

ASPIRATION

IN SOUTH HEREFORD

PALM SUNDAY

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

EASTER DAY

GOOD FRIDAY



Hello and Welcome

Hello Everyone, and welcome to the March edition of Aspiration. As the magazine shows, February in South Wye was full - after all it's been a day longer than usual. On page 25 an article from our EcoChurch group looks back to a successful and information packed coffee morning and forward to the next steps. We marked pancake day in several different ways. Chill and Church on Thursday and FoodShare on Monday enjoyed pancakes a little bit early, and on the day itself, there were pancakes at Tuesday afternoon coffee followed by 'Messy Pancakes' which attracted lots of families to St Martin's. On the next day, as well as traditional Ash Wednesday services, we also took ashing out into the community - "Ashes to go" as it is sometimes known - to Asda and the Old Bridge (see page 5.) The unexpectedly fine weather enabled some really interesting and positive conversations with passers by and shoppers, as we offered prayer and the imposition of ashes.

On Ash Wednesday evening we returned to Belmont Tesco for Compline at 8pm. We are there on Wednesday evenings through Lent and for the Monday, Tuesday and Wednesday of Holy Week and everyone is very welcome to join us, either on site in the Tesco Café or online on Facebook Live. Being seen and heard to worship in public spaces is important for our ministry, as we have found with our Friday communion services outside Belmont Community Centre. It is also a reminder to us of the value of hospitality. As soon as we venture outside of our own buildings, we are dependent on the welcome offered by others - from huge businesses like Asda or Tesco to the general public who could easily interrupt or prevent our public statements of faith if they chose to. It's helpful to reflect that any nervousness that we might feel about worship in public spaces might echo the nervousness that others might feel about coming through the doors into church.

We will be doing some more worshipping in public spaces through March. As well as Compline at Tesco, there is a Palm Sunday procession from the Scout Hut to St Martin's, and on Easter Day, we will once again start our vigil service with a dawn bonfire outside St Martin's - although there are not usually too many passers by at 6am! It would be lovely to see you at any of our Holy Week and Easter commemorations, inside or out!

With every blessing to you all

Anne
07864938898



Contents

Hello and Welcome	1
Letter from the Bishop of Hereford	3
South Wye, Hereford	4
Ash Wednesday in South Wye	5
Regular Services and Events	6
Forthcoming Events	7
Sunday Lunch at St Martin's	8
South Wye Diary	9, 10
Faith and Family	11 - 15
What am I reading on Sunday?	16
What will March Bring?	17
The Hereford Passion	18
Coffee Time	19,20
Acts of Kindness	21 - 23
For Our Prayers	24
Making Room	23
Caring for God's Acre	25
EcoChurch	25 - 27
From the National Church	27 - 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

Letter from the Bishop of Hereford

I have just read the Rule of St. Benedict, to my shame for the first time. It is a monastic rule from the 6th century that sets out the disciplines and structures for the effective running of a monastery. The rules of poverty, chastity and obedience are highly restrictive; the punishments for violations severe; the lifestyle highly demanding. Praying at set offices eight times a day (including at 2 in the morning) meant that the monk would rarely get more than few hours of unbroken sleep. Central heating was for wimps and the diet uninspiring. Although eased in later centuries, it has been the basis for the monastic tradition in Western Europe ever since. Its not the sort of discipline that works in everyday life, but that doesn't mean it has no value. It is designed to foster Christian virtues of humility, and obedience (albeit expressed through submission to the Abbot), and a growing Christlikeness.

Most of March will be the season of Lent, when we Christians have traditionally given up things that give us pleasure to focus on our spiritual journey. As our world has changed it seems increasingly anachronistic. Our culture screams at us from the lifestyle sections that the way to real fulfilment is getting what you really desire. The idea that giving something up might be good for you, other than as a grudging acknowledgement of post-Christmas weight gain, is anathema. Consumerism works by creating desire and then offering to fulfil it. But our strongest desires are not necessarily our deepest ones. Giving things up, or fasting can get us in touch with these deeper desires that only God can satisfy.

