30am Holy Communion at Ocle Pychard Church on the first Sunday of January. Services will resume as normal at 8.30am in February 2022

## CONQUEST THEATRE BROMYARD

### **Live events**

Feb 11th Neil Maya Quartet **1959** (Arts Alive) 7.30pm

After the success of its Brubeck Project for Arts Alive back in 2019 the quartet is proud to present its new show. **1959** is often considered an extremely influential year for jazz with new sub genres beginning plus the release of some of the finest jazz albums ever including Miles Davis' Kind of Blue and Dave Brubeck's Time Out.

### **Conquest Productions present**

#### **Hi De Hi**

Hello Campers! Britain's favourite holiday camp is opening its doors Live on stage at the Conquest!

Join us for a foot tapping, rib tickling nostalgic trip back to the 1960's of Maplins

Feb 17 18 19 24 25 26 7.30pm

### **Film**

Feb 4 **No Time to Die**

See Daniel Craig as James Bond for the final time 12A 7.30pm

### **Screenings**

Feb 3 ROH Romeo & Juliet 7.30pm

Feb 5 NY Met Opera Rigoletto (encore ) 5.55pm

**Book now online [www.conquest-theatre.co.uk](http://www.conquest-theatre.co.uk) or box office 01885 488575**

**Coffee shop now open Saturday 10.30-12.30 everyone welcome**

## **The Friends of St. Mary's Church Building Bishop's Frome.**

**The Friends of the St Mary's Church Building Bishop's Frome's Annual General Meetings for 2021 and 2022 will be held in Bishop's Frome Church on Sunday February 13<sup>th</sup> after the Church Service.**

**John Pudge**

*Bromyard Deanery event: -*

**You are warmly invited to**

**The Falcon, Bromyard; 7pm, Thursday, 10<sup>th</sup> March.**

**There will be a buffet supper, plus informal talk, and discussion: -**



*"If you want to walk on the water,  
you have to get out of the boat."*

**The gifts of faith are for everyone, and often they reach us through other people.**

Can we as lay people do more to pass them on – including in roles for which we have traditionally looked to the clergy? Vocation can be hard to pin down, and often we don't know what we're good at until we try. But we all know clergy who are having to run faster and faster to stand still. Could a greater lay role, rather than making us even busier, be a source of satisfaction and growth for all concerned? Could it enable us to make our faith more accessible to more people, and in new ways as well as traditional ones?

**Recently, following three years training, Chris Evans became a lay Reader.**

**After supper, he will tell his story, and offer some ideas for discussion.**

*Chris comes from Whitbourne, where his family farm, and for much of his life he has been involved in international work through the faith-based movement known as Initiatives of Change. Now in an active retirement he is learning and working, through the church, to pass on the faith that means so much to him and to share it with others in his community.*

***If you would like to join us for supper and listen to Chris,***

***please let your Vicar know.***

## **THE CLOSET PHILATELIST**

You may be wondering what the title of this article means, well I will tell you. Philatelists are people who collect the Stamps, and Postal History of any and all countries they are interested in and by nature tend to keep to themselves what they collect. Let me start by explaining who these people are:

### **THE STAMP COLLECTOR**

These are people who collect any stamps which take their fancy from whatever country they choose

### **THE THEMATICIST**

These are people who collect stamps on a specific theme, it may be Birds, Reptiles, Amphibians, Cathedrals, Coats of Arms, Weapons, Chateaus, Castles etc. for example I know someone who has a collection of over 1000 stamps and Post Cards and Stationery solely concerning Golf and another one whose collection covers Parrots

### **THE PHILATELIST**

This is someone who collects from a specific country or a period in that countries history and by nature is extremely knowledgeable about their subject

### **POSTAL HISTORY**

Envelopes, Pre Stamped Post Cards, Air Letters etc

As for me I am a Philatelist and I collect only from a country called Burma (now since 1989 called Myanmar- (which in Burmese script means Land of the Peacock) When I was a lad some 60 years ago Stamp collecting was a popular hobby which I indulged in as many of my mates did, sadly this hobby is now an 'old persons' domain due to the advent of social media and other more modern interests, I belong to a Society in Worcester where at 74 years of age I am pretty much the same age as all the other members.

