

A vibrant illustration of a woman standing in the rain. She is wearing a bright red raincoat, a pink hat, and pink boots. She holds a white umbrella with colorful polka dots. The background is a deep blue with white rain streaks falling diagonally. The overall style is colorful and cheerful.

ASPIRATION IN SOUTH HEREFORD

The Magazine
of The South Wye
Hereford Parishes
April 2024
Price 50p

**Rain in abundance,
O God,
you showered abroad;
you refreshed
your weary inheritance.**

Psalm 68: 9

Hello and Welcome

Hello and welcome to this edition of *Aspiration*. I hope that you are keeping well and dry in this very catchy weather. The illustration for the front cover seemed very appropriate this month! I hope too that you have had a good Easter. However you marked the wonder of the resurrection, it is good to remember that the Easter season lasts until Pentecost and we have weeks of celebrations to continue. The Paschal candle that we lit at dawn from the Easter fire will be lit at all our services for weeks and our Alleluias will, I hope, last longer than the last of the Easter eggs.

Some of our Easter celebrations can be seen on pages 8 and 9. Thank you to Jean and Lauren for their photos of these services and events, as well as those on page 5 of the party to wish Christine well in her retirement. This had the real feeling of the end of an era. Christine's dedicated service to the ministers, PCCs and congregations of the South Wye parishes over more than 20 years has been so important to our mission. Along with colleagues she has helped both the newly engaged and the newly bereaved through the rules, traditions and processes of the church. She has talked about baptism to new parents and comforted people whose family relationships are fracturing. Meeting and helping people who come to the door of our parish office is a real ministry and Christine has demonstrated her gifts as she has exercised that ministry for over 2 decades. We will miss her very much and she and John have our best wishes and prayers for their well earned retirement.

I am fairly sure that that description of ministry - which I stand by - is not one that Christine would claim. But that's what it is. Every day I meet people who are ministering to their sisters and brothers just as Jesus told us to, demonstrating God's loving care in their service but who would be shocked to be described as 'ministers'. The ministries of hospitality, of prayer, of feeding the hungry and so many other vital ministries are being exercised all around us.

What is your ministry? If that is a question you would like to explore further, please let me know. And if you are ever tempted to say "I just make the tea" or "I just answer the 'phones", remember that when you do that in God's name, you are ministering to God's people.

With every blessing, *Anne*



Contents

Hello and Welcome	1
Letter from the Archdeacon of Ludlow	3
South Wye, Hereford	4
Thank you Christine	5
What am I reading on Sunday?	6
Regular Services and Events	7
Holy Week and Easter	8,9
Forthcoming Events	10
South Wye Diary	11,12
Faith and Family	13 - 18
Coffee Time	19,20
Acts of Kindness	21 - 22
For Our Prayers	23
Living in Love and Faith	24
Caring for God's Acre	25
From the National Church	26 - 28
Advertising	29, 31 - 36, 38
Meet the Team	37

Copy for **ASPIRATION** should be sent to the Team Office to:

aspiration@stmartinshereford.org.uk

All contributions are welcomed - if submitting photos, please check that appropriate permissions have been given

Letter from the Archdeacon of Ludlow

April marks the 100th anniversary of the first broadcast by a monarch of the United Kingdom, when King George V opened the British Empire Exhibition at Wembley in north London in April 1924. The speech lasts about six and a half minutes, and you can hear it in all its scratchily-recorded glory on YouTube.

I wonder if anyone then had any idea how much broadcasting would change in the coming century? We now take for granted the fact that we can see and hear almost anyone in public life at any time thanks to a 24-hour media. TikTok and Instagram have brought broadcasting within reach of any of us with a smartphone.

Communication seems to be hard-wired into us as human beings. That shouldn't surprise us, because our God is a God who communicates. Back in the earliest chapters of Genesis, it's the voice of God that brings creation into being. When Jesus is awoken by his terrified disciples in the middle of a storm, it's his words shouted into the tumult that calm the winds and the waves. When the Holy Spirit comes upon the apostles at Pentecost, they speak the message of Christ crucified and risen in words their hearers can understand. The story is told of a rabbi who could never get further in his reading of the Scriptures than Genesis 1:2, "And God said." The wonder of a God who speaks was too much for him to take in.

I wonder if that's why we love podcasts, audiobooks, and the radio so much – because it's as if someone were sitting next to us and chatting? As if we're listening in on a conversation that we're invited to be part of? I wonder, too, if that's why words can wound us as well as heal us – because they go deep into the heart of our being?

The apostle James talked about the power of speech, how hard it is to tame the tongue, and how inconsistent we are when we say, "Praise God," in one breath and in the next run down another human being. Those are challenging words in an era where talk is easy, but we do well to take them to heart.

There are other times when we are slow to speak, perhaps out of anxiety or fear. Once such time can be when we try to talk about our faith. In this, our Diocesan Year of Faith, we are all encouraged to have confidence that the story we have to share in our Christian faith is one people want to hear, and to become more comfortable talking about our faith.

We may never become those who broadcast to the world, as King George V did 100 years ago, but I wonder how we could learn to "broadcast" our faith in simple ways, and speak words of life to those who are longing to hear them?

AD Fiona





St Peter's Bullinghope and St Martin's Ross Road



In order to maintain the churchyard at St Peter's, especially the areas with more recent graves and the area in front of the church - we would be very grateful for any help that anyone is able to give.

Could you 'adopt' a section of the churchyard or a group of graves? Do you have time to mow the front lawn once or twice a year in between the scheduled cuts? Please let the clergy or wardens know if you are able to help in any way.

Very many thanks

Many thanks to everyone who decorated the Churches for Easter - they both looked lovely.

Thanks too to John and Marlene for the Easter breakfast and those who helped with the Good Friday workshop.

Would you be able to offer some time on occasional Mondays to help counting the week's collection and donations? Please contact the office if you can help with this essential task.

THANK YOU

It is with mixed feelings that I have decided that the time has come for me to retire. I shall of course miss all the lovely people I have come to know whilst working in South Wye. However, I think that it is time to move on to the next stage of my life and to concentrate on my family commitments.

I would like to thank you all for the retirement tea party last Saturday it was great to see so many friends. As usual Marlene and her merry band of helpers produced a sumptuous feast. It was lovely to see so many of you at the tea party. I could not help feeling that there were several ghosts present like Peter Haddleton, Dot, Nell and Bill Dean.

I was also touched by the very generous gifts I received, It will be fun visiting the various garden centres choosing items for our new garden when we get it. As many of you know we intend to sell up our apartment and buy a house with a garden in Worcester to be closer to Joanne and John and of course Freddy and his soon to be younger sister.

John and I will miss you all and hope to keep in touch. Thank you again.

Christine



What am I reading next Sunday?

