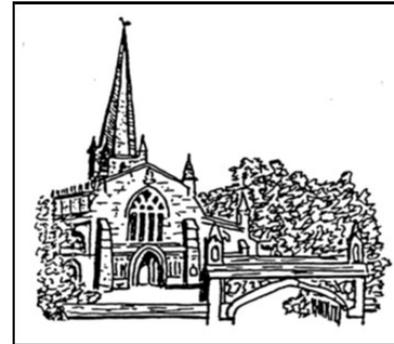


INSPIRE



ST JOHN'S

ST KATHARINE'S



**THE MONTHLY MAGAZINE FOR THE PARISHES
OF
ST JOHN THE BAPTIST, FROME
AND
ST KATHARINE, EAST WOODLANDS**

APRIL 2021

April 2021

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St Katharine's Church on 21st March: the blossom is already looking beautiful and the lane of daffodils is getting close to full bloom .

Dear Friends

Just moments before writing this I put an empty mug down on the kitchen work surface. Quite where I put it will make no difference in any of your lives, and perhaps you wonder why I mention it at all.

There are many small actions we take that will make little difference in themselves, but we all know that there are little actions, like gestures of friendly acknowledgement when we notice a familiar person walking along the street, that are appreciated, and indeed their presence or absence can affect the quality of a relationship.

Then there are more significant actions where our choices about spending our time or money can not only affect ourselves but also our family, friends, neighbours or community.

It falls to but a few, most of the time, to make choices or take actions that affect larger communities, nations and the wider world. It is right that those who hold such power or influence, whether in government, commerce, or elsewhere feature in our prayers on a regular basis that they may have gifts of wisdom and discernment.

As I write, one ship is blocking the Suez Canal. Most of the time most ships being slightly off course wouldn't make a huge difference: in this situation the consequences affect a queue of other vessels bearing tens of thousands of containers of goods and therefore potentially affecting an immense number of eventual deliveries.

The sense that one moment in time can be of exceptional significance is captured in the song 'One moment in time' for the 1988 Summer Olympics with the opening lyric "*Each day I live I want to be a day to give the best of me I'm only one but not alone My finest day is yet unknown*".

As we celebrate Easter we reaffirm the Christian belief that in the one moment in time of that first Easter morning there is to be found Good News that is of eternal and universal significance, and we renew our commitment that "*Each day I live I want to be a day to give the best of me*" as we share in fellowship and seek to build and proclaim God's Kingdom.

Wishing you all a happy and peaceful Easter

Your Friend and Vicar

Colin Alsbury

Caution regarding seating capacity at St John's

As we look forward with some hope towards the four Steps in the easing of lockdown restrictions we find that there may as yet be some misunderstanding of the process. Government documents issued regarding Step 4 (June 21st or later) indicate that there will be no legal limit for social contact and that numbers attending 'life events' (baptisms, weddings, funerals etc) will have no legal limit. However, in the fuller document outlining the process it is clear that rules about mask wearing and social distancing will be reviewed just ahead of Step 4 to 'inform decisions on the timing and circumstances under which 1m+, face masks and other measures may be lifted'.

It is therefore not yet possible to plan events other than with the present social distancing guidance in place. This is of particular concern with regard to those couples who have delayed weddings from last year and may be reading the government guidance as allowing perhaps 200 to attend a service after June 21st, when the reality is that capacity may well be little more than the present 25 or so 'bubbles' that can be seated at 2m social distance. Those planning events or services are asked to bear this in mind and be assured that we will review our capacity as and when any regulations change.

Colin Alsbury

Our Annual Parochial Church Meetings

Under the present timetable for easing of restrictions the date that an in person Annual Parochial Church Meeting could legally be held is no earlier than 17th May. The APCMs have to be held by the end of May and we are planning that the meeting for St John's will be on the evening of Thursday 20th May and that for Woodlands on Sunday 30th May (after a short morning service). Should restrictions not ease as currently planned we will have the option of holding those meetings online but are very aware that to do so would exclude a number of people from being able to be involved. We will do our best to confirm final details as soon as we are able to do so.



From the Editor

After a year of so much change in our lives it's good to know that some things stay constant: a

year ago, on 22nd March 2020, Michael Joyce took this lovely photo of St Katharine's in the spring sunshine, which became the front page of the first *Weekly Extra*, and just a year later, on 21st March 2021, I took the similar photo that you can see on the front page of this magazine.



Further good news is that in-person services are beginning to return: there will be a said Communion service in St John's on Easter Sunday (note that advance booking is required), with regular weekly services starting two weeks later on 18th April—see pages 18-19, where you can also find details of the Holy Week events. Hopefully it won't be too long before services in St Katharine's can restart too.

Many thanks for responding to my plea for donations towards the magazine and other running costs of our churches. It is hugely appreciated. With in-person services returning it will be fine simply to hand any further donations directly to me rather than have to go to the fuss of posting or doing a bank transfer.

Finally, with APCMs on the horizon and reports from both our PCCs in this edition, I wanted to draw your attention to the fact that PCCs are 100 years old this year! See the article on page 27.

Mandy Crook

Appointments to chat with the Vicar



As we reach Step 2 of the easing of restrictions it is possible to meet socially distanced in a private garden, and the gazebo returns to the Vicarage garden for April allowing folk to make appointments to have a chat with the Vicar. Wednesdays will be the day allocated – please ring or email the Vicar to make an appointment if you would like to do so.

A 360° video virtual tour of St John's



Photo: A 360° image taken within the Chancel

Because of the pandemic we have been unable to welcome as many visitors as we would have done normally to St John's, so in response to this, and thanks to grant funding from the Culture Recovery Fund for Heritage, we have been able to make a 360° video allowing people to make virtual visits to the church.

The tour begins inside the West doors and proceeds under the Tower, to the Ken Chapel, the Chancel, the Lady Chapel and the Baptistry (St Nicholas Chapel). In each space you can look around the 360° image and follow a short commentary – audio and captioned – telling something of the history of the church.

It's not just for 'virtual' visitors either: visitors actually visiting St John's can use a QR code just inside the church doors to access the 360° video as a guide for their visit.

Something else rather good about the video: the filming, still imagery, voice work and captioning have involved Beth Alsbury and two other young people who were in her year group at our school some years ago and are now following professional careers in relevant fields.

To access the video go to our website at www.stjohnsfrome.com or to YouTube at <https://www.youtube.com/watch?v=OUQD80BGUKs>



A grief observed

As many of you know, I spend a lot of my time taking funerals. I am used to talking to people coming to terms with the death of someone they love. I am used to watching people fight back tears, struggle to find words. I thought I knew all about grief.

That is why I was surprised to find myself so 'wobbly' when my husband Bob died.