I got started on Burma because of my Grand Father Ernie, he was by trade a Wheelwright and Carpenter who served an apprenticeship with Mr. Preston at Ridgeway Cross, In 1912 he joined the Royal Artillery and was charged with repairing and maintaining Gun Carriages and coaches, as in those days most carriages and also other transportation in the Military were horse drawn. My Grand Father was posted to Burma where he spent some 4 years and his correspondence to my Grandmother Annie form the basis of my collection. When my Grand parents passed away this correspondence was given to my father Charlie as no other member of the family was interested, when my father passed away in 1985 I was given these letters and was frankly fascinated by them so this started my rejuvenated collecting interest which I have continued off and on to this day.

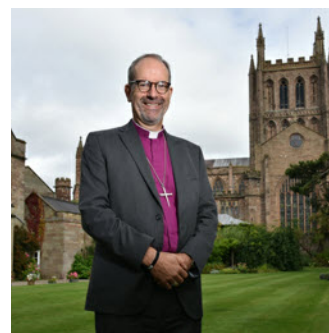
I have pen friends in Burma who send me material, one of whom is a retired Minister of Agriculture, another one is a Tour Guide and my third pen friend is a lady Veterinary Surgeon who looks after working Elephants in the Hard Wood forests of Burma. It has transpired that I know a lot about Burma without ever having visited that country, it is on my Bucket List but who knows we, none of us can predict what the future holds, but I intend to hang on in there as long as possible. What will happen to my collection I do not know but I have enjoyed working on it which in lockdown was a godsend. I intend a Part two to this article wherein I can show some of the stuff in my collection

Godfrey (Geoff) Norman

## From Bishop Richard

Hello everyone and a very happy New Year. We pray that this year might be one in which we finally emerge from COVID into something like normality, whatever that is, and however we remember it. Having not experienced it myself in this part of the world, I can't wait!

We took a few days break in my parents flat in Plymouth after Christmas. It's a fascinating maritime city, home to a university and some rather unpleasant 60's architecture that replaced much that was destroyed in the WW2 bombing. At the top of the hill overlooking the harbour is Plymouth Hoe, where Francis Drake allegedly finished his game of bowls rather than be distracted by the threatening Spanish Armada. In modern parlance, he was a leader showing a non-anxious presence!



As we begin any year it is easier to be overwhelmed by challenges rather than look forward with hope. This year, besides COVID, we have the economic challenge of growing inflation, and from a church perspective issues with which we'll be familiar. At the end of last year, I conducted 10 listening events around the diocese. The quartet raised at all the meetings won't surprise you – numbers, money, buildings and age profile. We are confronted with these every time we go to church, so it's no surprise they tend to dominate our thinking.

This is the backdrop for our conversations this year about our diocesan strategy. Another common response I got at the meetings, when I asked people about our current strategy, was, "What's that?" Given the huge amount of work colleagues put into producing it and the amount of communication and consultation involved in drawing it up, that's disappointing.

But a diocese is a complex organisation. Inevitably, people's energy and focus starts locally and declines the further out you go. So, unless strategic stuff connects with local issues it's likely to be seen as irrelevant and thus ignored. I'm convinced that whatever emerges must at least be seen to address the issues pre-occupying people in the parishes as well as encourage us in renewed missional energy.

I wonder whether part of our problem is that within living memory we were used to being at the top table culturally, politically and in our local communities. We are all too aware of our weaknesses and therefore anything that sounds like demands to do more is most unwelcome. It's all we can do to keep the current show on the road, and even more depressing when we know that our very best efforts aren't keeping it on the road in any case.

