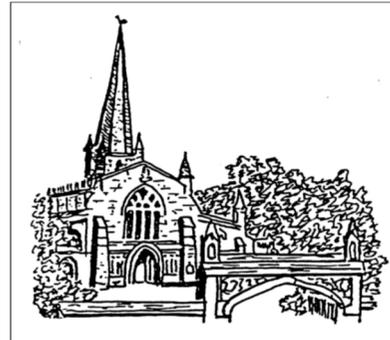


INSPIRE



ST JOHN'S

ST KATHARINE'S



**THE MONTHLY MAGAZINE FOR THE PARISHES
OF**

**ST JOHN THE BAPTIST, FROME
AND
ST KATHARINE, EAST WOODLANDS**

APRIL 2020

50P

Dear Friends

I begin by quoting from a letter sent by our Bishops on 17th March in which they state that “the suspension of public worship in our churches is an unprecedented one and will be very painful for so many of you, as it is for us. This is a time for us as the church to focus on our calling as the body of Christ to seek in prayerful and practical ways what it truly means to love our neighbour. We have already heard wonderful stories of how you and others in your community are responding to the situation. We thank you for all that you are and all that you do. We encourage you to continue to ensure that the rhythm of prayer which undergirds the Church’s life continues through this time of global crisis.”

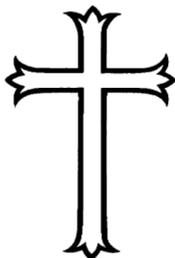
On the same day the Archbishops wrote a letter in which they said: “Being a part of the Church of England is going to look very different in the days ahead. Our life is going to be less characterised by attendance at church on Sunday, and more characterised by the prayer and service we offer each day. We may not be able to pray with people in the ways that we are used to, but we can certainly pray for people. And we can certainly offer practical care and support. Please do carry on supporting the local foodbank and buy extra provisions for it. Ensure the night shelters wherever possible are kept open. There are many very encouraging schemes happening right across our country in communities to focus on caring for the most vulnerable, so do continue to play your part in those.”

Thank you to those who are making the effort to keep in touch with others – especially with those who don’t have email and internet access; Thank you to those who are bravely bearing the challenges this situation presents whilst baptisms and weddings cannot proceed and funerals are very difficult with so few able to attend; Thank you to those who are carrying on working in key roles in health care, delivery services, retail and other ways...

May God watch over each and every one of us in these trying times

Your Friend and Vicar

Colin Alsbury



Two very different servants of the Lord

On 6 March we lost two people who in their different ways had played a significant role in the lives of our two parishes.



Joy Chant – an inspirational singer in both our choirs; cheerful purveyor of hospitality (how we shall miss the shortbread!); an amazing example of strength, resilience and firm faith in the face of a terrible illness. The final hymn Joy sang in the choir a few days before she died was *Guide me oh Thou Great Redeemer* – with its final verse:

When I tread the verge of Jordan/bid my anxious fears subside ...

and the thrilling confidence of its concluding lines:

Songs and praises/I will ever give to thee.

Irene Stephens – Senior Sacristan at St John’s; one of the flower team; lesson reader; founding member of the Social Committee (she always took the salt and pepper home so that it didn’t solidify between lunches in the intense cold of St John’s). In other words Irene was one of those people on whom we all rely, without really realising it. Someone who quietly and efficiently got on with the essential jobs which keep the Church going. It has been sad to see her gradual diminishing and we are thankful that she is, at last, at peace.

Joy and Irene: may they both rest in peace and rise in glory.

Janet Caudwell

Worshipping together but apart...

In this difficult time it’s important that we not only pray for each other but also feel that we are being prayed with and for. We encourage you to use the service found at <https://www.stjohnsfrome.com/prayers>, and especially to use it at the time of our normal services— 8am, 9.30am, 11am— then we will know we are praying together with others. The service is a form of what is known as Ante-Communion, that is, the same shape as the service of Holy Communion but without the taking of bread and wine, the consecration and act of communion.

Colin Alsbury



World Day of Prayer 2020

Rise! Take your mat and walk

In the light of the present situation in the world, perhaps the title of the service, written by the Women of Zimbabwe this year for the World Day of Prayer 2020, is not very appropriate, but it would have been prayed about and written in 2019, or even before.

That poor country has been suffering for many, many years, not least from bad government but also from drought and starvation. So the first hymn they chose for the beautiful service earlier this month at St Catharine's Catholic Church was: "For the healing of the nations, Lord, we pray with one accord". That does seem to be relevant to our present situation.

The majority of the population of about 16 million is Christian, half of whom are young, and have no opportunity for work, as the economy of the country has collapsed. There is simply no money, not even in the banks. There is a lack of trust in the government and its justice system, and fear of the army, but these brave women wrote a letter to other women of the world to tell us what it is like. They face political violence during elections, and their efforts to bring all sides into a process of truth and reconciliation are taking longer than hoped. They continue to pray for peace builders. Many of the households in rural areas are headed by women who have nothing to feed their families because their husbands have moved away to search for jobs in towns and mines. Others have migrated to find work in the neighbouring countries and all over the world, many to this country as nurses and carers, where they often face the global anti-migrant sentiment. This leaves their own country without enough medical care, especially as there is no money to pay them and very little in the way of medicine. They are often forced into early marriages, and are faced with poor gynaecological and obstetric provision, violence in the home and legal discriminations regarding family law. Many children have been orphaned, often due to HIV/AIDS, and grandmothers struggle to care for them too. Some can never attend school, but they are eager to learn when given the opportunity, and churches and many charities are

working among them, often in the barest of buildings to teach them to read.