There is evidence that restricting calories by intermittent fasting or turning our mobiles off is actually good for us physically and psychologically. A good lent can be like leaving the Christmas presents unopened under the tree until Christmas day. There is a joy in the opening that is enhanced by the waiting. So, as well as helping us grow closer to God, our Lenten restraint can amplify the joy of Christ risen when we get to that glorious Easter celebration. I once gave up tea and coffee for lent and had my first large cup on Easter morning. Before I knew it, I'd done three services and built a compost heap! Lent can be spiritual dynamite.

+Richard





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



Huge thanks to everyone who supported the St Martin's Jumble Sale which raised over £200 and enabled us to clear out a great deal of space in the cupboards and corners of the church and hall. Thank you!

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.

Many thanks

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

Ash Wednesday in South Wye



It was lovely to welcome Susannah Peppiat back to South Wye, for some experience as part of her ordination training. She joined us for 'Ashes to Go' amongst other events and services and she will be back with us occasionally in the weeks to come.

Holy Week Services:

Palm Sunday 24th March

- 9:00am Palm Sunday Procession starts at the Scout Hut
- 9:30am Palm Sunday Eucharist at St Martin's
- 11:15am Palm Sunday Eucharist at St Peter's

Monday, Tuesday , Wednesday in Holy Week

- 8:00pm Compline at Tesco's Belmont (also on Facebook)

Maundy Thursday 28th March

- 6:00pm Commemoration of the Last Supper at St Martin's with foot-washing and stripping the altars

Good Friday 29th March at St Martin's

- 12 noon All Age Service
- 1:00pm Good Friday liturgy
- 2:00pm Last Hour, with the Hereford Church Singers

Easter Sunday 31st March

- 6:00am Dawn Vigil Service at St Martin's
- 9:30am Easter Eucharist at St Martin's
- 11:15am Easter Eucharist at St Peter's



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.

Jumble Sale

Saturday 13th April 12-2pm

In St Martin's Church Hall

For Dinedor Church Funds

Contact: Joyce Nicholls on 7801292393

Community Lunches at St Martin's Hall

Sunday 3rd March 12:30-14:30
Wednesday 27th March 12:30-14:30

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).



Easter Bingo

Thursday 21st March at 6pm in The Hereford Academy.

Hereford Academy Prom Committee announces an upcoming Easter Bingo event to help raise funds for our prom night. Our goal is to keep ticket prices as low as possible to ensure that everyone can participate in our prom. We are looking for volunteers to assist with organizing the event, as well as local businesses and individuals who can donate prizes or contribute in any way possible. Prizes can be left at the parish office. Thank you.

*Hudson
Hereford Academy Prom Cttee*

At the end of March, Christine will be retiring from the Team Office after over 20 years as our administrator. She has seen many clergy and parishes come and go in that time, and her gifts of administration and knowledge of the patch, as well as her experience in financial management have helped her make a notable contribution to the mission and ministry of the team.

We will be formally thanking Christine at an afternoon tea on Saturday 23rd March and everyone is very welcome to join us. Please let me know if you have pictures or memories of Christine's time with the team.

Anne

St Martin's Sunday Lunch



It was lovely to start the year with a fundraising Sunday lunch at St Martin's for the congregation and friends. Huge thanks to John, Gaye and Marlene for all their hard work in the kitchen which allowed us to enjoy a wonderful lunch with lots of laughter and conversation.