Date	April 7th	April 14th
‘Sunday’	Second Sunday of Easter	Third Sunday of Easter
Colour	<i>White</i>	<i>White</i>
First Reading	Acts 4:32-35	Acts 3:12-19
Psalm	133	4
New Testament	1 John 1:1-2:2	1 John 3:1-7
Gospel	John 20:19-31	Luke 24:36b-48

Date	April 21st	April 28th
‘Sunday’	Fourth Sunday of	Fifth Sunday of Easter
Colour	<i>White</i>	<i>White</i>
First Reading	Acts 4:5-12	Acts 8:26-40
Psalm	23	22:25-31
New Testament	1 John 3:16-24	1 John 4:7-21
Gospel	John 10:11-18	John 15:1-8

Date	May 5th
‘Sunday’	Sixth Sunday of Easter
Colour	<i>White</i>
First Reading	Acts 10:44-48
Psalm	98
New Testament	1 John 5:1-6
Gospel	John 15:9-17

If you would like to join the rota to read at St Martin’s, please sign up on the rota in the Narthex. Just ask if you would like to practise with the microphone beforehand.

Sunday Readings: As usual, it is important to check with the person leading your service that they are expecting you to read the lessons given here, especially if it is a special service, an evening service or your regular service pattern is disrupted at the moment.



Regular Services and Events, South Wye Hereford

Sung Communion at St Martin's, Sunday mornings at 9:30am. Everyone is welcome to this service which is followed by refreshments in church.

Sunday Worship at 11:15am at St Peter's Bullinghope On the first and third Sundays of each month we celebrate Holy Communion. On the second and fourth Sundays we have Morning Prayer - sometimes there is a baptism on the second Sunday. When there is a fifth Sunday in the month we usually have a service at 4pm - which may be Evensong or an informal praise service.

Chill'n'Church

a group for people from 11-16, Thursday evenings in term time from 7pm - 8:30pm. Contact Rev'd Lauren or the office for a registration form.

Young at Heart - a group for older people. We meet twice a month - on the first Thursday each month for a pub lunch and on the third Thursday for an afternoon meeting which might involve a talk, quizzes, games or Bingo. If you'd like to join, just drop in to a session or check with the office for dates.

Coffee in the Narthex - Tuesdays at 2pm we get together at St Martin's to share our news and stories over a cuppa - everyone is really welcome to join us. Some of us stay around after 3:30 when the toastie maker comes out for anyone who needs a snack before they head home.

Messy Church

At the Scout Hut at 3:30pm Friday afternoons monthly in term time.

Join us as we learn, worship, make and eat together.

You are welcome to join us for **Holy Communion at Belmont Community Centre** at 12:30pm on the second and fourth Fridays of each month, straight after Foodshare. When the weather is fine, we worship outside.

Holy Communion at St

Martin's at 10am on Thursdays - everyone welcome

Bible Study

Our South Wye Tuesday bible study group meets at 1pm in the Narthex at St Martin's. We are thinking at the moment about the way that we read the bible. You are very welcome to join the group on site, but if that is difficult, please contact the office and ask for one of the study books to use at home. We invite a donation of up to £5 towards the cost of the book, but this is entirely optional.

Lent, Holy Week and Easter in South Wye

Through Lent the Thursday Bible Study Group used the York study *Caring for Creation*. If you would like to use the material yourself, the booklets and transcripts of the leaders' discussion are available to borrow - just ask!



On Palm Sunday our procession from the Scout Hut to St Martin's was lead by a donkey. Well, by a small dog dressed as a donkey, in fact! Thanks to everyone who processed - this is a really important chance every year to bear public witness to our faith as the procession sings "hosanna" as they cross the parish.



The regular 8pm Night Prayer on Facebook was livestreamed from Belmont Tesco on Wednesdays through Lent and on the Monday, Tuesday and Wednesday of Holy Week. We are very grateful to Tesco and their staff for the opportunity to use the café and to pray for our community amidst our community.



Young At Heart met in March and decorated Easter Bonnets. You can admire their lovely creations in the Narthex at St Martin's where they are on display as part of our Easter decorations. If you would like to know more about the club, which meets on two Thursdays each month, please contact Rev. Lauren.

On Maundy Thursday our evening service of the Commemoration of the Last Supper included footwashing to remind us of Jesus' act of service to his disciples. After the Eucharist the consecrated host was taken to the Altar of Repose for a watch.



On Good Friday a group of families gathered to explore the story of the crucifixion. We made an Easter Garden

and some of the children retold the story as they arranged stones and placed the cave. This was followed by an All Age service and at the end the cross was carried out of Church. After a meditative second hour, the 3 hours was completed with reflections on the stations on the cross.

On Easter Sunday morning 14 of us gathered around the Easter fire for the Dawn Vigil service. After the excitement of flames, bells and sprinkling water we shared breakfast and a few bubbles! At the later family service we revisited the Easter garden. The stone had now moved away and we were able to talk about all the



people who witnessed the resurrection as we placed the figures into the garden.



Jumble Sale

Saturday 13th April 12-2pm

In St Martin's Church Hall

For Dinedor Church Funds

Contact: Joyce Nicholls on 07801292393

Community Lunches at St Martin's Hall

Everyone is welcome to join us to prepare and/or eat a roast dinner. Prep will start straight after church. There will be warmth, food, conversation and activities. These sessions have been funded through the Household Support Fund by the Department of Work & Pensions (DWP).

7th April, 5th May

Lunch starts at 12:30, but help with preparation is welcome from 10am if you would like to join in.



St Martin's Spring Fair

12 noon, Saturday 20th April

In St Martin's Church Hall

Refreshments, Stalls, Raffle

St Martin's Bonus Ball Scheme

The next payment for the bonus ball scheme is due at the beginning of April, for the period April to September 2024. If you do not pay by standing order, could you please pay your £26 for each ball you have to the office by cash or cheque.

Cheques should be made payable to St Martin with St Francis Roof Account. Alternatively, you can pay directly to the account, sort code 30-80-55, account number 42121368.

There are numbers available if you wish to increase your chances of winning and to raise more money for the church. Please contact the office or myself.

Many thanks for your support,

Sue Cockroft

South Wye April Diary

NB - the parish office will be closed to visitors from Good Friday until April 8th

FoodShare will continue as usual through the Bank Holidays

Mon 1st *Bank Holiday*

11:00am FoodShare at the Scout Hut

12:00noon FoodShare at St Martin's

Tues 2nd 2:00pm Coffee in the Narthex

3:30pm Toastie in the Narthex

Thu 4th 10:00am Holy Communion at St Martin's

12:30pm Young at Heart Lunch at the Black Lion (call office to book)

Fri 5th 12:00noon FoodShare at Belmont Community Centre

Sun 7th 9:30am Holy Communion at St Martins (livestreamed on FB)

Easter 2 11:15am Holy Communion at St Peter's Bullinghope

12:30pm Free Community Lunch in St Martin's Hall

Mon 8th 11:00am FoodShare at the Scout Hut

12:00noon FoodShare at St Martin's

Tues 9th 1:00pm Bible Study in the Narthex at St Martin's

2:00pm Coffee in the Narthex

3:30pm Toastie in the Narthex

Thu 11th 10:00am Holy Communion at St Martin's

Fri 12th 12:00noon FoodShare at Belmont Community Centre

12:30pm Holy Communion at Belmont Community Centre

Sun 14th 9:30am Holy Communion at St Martins (livestreamed on FB)