The service included a song they wrote especially for the reading from John 5.2-9 about Jesus healing the paralysed man by the pool of Bethzatha. 'Rise, take your mat and walk' – it proved too difficult for us all to sing with its typical African rhythm, so we all clapped along merrily with Marie George, who sang it powerfully and most sympathetically. 'Walk away from sin, walk away from injustice, walk away from violence, walk away from hatred. Rise with your heart full of love. Let us make our mat for peace among ourselves in Christ.'

There are some leaflets available in St. John's for when we are allowed to open the church again.

Jane Bruges

Jean Fraser, who coordinated the World Day of Prayer service in Frome, writes: Thank you to everyone who supported the service at St Catharine's, and a special thank you to those who took part and helped in so many ways. We hope Christ Church will be able to host the service next year which will be from Vanuatu, a South Pacific Island near Australia. I don't think 'grass skirts will be an option in March!' Please pray for Zimbabwe and remember those commitments of love, peace and reconciliation we can share. Blessings and thank you again.

Lent Lunches



In what seems like a distant age, we gathered for three Lent Lunches, before events overtook us. St John's and St Katharine's, Holy Trinity and The United Reformed Church and the Roman Catholics combined to produce some lovely soup, with a few Lenten additions. We made a profit of £450 which will go mainly to support the FACT youth work. We hope to re-gather later in the year to resume our fellowship and fund-raising. Thank you all for your generous support, so far.

Janet Caudwell

St Katharine's Church News

There will be no services in April because of the coronavirus crisis



At our Morning Service on 15th March Ross read a lovely poem by e.e. cummings which Janet provided about a 'little church', which was delightful and fully summed up the feelings of those who worship in a small country church.

Despite the rain those few who battled through the floods at the Woodlands crossroads that morning were greeted with the magnificent sight of a host of varieties of daffodils on the approach to St. Katharine's. They get better every year.

Now a message from our choir mistress and organist, Diana Carrington, on behalf of our ever-shrinking choir:

"We are all deeply saddened by the loss of our dear friend, Joy Chant. What a battle she has fought against her illness over these past eight years – and with such cheerfulness! Her dedication and huge contribution to the worship at St. Katharine's, plus her wonderful singing voice, is something we shall always remember and be thankful for. Like her mum and dad before her, Frank and Peggy Rendell, the village will change with her loss, and we will miss her for this and all her support of church and village hall events over her lifetime."

We had been planning for a busy month ahead, especially on Palm Sunday, Good Friday and Easter Day, but all those plans for Easter have had to be shelved for this year as we all keep safe at home.

As we go to press we have learnt that Rick Squire, landlord and chef of our village pub, The Jockey, has had a stroke and is in the RUH. Our thoughts and prayers go to him and to his partner Kathy, who is unable to visit because of the current restrictions due to the coronavirus.

Terry Williams and Pam Chapman

St Katharine's 100 Club

The winners of the March draw are:

1st prize Joy Chant

2nd prize Trevor Minty

3rd prize Frank Midwinter

Woodlands Village Hall News



Following the recent Soup and Pud event at the hall the surplus was £323.00. Thank you to everyone who helped or came along to support.

Because of the coronavirus pandemic the Annual Daffodil Coffee Morning on 31st March has had to be cancelled as has the Pamper Day planned for 4th April. It's not yet clear when restrictions will be lifted but it also seems likely that the quiz night on 22nd May and vintage tea dance on 9th July as part of the Frome Festival (which has now been cancelled) will also not take place.

Also as we go to press our thoughts are with the family and friends of Joy Chant, who made such a large contribution to hall events. The hall committee will be the poorer for her loss. She was also a key player in the Woodlanders over so many years. She will be sorely missed.

Terry Williams and Pam Chapman

St. Katharine's PCC report

19th March 2020



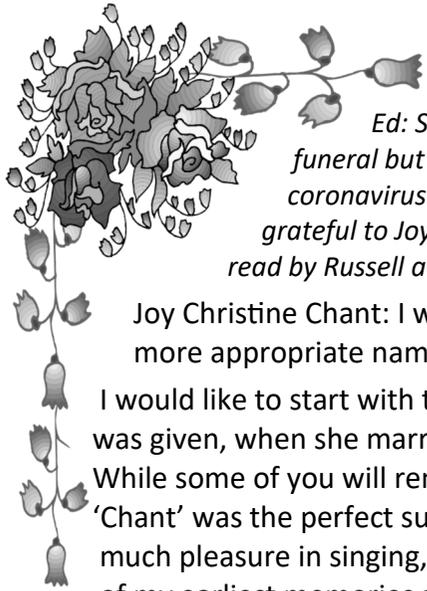
Because of the coronavirus pandemic this was a 'virtual' meeting with members asked to comment on or contribute to any items on the agenda by email.

Michael Joyce reported that we are still awaiting consent for the works to the tree in the churchyard. In the meantime he is arranging an inspection of all the other trees in the churchyard. He suggested that the repairs to the churchyard wall be restricted to the inner face at this time. He will contact the specialist contractor to assess the condition of the lamps and the work needed.

He also asked for the details of the craftsman suggested for the work to the railings above the boiler cellar steps and will liaise with the architects about the work. He and Colin have inspected the boiler following the recent service and consider that the screen satisfies the regulations and that the cover to the oil pipe is adequate. He will discuss with Martin George the arrangements for the grass cutting once the mowing season starts.

The APCM has been deferred until later this year. Amanda Short reported that the new oil filled candles have been installed and that she has sent the returns to the Diocese.

Mandy Hulme



Joy Chant

Ed: So many people wanted to be at Joy's funeral but weren't able to be because of the coronavirus pandemic. We are therefore especially grateful to Joy's family for sharing with us their eulogy, read by Russell at Joy's funeral on 25th March.

Joy Christine Chant: I wonder if anyone has ever had a more appropriate name?