An email was hurriedly sent out urging people not to phone me, and to restrict contact to texts and emails. **I am so grateful that you respected that.** So many sent cards, letters, emails, text and WhatsApp messages –all of which were easier to cope with and deeply appreciated. Some of you may have felt sad that you couldn't come and see me and hug me, but believe me –and this may be me just being 'Normal for Norfolk'– I have been better working through this grief on my own.

If I have learned anything, it is that there is no set pattern for grieving. It may well surprise us, but we each have to be allowed to it in our own way.

I am writing this on the Day of Remembrance, marking one year since the first lockdown. Watching the bereaved recount their terrible memories of being denied appropriate farewells and the funerals they would have wished, I realise how fortunate Bob and I were: his death seemed to be gentle; I could be with him during his last hours; I have been able to prepare a funeral which I think reflects his wishes.

Among the many, many wise words I have received is the Celtic prayer *Walking with Grief* which contains this line,

*Be not disturbed by memories that come unbidden,
Swiftly forgive ...*

I have had some heart-stopping moments: filling in the census and suddenly realising for the first time that I was a widow; automatically using Bob's phone to find mine when I'd misplaced it and then finding Missed Call from Bob on the screen; realising with a pang that I no

longer have to save the crusts on a loaf of bread for him. I'm sure there will be others.

Among so many lovely words sent to me is this reflection by David Adam, addressed to *A Loved One Departed*. Each line begins with the pronoun 'You', but the suggestion from Adam himself is that you substitute the name of the person who has died. You may like to do this for someone you love, but no longer see. I do it now for Bob.

*Bob, you shared your life with us,
God give
Eternal life to you.
Bob, you gave your love to us,
God give
His deep love to you.
Bob, you gave your time to us,
God give
His eternity to you.
Go upon your journey dear soul
to love
Light, and life eternal.*

With my grateful thanks to you all,

Janet Caudwell

Postscript – written the day after Bob's funeral

It was lovely to see the people gathered for Bob's funeral – including a baby who I hadn't met before (daughter of our godson).

As I left to go to the crematorium I found a pot of lilies on the doorstep with this message which I found very uplifting:

'Janet, my best wishes as you turn over to the next chapter in the book of life.'

Quite by chance I coincided with the hearse as it made its stately way to the crematorium, so we formed a small cortege, to the fury of White Van person who tail-gated me the whole way (all of half a mile). Bob's final revenge on all selfish motorists!

Janet

Investigative work at St John's

As part of the work funded by the Culture Recovery Fund for Heritage we have been able to have archaeologists look at the floor structure at the West end of the church. This work – under the supervision of our church architect and working with a consulting engineer – is to check out the strength of the subfloor structure. As we open up some space at the West end of St John's to improve our welcome area, the Diocesan Advisory Committee strongly felt that the area should be floored with stone, replacing the existing floorboards. If this is to happen, the stone slabs need to be well supported so they remain level.

We are particularly grateful to Peter Connew and team for lifting the areas of floorboards in preparation for the investigative work and for putting them back so well. The investigation reports from the archaeologists and engineer are still being written, but it is clear from conversations with them and our architect at the time of the works that the subfloor is soft and contains a number of voids due to partially filled graves spaces beneath the floor. This can be seen from the image below. Any stone floor would therefore need an engineered support structure.

We know that when high level works were being undertaken at a church in Glastonbury a cherry picker was brought into the church to assist with access and the floor gave way under the load. We are therefore now looking at possible further investigative works to ensure that as and when we need high level access elsewhere in the nave to repair clerestory windows, improve lighting etc, we are able to safely specify the means of access, whether scaffolding or cherry picker.

Colin Alsbury



St Katharine's PCC meeting

9th March 2021

St. Katharine's PCC meeting on 9th March was held via Zoom.

Under matters arising, Michael Joyce confirmed that the tree surgeon was going ahead with the work to the tree after we had received consent from the Archdeacon. We also agreed that a survey of all the trees in the churchyard should be completed. Allyson Joyce has now planted two more trees in the drive to the church and the tree plan has been updated.

Iron Art are going ahead with the planning application to repair the lamps. The gates to the churchyard are also being refurbished. All of this expenditure will come out of the churchyard fund.

We agreed the remuneration for Diana, our organist.

Considerable discussion took place about the letters we are planning on sending out about giving. The final drafts are still being worked out, and then these will be sent out.

We agreed to hold our APCM on 30th May following our morning service. We discussed the return to services in general and hope to resume sometime in May. Colin will confirm this in conjunction with St. John's.

The report on our current finances is still being finalised but should be ready by the next meeting, which will be on 13th April 2021 via Zoom.

Mandy Hulme, PCC secretary



Daffodils on the road up to the church

St. Katharine's 100 Club

The winners of the March 2021 draw are:

1st prize: Mary Heritage

2nd prize: Frank Midwinter

3rd prize: Lynne Bennett



My Kitchen Notebook

Three-day, slow-cooked lamb

I found this recipe when we were sorting through my collection of Sainsbury's magazines. It is from an article written in 2020 by the TV chef and food critic Simon Hopkinson, and he prefaces his recipe with these comments: *Lamb shanks lend*

themselves to long, slow cooking, but you might think that three days sounds a bit over the top. I don't mean it takes three days to cook, simply that the preparation is spread over three days, so you can start it on Friday to eat for Sunday lunch. And each stage is really easy! It is an excellent dish if you are feeding a crowd (well, it might happen one day!), but it freezes well, so it is worth making in a large quantity – according to SH it serves six rugby players!

I like to serve lamb on Easter Day, and it is one of the few occasions when I actually roast a leg of lamb, but I like the idea of the three-day preparation of our Easter feast so I might be tempted to break with tradition this year.

Day 1: Take 6 lamb shanks (total weight about 2kg) and place in a single layer on the bottom of a casserole dish or large lidded plastic box. Add a large onion, sliced, 2–3 carrots, peeled and cut into batons, and 4 garlic cloves, peeled and thinly sliced. Pour over a bottle of 'inexpensive but robust' red wine; add 8 black peppercorns and a sprig of fresh rosemary. Put the lid on and leave in the fridge overnight.

Day 2: Lift the lamb shanks out of the marinade and pat them dry with kitchen paper, then season them with salt and pepper. Strain the marinade – keep the liquid, and put the vegetables to one side. Heat a little olive oil and brown the lamb shanks (in two or more batches) on all sides, then fry the reserved vegetables gently until they are soft. Put the meat, vegetables and marinade into a large casserole, together with a 500g carton of passata.

Simon Hopkinson then says to slow-cook the casserole in the oven for 2–2½ hours at 170°C (Gas mark 3), but I put it into my slow cooker and leave it for about 6-7 hours, then let it go cold. Cover and refrigerate overnight.

Day 3: Remove any fat that has come to the surface. Lift the meat out of the sauce and slowly reheat the sauce on the hob. I also take the meat off the bone at this stage – it literally falls off and it makes serving the dish easier later. If necessary, let the sauce bubble until it thickens, then add an extra glass of red wine and check the seasoning. If it needs a bit of sweetness, you can add a spoonful of tomato ketchup! Return the meat to the dish and heat for about 30 mins to make sure it is all piping hot!