Easter 3 11:15am Morning Prayer at St Peter's Bullinghope

2:00pm Baptism at St Martin's

3:00pm Baptism at St Martin's

Mon 15th 11:00am FoodShare at the Scout Hut

12:00noon FoodShare at St Martin's

Tues 16th	1:00pm	Bible Study in the Narthex at St Martin's
	2:00pm	Coffee in the Narthex
	3:30pm	Toastie in the Narthex
Thu 18th	10:00am	Holy Communion at St Martin's
	2:00pm	Young at Heart in the Narthex at St Martin's
	7:30pm	Chill'n'Church at St Martin's
Fri 19th	12:00noon	FoodShare at Belmont Community Centre
Sat 20th	12:00noon	St Martin's Spring Fair - St Martin's Hall
Sun 21st	9:30am	Holy Communion at St Martins (livestreamed on FB)
<i>Easter 4</i>	11:15am	Holy Communion at St Peter's Bullinghope
	1:00pm	Baptism at St Martin's
	2:00pm	Baptism at St Martin's
Mon 22nd	11:00am	FoodShare at the Scout Hut
	12:00noon	FoodShare at St Martin's
Tues 23rd	1:00pm	Bible Study in the Narthex at St Martin's
	2:00pm	Coffee in the Narthex
	3:30pm	Toastie in the Narthex
Thu 25th	10:00am	Holy Communion at St Martin's
	7:30pm	Chill'n'Church at St Martin's
Fri 26th	12:00noon	FoodShare at Belmont Community Centre
	12:30pm	Holy Communion at Belmont Community Centre
Sat 27th		Diocesan Synod
Sun 28th	9:30am	Holy Communion at St Martins (livestreamed on FB)
<i>Easter 5</i>	11:15am	Morning Prayer at St Peter's Bullinghope
Mon 29th	11:00am	FoodShare at the Scout Hut
	12:00noon	FoodShare at St Martin's
Tues 30th	1:00pm	Bible Study in the Narthex at St Martin's
	2:00pm	Coffee in the Narthex
	3:30pm	Toastie in the Narthex
	7:15pm	St Martin's PCC

Faith and Family



Birds, birthdays and God

I hope that you have enjoyed Easter. Are there any of your chocolate eggs left? The good news is that Easter is not a single day, but a season - a whole 50 days! There are lots of ways that we can hold on to the Easter spirit as we celebrate Jesus' resurrection for us, and look forward to Pentecost. Several of these activities can be done while you are out and about - maybe on the walk to school or the shops.

Walking Feet. Create two foot shapes by drawing round your feet/shoes onto paper and cutting them out. On one foot shape, write or sketch something great that someone you know is doing in the name of Jesus – for the church, for the community or for the world. On the other, write or sketch something that you would like to do. Place the footprints near to where you keep your shoes as a reminder of the journey of the travellers, who gradually realised that it was Jesus who was helping them.

Alleluia is a Hebrew word of joyful praise. It is the word for the Easter season. Make a family banner and put it in your home. Better yet, put it in a window or on the outside of your home and share the good news with your neighbours. (Leave it up for the entire fifty days if you can.)

Life is Sweet Make or find a bright, beautiful container large enough to hold a few dozen pieces of wrapped candy. Place it on the dinner table. Every day - maybe at tea time - each family member gets the chance to mention one sign of new life he or she has noticed or one good deed she or he has done. When finished talking, the speaker places a piece of candy in the box. At Pentecost, decide how to divide the candy or give it away.

Take an Emmaus walk. Before you start out, read the Emmaus story (*page 15*) together. Then go to some place that has special meaning to your family, or to some place where you haven't gone for a while. Imagine that Jesus is walking with you.

Sit outside. Think about how the sky changes, sometimes becoming very menacing. Each member thinks of his or her fears. If they wish to voice them, the family can respond together by praying: "God, protect us and give us courage." Then each member of the family looks around and thinks of the wonders of God's creation. As things come to mind, they are voiced and the family can respond, "We praise you, God of Wonder, God of Life."

Looking out for God. When you are out walking or in the car, take notice of places where God is represented. This might include: creation, relationships between people, particular local services or certain buildings. Thank God for all the things you spot.

Pentecost - the day when we celebrate the arrival of the Holy Spirit and the Birthday of the Church - falls in May this year but through this Easter Season until then, we can start to think about what the Holy Spirit means for us. These are two activities you can try to help your family begin to think about God's Holy Spirit - the part of God that lives in our hearts today, filling us with God's power and love.

Happy Birthdays Are you going to a birthday party? Think about why birthdays are happy events and how we celebrate them. When you go to a birthday party, you can think about how we celebrate the beginning of each life with joy, by singing, eating together, and playing games. Birthdays are a nice time to pray too - you can say thank you to God for starting the new life of the birthday boy or girl.

Birdwatching See if you can find a bird's nest near your house and spend some time watching it together. Take care not to touch or disturb it, but encourage your child to spot the mummy and daddy birds, and what they are doing to care for their babies in the nest. Ask your child how the babies might feel in the nest, and what they need. Could they survive without their parents? Maybe you can even take pictures of different nests and find out about the birds that live in them. As you watch the birds, you can wonder together about how God's Spirit might be like a bird, feeding and being there for their babies, keeping them warm and keeping busy for the sake of their baby birds, even though the babies don't know it. Sometimes in Christian art and stories, a dove is used as a symbol of God's spirit. There is a dove in our Easter garden at St Martin's - when you are in church next, can you find it?

Walking to Emmaus (Luke 24)

That same day two of Jesus' disciples were going to the village of Emmaus, which was about eleven kilometres from Jerusalem. As they were talking and thinking about what had happened, Jesus came near and started walking along beside them. But they did not know who he was.

Jesus asked them, "What were you talking about as you walked along?"

The two of them stood there looking sad and gloomy. Then the one named Cleopas asked Jesus, "Are you the only person from Jerusalem who didn't know what was happening there these last few days?"

"What do you mean?" Jesus asked.

They answered: "Those things that happened to Jesus from Nazareth. By what he did and said he showed that he was a powerful prophet, who pleased God and all the people. Then the chief priests and our leaders had him arrested and sentenced to die on a cross. We had hoped that he would be the one to set Israel free! But it has already been three days since all this happened. Some women in our group surprised us. They had gone to the tomb early in the morning, but did not find the body of Jesus. They came back, saying they had seen a vision of angels who told them that he is alive. Some men from our group went to the tomb and found it just as the women had said. But they didn't see Jesus either."