I would like to start with the last of these three names that she was given, when she married my Dad, Alan Chant, in 1976. While some of you will remember her time as Joy Rendell, 'Chant' was the perfect surname for someone who took so much pleasure in singing, alone and in choirs, all her life. Some of my earliest memories are of Mum singing along to 80s pop in the kitchen at home, and also of her being a part of her church's choir, with her own Mum and Dad, Peggy and Frank, in East Woodlands.

And one of my final, best memories of Mum is from my last day with her, when she was clearly very ill. By sheer luck, the song that we will hear at the end of this service came on the radio. Mum visibly perked up, turned up the volume, and sang along with her old gusto. Making eye contact with Dad and smiling together at this response, in the knowledge that this day was coming soon, has been a comforting memory for me in these strange few weeks, for our family and in the world.

Her middle name, Christine, means a follower of Christ or a female Christian. Many of Mum's longest and closest friendships were made through the church, and Mum's faith was very important to her. I know that it was a strength and consolation through her last years of struggle with ill health, even when she was evidently in great pain. That Mum's faith endured through this extreme test is a sign of its importance to her, and it was clearly a comfort in her darkest hours. And as so many of the people who wanted to (but cannot) be here

today observed, in the more than one hundred sympathy cards that Dad was sent after her death, the name 'Joy' on its own says everything there is to say about Mum.

Joy: rejoicing in life, bringing pleasure and happiness to others, through her kindness of spirit and seemingly infinite hospitality.

It did not make for the most profitable bed and breakfast business in the world, but the amount of repeat bookings and regular guests over the years spoke volumes for how strangers responded to the warmth of the welcome that they got at Windwhistle Cottage – and it meant a lot to Mum that many of these strangers over time became friends.

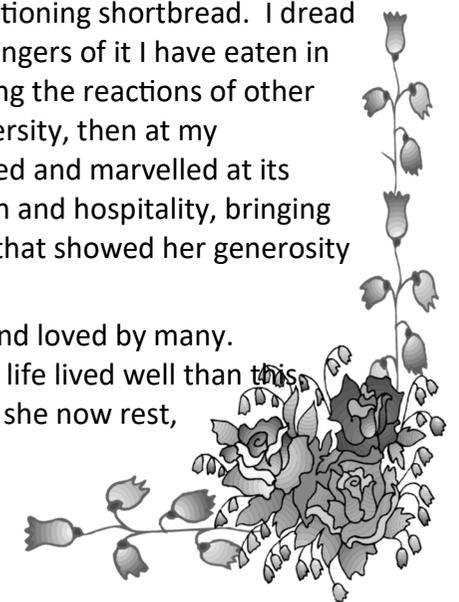
Mum's life was largely a local one, and she died in the community that she was born into in 1957. The impact of her loss on so many others is proof that a local life is far from a small life. Mum was always busy and rarely resting, always on the go and endlessly making life that little bit better for others. As a daughter, sister, cousin, wife, auntie, mother and grandmother, colleague and friend, Joy Christine Chant gave so much joy to others. And she took so much joy from the simple things in life too; one of her favourite things in the world was the sight of wild flowers breaking through each spring – a memory from childhood that she held dear for the rest of her life.

I cannot end my eulogy without mentioning shortbread. I dread to think of how many thousands of fingers of it I have eaten in my life, but I never got tired of hearing the reactions of other people – first at school, then at university, then at my workplaces – as they newly discovered and marvelled at its quality. For me it typified her warmth and hospitality, bringing happiness through a simple gesture that showed her generosity of both spirit and action.

Joy Christine Chant was liked by all and loved by many.

I cannot think of a better tribute to a life lived well than this. We will all miss her hugely. And may she now rest, at last, in peace.

Russell Chant



Time to show our care for all



DIOCESE OF
Bath & Wells

Living the story. Telling the story.

As we reflect on the Easter story this month I'm reminded of the sense of 'touch'. It was

Passover, a religious festival, and as Jesus was laid in the tomb, Sabbath was upon them. So the usual burial rites were not attended to by the women who were closest to Jesus. It would have been improper to touch the dead body. Hence their early arrival on that resurrection morning.

In the following days, in attempts to dispel disbelief, Jesus's followers had opportunity not only to talk with him and eat with him but also to touch him as he came among them. Thomas's doubt was dispelled as he was invited to place his hand in the wounds of Christ.'

As I write this [*Ed: in mid-March just before the most stringent rules came in*] we are wondering what Covid 19 might have in store for us in the UK. We hear now that Italy has taken drastic action in hoping to contain the virus. I don't know what further precautions we in the UK may have taken by the time you read this.

Currently we are all taking greater care with our personal hygiene in washing hands and ensuring we use and bin tissues. Today, along with the rest of the Church of England, we in Bath and Wells, have recommended that we only receive bread or wafers at Holy Communion and refrain from touching, through blessing, sharing the Peace or prayer through laying on of hands.

There will be various responses to the concerns raised by the Government and the media. Some may feel anxiety or fear about the nature of the virus whilst others may wonder if the emergency planning appears over-reactive. Our response as a Church must be that we do what we can to ensure we stay safe by taking all precautions recommended. And that we do all we can to reassure people who may feel vulnerable and worried by staying calm and showing compassion and care for all.

But how do we express such care? I've realised that touch plays quite an important part in showing we care for someone. When I was training as a nurse for a brief period many years ago, I recall being shown some research on touch. It was an eye-opener! Even the

briefest of touches can cause people to feel better, cared for and happier. But the presence of Coronavirus means that we are having to withdraw touch to prevent the possibility of infection. So how might we try to replace touch with other signals of our care and value? What might that look like?

As folk may find themselves 'self-isolating' due to potential symptoms of the virus we have the opportunity to find new ways to show our care. Phone calls and cards, food deliveries, creative use of social media and streaming of worship services may all be ways to stay in touch and help people to know they are not alone. Rather than finding ourselves paralysed by the situation, let us discover how we can create new opportunities to strengthen our relationships and communities.