Serve with creamy mashed potato and green veg of your choice (always cabbage in our house!) If you want to freeze some of it, do so before you reheat anything on Day 3.

Rosemary McCormick



St John's PCC meetings

23 February and 23 March 2021

These meetings took place via Zoom, and as well as the heritage video (see page 5) and the underfloor investigations (see page 8) the following were reported/discussed:

- ◇ Broadband is now installed in the church, and a cashless donation point will be installed mid-April.
- ◇ Frome Festival events in the church will include flower displays on the theme 'Reconnecting' and a talk by Colin. SODA (Society of Disabled Artists) are not able to exhibit this year, but there will be two musical events booked via our organist.
- ◇ Funding has been obtained to repair the boiler chimney flue stonework and a broken downspout.
- ◇ Two papers from the Diocese on achieving net zero carbon levels for churches were considered, and work on assessing the church's current level will be undertaken over the next few months.
- ◇ A diocesan lighting adviser has visited to give guidance on a full review of the church's lighting.
- ◇ An initial concept plan for reorganising the parking on the church forecourt was received by the meeting.

Please contact a member of the PCC if you would like more details.

Mandy Crook, secretary



Reconnecting and taking care of our mental health after lockdown

Ed: Thank you to Lucia Chadwick of Focus Frome – whose offices and counselling rooms are in St John's Cottage along with the church office – for this very timely article.

We have all had cause to feel gloomy over these long months of what has felt to many like an endless lockdown. It is not surprising that the Office for National Statistics has reported a near doubling of rates of depression since the pandemic began. For many of us, especially the elderly, our lives have been profoundly shut off from others. In the words of Mind's chief executive, Paul Farmer, the pandemic, the series of lockdowns and the economic downturn will leave a 'deep and lasting scar on our nation's mental health'.

As lockdown restrictions ease, our anxieties and uncertainties about life will undoubtedly continue. We are all unique, and people will react very differently to life in a post lockdown world. For some, there may be some 'deep and lasting scar[s]', and we are all going to need to continue to show kindness, patience and a tolerance for difference as we begin to rebuild and reconnect with each other once again. It is OK to feel scared or anxious. It is OK if you lack the confidence to do the things you used to. People can find change difficult. It is important that we are gentle and kind to ourselves and others as we readjust once again. As we begin to leave the home more we should be mindful that this is a physiological process as well as a mental one. Many of us found getting into a routine in lockdown hard, so it is likely that we will find it equally difficult to get out of a lockdown routine, too. So, if you are struggling please know that you are not alone, you do not need to feel ashamed – you are simply re-adjusting, and that can be a tough process for many of us.

Despite the difficulties that the pandemic has placed on our charity, Focus Frome has been incredibly successful in continuing to reach out to families, children, young people and adults. We now offer counselling online, via telephone, walk and talk and some outside face-to-face sessions.

By mid-April we hope to resume face-to-face counselling from our premises at Church Cottage. We will have strict guidelines in place to ensure the safety of our clients and staff. Watch this space for more details!

Focus counselling is a registered charity, and we are grateful to our partners in the community like St John's Church who support our work which enables us to subsidise our clients who would not normally be able to access our services.

Over the pandemic, we have been particularly grateful to Garfield Weston Foundation and the Somerset Community Foundation who both awarded us generous grants to be able to offer affordable counselling during the Covid pandemic. We have also been successful in gaining specific funding from Frome Rotary & Frome Lions to be able to offer Frome College students who may be struggling with mental health issues. Please contact the office for more details.

Focus Frome is a branch of Focus Counselling which is a highly respected and busy counselling agency in the centre of Bath which has been serving the community for 21 years. On average, the charity provides over 5,000 hours of counselling per year. The agency abides by the Code and Ethics of the British Association of Counselling and Psychotherapy.

To make an appointment with Focus Frome you can call 01373 485051 or call the Bath office which is open Monday to Friday, 8.30am to 7.30pm. There is a 24 hour answering machine and we will call you back as soon as possible. Counselling is available from Monday to Friday.

Lucia Chadwick

*Focus Frome, Church Cottage, 1, Church Steps, Frome, BA11 1PL,
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<https://www.focusbath.com/>*



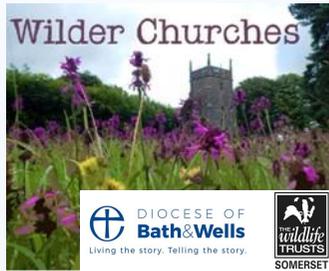
Wilder Churches!

Churchyards and other burial grounds are often the oldest enclosed piece of land in a parish and unscathed by the development that has seen the widespread loss of wildlife habitats elsewhere. They've generally been left undisturbed for years and have not been subject to too many chemicals, so they can be incredibly rich places for nature and wildlife. In the last week of March we joined over 200 other people across the Diocese on the first of a series of Zoom training sessions to learn about Wilder Churches, which is a new initiative being run by the Somerset Wildlife Trust (SWT) in partnership with our Diocese. You can read about it in this month's *Manna*, but basically it aims to support communities in protecting bio-diversity in their churchyards and work together to find ways to increase the value of churchyards for wildlife. The first step is to record the wildlife we already have, and we will be starting on this right away (it's something we need to do for Eco-Church status too). Once we've done the basics – using the excellent action packs provided by the organisation Caring for God's Acre – we hope to take up SWT's offer to put parishes in touch with an expert from Somerset Botany Group to help with plant identification.

Our church is a 'closed' churchyard, which means that it is managed by the local council, Mendip DC, i.e. we don't have control over mowing, hedge cutting etc, so we were pleased to learn from SWT that they have already contacted Mendip to discuss those issues, including

establishing wildflower areas where it is safe to do so – which will have benefits for other wildlife, such as bees, butterflies and other insects. We will continue to join in the training sessions and we will keep you informed on progress. If anyone would like to join us, please do let us know!

Elaine Gilbert and Mandy Crook



Churches in the UK

St Bleddian's Church, St Lythan's, Vale of Glamorgan

The parish in which I grew up lies in the Vale of Glamorgan some six miles outside Cardiff. Now a commuter village of some two thousand souls, when my family first moved there over a hundred years ago it numbered 150 families in scattered farmhouses. It has always had two churches, one in the village and the other on a hill two miles away. Until about 1950 the only industries were farming and quarrying.

St Mary's is the main church, where the lords of the manor were buried. St Bleddian's always traditionally took second place, with its congregation of farm labourers or quarry workers. The 21st century has seen a reversal of that, with the average price of houses in the area around St Lythan's hamlet – as the English changed the saint's name to – being about double that of the rest of parish. It is now classified as '*an affluent hamlet*'.