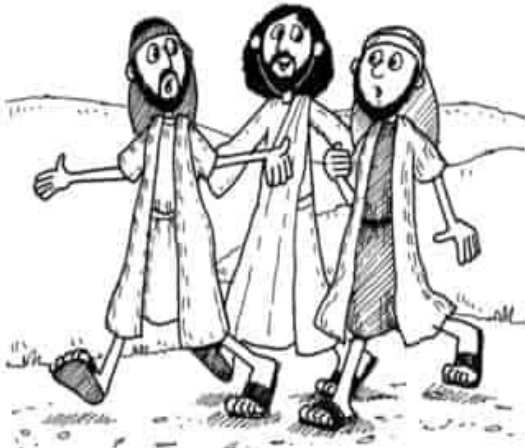
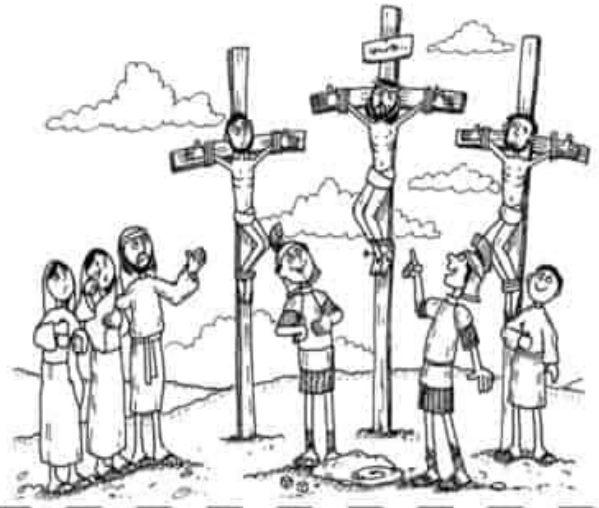
Then Jesus asked the two disciples, "Why can't you understand? How can you be so slow to believe all that the prophets said? Didn't you know that the Messiah would have to suffer before he was given his glory?" Jesus then explained everything written about himself in the Scriptures, beginning with the Law of Moses and the Books of the Prophets.

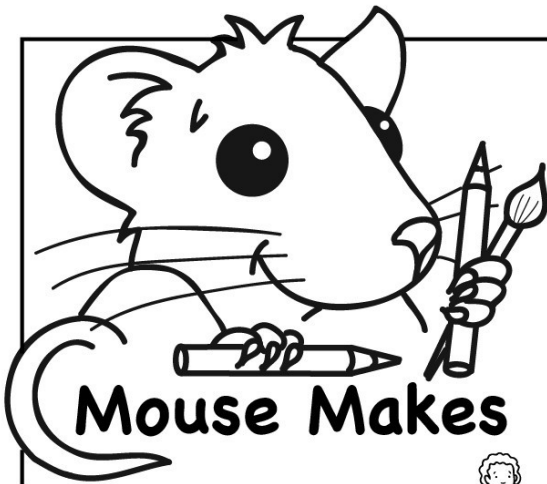
When the two of them came near the village where they were going, Jesus seemed to be going farther. They begged him, "Stay with us! It's already late, and the sun is going down." So Jesus went into the house to stay with them.

After Jesus sat down to eat, he took some bread. He blessed it and broke it.

Then he gave it to them. At once they knew who he was, but he disappeared. They said to each other, "When he talked with us along the road and explained the Scriptures to us, didn't it warm our hearts?" So they got up and returned to Jerusalem.

The two disciples found the eleven apostles and the others gathered together. And they learned from the group that the Lord was really alive and had appeared to Peter. Then the disciples from Emmaus told what happened on the road and how they knew he was the Lord when he broke the bread.





Some time after Jesus had risen a few of His disciples met together to go fishing. They fished all night but caught nothing. As the sun rose a man on the shore asked; "Have you caught anything?" "Not a thing" they answered.



He said to them "Throw your net out onto the right side of the boat and you will catch some." So they did and they and they caught so many fish they could not pull in the net.

Then John recognised the man, "It is the Lord!"



READ

the story in **John 21**



How many times had the risen Jesus revealed himself to the disciples before this?

Read John 21:14



How many disciples were there? Who were they?

Read John 21: 11

How many fish did they catch?

Read John 21: 11

A large illustration of a fishing net filled with fish. Inside the net is a word search grid. The words to be found are listed at the bottom of the page.

Word Search Grid:

B	S	N	F	F	I	R	E	R	F				
W	A	T	E	R	I	F	D	A	Y	C	W		
R	I	G	H	T	A	N	I	B	O	A	T	Y	
J	O	H	N	D	S	S	O	C	S	I	N		
M	S	H	C	B	N	T	B	A					
T	S	E	A	H	I	I	R	O	J	E	T		
I	S	I	M	O	N	P	E	T	E	R	H		
L	A	N	D	R	G	L	A	H	S	I	A		
F	O	J	K	M	E	H	E	D	I	U	A	N	D
B	R	E	A	K	F	A	S	T	N	S	S	A	
D	F	I	S	H	U	N	I	G	H	T	E		
C	A	U	G	H	T	L	D	O	F	U	L	L	

Words to Find: DISCIPLES • TIBERIAS • SEA • SIMON PETER • THOMAS • NATHANAEL • JOHN • DAY FISHING • BOAT • NIGHT • CAUGHT • NOTHING • WATER • SHORE • FISH • CAST • NET RIGHT • FIND • HAUL • LORD • FULL • LAND • FIRE • BREAD • BREAKFAST • JESUS

World Autism Acceptance Week, 2nd – 8th April 2024

Autism is on the rise. Or at least, the recognition of it is. According to the website psychcentral.com, there was a 787% exponential increase in the number of people who were diagnosed with autism between 1998 and 2018 in the UK.

The National Autistic Society says that in the UK, more than one in every 100 people are now on the autism spectrum. It reckons that around 700,000 adults and children in the UK suffer with the condition to some degree.

All of which means that you probably know of someone who has autism, to some degree. And you may know that, as it says on the NHS website:

Autistic people may act in a different way to other people, ... and find it hard to understand how other people think or feel. They may find things like bright lights or loud noises overwhelming, stressful, or uncomfortable. They may get anxious or upset about unfamiliar situations and social events and take longer to understand information.