May our actions be the reassuring, life-affirming 'touch' of the risen Christ this Easter! Easter blessings

The Right Revd Ruth Worsley, Bishop of Taunton

SUNDAY READINGS FOR APRIL 2020

There can be no services in either of our churches—not indeed in any church—this month, but we will continue to send out the weekly sheet with the Sunday readings on it. Here, in brief, is what they are:

Sunday 5th April Palm Sunday

Isaiah 50.4-9a Philippians 2.5-11 Matthew 21.1-11

Sunday 12th April Easter Day

Jeremiah 31.1-6 Acts 10.34-43 John 20.1-18

Sunday 19th April 2nd Sunday of Easter

Acts 2.14a, 22-32 1 Peter 1.3-9 John 20.19-end

Sunday 26 April 3rd Sunday of Easter

Acts 2.14a, 36-41 1 Peter 1.17-23 Luke 24.13-35

Sunday 3 May 4th Sunday of Easter

Acts 2.42-end 1 Peter 2.19-end John 10.1-10



Treading lightly – our Eco audit

At a recent PCC meeting at St John’s, we reported back on the Eco Church audit that we have been completing. You can see details of it on the Eco-Church website. Go to <https://www.ecochurch.arochoa.org.uk/> ; ‘View survey questions’.

The award scheme encourages churches to look at what they are doing to live, work and worship within eco principles in five categories:

Worship, Church Buildings, Land Management, Community and Global Engagement, Lifestyle.

St John’s are currently at Bronze level on the award scheme – in fact, we are at Gold level on Worship and Bronze on the remainder, but with a little effort we could move from Bronze to Silver Level on at least a couple of the categories. We thought we’d look at Lifestyle this month and follow with the other categories in later issues.

The Lifestyle questions we need to look at are set out opposite:

Regarding items I and II, may we encourage those of you with internet access to look at the personal audits suggested by Eco-Church: for personal carbon footprint, go to <https://www.footprintr.me/> and for environmental footprint go to <https://www.footprint.wwf.org.uk/#/> and let us know when you have undertaken one or both of them so we can upgrade our answers opposite (we don’t need to know the results, but hopefully it may get you thinking!). We had planned to provide printed audit forms at the back of church for those of you without Internet access but obviously we can’t do that until we are allowed to re-open.

Regarding items III to VI, please let us know ways in which we could do this. Item VII will be referred to the PCC for consideration and item VIII has been tried but never really took off and is unlikely to change.

And finally, we would like to open this process up to more people – so if you feel you would like to join us, or take on one of the suggestions which come up in this or following months (particularly VI in this issue), please do let us know. The award scheme is really designed to engage with as many people in the congregation as possible, and we would love to see that happen ... **Elaine Gilbert and Mandy Crook**



Lifestyle audit questions

- I The members of our church receive encouragement to undertake a personal carbon footprint audit:
Options: Yes / Never
Current answer: Never
- II As part of our life together, the members of our church undertake an environmental lifestyle audit:
Options: At least annually / less often / Never
Current answer: Never *How often would you like to be asked to undertake an audit? Guess the answer we would like(!)*
- III Our church encourages members to reduce their personal energy consumption:
Options: Never / occasionally / regularly
Current answer: Occasionally. *Would we be regarded as nagging if we asked regularly?*
- IV Our church encourages members to use food at home that is LOAF (Locally grown, Organic, Animal-friendly, Fairtrade)
Options: Yes / No
Current answer: No
- V The ethical investment of personal savings is encouraged at our church:
Options: Yes / No
Current answer: No
- VI Practical lifestyle tips and advice on caring for God’s earth are included in our church newsletters/website:
Options: Never / occasionally / regularly
Current answer: Occasionally
- VII Our church runs or partners with other organisations in running a food cooperative that enables members to bulk buy ethically sourced produce at wholesale prices:
Options: Yes / No
Current answer: No
- VIII Our church operates a communal Christmas and/or Easter card scheme among the congregation:
Options: Yes / No
Current answer: No. *Please note – we have tried this in the past, but we are mindful of the adverse effect on sales for Cards for Good Causes by which we can support various charities.*

THE SIM-NELL; or The WILTSHIRE CAKE

From the *Wiltshire Independent*, Thursday March 8th 1838

To a mind ill-disposed to believe every story
That is told us each day Tom Stiles and Jack Nory,
The following relation will scarce be believed.
Though here tis as true as the Gospel received.
Man, aces ago, when the season Lent
Was, by Christians, devoted to fast and repent.
When the proud mitred Prelate, and laity sinner.
Cleansed their conscience from sin by forsaking a dinner
At least that foul part which consisted meat,
While fish, pudding, and cake, they might heartily eat
Nor did any recoil the humble repast,
Concluding that forty days only t'would last,
And that sins of all kinds were discharged by the fast
Then he was most lov'd who produced the best take,
Of which they might all, without sinning, partake.
And, tho' numerous the claimants, as I have heard tell,
There were none who were equal to Simon and Nell.
At this season was that the parties recited,
Who soil bonds wedlock had long been united,
Determined a cake of such taste to provide.
That should be the town and the country the pride.
But they could not agree on the best way to make it,-
It was Simon's opinion to mould it and bake it;
While Nell, a true woman, protested t'would spoil it.
And resolved to put on the pot and boil it-
What then could poor Simon, whose love to his wife
Made him loth to engage in simple a strife.
Yet could not consent to have the cake spoiled,
And knew it must surely be so if 'twas boiled;-
Call'd Nell to a parley, and then in a trice,
To prevent future broils subject so nice,
Agreed to please both sides, -that first in the pot
The cake should be boiled, till soaked and hot;
Then Simon should afterwards from the pot take it,
And place it within a hot oven and bake it.
Thus ended the strife; and our grandfathers tell,
That the cake from that instant was called SIM-NELL

My Kitchen Notebook

Simnel Cake



I find myself surprised to have no childhood memories of Simnel Cake although I grew up in a family where there was almost always a fruit cake in the tin. Maybe it was for that reason that chocolate cake was the Easter treat! I really became aware of Simnel Cake when I was involved with the Easter Singers for whom the appearance of the Simnel Cake, lovingly made by a founder member of the group, was a highlight of the weekend.