But what if that's the place that mission is meant to start from? What if the times we look back on nostalgically when we had the people, the money, the social standing and the resources were actually a liability rather than an asset. You may be horrified by this, but I'd invite you to look at the experience of mission in the Gospels. When Jesus sent out the 12 and the 72 he gave them specific instructions not to take all that they needed. Luke 10: 5 says, "Go! I am sending you out like lambs among wolves. Do not take a purse, or bag or sandals, and do not greet anyone on the road." More than that, he said you should be dependent on the very people to whom you offer ministry. When Jesus appeared to the disciples after the resurrection they were afraid initially, overjoyed at his presence and then sent out to get on with it.

What if we started discussions about strategy recognising that in human terms many of our problems are intractable and we simply don't have the resources to address them? What if that didn't lead us to despair, but to a hopeful desperation that drove us to prayer. What if our hope was based not on our strategic ingenuity but on the grace and power of the Holy Spirit? What if we saw weakness not as something to conceal or be afraid of, but as an opportunity to demonstrate Spirit-led creativity, to increase our dependence on the Lord and to grant us a fresh focus and clarity? What if our honesty and vulnerability made the Gospel we proclaim and live by more credible not less?

I start 2022 hopeful because there is a throne room in heaven and there is someone sitting on it. But that person isn't a demanding tyrant or an awesome angel, but (as Revelation 5: 6 says) a lamb, looking as if it had been slain. The resurrected Jesus said to his disciples in the upper room, after he showed them the scars of the crucifixion, "as the Father has sent me, I am sending you. When we feel weak and powerless, we merely go as he did, but empowered by something far beyond ourselves. It's that which makes 2022, as every year, a year of hope.

+ Richard



# 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 5<sup>th</sup> February - Snowdrops & Homemade Soup with crusty bread at St James'12 Noon - 1.30pm all welcome draw to take place. See main poster for more details.**

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

Acton Beauchamp PCC would like to wish you all A Very Happy New Year.

We very much hope that 2022 is the year that Covid 19 does not continue, to cast its shadow over us, and subdue the Church activities.

Fortunately we were able to hold our service, of carols by candlelight, on Friday the 10th of December.

Following the service, the congregation were very kindly invited to Church House, by Laurence and Stacey Mutkin, where we were treated to Mulled Wine and Mince Pies. Many, many thanks to Laurence and Stacey for their generous hospitality.

At this point we did not realise that the Carol Service would be our last Christmas Service. The uncertainty, surrounding a new Covid variant, prompted the cancellation of the Christmas Day Family Communion.

However we continue to look forward and the next service, for Family Communion, is on February the 6th at 11.30 am.

Once again, wishing you all A Very Happy New Year.

January 2022

Happy New Year everyone! I hope that your Christmas wasn't too disrupted by Covid...

Despite the rapid rise of Omicron it does seem that the vaccinations are doing a good job at helping protect us all – so we are in a much better place than this time last year. I volunteered at the vaccination drop-in centre in Hereford between Christmas and New Year, and we had a good steady stream of people coming for their jabs. Of course many people were asking for LFT tests which have been in really short supply; you've probably had the same frustrations as me with trying to get them via the government website. Apparently the best way to get LFTs is to order online early in the day, as new stocks come in to the warehouses each day. And in the meantime, let's all keep looking after each other by wearing masks etc...



I do hope you've all claimed your free Shop Local voucher? This was launched at the beginning of December – every household in Herefordshire is eligible for one. You can apply here: <https://www.herefordshire.gov.uk/shoplocal> - it's very quick and easy. (If you don't have internet access, call the council switchboard on 01432 260000). Each household gets a card pre-loaded with £15 of credit that can be spent in local Herefordshire businesses. It's all part of the £6 million Covid Recovery Funding programme that the council is running this year, using a range of Covid-specific funding sources, which has also funded things like the free weekend buses, free swimming lessons, mental health support and employment support, and business start-up support. The Shop Local card means that we are able to inject money directly into the local economy according to what local people want to buy – and every Herefordshire household is eligible for one! If you haven't applied yet, please do apply now. If you've got a card but you haven't yet activated and spent it, please do so soon! And finally, remember to hang on to your card after using it, as it may be topped up again if there is additional funding available before the end of March.