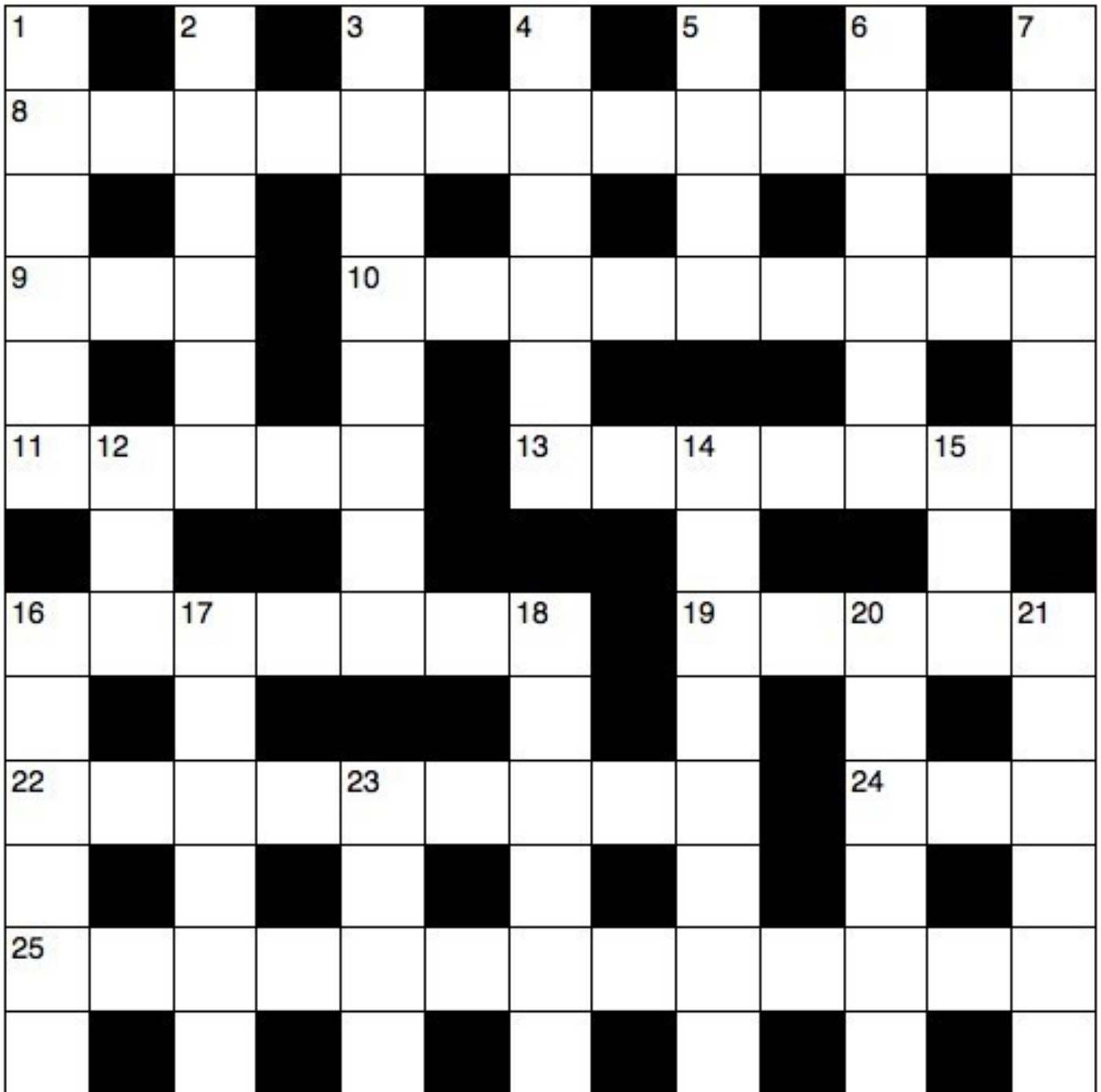
To help people with autism, you may wish to support this 'acceptance week', by going to the National Autistic Society's website, <https://www.autism.org.uk> and taking part in some way in their fundraising campaign.

The Church of England has awarded £2.4 million to fund a series of measures aimed at boosting the participation of Deaf, disabled, and neurodivergent people in parish life. This ranges from encouraging vocations to the priesthood, to grants for improved access to buildings.

Under plans over the next three years, the funds will back projects including lay and ordained vocations events, leadership programmes, and guidance to churches on more accessible signage. The schemes will be developed and managed by the Church of England's Disability and Deaf Ministry Task Groups.

A pilot scheme is planned for seven dioceses for café style spaces in churches, in partnership with mental health professionals and the charity Renew Wellbeing, aimed at providing welcoming spaces. Another pilot will also be developed in the Church of England's Northern Province providing 20 grants of up to £50,000 for projects that include physical changes to buildings that improve access.

Coffee Time



Doodle Box

Across

- 8 'He poured out his life unto death, and was numbered with the — ' (Isaiah 53:12) (13)
 9 'When they had sung a hymn, they went — to the Mount of Olives (Matthew 26:30) (3)
 10 Comes between Galatians and Philippians (9)
 11 'Your heart will — and swell with joy' (Isaiah 60:5) (5)
 13 Muslim holy month (7)
 16 Ten ears (anag.) (7)
 19 Under (poetic abbrev.) (5)
 22 How Abram described himself to God when he complained that his inheritance would pass to a servant (Genesis 15:2) (9)
 24 'Go to the — , you sluggard' (Proverbs 6:6) (3)
 25 Debar from receiving Communion (13)

Down

- 1 My — for His Highest (Oswald Chambers' best-known book) (6)
 2 Festival of the resurrection (6)
 3 'His sons will prepare for war and — a great army' (Daniel 11:10) (8)
 4 'Let not the — string his bow' (Jeremiah 51:3) (6)
 5 Name of the River Thames in and around Oxford (4)
 6 'From then on Judas watched for an opportunity — — him over' (Matthew 26:16) (2,4)
 7 'But Christ is faithful — — — over God's house' (Hebrews 3:6) (2,1,3)
 12 Long-handled implement used to till the soil (Isaiah 7:25) (3)
 14 Order to which monks and nuns devote themselves (8)
 15 Appropriate (Proverbs 15:23) (3)
 16 I, uncle (anag.) (6)
 17 'They gave him — — of broiled fish' (Luke 24:42) (1,5)
 18 'Weren't there three men that we - and threw into the fire?' (Dan 3:24) (4,2)
 20 Mountain where Noah's ark came to rest (Genesis 8:4) (6)
 21 'Don't you know that friendship with the world is - towards God?' (James 4:4) (6)
 23 Prominent architectural feature of large cathedrals such as St Paul's (4)

Last Month's Solution

E	Y	T	S		G	N	I	G	G	O	L	F
R		A			O		N		T			A
A	S	I	L		E	S	U	S	H	N	W	O
C		R		S		E		L		U		L
E	N	V	M	E	S	H	T	E	G			
K		C		I		T		R		E		T
A	H	S	I	L	E		T	O	N	N	V	C
T		I		B		H		F		E		A
			B	O	M	T	O	N	E	N	D	A
N		Y		E		L		B		E		N
R	E	V	O	S	S	A	P		E	Z	O	O
U		N		S		E				A		R
T	R	E	A	L	E	H	T		E	N	I	W

The Bible version used in our crosswords is the NIV. Crosswords reproduced by kind permission of BRF and John Capon, originally published in Three Down, Nine Across, by John Capon

Acts of Kindness

St Martin's Food Share

St Martin's FoodShare receives its food from local supermarkets (Asda, Aldi, Tesco, Coop, Waitrose & Booker) and also pays for a weekly delivery

from FareShare UK – a national charity that collects surplus food at a much larger scale. The money for the FareShare deliveries comes from grants received from Aldi, Lidl, Coop and Tesco. Thank you. Meals at St Martin's on a Monday lunchtime run alongside Monday's FoodShare session. Quite a few people stay for food, conversation and a warm place to sit.

Could you join the team? We are always on the look out for chatters and drivers, cooks and servers, sorters and tidiers. Many people come along for the companionship – so sitting down for a cup of tea and a chat is one of the most important jobs! If you can help please let David know on 07563 382872 or by email to david@stmartinshereford.org.uk

Making Room

Do you struggle with isolation, anxiety, depression, OCD or another form of mental health difficulties? We know how important mental well-being is to ourselves and others and we recognise the need for more support for those who may struggle with the above or care for someone else who does. We want you to know you don't have to wrestle with these issues on your own. *Making Room* is a new initiative based at St Martin's which, whilst it will not offer any formal professional mental health treatment, will offer a safe space to express any worries you may have.