So: Simnel Cake: a fruit cake – lighter and less alcoholic than a Christmas cake, and nowadays characterised by a double layer of marzipan, usually topped with a circle of 11 marzipan balls – representing the disciples without Judas. Its history can be traced back to medieval times, and for many years it was popularly associated with Mothering Sunday (or *Laetare*), the fourth Sunday of Lent when some of the stricter observances were relaxed, and girls in domestic service would often go home, taking with them some edible treats.

The name *Simnel* seems to have derived from the practice of using the finest white flour - or *simila* (Latin) – but more fanciful theories suggest that it was invented by Lambert Simnel, the fifteenth century pretender to the English throne, or possibly that its baking method, which involves both boiling and baking, arose when a couple, Simon and Nelly, argued over how to make it! [*see opposite*]

There are regional differences in Simnel Cake; one of the most popular, from Shrewsbury, is a fruit cake encased in a pastry crust, while that from Devizes is made in the shape of a star.

I make a round Simnel Cake using the recipe by Mary Berry, available https://www.bbc.co.uk/food/recipes/easter_simnel_cake_82449 If you are unable to access this, let me know and I will be happy to give you a copy of it.

I must confess to using bought marzipan rather than making my own, and we add an Easter chick and some mini chocolate eggs to the decoration.

Rosemary McCormick

Beverley Minster

A parish church bigger than most cathedrals

My daughter studied to be a social worker in Hull, and I was a frequent visitor in the 1990s. After worshipping at a few churches in Hull I finally settled on Beverley Minster as the place to worship for the four years she was there. This was partly because of the excellent singing in the church but mainly because when you enter the church you experience an atmosphere of godliness that only comes when the building has experienced worship for close to a thousand years.

Beverley is a market town, half the size of Frome, in the East Riding of Yorkshire, about 16 minutes' drive north from Hull. Its parish church, Beverley Minster, is enormous for a small town, being larger than many English cathedrals. The history of the town and the Minster have been closely related for 1,300 years, ever since the foundation there of a Saxon monastery by Bishop John of York, who died there in 721. In 1037 he was canonised as St John of Beverley, and his tomb was one of the most important places of pilgrimage in the north of England. In 1415, Henry V attributed the victory at Agincourt to his intervention.

Both the town and the Minster of Beverley relied on the money brought in by pilgrims, but the changes brought about by the Reformation impacted upon this tradition, resulting in a decline in its status. During Henry VIII's reign, religious houses and land were taken over by the king and the saint's shrine destroyed. A Beverley man, John Fisher, who had become Bishop of Rochester, was executed and became one of the English Martyrs and was canonised as St John Fisher in 1935. Even the Minster was threatened with demolition. However, local merchants bought the Minster and associated buildings in 1548 for £100. (They raised more than that by selling off the materials of the Chapter House and lesser buildings.) They turned the Minster into the parish church for the town. It still survives as that to this day.

The Minster avoided the Puritan attacks of the Civil War, mainly because of the power of the local Percy family whose ancestors were buried there. Eighteenth-century restorations were made to the Minster by the architect Nicholas Hawksmoor: nineteenth-century improvements and a general cleaning were carried out by George Gilbert Scott; more recent changes have been less extensive and the whole interior gives the impression of a well-kept and quite proud small cathedral. It reminds me a little of Chichester Cathedral.

The first organ was built by Snetzler in 1767, and many of the original

pipes are incorporated within the present instrument which has undergone many changes. At its opening in 1769 the 'modern music' of Handel was performed. Major refurbishment took place in the 1990s and further work and tonal adjustments were made in 2015.

There are over 4000 pipes, four manuals and pedal board. There are 75 stops providing combinations of sound that suit a large repertoire of music from different styles and countries.

Music has always been an important part of Beverley Minster. When the present Minster was reconstructed, the chancel (or quire), which accommodated the choir, was constructed first so that services could be conducted with music. Daily services continued to be sung until the Reformation. In 1531, records show that a John Merbecke was listed as receiving payment 'in reward for songs by him given to the church'. He later moved to St George's Chapel, Windsor, to become a 'singing man' and one of two organists. He collaborated with Archbishop Cranmer to publish his 'Book of Common Prayer Noted' (i.e. set to music). Many English churches still sing his music today.

Beverley Minster also has a fine choir, which is close to cathedral standard. Young boys (and girls) sing the upper parts, with the tenor and bass parts supplied by older men (often graduates from the boys section.) The choir stalls are of cathedral size, and if you ask the verger politely, he will let you sit alongside the choir and join with them in the hymns. I once went further than that. The choir was singing Britten's 'Jubilate', which I knew well so I asked the verger if I could join in. He said *'If you really know it, sir, then I can't stop you but don't tell them I said so.'*

The choir also has a website

<https://www.beverleyminster.org.uk/worship/the-choir/> (sic) that has some interesting recordings and videos of what it is like to be a choir member in the 21st century. They also sing in cathedrals and other countries: in 2014 they sang in Bristol and Gloucester Cathedrals. In 2016 they visited Lemgo, in Germany, and in 2017 they sang the services over a weekend in Coventry Cathedral. In October 2018 they made their second visit to Germany.

Chris Lewis





Lonely is not necessarily being alone – it's the feeling that no one cares ...

... and the aim of Active and In Touch is to support people of all ages over 18 in Frome and the surrounding villages who, for whatever reason, feel lonely and alone, and reassure them that there are people who do care.