Who was St Bleddian? Unlike many Welsh saints he was a real person, a missionary bishop called Lupus (Latin for wolf), sent from Gaul (now France) to bring the Welsh church back to its senses after some heretical preaching around AD 420. He spent much time in South Wales, becoming well loved by the Welsh, who gave him the name of Bleddian or Bleiddian meaning 'Little Wolf', a diminutive of his original name.

St Bleddian's Church

The church where my mother's family worshipped and where they are now buried is pretty basic in design. It consists of a chancel with south chapel, nave, south porch and a western tower containing only one bell. The chancel arch is wide but plain pointed: above it are two stone corbels which supported the rood loft.



The chancel has a wagon roof with carved bosses and around the wall plate are shields of the four Evangelists and the Passion of Our Lord. There are three east 19th-century windows. The Tudor chapel is quite out of proportion to the rest of the church.

The church yard is crowded with families that farmed the parish for the last 200 years. My mother used to show us the graves of the two women who dominated the hamlet when she was a child: Mrs Tot (terdale) and Mrs Tol(chard). Grandfather's funeral was typical of a farmers' leave-taking in the 1950s. Close to a hundred farmers turned up, colleagues from the local cattle markets, to show respect. Most were in working clothes and lined the paths outside as the church was already filled with family and close friends. The coffin was carried into the church and then to the grave by four strong young men from neighbouring farms. Singing, both inside and outside, was loud and soulful.

Later I found the graves of the older gardeners who welcomed me to my first paid job in the local mansion, Dyffryn Gardens, in 1958.

(Watch *Antiques Road Show* from there soon!) Despite this overcrowding, the north side of the churchyard has no graves at all, part of a tradition of reserving part of the churchyard 'for the devil': the pathway from the church gate to the church door is also diagonal, to make it difficult for the devil to follow people into church.

Just outside the gate of the church lies a small enclosure where the well and pump has been restored. Situated on a hill, the nearest sources of flowing water for the hamlet were over a mile away, so it was necessary to bring water up from deep aquifers. To the west are several beech trees, over 80 feet tall. The church, being on a hill, is subject to prevailing west winds and needs shelter.

About 20 years ago, a near hurricane brought down a great beech tree, crashing over about three-quarters of the graveyard, smashing to pieces many of the tombstones. On visiting the place, my sister and I found, to our amazement, that the several Lewis graves of our brother, parents, grandparents, etc were unaffected, as the tree's branches had missed them all by a few inches. Out of gratitude we started a fund to restore the graveyard, but it took the church PCC a

couple of years before they could raise enough money to remove the tree and restore the churchyard to its previous state.

People were buried in St Lythan's for millennia before the church was built. About half a mile away, in a field near the farm called outside *Maes-y-felin*, The (Wind) Mill Field, is what the Welsh call a



cromlech, a burial chamber. This is built from local stone and dates from the Neolithic period 5,000-6,000 years ago and is far older than Stonehenge or the Pyramids. There are several cromlechs in the area, and the likelihood is that they were communal tombs, used rather like charnel houses in the Middle Ages, to store the bones of the dead after the rest of the body had rotted away.

When my mother was a child she recalls it being used as a shelter for animals, which accounts for its Welsh name *Gwal y Filiast*, the Greyhound's Kennel. Tradition has it that each Midsummer's Eve the capstone spins round three times before all the stones go down to the nearby river to drink. As children, we wanted to stay up and see if this really happened. But the only excitement we children ever had there was climbing on top of the capstone, slightly worried that, after 5,000+ years, our weight on top would cause the whole structure to fall down!

Chris Lewis

Signs found outside churches ...

- Free trip to heaven. Details inside!
- Searching for a new look? Have your faith lifted here!
- Dusty Bibles lead to Dirty Lives.
- Come work for the Lord. The work is hard, the hours are long and the pay is low. But the retirement benefits are out of this world.

APRIL 2021 SERVICES

Sunday 4th April Easter Day

- [6.40am] Lighting of Easter Fire and Easter Candle and Renewal of Baptismal Vows YouTube <https://www.youtube.com/watch?v=Lw--e1t-5Ow>
- 8.45am Said Holy Communion St John's By advance booking to the vicar: * 01373 472853 colin.alsbury@btinternet.com
- 10.00am Morning Service Zoom For link see pew sheet

Sunday 11th April Second Sunday of Easter

- 10.00am Morning service Zoom For link see pew sheet

Sunday 18th April Third Sunday of Easter

- 8.45am Said Holy Communion St John's No booking required
- 10.00am Morning service Zoom For link see pew sheet

Sunday 25th April Fourth Sunday of Easter

- 8.45am Said Holy Communion St John's No booking required
- 10.00am Morning Service Zoom For link see pew sheet

**With regard to bookings for the in-person service on Easter Day priority will be given to those unable to access online services.*

Please remember for times of private prayer or service in church that under present restrictions face coverings must be worn (unless exempt), social distancing of 2 metres is requested, track and trace information should be given, and no interaction (e.g. conversation) with members of other households is allowed (except for any necessary communication with stewards). Current guidance states that communal worship is allowed provided that any person attending is either alone or part of a group all from the same household or from two linked households and must not join any other group or mingle with any person from another group. This rule is first expected to change at Step 3 of the government's easing of rules (possibly May 17th).

HOLY WEEK SERVICES

Timings in [] style brackets are by way of recommendation: the relevant material may be used at any time.

Ed: I can't get the Zoom links to work in a PDF (they work in the original document) so you will need to copy and paste rather than simply click on them. My apologies.

Monday: 29th March 7pm Study Group (Zoom) Jesus came dine with who? Zacchaeus – Luke 19.1-10.

<https://us02web.zoom.us/j/82412361865?pwd=b1ppR3R2ZExpU3M4WGZFUW40NEZHdz09>
Meeting ID: 824 1236 1865 Passcode: 695651

Tuesday: 30th March 7pm Stations of the Cross (Zoom)

<https://us02web.zoom.us/j/83159966274?pwd=NmJpRW8xenlVZTB1ZmxnQ0VCN1JnUT09>
Meeting ID: 831 5996 6274 Passcode: 690598

Wednesday: 31st March [7pm] Service of Darkness and Light – based on Tenebrae (YouTube)

<https://www.youtube.com/watch?v=oxdkMOQkIvI>

Maundy Thursday: 1st April 7pm Study Group (Zoom); Jesus came dine with who? The Last Supper – Luke 22.14-38

<https://us02web.zoom.us/j/86022232375?pwd=TzIweHQ2OEIxZGNPYXdWl1pRd2ZlWQT09>
Meeting ID: 860 2223 2375 Passcode: 115278

Good Friday: 2nd April

12noon to 3pm Recorded words/music for Good Friday (St John's) during private prayer session

7pm Compline (Zoom)

<https://us04web.zoom.us/j/3524581205?pwd=UGlma21LeUtHem03Y3plNDZ2TXZ4QT09>
Meeting ID: 352 458 1205 Password: Singing