South Wye March Diary

Fri 1st	12:00noon	FoodShare at Belmont Community Centre
	3:30pm	Messy Church at the Scout Hut, Blackmarston Road
Sun 3rd	9:30am	Holy Communion at St Martin's (livestreamed on FB)
<i>Lent 3</i>	11:15am	Holy Communion at St Peter's, Bullinghope
	12:30pm	Community Lunch in St Martin's Hall
	4:00pm	Trefoil Guild Memorial Service at St Martin's
Mon 4th	11:00am	FoodShare at the Scout Hut, Blackmarston Road
	12:00noon	FoodShare at St Martin's
Tues 5th	1:00pm	Bible Study in the Narthex at St Martin's
	2:00pm	Coffee in the Narthex
	3:30pm	Toastie in the Narthex
Weds 6th	8:00pm	Lenten Compline at Belmont Tesco (livestreamed on FB)
Thu 7th	10:00am	Holy Communion at St Martin's
	11:00am	Lent Course at St Martin's
	12:00noon	Young at Heart Lunch at the Wye Inn
	7:00pm	Chill'n'Church at St Martin's
Fri 8th	12:00noon	FoodShare at Belmont Community Centre
	12:30pm	Holy Communion at Belmont Community Centre
Sun 10th	9:30am	All Age Communion at St Martins (livestreamed on FB)
<i>Mothering</i>	11:15am	Morning Prayer at St Peter's Bullinghope
<i>Sunday</i>	2:00pm	Baptism at St Martin's
Mon 11th	11:00am	FoodShare at the Scout Hut
	12:00noon	FoodShare at St Martin's
Tues 12th	1:00pm	Bible Study in the Narthex at St Martin's
	2:00pm	Coffee in the Narthex
	3:30pm	Toastie in the Narthex
Wed 13th	8:00pm	Lenten Compline at Tesco Belmont (and on FB)
Thu 14th	10:00am	Holy Communion at St Martin's
	11:00am	Lent Course at St Martin's
Fri 15th	12:00noon	FoodShare at Belmont Community Centre
Sat 16th	1:00pm	Wedding at St Martin's
Sun17th	9:30am	Holy Communion at St Martins (livestreamed on FB)
<i>Lent 5</i>	11:15am	Holy Communion at St Peter's Bullinghope
	1:00pm	Baptism at St Martin's

Mon 18th	11:00am	FoodShare at the Scout Hut
	12:00noon	FoodShare at St Martin's
Tues 19th	1:00pm	Bible Study in the Narthex at St Martin's
	2:00pm	Coffee in the Narthex
	3:30pm	Toastie in the Narthex
Wed 20th	8:00pm	Lenten Compline at Tesco Belmont (and on FB)
Thu 21st	10:00am	Holy Communion at St Martin's
	11:00am	Lent Course at St Martin's
	2:00pm	Young at Heart in the Narthex at St Martin's
	7:00pm	Chill'n'Church at St Martin's
Fri 22nd	12:00noon	FoodShare at Belmont Community Centre
	12:30pm	Holy Communion at Belmont Community Centre
Sat 23rd	3:00pm	Retirement Tea for Christine
Sun 24th	9:00am	Palm Sunday Procession starts at the Scout Hut
<i>Palm</i>	9:30am	Palm Sunday Eucharist at St Martin's
<i>Sunday</i>	11:15am	Palm Sunday Eucharist at St Peter's
Mon 25th	11:00am	FoodShare at the Scout Hut
	12:00noon	FoodShare at St Martin's
	8:00pm	Compline at Tesco's Belmont (also on Facebook)
Tues 26th	1:00pm	Bible Study in the Narthex at St Martin's
	2:00pm	Coffee in the Narthex
	3:30pm	Toastie in the Narthex
	8:00pm	Compline at Tesco's Belmont (also on Facebook)
Weds 27th	8:00pm	Compline at Tesco's Belmont (also on Facebook)
Thurs 28th	10:00am	Holy Communion at St Martin's
<i>Maundy</i>	11:00am	Lent Course at St Martin's
<i>Thursday</i>	6:00pm	Commemoration of the Last Supper at St Martin's
Fri 29th	12:00noon	Good Friday Service of the 3 hours
	12:00noon	FoodShare at Belmont Community Centre
Sun 31st	6:00am	Dawn Vigil Service at St Martin's
<i>Easter</i>	9:30am	Easter Eucharist at St Martin's
<i>Sunday</i>	11:15am	Easter Eucharist at St Peter's

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

Faith and Family



Holy Week and Easter with the family

Most of our schools don't break up for Easter until Maundy Thursday. This gives us a chance to offer to share the story of Holy Week during term time. Older youngsters might like to join the online services on Facebook at 8pm at the beginning of Holy Week, or you could use these ideas for something to read, think, do and pray each day to share the story at home.

Monday 25th March

Read: Jesus went to a place called Bethany where a friend of his called Lazarus lived. Jesus was a very special friend so Lazarus and his sisters Mary and Martha decided to have a party. At the party Martha was busy getting people food and drinks and Lazarus sat at the table talking to Jesus and some other people. Then Mary took a big bottle of very expensive perfume and poured it all over Jesus' feet and then wiped his feet with her very long hair. The perfume made the house smell really lovely. Some of the people who were at the party got very angry, especially Jesus' friend Judas, because he thought the perfume had been wasted. Jesus told Judas not to tell Mary off. She had done something really special to show how much she loved her friend Jesus. Mary had given Jesus a very precious present. (*John 12.1-8*)

Think: Imagine if someone had given you a very expensive present such as a new games console or latest mobile phone and you gave it away to somebody else. That would really show how much you cared and how much you loved them. That is what Mary did. She poured expensive perfume over Jesus. In those days the perfume would have cost a large amount of money. Mary was showing Jesus how much she loved and cared for him and how special he was.