AIT volunteers, who come from all walks of life, befriend those who are lonely and visit them in their own homes. A careful matching system seeks to ensure that all AIT volunteers and the people they befriend have interests in common, and training is undertaken before the volunteer befrienders visits on a regular basis. Over the course of these visits a positive bespoke relationship develops which helps to minimise the feelings of loneliness and isolation which previously existed. Indeed, some of these relationships develop into genuine friendships.

Alongside this, there is a programme designed to give opportunities for those befriended to get out and about into the community in the context of support and companionship. This is via weekly coffee and chat mornings on Monday and Tuesday attended by volunteers and AIT members, as well as social events throughout the year including the highly popular Autumn Lunch, Tea Dance and Christmas Celebration.

What is very evident from everyone who makes comments – volunteers, those who are befriended and also their relatives – is that the work of Active and In Touch resembles a large family, with mutually rewarding benefits bringing enjoyment and fulfilment along the way.

Members are referred to Active and In Touch from a variety of sources; Health Connectors, GPs, friends, family or, indeed, by self referral. Very welcome and valuable support also comes in various guises from local businesses who fundraise, provide accommodation, donate supplies or help in other ways behind the scenes.

As is the case with so many charities, Active and In Touch is always

seeking more volunteers who would like to become involved in this very worthwhile cause. Current volunteers identify the amount of time they commit to visiting ensuring that this fits in with their own lifestyle. If you think you could help and would like to find out more, please contact Service Manager Dougie Brown on 07539795261 or email enquiries@activeandintouch.org

A final and very apt comment from one person befriended perhaps encapsulates the aim behind Active and In Touch – “it is fantastic to be with so many people who all have the same purpose - to combat loneliness through meetings and friendship”.

Patricia Baker

AIT Administration Volunteer



An example of the celebrations that take place: the Christmas lunch!

Ed: This article was written before the current restrictions on movement were put in place. The work of Active and In Touch is now even more vital as the problem of the loneliness and isolation has dramatically 'exploded' in recent days.

If you can volunteer, please contact enquiries@activeandintouch.org, giving your name and contact details (email and phone) and the office will get back to you. If you have a DBS (Safeguarding Certificate) please attached it to your email as it will hasten the process. If not, Active and In Touch will arrange that at no cost to you..

Please hold the work of Active and In Touch in your prayers and encourage one another to help wherever possible.

Meaningful music Bach Cantata 67

'Remember Jesus Christ – risen from the dead'

The congregation at St Thomas's Church, Leipzig, gathering on the Sunday after Easter 1725, expected a new cantata from their music director, Johann Sebastian Bach, and they got it: every Sunday - without fail - Bach delivered: a new 10-15 minute cantata for chorus and orchestra, based on the readings for the day and ending with a Chorale they knew and would join in. Bach knew they came to church mainly to gossip and he wrote his music to educate them but also to attempt to make them stop talking to each other for a moment or two. On this Quasimodo Sunday - as the Germans call it - by and large they did stop talking, at least for the 15 minutes of the cantata. For Bach it was hard work for little pay, which is why it is rarely attempted today, although I do recall Clifford Pinhey, the music director at Boxgrove Priory near Chichester from the 1980s, took pride in a new two-minute acclamation for his choir to sing every week.

Many years later, in 1958, I started Music A level. Dyfrig Thomas, the music master at my local grammar school - who only died in 2017 - presented me with the score of Cantata 67 and told me it was one of three set works for 'A level' that I had to learn by heart. It seems absurd today but I passed my music A level without hearing any of the music that I was commenting on. This was long before the Internet or Spotify: long before the complete CDs available to my son when he did his Music A Level in 2008 or the lectures on A level music put on Youtube. Even if there had been a gramophone record of the Bach, which was unlikely in the 1950s, I would have needed to take it to the school to play it as we had no record player at home. However, I took the score home, played it as



well as I could on the piano and committed it to memory, so that even today, when I listen to a modern recording of Cantata 67, I find myself humming along with the main themes and anticipating the Bass entries and the racing violins in the 'Peace be unto you' sections.

The cantata tells the familiar story of how, after the resurrection, Jesus appears to his disciples and how their initial lack of understanding comes out in their fear and trembling: especially how Thomas dares to say what everyone else is thinking: *'how do we know this is true and isn't some trick played on us by the Romans to lull us into some indiscretion.'* In so many ways the music and the way the words are set brings out the power of the story far better than most preachers can do when repeating the same story from the pulpit.

The worries of the disciples, who are both glad their Lord is risen but frightened at the consequences come out in the questioning voice of the tenor – voicing Thomas's words - in the second section: *'My Jesus now is risen : why then this doubt and fear?'*

The contralto recitative then has two attempts at summing up her feelings (Bach knows these are really our feelings, of course). In introducing the first chorale, she sings: *' Jesus, you have overcome hell but I still feel danger and terror all around me.'* After the mini-chorale, she continues her recitative but is even more worried: *' My enemies, whom I find to be too great and too frightening, will not remain quiet. Yet, since you have won the battle for me, then struggle with me.'*

The personalisation of the forces pitted against us may now seem a bit old-fashioned to modern day thinking but the tension in the music is still the best way to sum up the tensions in our own minds when we try to respond to the eternal challenges, which have been summed up as: the desire for love, the search for knowledge and pity for the suffering of mankind.

The contralto ends in a phrase of relative optimism: *' we sense already that you, O Prince of Peace, will fulfil your work and work in us.'* All this with no orchestral turbulence: just calm chordal progressions, the nearest Bach has to encourage us to meditate on her words.

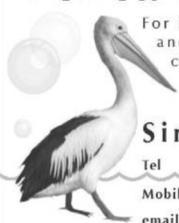
In Bach's final section the raw emotions of the disciples come out in the tension Bach produces from his orchestra. The calm of Jesus comes over in the way the turmoil of the strings is punctuated by his calm Bass voice, singing 'Peace be unto you'. The disciples are now more positive in their response.