Saturday: 3rd April

[10.30am] Via Crucis – Stations of the Cross (Youtube)

<https://www.youtube.com/watch?v=Cr3VBcbZIGI>

Private prayer sessions at St John's

Wednesdays and Saturdays, 1pm to 3pm

Sunday 4th and Sunday 11th April, 2pm to 3.30pm

Regular meetings via Zoom

Coffee and Chat – Sundays 11.30am contact twbushell@gmail.com

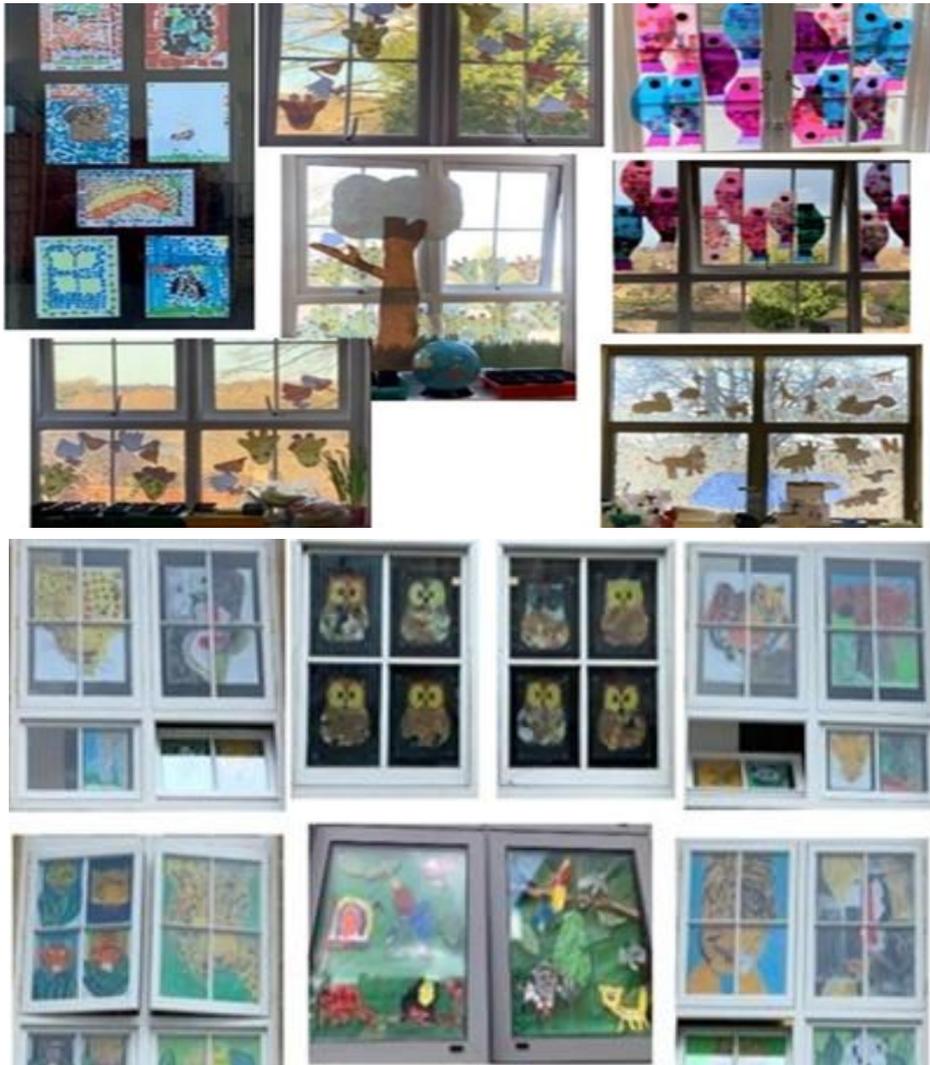
Singing – Fridays 6.30pm contact rosemarymccormick@hotmail.com



St John's School newsletter
LEARNING TOGETHER
GREAT BIG ART EXHIBITION



The school reports: *We are very excited to be taking part in this nationwide project, and have joined with other schools in town and the wider community to decorate our windows with animals. Here are a sample of them. You can see more by going to:*
<https://eknibbs2.wixsite.com/greatbigartexhibit>



Alec and Sagar

This month we continue the series of people who made a difference to other's lives but have no memorial

Alec and Sagar were brothers, born in Manchester.

Alec, the elder, attended the local grammar school and took a law degree before reading for the Bar. However, he found he was unsuited to what was expected as a barrister in those days, and there was not enough family money to support him until he could build up a successful practice. He had also met his fiancée, who came from Bristol. Having passed his bar exams, they married and moved to Bristol, where Alec taught at the university. Four children rapidly appeared. The start of the Second World War brought a change of life. Seeing most of his university colleagues signing up for active duty, he felt he should do so as well, but he very quickly found that he was encouraged to become an officer and – because of his legal background – he was posted to Canada to play an important part in the vital negotiations for essential supplies to be sent from North America to England, followed by further negotiations with the United States for them to enter the war after Pearl Harbor. After the war he returned to the university. He eventually left teaching to become a family court judge, specialising in cases of family breakdown such as divorce, where he was an early advocate of women's rights being given full importance, many years before this became the law. He was chair of the local branch of the international commission of jurists and instrumental in setting up Amnesty International in the early 1960s, taking a personal interest in many individual cases, especially those in Portugal, at that time under a dictatorship. Unfortunately he was unable to benefit from a quiet old age and died while still in harness as a judge.

Sagar was less academic. He left school as soon as he could and decided to see the world through a series of hard-working jobs, including time as a seaman on a ship trading around Europe. He found that manual work left him exhausted, and in looking for a calmer life, he turned to journalism, where he worked on local newspapers, where, with very little training, he found he was well suited to the

work. Unlike his older brother, 1939 found him completely out of sympathy with the war. He had recently become a Quaker and had moved down to London to register as a conscientious objector and join the Friends Ambulance Unit as a medical orderly. The FAU, now consigned to history, was essential to the war effort. It was an ambulance service staffed by volunteers: at any one time during the blitz in London, the likelihood was that a bombed building would find a FAU ambulance first on the scene, caring for those injured and comforting the dying, completely regardless of the danger they were in.

He also acted as an air raid warden in the East End of London and met his wife as part of this work. He noticed that the tall windows of the London Hospital in Whitechapel were insufficiently curtained and let out enough light to give German bombers a target. He stormed into the hospital ward and frightened the nurses so much that they called in the heavy brigade of their senior sister, a very upper-class lady, much older and much more educated than Sagar. The nurses saw a brutal exchange of views, but as the days went by, they noticed that more curtains were obtained, and the warden made several more visits. To everyone's surprise 'the ill-suited pair' were married at the local Friends Meeting House only a few months later, also producing, in due course, four children.