Making Room is intended for people of working age, and is about making room to have safe discussions about our mental wellness, making room to support one another, making room for mindfulness and to start or share any hobbies and interests and making room to offer hope. If you are interested in joining us please contact us and we can discuss plans further. If you wish to volunteer equally please do get in touch.

Rev'd Lauren Bell
curate@stmartinshereford.org.uk
07429 862444

Acts of Kindness

WE ARE FARMING MINDS



We are Farming Minds registered charity has been set up by farmers for farmers to tackle mental health in the farming community within Herefordshire.

How can we help?

24 Hour Support Line:

We run a **FREE 24 hour Support Line 7 days a week** for farmers and their families within Herefordshire who are feeling distressed and need someone to talk to anonymously.

Counselling:

We provide **fully funded counselling to anyone in the Herefordshire farming community** who may be in emotional distress.

Training:

We offer **FREE mental health awareness training** to anyone living or working in or with the farming community in Herefordshire.

Social Events:

We run a series of **FREE social events throughout the year** to break the isolation often felt by the farming community in Herefordshire.

Befriending:

Befriending volunteers offer companionship and support to people who are isolated and lonely – they may visit you at home and/or phone for a regular chat. A befriender can offer conversation and a listening ear to those that need it.



'Taking the bull by the horns' to tackle Mental Health in the farming community

Call our Support Line:

0808 802 0070

Or text:

07786 203 130

General enquiries: wearefarmingminds@gmail.com

www.wearefarmingminds.co.uk

Registered charity number: 1191461



WeAreFarmingMinds

For our Prayers

Those who are ill or in need of your prayers, including:

James Joan Paul Sheila Ann W Brenda B Sue
Brooke Christina Betty Mandy Hazel Margaret Joy

Those who have died and those who mourn their loss:

Christopher Patrick Dorothy Hugo Peter Val
Joe Marlene Jean Lesley

Those preparing for baptism, their families and Godparents

Finlay Willow Josephine Lottie-Marie

The Follow Prayer

God who in Jesus calls us - open hearts and minds to your invitation.

God of the pilgrim way - be our companion day by day.

God of the still, small voice - teach us to pray.

Grant that in our calling, our following, our pilgrimage,
we may see your kingdom of truth and peace -
and delight to bring others to your love.

We make this prayer through Jesus, the Lord. Amen

The Gather Prayer

God of generosity, whose Son Jesus gathers us as one around the table of
rejoicing; be with us as we gather in his name.

Give us hope, encouragement, unity, expectancy,
and by our time together, draw us closer to one another and to you.

We make this prayer through Jesus, the Lord. Amen

An Easter Collect

Risen Christ,

for whom no door is locked, no entrance barred:

open the doors of our hearts,

that we may seek the good of others

and walk the joyful road of sacrifice and peace,

to the praise of God the Father.

Living in Love and Faith: 'the work goes on' Bishop Martyn tells General Synod

Firm proposals for a settlement to enable the C of E to move forward together amid deep differences on questions of sexuality and marriage will be developed over the next few months, General Synod has heard. The Bishop of Leicester, Martyn Snow - the lead bishop for the 'Living in Love and Faith' process – spoke of the growing desire in parishes for the C of E “to reach agreement and get on with serving our nation.”

This General Synod was the first since the prayers of dedication, thanksgiving and seeking God's blessing for same-sex couples (known as Prayers of Love and Faith) came into use during public worship in the Church of England. Separate proposals for special standalone services for same-sex couples to be formally authorised under canon law are also under consideration, alongside questions including clergy entering same-sex marriages and whether new structures may be needed to hold the Church together in a new context.

The debate concluded without a vote on the main motion after Synod members agreed to a procedural motion to move to next business. Speaking after the debate, Bishop Martyn said: “We've had an opportunity for an open, thoughtful - and gracious - debate about how we might move forward together as a church in the next stage of the implementing our decisions on Living in Love and Faith and the work of reconciliation amid our divisions.

“However, there is more work to be done to develop concrete proposals on really important questions we face and a number of people thought it would not be helpful to proceed to a vote without those concrete proposals. I can see the logic in that. I was struck by the generous and gracious tone of the debate and I'm grateful to Synod members. I believe my brothers and sisters on Synod would not have been here if they did not believe that some degree of communion is still possible. That gives me great hope and great reassurance that we will find a way through this. What I'm picking up very clearly though is a growing desire in parishes for the Church of England to reach agreement and get on with serving our nation. So that will be my priority in the next few months as we seek to develop concrete proposals before the next meeting of Synod this summer.”

Wild Daffodils

At this time of year, the yellow trumpets of daffodils brighten up even the dullest spring day. Most of what we see are planted garden varieties, but a real treat is to find wild daffodils (*Narcissus pseudonarcissus*).



Once widespread, the wild daffodil is now much rarer, having mysteriously declined during the 19th century. It now has a disjointed distribution – for instance it is found mainly in south Devon, pockets of the Black Mountains in Wales, stretches of the Gloucestershire-Herefordshire border country, the Sussex Weald, Farndale in Yorkshire, and the Lake District. Elsewhere, even in suitable habitat, it only occurs in small patches, many miles apart. For example, in churchyards. The wild daffodil's status as a popular flower was particularly celebrated in the area around Newent, Dymock and Ledbury on the Gloucestershire-Herefordshire border which acquired the nickname of 'The Golden Triangle.' In the 1930s the Great Western Railway ran 'Daffodil Specials', from London for weekend tourists to walk amongst the 'golden tides' and to buy fresh bunches at garden gates. Many farmers and orchard-owners used to have them as a cash-crop, harvested on a 'Pick Your Own' basis. At the end of April, the meadows went back to their function of growing hay or fruit.

A 1930's guide to a village in the Golden Triangle wrote: They are picked by the local women and children and were sold to an agent, who sends them to South Wales, where they find a ready sale for Mothering Sunday and also for Palm Sunday, for many places the old (Welsh) custom of 'flowering the graves' on that day still persists. The daffodils are also sent to northern industrial towns

Information from Flora Britannica by Richard Mabey

How to spot a wild daffodil - The wild daffodil is smaller than horticultural varieties, with paler petals and a deeper yellow trumpet-like tube. The leaves are grey/green, flattened and around 15mm wide. It is relatively short (30-35cm) and forms clumps which carpet the ground. A top tip is that unless there are several hundreds of them looking particularly small and washed out, they probably aren't wild! Please help us to map the churchyards containing wild daffodils by taking a photo on the iNaturalist app and posting it on our Beautiful Burial Grounds project within iNaturalist.

Harriet Carty

Diocesan Churchyard Environmental Advisor www.caringforgodsacre.org.uk - individuals and groups in the diocese receive 20% members discount on all CfGA materials.