Do: Show someone how special they are by filling a bowl with warm water and adding a small amount of bubble bath or perfume to it. Then gently wash the person's hands in the water. Or, get help to make a cup of coffee for someone, or bake some cakes – or other things that smell wonderful.

Pray: Dear Jesus, you did so many good things to help people, and Mary did a very special thing for you when she washed your feet with her precious perfume. Please help me to try to do nice things for my friends, at home and even for people I don't like very much. Amen.

Tuesday 26th March

Read: Jesus told the people he was talking to that the time had now come for him to be glorified. What he said to them sounded a bit strange. He said that, unless a grain of wheat falls to the ground and dies, then it remains a single seed. But if it dies, it produces many seeds. (*John 12.23-24*)

Think: What Jesus meant was that a seed is planted into the ground. For a while nothing seems to happen. It seems as if the seed has died. But after some time, it will grow. If you just leave the seed in the packet, it will not grow. It needs to be buried in the earth. Jesus was trying to explain to the people that he was about to die, but they shouldn't be sad because it was going to have a good result.

Do: If you were a seed, what sort of plant would you become? Draw a picture of the plant that you think God would like you to be. Would you be very bright like a daffodil, or would you be a flower that smells really nice, like a rose or would you be a great big tree like you see in parks, which people can climb or sit in the shade? Cut out paper flowers and in the middle write the name of somebody you want to pray for. Carefully fold over the petals, one by one, until the name of the person is covered over by the folded petals. Tuck the last one underneath the first petal. Get a bowl of water and put the flowers into the water (petal side up). The petals will slowly open and you can pray for each person as their name appears.

Pray: Thank you, God, that you grow tiny little seeds into flowers and trees. Thank you that, even when it looks as though the seed has died and nothing is happening, you are helping the plant on its way. Please help me to become the plant that you want me to be. Amen.

Wednesday 27th March (*John 13.21-29*)

Read: Jesus was having a special meal with his friends, the disciples. During the meal, he started looking very sad, and said, 'One of you is going to betray me.' That meant that one of them would join with Jesus' enemies. Jesus' friends were upset to think that one of them would let him down and tried to find out who Jesus was talking about. Jesus said to Judas 'Go and do what you have to do quickly.' The other disciples thought Jesus was sending Judas to do a job for him. They didn't realise that Judas was the one who would betray Jesus.

Think: Think about times when someone has let you down. Maybe someone has not kept a secret safe, or when they have said horrid things about you to others. What did that feel like? Was it hard to forgive those people? Then think about times when you might have let someone else down. Have you upset somebody because you have not done what they asked you to do? Have you hurt a friend, or a teacher, or someone at home? Think of times when you might have let Jesus down.

Do: Draw a place mat. Draw pictures on the mat of food that you like to eat, or cut pictures out of a magazine, and stick them onto the mat. Write around the outside of the mat, 'Thank you God for all the food that you have given us to eat. Thank you for special meals to share time with our friends. Amen.' Write a letter to God, saying sorry for ways that you have let people down. Write a prayer in it, too, for anyone who has let you down.

Pray: Dear Jesus, I'm sorry that I have been like one of your disciples and I have let you down. I am sorry also for the times when I have let other people down, my friends, my teachers and my family. Please help me to forgive the people who have let me down. Thank you that I can always make a new start with you. Amen.

Maundy Thursday

Read: In Bible times roads were very dirty and dusty. The people didn't wear shoes or trainers that covered their feet, they wore sandals. This meant that as they walked along their feet would get really, really dirty. When you got to the house that you were going to, the servants would wash your feet, which meant you didn't get the houses all dirty too. On Maundy Thursday we remember Jesus' command to love one another. Jesus showed his disciples how to love one another, by helping them. Jesus got a bowl of water and he washed the disciples' dirty feet. Even though Jesus knew that something bad was going to happen to him, he wanted to do something for his friends. Instead of being worried by his own problems, he just wanted to show his love for everyone else. (John 13.1-17)

Think: Think about Jesus and how important he was. He had done miracles, and healed lots of people. Crowds of people had come to listen to his teaching, and everyone thought he was really important. Some had worshipped him. Was it a strange thing for someone so important to wash the feet of his friends? What might he have done for his friends if he had lived in our time and our culture?