There's lots coming up on the council's agenda, including the budget meeting in February. We've worked really hard to propose a balanced budget in the face of ever-rising costs and I am glad to say that we have managed to protect many key services (including those that take up most of the council's budget, i.e. social care and children's care). I'll report in full on the budget next month. The Herefordshire Citizens' Climate Assembly will be running throughout January, considering the question 'How can Herefordshire meet the challenges of climate change?' All the presentations and Q&A sessions will be available to watch on YouTube after the event so you can follow the discussions.

More details here: <https://www.herefordshire.gov.uk/citizensassembly>.

I'm continuing to run monthly ward surgeries, with Covid precautions. However I have had to change the days/times slightly due to my teaching commitments. So for 2022 my Bishops Frome ward surgeries will be on the third Tuesday of the month from 1pm – 2.30pm. No appointment is necessary, just drop in to see me at Bishops Frome Village Centre!

I'm also continuing my 'Sunday Service' sessions of litterpicking, cleaning road signs, clearing drains, logging road defects etc – so do let me know if there's anything in particular you'd like me to take a look at. And please remember that the quickest way to get a pothole seen to is to log it on the system directly, either via the website <https://www.herefordshire.gov.uk/report-problem> or by phone: 01432 261800.

I wish you all a very happy and healthy 2022 – hopefully it will be a better year than the last! With very best wishes, Ellie

*Do get in touch if there's anything you'd like my help with. Landline: 01531 670729, Mobile: 07950 714947, Email: [Ellie.chowns@herefordshire.gov.uk](mailto:Ellie.chowns@herefordshire.gov.uk). I'm always happy to hear from you.*



## Communion Service

Sunday 13<sup>th</sup> February  
11.30am



## Family Service

Sunday 27<sup>th</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.



# Castle Frome February 2022 News, Views & Muse



## Hilary's Nature Diary

### Pondering over Polecats



I recently spotted a polecat. This is my first sighting of this native mustelid for some time, easily identified by its bandit-like mask. Herefordshire is considered a hot spot for polecats and that includes Castle Frome, but I wonder if numbers are declining or maybe I have been less observant recently. With an apparent boom in the local rodent population currently, making up for a decline in the polecat's favoured fare of rabbit, there can be no food shortage for polecats - not in my garden anyway!

Unfortunately, most sightings of this largely nocturnal species will be as road casualties, and especially in early spring when the males are on the hunt for females. Do keep your eyes peeled.

## Round up of Christmas & New Year

The New Year has arrived and thankfully we did not have a lockdown for Christmas. We had to unfortunately cancel our Christmas Services due to the new Omicron Variant. It didn't seem quite right not attending Church on Christmas Morning and I really did miss the Carol Service. The Church was still decorated in case we had visitors over the Christmas Period.

New Year celebrations this year were somewhat muted as well, we'd normally do some spontaneous random thing like sit on the Malvern Hills watching fireworks or walking to Ledbury Church at midnight to hear the bells chiming to bring in the new year, but it was a Curry and games night this year and off to bed just after midnight.

I am certain that this new variant will have some impact on every family at some point. I discovered that 2 of my close relatives during Christmas and New Year had both tested positive for Covid (asymptomatic), so it was lateral flow tests all round in our household for about 18 days (due to when each tested). I was unable to go to work for 2 weeks.

Last year should have been my daughter's wedding but it was re-arranged to this year (fingers crossed we don't get any more variants to put a spanner in the works). Not long to wait now, it is in March, so will be upon us very soon. Last minute preparations are underway.

**Onward and upward, roll on the end of Covid !!!!**

Like our Facebook PageSt  
Michaels Church, Castle Frome







St James' Stanford Bishop

# Snowdrops & Soup

Saturday 5th<sup>th</sup> February

12 Noon to 1.30pm

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

Afterwards you are welcomed 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.

A draw will take place



## ST MARY'S CHURCH, MUCH COWARNE

December 2021 was busier than previous months: our Coffee Morning and Book Sale on the 4<sup>th</sup> December raised over £300 for the Street Pastors of Hereford and despite the weather not being ideal, a number of people came to enjoy a chat over a hot drink and some of the delicious homemade cakes provided by parishioners. There was a great variety of books and the considerable number remaining were added to the permanent bookstall in the church which continues to be open every day for anyone wanting access including those wishing to browse or purchase books (donations should be put in the wall safe). The Bring & Buy stall, with a variety of produce and Christmas gifts was popular, many thanks to those who contributed to that.