General Synod backs action to tackle biodiversity crisis

The General Synod has backed a series of measures to promote biodiversity on C of E land, from churchyards as havens of wildlife and plants, to the stewardship of agricultural and forestry land. Members of the Synod welcomed progress already made by the Church Commissioners, the National Church Institutions, dioceses, parishes, cathedrals, and schools to manage their land for climate and nature. The Synod approved further action to increase biodiversity including work towards drawing up environmental policy and land management plans for Dioceses and the recording of biodiversity in church green spaces. The Synod also backed a request for the Church Commissioners to report back within three years on their progress in enhancing and supporting biodiversity across their agricultural and forestry land.

Introducing the debate at the Synod, the C of E's lead Bishop for the Environment, Graham Usher, said: "We are one of the most nature-depleted countries in the world – 2% of species are already extinct – 41% of species have declined since 1970, 26% of our mammals are at risk of extinction and 97% of UK's wildflower meadows have been lost since the 1930s. We need to act now to help the diversity of life on this single island planet home we share."

Bishop Graham said that churchyards are home to a range of wildlife. In many parishes the churchyard is the only remaining 'species-rich' grassland untouched by post Second World War cultivation and development. He added that in urban areas, churchyards are often the only green space.

"Our churchyards should be places of the living, not just the dead," he added.

More than £250,000 distributed in conservation grants

More than £250,000 was distributed by the Church of England last year to support conservation projects in parishes, including work to preserve wall paintings, baptismal fonts, stained glass windows and rood screens.

A total of £255,585 has been awarded for 123 projects in 34 dioceses – with the number of grants up 20% on the year before – to help churches maintain and preserve significant cultural and historical items, including paintings, doors, chairs, clocks, and organs. The grants, from donated funds, including major funder, the Pilgrim Trust, were distributed by the Church of England's national Cathedrals and Church Buildings team.

News from the National Church - General Synod

General Synod: Presidential Address by the Archbishop of Canterbury

In his Presidential Address at the February sessions of the General Synod, the Archbishop of Canterbury, Justin Welby, spoke of the suffering across the world. The following are some short extracts from his address:

“In September 2023, Antonio Guterres, Secretary General the United Nations declared the world is coming off its hinges. How should we the followers of Jesus Christ respond?

“Church of England Bishops at consecration commit to all sorts of things, some probable, some improbable, but they don’t commit to suffer. By contrast, the Chaldean Church tells its Bishops that they will be the first to suffer...

“And to add to what the Secretary General of the United Nations said, as Lord Cameron said recently, when he looks around at the world today as Foreign Secretary, all the lights are flashing red. We live in a world of suffering. And unlike in the past, it is a world where we are aware of the suffering.

“In Europe, the Ukrainian Russian war is frozen. And the suffering of the people in Ukraine has increased, not least because it has been replaced as the principal concern by the havoc and horror of the Levant and all that is going on in that area.

“But there is much more. Sudan... Myanmar... northeast India... the South Pacific... the Philippines... Korea... Pakistan... Nigeria... Mozambique ...

“Pope Francis a few months ago described what is already happening as a third world war. Right or wrong, he is describing a state of global uncertainty and great change.

“Like all such periods, minorities are blamed for uncertainties, conspiracies are assumed where there is uncontrollability and leaders are criticised where the future is hard to see.

“In 1939, George Bell wrote an article on the behaviour of the Church in a time of war. ‘What should the Church do in a time of war?’ it was entitled. His simple

conclusion was that the right strategy... is to be even more the Church. We must be even more the Church with all our challenges and difficulties and as we work through them ...

“Suffering and enemies are faced best in communities that trust across divides, rather than in self protecting, and reinforcing huddles, because the very act of trusting across the divides builds our resilience and our ability to see the best in others...

“At the end of April, we will have a meeting of primates of the Anglican Communion in Rome. There we will look at what the Communion could do to remain in a variable geometry of unity, but also an unvarying commitment of love in Christ. Those two expressions vary in geometry of unity and unvarying commitment of love in Christ offer us all a way forward in holy obedience to God.

“God is our refuge. God is our refuge, not our politics and our organisations. They are realities of any structured life, of any institution, they're not evils, but God is our refuge, they never will be.

“God is greater than our fears, than our enemies and in our failures. God is unbreakably faithful to covenant and promise. When that is our comfort and peace, then in this world, at this time, off its hinges, we can in all our troubles, be truly the Church we should be, truly God's Church in God's world.

Safeguarding independence: next steps discussed by General Synod

General Synod has voted on the next steps following the publication of independent reports on safeguarding from barrister Sarah Wilkinson and Professor Alexis Jay, former chair of the Independent Inquiry into Child Sexual Abuse, IICSA.

The next steps include setting up an internal team to engage with Diocesan Safeguarding Advisors/Diocesan Safeguarding Officers and others in dioceses and cathedrals. A survivor and victim focus group will also be set up, to hear the views of victims, survivors, and their advocates on the proposals.

Synod also voted to support apologies, expressed by the Archbishops, to survivors impacted by the matters described in the Wilkinson Report, and to apologise to all members of the former Independent Safeguarding Board.



Foot Care Clinics

What is it?

Age UK's trained foot care team would love to help you look after your feet. At an affordable price, we can provide basic level care such as toenail cutting and filing.

Is there a charge?

- The charge for our clinics is £15 per visit
- *A one-off charge of £15 is required to purchase your own personal nail care kit. This will be used for every appointment thereafter.

£15*
per visit

Where are our clinics?

- 3 locations across Hereford
- Bromyard
- Fownhope
- Kington
- Ledbury
- Leominster
- Weobley

Please note: our Foot Care clinics are not a chiropody service and are by appointment only.

For more information, or to book an appointment, please leave us a message on:

0333 0066 299

footcare@ageukhl.org

www.ageuk.org.uk/herefordandlocalities

Age UK Hereford & Localities is a charitable company limited by guarantee and registered in England and Wales
Registered charity number: 1093512
Company number: 04394760
Registered head office is: Unit 10, Northern Lights Business Park, Clinton Road, Leominster, Herefordshire, HR6 0SW.



Hereford Memorials



**Suppliers of quality memorials,
additional inscriptions, renovations &
plaques**

**Reasonably priced
~ Master Craftsman ~**

Units 4 & 5 Beech Business Park

Tillington Road

Hereford

HR4 9QJ

Tel 01432 639999

Email herefordmemorials@outlook.com

Opening Hours

Monday-Friday 9.00am-5.00pm

Saturday 9.30am-12.30pm

Please call or email to book an appointment

N C Pegler Ltd

MONUMENTAL SCULPTOR

Rockfield Road, Hereford

Tel: 01432 269098
(Evenings - 01432 263051)

Free Brochure and estimates
www.ncpegler.co.uk



*Charity
Concert*
In aid of SSFAA

In memory of Violette Szabo and D DAY.
August 2nd 2024, 2pm
St Martin's Church, Hereford, £10 on the door.