They moved back north after the war, and Sagar became a journalist again. His colleagues elected him their shop steward, or 'Father of the Chapel' as it was known then. His (voluntary) job was to negotiate wages, conditions and redundancies, with managers and owners, a tricky job in the newspaper industry of the 1950s and 1960s. His biggest task was when the *News Chronicle* folded in 1960 when he personally, using his contacts in the industry, found jobs not only for himself but for all the other journalists on the paper. His work became noticed: he was elected the National Secretary of his union, with the next step being the President of the National Union of Journalists. But Sagar had other ideas. By the sixties he had started worshipping at the local Anglican Church. In 1965 he started training for the priesthood at Ridley Hall, Cambridge, being twice as old as the others there. He

became curate of an overspill estate in Lancashire where his first Sunday involved 16 baptisms, all conducted individually. He moved to central Manchester, where, in addition to a slum parish scheduled for demolition, he was chaplain of Manchester's Christie Hospital for cancer patients. The chapel was shared with a Catholic chaplain, and whenever Sagar conducted a service, he first spent 10 minutes hiding the catholic statues in a cupboard because they offended his low-church sympathies.

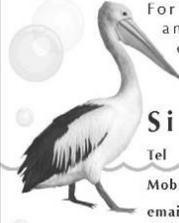
He was never afraid to speak out. One evensong, when I was playing the organ for him, he had to read an Old Testament story involving racial intolerance and the massacre of individuals. He ended with '*I cannot believe that this is the word of the Lord*'.

Unlike his brother he lived on into his eighties, surviving his wife by many years. In many ways the brothers' best memorials are their eight children and close to 20 grandchildren, carrying on the tradition of selfless service to literature, the law, the church and the wider community.

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Wild Memories is back this Spring!

Are you living with dementia or supporting someone who is? Would you like to get outdoors and learn about nature with a friendly group? Then Wild Memories in Frome should be right up your street! From March 30th our nature group is back after a short pause over the winter.

We meet every week to do a variety of activities inspired by nature and the changing seasons – including gentle walks, arts and crafts, gardening, and helping wildlife. Accessible to all and free to attend, with free transport available too. It's all about staying active, learning, and meeting friends in a relaxed environment. We currently meet at the Welshmill Roundhouse close to Frome town centre.

Wild Memories nature group delivers practical and educational outdoor activities for people living with dementia, to improve local green spaces for wildlife, whilst at the same time enabling people to gain all the benefits associated with spending time outdoors. The Somerset project is supported through the Somerset County Council, with the help of the Hospital Saturday fund. You

can read more about the scheme and our projects around the UK here: <https://www.froglife.org/nature-and-dementia/>

If you are interested in joining us, then get in touch with Zak to hear more on 07949 572849 or email zak.mathergratton@froglife.org





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100 years of the PCC

When those of you who are on a PCC next attend a PCC meeting – which is more likely to be by Zoom than in person at the moment – you could say



‘Happy 100th Birthday!’ to your colleagues as it is a hundred years since The Parochial Church Councils (Powers) Measure 1921 was passed, which was an important stage in the birth of PCCs.

Before 1894, the secular affairs of a parish as well as its religious affairs were the responsibility of the churchwardens and controlled by a single committee known as the ‘Vestry’, which met in the church. However, in 1894 Parish Councils were formed to deal with all secular matters in the parish, leaving the ‘Vestry’ to oversee church affairs until 1921 when, in order to give laity a more prominent role in parish life, Parochial Church Councils (PCCs) were established. (With such similar names it’s not surprising that people still get Parish Councils and PCCs confused.)

Today, anyone on the Church’s Electoral Roll (another confusion: the secular Electoral Roll is entirely separate) can attend the Annual Parochial Church Meeting (APCM), which elects the PCC. The Incumbent is an *ex officio* member, as are other licensed clergy and churchwardens, members of the Deanery Synod, plus any member of the Diocesan Synod and General Synod who lives in the parish or is on the Roll. The purpose of a PCC, which must meet at least four times a year, is to consult together with the Incumbent ‘on matters of general concern and importance to the parish’.

Churchwardens have been around since the 13th century and are elected by an Annual Meeting of Parishioners, which is a separate meeting from the APCM, but usually held on the same day. As well as those on the church’s Electoral Roll, anyone on the secular Electoral Roll or resident in the parish can also vote at this meeting. One of the duties of churchwardens is to maintain order in the church and churchyard – with the assistance of their staves, if necessary!

Ven John Barton

Abridged from an article for the Parish Pump website to which we subscribe.

Silver Swans

Are you thinking of trying a new activity this spring?



The Mark Bruce Dance Company has been in touch to let us know about their Silver Swans ballet classes, which currently run online each week and are aimed at those aged 55+. As well as being fun, benefits include improved mobility, posture, coordination and energy levels. No previous experience is needed.

The teacher, Sue McGovern, has been trained by the Royal Academy of Dance to safely adapt ballet techniques for older adults, and to respond to the different needs of participants of a broad age range. The sessions run online every Tuesday at 9am live from the Mark Bruce Company 'BlackBird RedRose' studio in Frome. You can join the class live or book in to receive the recording and follow along at a more convenient time.

Your first session is free of charge! Subsequent classes cost £5, with discounted places available for those on low income, benefit or state pension. Please contact Juliette Bevis, the company administrator, if you have queries, or if you'd like help with booking:

juliette@markbrucecompany.com

Book online at: www.blackbirdredrose.com/book-online

IT support is available for those who are new to Zoom. Please use the code **STJnst2021** at the check-out to claim your free first session.



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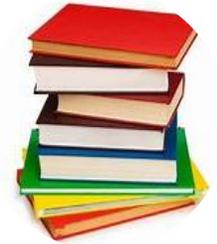
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community space for Frome

Inspired to Read?

A Single Thread by Tracy Chevalier



I must thank Valerie for introducing me to this book. I had not previously read anything by the author, although I had known of her because of a previous book, *The Girl with a Pearl Earring*, which was made into an award-winning film starring Colin Firth (although I haven't seen that either!). Valerie described this book as being about embroidery and bellringing, but it is actually about much more than that as this review will show.

About the Author

Tracy Chevalier is an American who lives and works in London. She has written several historical novels, some with artistic themes, and she favours strong women characters. This is not her first novel to explore the craft of needlework: her previous book *The Lady and the Unicorn* concerns fifteenth-century tapestry weaving in Flanders. Her work is carefully researched; *A Single Thread* is set in Winchester and Ms Chevalier clearly understands the workings of the cathedral, the building itself and the people who work in it. On her website Tracy Chevalier writes: *I was drawn to a set of 56 unusual embroidered cushions, as well as hundreds of kneelers, made by a group of volunteer women in the 1930s for the Choir stalls and Presbytery seats. I started to think about what such a group would have been like: the petty politics, the intrigues, the secrets.*

One of her characters, Louisa Pesel, founded the Winchester Broderers to create embroidered kneelers and other items for use in the cathedral. The group still exists and there are similar groups at other cathedrals, including Wells.