Do: Think of things that you could do today to help someone. Have you ever washed somebody else's feet? Has anyone ever washed your feet? Perhaps you could wash someone's feet today or ask them to wash your feet. Or, make a list of your family members, and then think of something you could do for each one. Draw around your feet on a piece of paper. If there are other people in your family, draw around their feet too. On a big piece of paper, stick the feet in a circle shape. In the middle of the circle write, 'Jesus washed his disciples' feet'.

Pray: To remind you of today's reading, put your feet in a bowl of warm water as you pray. Dear God, thank you that Jesus did kind, good things for people. Help me to help other people too. Thank you that Jesus cleaned people's dirty feet to show that he loved them. Thank you for loving me. Help me to love others. Amen.

Good Friday

Read: Today we remember that Jesus died on the cross. It was a horrible way to die. We know now that Jesus amazingly came alive again, but his friends did not know that would happen. They were very sad about it all. (John 18–19)

Think: Today, the cross is one of the world's most famous symbols – perhaps the most well known. You can find the cross on flags and badges, on clothes and jewellery. When you see a cross, what does it make you think of? The day on which Jesus died has been called 'Good Friday' by Christians for nearly 2,000 years. It seems a bit strange to call the day when God's son was killed 'good'. What would you call it? The reason it is called 'Good' Friday is because of the meaning of Jesus' death. He died to set us free from all that is bad in the world, our own badness, and that of other people. Think for a moment of things that you have done that are bad, and things in the world that are bad. These are the things that Jesus can make better because he died and rose again.

Do: Draw a cross on a sheet of paper. Write a prayer or prayers on the cross, and draw pictures around it of things mentioned in the Bible to do with Good Friday.

Pray: Lord, help me to look at your world, and the people in it, in the right way. Whenever possible help me to see goodness and make good what is bad. Amen. Dear Jesus, thank you for dying for me, and thank you for loving me even though I do wrong things. Please help me to follow you more closely. Amen.

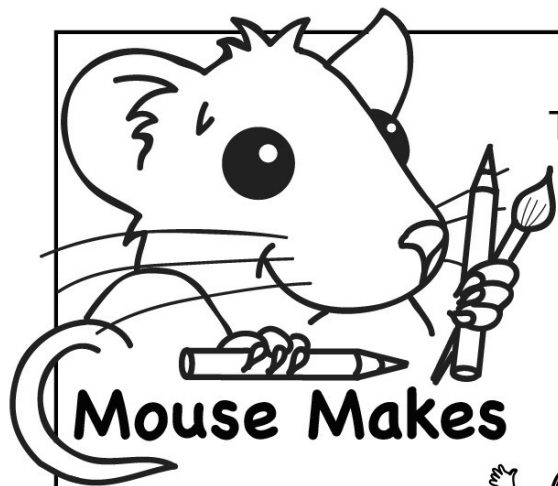
Holy Saturday

Read: A man called Joseph, who had become a disciple of Jesus, asked Pilate (the Roman leader) for Jesus' body so that he could bury it. Pilate told some of his soldiers to take Jesus' body off the cross and give it to Joseph. A man called Nicodemus was helping Joseph. They wrapped strips of material and special spices around Jesus' body. Then they placed it in a tomb in the garden near to where Jesus had been crucified. (John 19.38-42)

Think: Try staying really still and quiet for as long as possible. How long did you manage? Was it difficult or easy? See if you can get some friends or family to play the game 'Sleeping lions' - you all have to be as still as possible. The winner is the person who is still the longest.

Do: If you have a garden, or know someone who does, ask if you can dig up a little bit of earth. The earth on its own looks very ordinary. Can you find anything in the earth that is alive, a spider or an ant or a bulb that is starting to grow?

Pray: Dear God, thank you that when things look dull, dark and ordinary – even dead like earth – that you are still there and things are alive. Thank you for looking after Jesus' body in the tomb. Thank you for looking after me wherever I am. Amen.