Surrey Police Band,
Steve & Sue Mace (Dancers), and Vintage Class Singers.
Soprano: Lauren Elizabeth Williams

ssafa
the
Armed Forces
charity
HEREFORDSHIRE
Poster: Giles Morgans / www.pixelfshifters.com



James Partridge

Roofing, Building, Maintenance

Quality Domestic Building Services including:

Renovations • Extensions • Conversions • Roofing
Bricklaying • Stonework • Joinery • Plastering • Tiling
General Maintenance

01989 730591 / 07922 330739

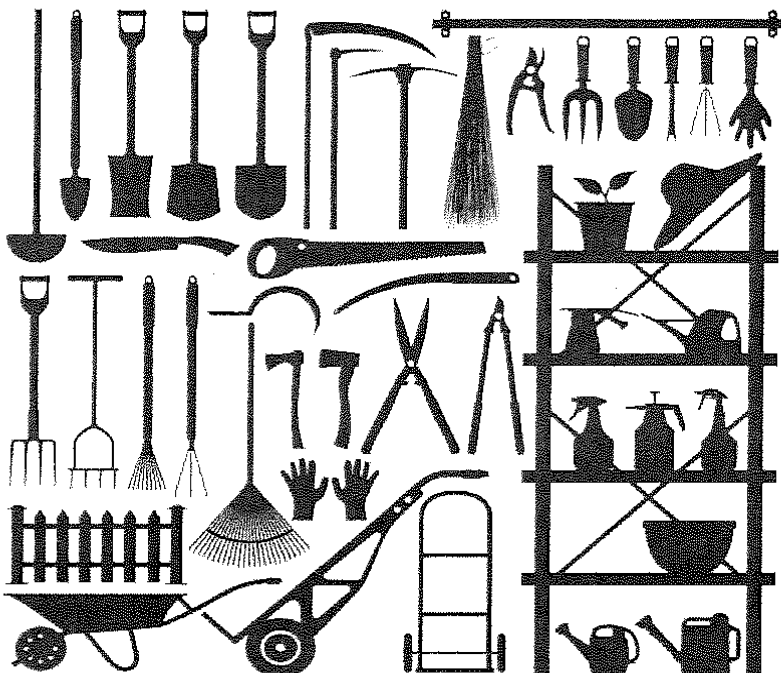
jamespart@gmail.com

www.james-partridge.org.uk

Highly recommended, professional workmanship

GREEN ACRES

Complete Care for all your Gardening Needs



Please call David on:
07540 418108 / 01432 850427

- Garden Maintenance
- Garden Clearance
- Garden Builds & Repairs
- Hedge Trimming
- Landscaping
- Selected Home Services

Registered and Regulated by:



Quality Care @ Home

'Supporting your Independence'

We support individuals in every day task, enabling them to live in their own home. We can assist with

Personal care such as Washing and Showering, Medication Management, Household Duties, Meal Preparation, Laundry and lots more...

We can provide care from 1 hour per week to a full care package, short or long term!

For more information, please call

01432 639 736 or 07912 043877 (24/7)

Email: qualitycareathome@hotmail.co.uk

Or Visit us at www.qcareathome.com



Government Household Support Fund

FREE home energy checks and warm home packs for over 50s in Herefordshire

A fund has been granted by the Government to help older people during this very difficult economic period.

We are working with Herefordshire Council to support over 50s with the installation of energy saving measures and additional Information & Advice to cope with the cost of living crisis.

If you are concerned about the energy efficiency of your home and being able to pay your bills, you may be eligible.

To find out if you are eligible, please contact us:

0333 0066 299

contact@ageukhl.org

www.ageuk.org.uk/herefordandlocalities

Age UK Hereford & Localities is a registered charity (1093512) and company limited by guarantee, registered in England and Wales (04394760).

Supported by

 **Herefordshire
Council**

HELPING YOU EVERY STEP OF THE WAY

Your Local Funeral Professionals

- Local experts creating Traditional, Colourful and Natural funerals to meet all personal requirements
- Available 24 hours a day providing the highest levels of service with compassion and respect
- 98.8% of families said we met or exceeded their expectations*



R. W. MANN & SON


2-4 New Street, Leominster HR6 8DP Tel: 01568 612358

S A EVANS

23-24 Gaol Street, Hereford HR1 2HU Tel: 01432 27373

* Based on a 50% response rate to Dignity Funerals Ltd client survey.

For further information please visit:
www.dignityfunerals.co.uk/local

 Part of Dignity plc. A British company


Dignity[®]
WITH DISTINCTION

SHAYNE HOGG

~ Funeral Services ~

**Family owned and personally
attended to by Shayne**

PRIVATE CHAPEL OF REST

24 HOUR PERSONAL CARE

Let our family take care of yours

72 Whitecross Road, Hereford, HR4 0DG

01432 341871

Meet The Team

Clergy

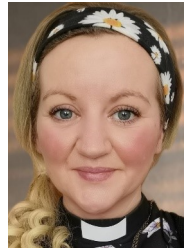


Anne Dowdeswell

Team Rector. Hereford South Wye
Rector@stmartinshereford.org.uk
07864 938898

Lauren Bell

Assistant Curate
curate@stmartinshereford.org.uk
07429 862444



Community Pastor

David Bland
david@stmartinshereford.org.uk
07563 382872

Academy Chaplain

Barry Stevens
Chaplain@stmartinshereford.org.uk



Team Office Staff

Administrator

Sharron Brown



TEAM OFFICE (at St Martin's Church)
89 Ross Road, Hereford HR2 7RJ

OPENING HOURS Mon - Fri 8.30 am - 12.30 pm
phone us on 01432 353717 or email office@stmartinshereford.org.uk

Website: www.stmartinshereford.org.uk

Or find us on Facebook

St Martin's Church, Ross Rd, Hereford

@stpetersbullinghope

KILN DRIED LOGS



WS040



100% British hardwood

Below 20% moisture content, maximum heat output

FREE crane delivery within 40 mile radius of HR2 9JJ, 1hr time slots

Multi bag discounts & community buy scheme

01981 251796
www.local.certainlywood.co.uk



 Lanyon Bowdler
SOLICITORS

Our People, Your Team

For all your legal needs.
Contact us on...

Hereford
01432 352345

Bromyard
01885 488442



www.lblaw.co.uk
info@lblaw.co.uk

Offices also in:
Shrewsbury • Conwy • Ludlow • Oswestry • Telford



ELECTRICIAN

www.electricsfixed.com


Electrical Contractors

Do you find it difficult to get someone to come and do a small job?

- ◆ Extra Lights and Sockets
- ◆ **New Fuseboards**
- ◆ Smoke Alarms
- ◆ **New installations**
- ◆ Electric Vehicle Chargers
- ◆ **Solar PV Installations**
- ◆ Battery Storage

- ◆ Landlord's and Home Buyers Reports (EICR)
- ◆ **Electric Heaters**
- ◆ Fault Finding
- ◆ **PAT Testing**
- ◆ Garden Lights
- ◆ **Rewires**

Satisfaction Guaranteed

Call Neil at (01981) 760040
Email info@electricsfixed.com





Jumble Sale

**Saturday 13th
April 12-2pm**

**In St Martin's
Church Hall**

**For Dinedor
Church Funds**

**St Martin's
Spring Fair**

**Saturday 20th
April 12-2pm,**

**In St Martin's
Church Hall**

**For St Martin's
Church Funds**

**Refreshments,
Stalls, Raffle**