From the cover

Violet is 38. The First World War took everything from her. Her brother, her fiancé – and her future. She is now considered a 'surplus woman'.

But Violet is also fiercely independent and determined. Escaping her suffocating mother, she moves to Winchester to start a new life – a

change that will require courage, resilience and acts of quiet rebellion. And when whispers of another world war surface, she must live with a secret that could change everything ...

A short extract

Stacked in even, solemn rows on the steps before the altar were dozens of hassocks. She should not find them funny, she knew. Kneelers were a serious business. Violet had always been grateful for the rectangular leather kneelers the size of picture books at St Michael's ... they were at least not as cold as the stone floor. She had never thought they might require a benediction, however. And yet that appeared to be what this special service was for.

We first meet Violet, a single woman of 38, in the cathedral; out on an errand from the small insurance office where she works as a typist. She had gone into the cathedral and happened upon a dedication service for the work of the broderers. She stays for the service and meets a member of the group, another single woman called Gilda Hill. She decides to join the group, even though she has no experience of embroidery; she is helped and supported by Gilda and by Louisa Pesel who teaches her the stiches and explains the designs.

Gilda also introduces Violet to Arthur Knight, an older man who has lost a son in the Great War, and who regularly cycles 16 miles from Nether Wallop to ring the Winchester Cathedral bells.

The heart of the story is how Violet, one of the 1.7m post war 'surplus women' takes control of her life. The author has written:

Many women who might have married remained single, in a society where marriage was assumed to be every woman's goal. These "surplus women" were patronised and treated as if their predicament was of their own making. "Spinster" and "old maid" were some of the more benign labels used. Harsher included "man-hater", "militant", "warped", "shrew", and – my personal favourite – "cigarette-smoking hoydens". Unmarried middle-class women like my heroine Violet Speedwell had few options in the 1920s and 1930s for a fulfilling life. Higher education was still rare for women, apart from secretarial college and teacher training. They could work as clerks, secretaries, teachers, nurses, governesses – all professions that were poorly paid

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compared to men. If they did marry, they were expected to quit their jobs immediately.

At the beginning of the book Violet has recently left her mother's house and is living in a lodging house with other single women. Daily choices such as whether to have a hot meal or put on the electric fire are her new reality and there is little likelihood of her circumstances improving. Women were poorly paid, and single women were vulnerable to abuse and censure. Violet's attempt to take a solo walking holiday is cut short when she is followed by a man who clearly means her harm. With the support of her new friends, mostly similarly placed single women, Violet does build a new life for herself, and the ending of the book is optimistic. I found it to be a very easy book to read – interesting and well written – although I never really warmed to Violet. I had to admire her strength of character, but I couldn't imagine her as a friend!

I do hope some of you will be inspired to read this book and I should love to hear your thoughts about it. Karolyn shared these thoughts with me when we were exchanging ideas by email: *Tracy Chevalier is excellent on research and period detail; I'd recommend 'Singled Out' by Virginia Nicholson if you're interested in reading more about that period.*

So while we can't chat about the books over coffee, please email me and let me know what you are enjoying reading at the moment (rosemarymccormick@hotmail.com).

My plans for the next few issues are:

May: *The Dissenters* by Liz Hutchinson - Conscience and Corruption in 17th-century Frome

June: *On Chapel Sands* by Laura Cummings – The author seeks to understand a secret about her mother's early life.

July/August: *British Summertime begins* by Ysenda Maxtone Graham. If you have any thoughts about these books or would like to suggest a title for future reading please remember that the magazine deadline is the 15th of the month!

Rosemary McCormick

WORD SEARCH: APRIL

Christ is risen! He is risen indeed! Hallelujah! April brings us to Easter – the crucifixion, death and resurrection of Jesus Christ - the triumphant highlight of the Christian year. As St Paul pointed out, unless Jesus really did rise again, our faith is useless, and we may as well forget any hope of heaven or eternal life.

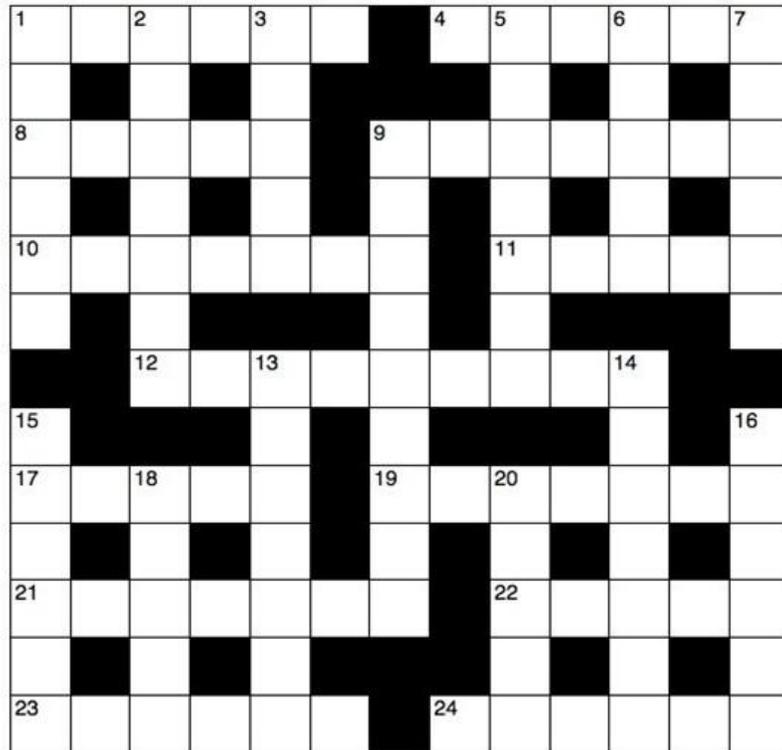
passover	betrayal	trial	vinegar	stone
bread	Jerusalem	crucifixion	temple	risen
wine	Pilate	soldiers	curtain	gardener
body	Judas	cross	tomb	Mary
blood	Gethsemane	nails	angel	



Smile line: Lot's wife

A father was reading Bible stories to his young son. 'The man named Lot was warned to take his wife and flee out of the city, but his wife looked back and was turned into a pillar of salt.' His son looked up, concerned: 'What happened to the flea?'

APRIL CROSSWORD



The Bible version used in this crossword is the NIV.