It has taken me sixty years to appreciate what Bach was doing in such cantatas. Forcing the human condition to react to the word of god through passionate music, trying to influence our complacent everyday lives. This was 'Sturm und Drang' ('Storm and Stress') in music fifty years before Goethe and his friends introduced it into literature. No wonder several of the St Thomas Church PCC when meeting many years later to choose Bach's successor said: 'Well we don't want any more of that, thank you very much.'

Those who can spare 15 minutes should listen to the Stiftskirche Stuttgart Youtube version <https://www.youtube.com/watch?v=xWFliBt-FFk> For those with less time to spare Clifford Pinhey's modern shorter equivalent can be found at <http://www.boxgrovepriory.co.uk/music.html> .

Chris Lewis

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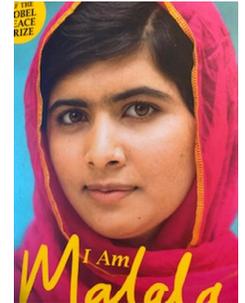
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Inspired to Read?

I am Malala by Malala Yousafzai



My book choice this month is the autobiography of one of the most remarkable young women of our century: Malala Yousafzai. In 2012 as a young girl in Pakistan she was shot in the head by the Taliban for going to school. The whole world was shocked by such an event and this book is the story behind it.

From the inside cover:

When the Taliban took control of the Swat Valley, one girl fought for her right to an education. On Tuesday, 9 October 2012, she almost paid the ultimate price when she was shot in the head at point-blank range.

Malala Yousafzai's extraordinary journey has taken her from a remote valley in northern Pakistan to the halls of the United Nations. She has become a global symbol of peaceful protest and is the youngest ever winner of the Nobel Peace Prize.

I Am Malala will make you believe in the power of one person's voice to inspire change in the world.

I first read this book when it was chosen by a member of my regular book club – a group of Prep School mothers based in Dorset. Of course, I knew the name, Malala; I had read the news reports of her shooting, and hers was one of the names of inspirational women chosen for the dorms at Celia and Alice's school! I read the book quite quickly, (partly, I discovered because I had accidentally bought the children's edition!) and found it to be both instructive and thought-provoking.

A short extract:

I was ten when the Taliban came to our valley ... They appeared in groups, armed with knives and Kalashnikovs, and first emerged in Upper Swat, in the hilly areas of Matta. They didn't call themselves Taliban to start with and didn't look like the Afghan Taliban we'd seen in pictures ... these were strange-looking men with long

straggly hair and beards ...They looked so dark and dirty that my father's friend described them as 'people deprived of baths and barbers'.

As well as being the story of this remarkable girl, the youngest recipient, at seventeen, of a Nobel Peace Prize, this book also explains a lot about Pakistani politics. Malala wrote it in collaboration with Christina Lamb, a British journalist who writes for *The Sunday Times*, and whose understanding of the political background helps to put Malala's own story into context. It quickly becomes clear that Malala's family were not just an 'ordinary' family – their views on the education of women and equal opportunities were not the norm and their readiness to stand up against the bullying tactics of the Taliban was exceptional. For me one of the most disturbing aspects of Malala's story was the rise of the Taliban and the speed with which religious extremism came to dominate everyday life. By taking control of radio stations the Taliban leaders imposed a state of fear in which former friends and neighbours became spies and informers. Close communities were destroyed by the breakdown of trust, yet Malala's father refused to give up his principles. He kept his school open, educating girls as well as boys and was not afraid to speak out against the injustices that were being imposed by the Taliban.

The book was first printed in 2013, just a year after Malala's shooting, so it is unsurprising that there is far more of the 'before' story than the 'after'. There are reviews online that are critical of the historical detail, suggesting that this makes it less Malala's story and more of a school textbook on Pakistan, but if we are to learn from such events surely we need to have an understanding of their causes. Since the book was written Malala has continued her education in England, and her global campaign for female education has earned her the reputation of being one of the world's most influential people, but for me it is her father, Ziauddin Yousafzai, who is the most interesting person in the book. He is a man who wasn't afraid to challenge oppression and who was prepared to risk everything to help the under-privileged, and he is the person who enabled his daughter to stand up and declare to the world: *I am Malala*.

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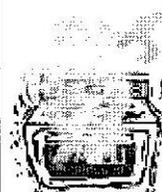
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I was particularly struck by this poem by the German Lutheran Martin Niemöller, which Ziauddin Yousafzai kept with him:

First they came for the Communists and I did not speak out because I was not a Communist

Then they came for the Socialists and I did not speak out because I was not a Socialist

Then they came for the trade unionists and I did not speak out because I was not a trade unionist

Then they came for the Jews and I did not speak out because I was not a Jew

Then they came for the Catholics and I did not speak out because I was not a Catholic

Then they came for me and there was no one left to speak out for me.

I recommend this book to anyone who was touched by the story of Malala and who is interested in Middle Eastern politics. If you read it, I should love to hear your thoughts about it. Email me: (rosemarymccormick@hotmail.com). I would also welcome suggestions of books to feature in future months.

Here are the books I shall be reviewing over the next three months:

May: *Eating for England* by Nigel Slater: a nostalgic review of some British gastronomic eccentricities.

June: *The trouble with goats and sheep* by Joanna Cannon: a coming of age novel set in the long hot summer of 1976.