An innovation for advent were the three Evensong services taken by Rev Richard Allaway and using the Book of Common Prayer. Evensong is not a regular service at any of our parishes and a number of people took the opportunity to take part in these Advent themed services which were held at 3.00pm to enable those attending to get home before dark. Sunday December 12<sup>th</sup> was our Carol Service which, contrary to previous years was not held in the evening but at our usual Sunday time of 10.00am. We missed the children of Burley Gate School who normally take part in the service but enjoyed two beautiful songs sung and accompanied on the guitar by Holly Elsdan and two relevant and thought provoking poems from Richard Allaway. It was an enjoyable service reminding us of the enduring importance of Advent and Christmas in our lives at a time when so much is different. Mulled wine and Christmas cakes warmed us all after the service.

Our final service of the year was the Christmas Day Service described below by Jean Parkes:

“The Turkey is in the oven, the risk assessment written, the church arranged for social distancing, Ian has prepared the items for Communion and many hands have made the Church look beautiful with decorations, cribs and candles.



It looked magical on the day. We were delighted to welcome 30 people to the congregation, to take communion. Listen to the reading very eloquently read by Betty and the address by Richard. He put us in a relaxed mood with his words about the birth of Jesus being in a simple setting and that we should also take a simple approach to the Christmas festivities.



Beforehand we were very worried that our Christmas day service would be cancelled but it was clear that all those attending were thankful that it went ahead.”

So - 2022 began on January 9 with our first Matins service of the year and it was encouraging that a good number of people braved the cold and the fact that masks are now mandatory again as the latest Covid variant is spreading rapidly; singing in masks is not the easiest but it did help to warm us up and we managed the three hymns without a problem thanks to Judy's support on the organ.


Hopefully we shall now be able to stick to our regular pattern of services – Matins on the second Sunday and Communion on the fourth Sunday of each month – for the future and as we look towards Spring, to anticipate some community events for everyone to enjoy.

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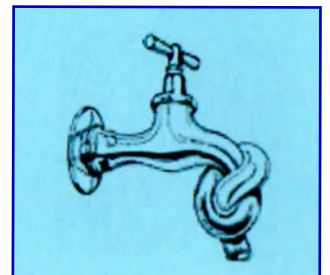
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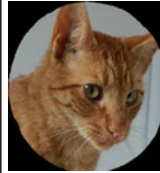
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2.30pm Adult Ballet

### TUESDAYS

9.20am Pilates  
10.30am Tap Dance  
11.30am FitSteps  
1.50pm Silver Swans Ballet for over 55's  
3pm Belly Dance

### WEDNESDAYS

9.30am Modern Jazz/Lyrical Dance  
10.35am Adult Ballet  
11.45am FitSteps  
12.50pm Flamenco  
2pm Adult Ballet  
3pm Pilates

### THURSDAYS

10am FitSteps  
11.15am Silver Swans Ballet for over 55's  
2pm New Silver Swans Ballet for over 55's  
8pm New Zumba class TBC

### FRIDAYS

9.30am Dance Mix Gold  
10.30am Silver Swans Ballet for over 55's  
11.45am FitSteps  
2.45pm New Zumba class TBC

### SATURDAYS

8.45am New Zumba class TBC

### SUNDAYS

8.45am Pilates  
10am FitSteps

**Classes held in Great Malvern.**

Pre- book as social distancing still in operation.