Across

- 1 Relating to the whole universe (6)
- 4 The disciple who made the remark in 8 Across (John 20:24) (6)
- 8 'Unless I see the nail marks — — hands, I will not believe it' (John 20:25) (2,3)
- 9 He urged King Jehoiakim not to burn the scroll containing Jeremiah's message (Jeremiah 36:25) (7)
- 10 Baptist minister and controversial founder of America's Moral Majority, Jerry — (7)
- 11 'Look, here is — . Why shouldn't I be baptized?' (Acts 8:36) (5)
- 12 Repossessed (Gen 14:16) (9)

- 17 Port from which Paul sailed on his last journey to Rome (Acts 27:3–4) (5)
- 19 'Moses was not aware that his face was — because he had spoken with the Lord' (Ex 34:29) (7)
- 21 Roonwit, C.S. Lewis's half-man, half-horse (7)
- 22 Grill (Luke 24:42) (5)
- 23 'The lot fell to Matthias; so he was added to the — apostles' (Acts 1:26) (6)
- 24 'I was sick and you looked after me, I was in — and you came to visit me' (Matthew 25:36) (6)

Down

- 1 Coastal rockfaces (Psalm 141:6) (6)
- 2 Academic (1 Corinthians 1:20) (7)
- 3 Publish (Daniel 6:26) (5)
- 5 For example, the Crusades (4,3)
- 6 11 Across is certainly this (5)
- 7 He reps (anag.) (6)
- 9 Liberator (Psalm 18:2) (9)
- 13 Man who asked the question in 11 Across was in charge of all her treasury (Acts 8:27) (7)
- 14 They must be 'worthy of respect, sincere, not indulging in much wine' (1 Timothy 3:8) (7)
- 15 The human mind or soul (6)
- 16 'O Lord, while precious children starve, the tools of war increase; their bread is — ' (Graham Kendrick) (6)
- 18 'We played the flute for you, and you did not — ' (Matthew 11:17) (5)
- 20 Bared (anag.) (5)

Answers, March's crossword: ACROSS: 1, Planet. 4, Rugged. 7, True. 8, Augustus. 9, Attitude. 13, Bed. 16, Participation. 17, War. 19, Hillside. 24, Baldhead. 25, Bede. 26, Census. 27, Arisen.

DOWN: 1, Path. 2, Adulterer. 3, Tract. 4, Rigid. 5, Gust. 6, Exude. 10, Irish. 11, Uriel. 12, Esau's. 13, Blindness. 14, Deny. 15, Spew. 18, Awake. 20, Ideas. 21, Lydia. 22, Odes. 23, Lean.

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APRIL SUDOKU

	5		8			4	6	
		1				3	7	
			2					
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7								9
				5	9	2		
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	2	3				5		
	7	4			2		9	

YOUR MAGAZINE TEAM

Editor St John's	Mandy Crook
Editor St Katharine's	Vacant
Printer	Karolyn Curle
Collators	Judith & Peter Davies, Allyson and Michael Joyce

Please send in material for *Inspire* to the editors by the 15th of the previous month (please give St Katharine's news to the St Katharine's editor).

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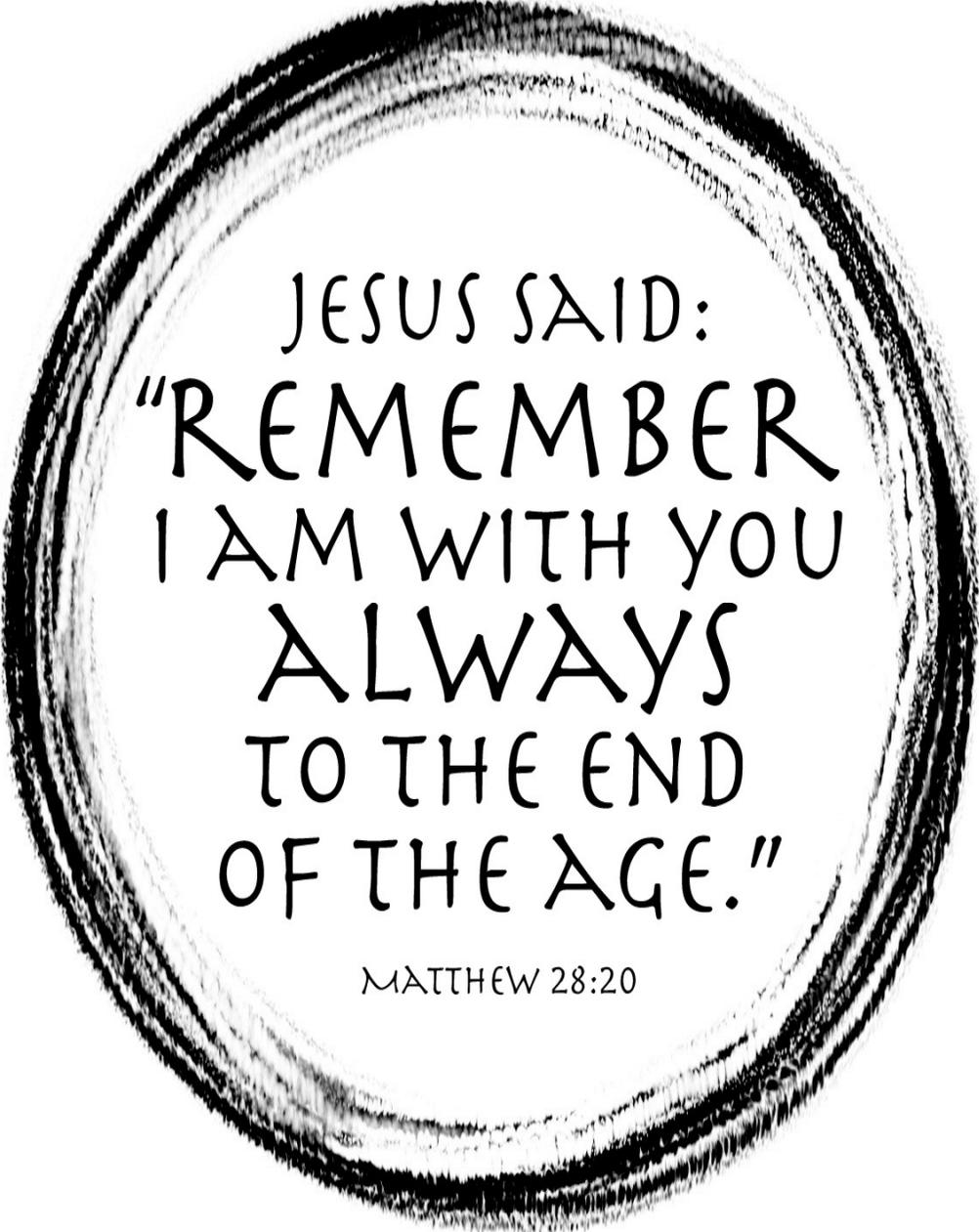
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Frome Area Christians Together

Chair	Vacant
-------	--------

We have tried to get all the key contacts on these lists; if you have any corrections or suggestions to be added to the list please contact the editors.



JESUS SAID:
"REMEMBER
I AM WITH YOU
ALWAYS
TO THE END
OF THE AGE."

MATTHEW 28:20