July/August: *This is going to hurt* by Adam Kay: "Secret Diaries of a Junior Doctor"

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

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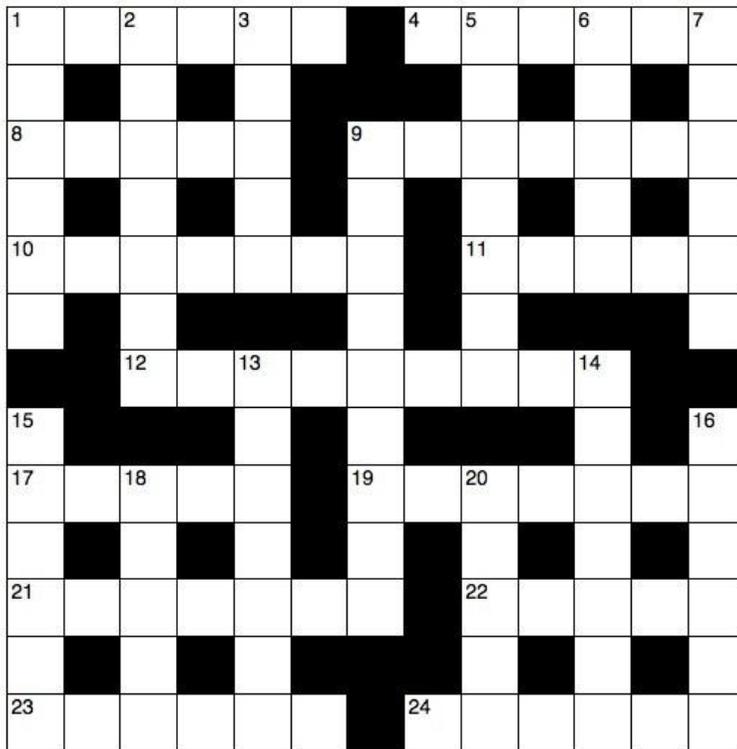
WORD SEARCH

Even as Jesus ate that last Passover meal with His disciples, He warned them He was about to be betrayed. He took the bread, blessed it, broke it and gave it to them; He took the cup, gave thanks, and gave it to them to drink. The Old Covenant, based on Law, was ticking away its final hours; the New Covenant, based on Christ's body and His blood, was about to be ushered in. Jesus prayed in Gethsemane that this fearful cup might be removed from Him, but even more, that God's will might be done. And it was. From Easter onwards we can only approach God through His Son, Jesus Christ, not on our own merit.



Jesus	warned	thanks	New	removed
last	betrayed	drink	body	will
Passover	bread	Covenant	blood	Easter
meal	blessed	Law	Gethsemane	approach
disciples	wine	Old	cup	God

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 (Genesis 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' (Exodus 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 to 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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SUDOKU

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

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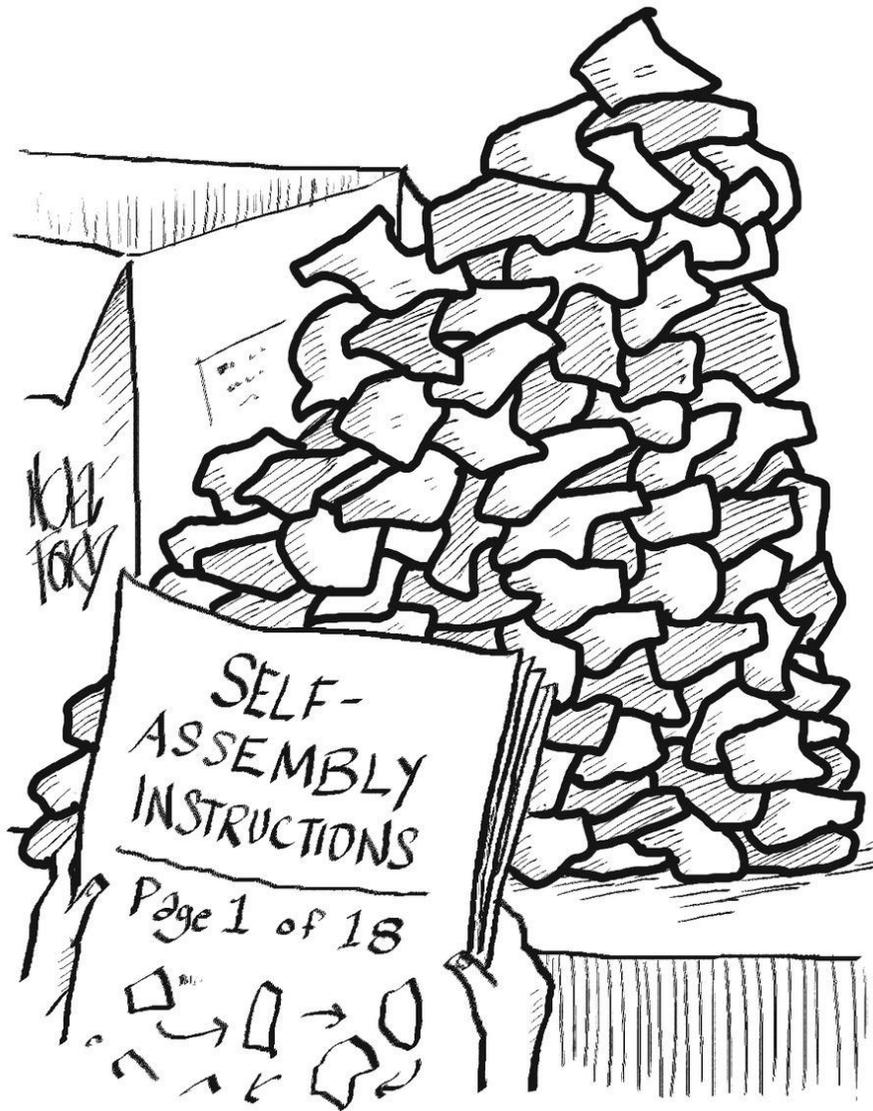
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We have tried to get all the key contacts on these lists; if you have any corrections or suggestions to be added to the list please contact the editors.



The vicar was already regretting ordering the new stained-glass window from IKEA

**Material for the May magazine to the editor by
15th April at the latest, please.**