**Children's classes also available.**

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# The Frome Valley Group

## February 2022

	<b>6<sup>th</sup></b>	<b>13<sup>th</sup></b>	<b>20<sup>th</sup></b>	<b>27<sup>th</sup></b>	<b>March 6<sup>th</sup></b>
<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  Baptism	10.00 High Mass Fr David West	10.00 Holy Communion Fr David West	10.00am High Mass SB
<b>Castle Frome</b>		11.30am Holy Communion SB		10.00am Family Service Lay Led	
<b>Evesbatch</b>					
<b>Fromes Hill</b>	10.00am Matins Lay Led		11.30am Holy Communion Fr David West		10.00am Matins Lay Led
<b>Much Cowarne</b>		10.00am Matins TBC		10.00am Holy Communion SB	
<b>Ocle Pychard</b>	8.30am Holy Communion SB				8.30am Holy Communion SB
<b>Stanford Bishop</b>					
	<b>4 Before Lent</b> Green Psalm 138 1 Corinthians 15.1-11 Luke 5.1-11	<b>3 Before Lent</b> Green Psalm 1 1 Corinthians 15.12-20 Luke 6.17-26	<b>2 Before Lent</b> Green Psalm 65 Revelation 4 Luke 8.22-25	<b>Sunday Before Lent</b> Psalm 99 2 Corinthians 3.12 - 4.2 Luke 9.28-36	<b>Lent 1</b> Purple Psalm 91.1-2,9-16* Romans 10.8b-13 Luke 4.1-13

## FROM THE REGISTERS

### Funerals

The Funeral of Betty Rhee who died on 2<sup>nd</sup> November 2021, aged 94, took place on 19<sup>th</sup> November 2021 at St Matthews, Frome's Hill.

The Burial of Ashes of Monica Lewis took place on 14<sup>th</sup> December 2021 at St Mary the Virgin, Much Cowarne.

May They Rest in Peace.

### ST MARY THE VIRGIN, BISHOPS FROME

DATE	READER	PRAYERS
Feb 6 <sup>th</sup>	Sarah	TBA
Feb 13 <sup>th</sup>	Martin	TBA
Feb 20 <sup>th</sup>	Sheila	Liz
Feb 27 <sup>th</sup>	Lucy C.	TBA
Mar 2 <sup>nd</sup> (Ash Wednesday)	TBA	
Mar 6 <sup>th</sup>	Sarah	TBA

### ST JAMES THE GREAT, OCLE PYCHARD

Date	Day	Time	Service	Reader	Sidesman	Flowers/Cleaning
February						
6 <sup>th</sup>	4 Before Lent	8.30am	Holy Communion	J Ridler	S Ridler	M Evans/I Hicks



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and hiring charges

*Please wear a face-covering when in the Village Centre, unless exercising or eating / drinking in designated areas. Please use the hand sanitiser. We still have limits on numbers for some big public events. Pre-booking for classes is still needed.*

## WHAT'S ON WEEKLY

- Monday - Pilates with Sally, 9.30am, 07909 754039
- Monday - Internet Café, 10am to 12, 01531 640 981
- Monday - Board Games, 2pm to 4pm, first Mondays, Susanna 01885 490 440
- Monday - Tai Kwon Do with White Phoenix, 6pm, 07814 778 112
- Tuesday - Pilates with Sally, 9.30am 07909 754039
- Tuesday - Ward Surgery, 1 to 2.30, third Tuesdays, Cllr Ellie Chowns, 07950 714947
- Tuesday - Fit for Life, 3pm to 4pm, Angie Box, 07530 420554 – **Starting 25 January**
- Tuesday - Zumba with Bev, 7pm, 07900 640 467
- Wednesday - Needlecraft, 2pm to 4pm, Beryl 01531 640 359
- Wednesday - Kick Boxing with White Lotus, 7pm, 07495 427 993
- Thursday - Talk Community Café (see below), Tony 07764 578 410
- Friday - Pilates with Sally, 9.30am, 07909 754039
- Friday - Shanty Singing with Richard, 2pm to 4pm, first Fridays, 01531 640 768
- Friday - Tai Kwon Do with White Phoenix, 6pm, 07814 778 112

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 Covid guidelines change so if you are thinking of booking, please email for the latest version



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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

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**Diocesan Safeguarding Adviser:**

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

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**LAST COPY DAY for the March 2022 issue of**

**THE FROME VALLEY NEWS is: Monday 14th February 2022**

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