"I am the **resurrection** and the **life**.
The one who believes in me will live
even though they die."

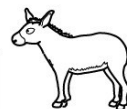
John 1:25



READ the Bible
passages to find
the answers to the
crossword clues

Matthew 21:1-11

1. Which city did Jesus ride into?
2. What did he ride on?
3. What did the crowd shout?
4. What did clothes did they put down?
7. What did they cut down to spread on the road?



Matthew 26:17-29

15. What feast did Jesus celebrate?
12. Who did he celebrate it with?
11. What did Jesus break to eat?



Matthew 27:27-61

17. What was Jesus' crown made of?
9. What was Jesus crucified on?
14. Who's tomb was Jesus buried in?
13. What did they wrap Jesus' body in?
16. What did they roll in front of the tomb?

Matthew 26:36-75

6. What did Jesus go to do at Gethsemane?
18. Who denied Jesus?



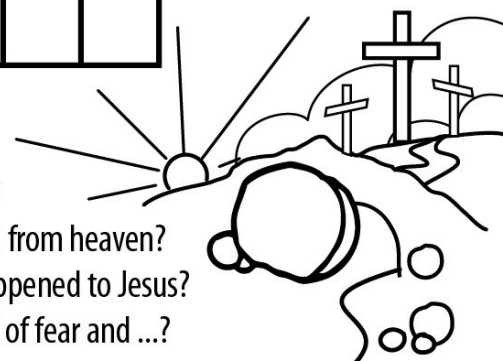
Matthew 26:14-16

- 8d. Who betrayed Jesus?
10. How many silver pieces was he paid?



Matthew 28:1-10

5. Who descended from heaven?
19. What had happened to Jesus?
- 8a. Mary was full of fear and ...?



What am I reading next Sunday?

Date	Sunday 3rd March	Sunday 10th March
'Sunday'	Lent 3	Lent 4
Colour	<i>Purple</i>	<i>Purple</i>
First Reading	Exodus 20.1-17	Numbers 21.4-9
Psalm	19	107.1-3,17-22
New Testament	1 Corinthians 1.18-25	Ephesians 2.1-10
Gospel	John 2.13-22	John 3.14-21

Date	Sunday 17th March	Sunday 24th March
'Sunday'	Lent 5	Palm Sunday
Colour	<i>Purple</i>	<i>Red</i>
First Reading	Jeremiah 31.31-34	Isaiah 50.4-9a
Psalm	51.1-13	31.9-16
New Testament	Hebrews 5.5-10	Philippians 2.5-11
Gospel	John 12.20-33	Mark 14.1 - 15.47

Date	Sunday 31st March
'Sunday'	Easter Day
Colour	<i>Gold/White</i>
First Reading	Acts 10.34-43
Psalm	118.1-2,14-24
New Testament	1 Corinthians 15.1-11
Gospel	John 20.1-18

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.

What will March bring?

Mental health ideas for uncertain times

We may all have rather mixed feelings on reaching March this year. On the one hand, it is lovely to see the onset of Spring, but the wars in Ukraine and Israel-Gaza grind on, as does the cost-of-living crisis. We may need to find new ways to keep going, so here are some suggestions that draw on both science and Christian theology.

Getting outside - Time outdoors in a natural environment is very good for you – and you can't argue with the happy hormones produced by exercise. Attending to the details of nature can also inspire awe, which has been linked to positive mood, and increased life satisfaction. Enjoying Creation can also help us connect with God.

Looking outside - If you are truly stuck indoors, try putting bird feeders outside your window so creation comes to you. This is also an act of kindness (see below)!

Lament and praise - The Psalms are a rich resource to help us express both our grief and our thanks to God. Try reading one or two each day.

Journaling - Keep a journal of thoughts, experiences or practices you have engaged with during the day. Constructing a personal narrative or story is now recognised as a very powerful psychological and spiritual tool for building resilience. It is also a vital learning tool that we can go back to when tough times return in the future.

Acts of kindness - Helping or encouraging someone else is obviously a good thing to do in itself, but it also has a very positive effect on the giver – spiritually, mentally, emotionally, and even physically. Whichever way you look at it, finding new ways to show kindness to others can be a very effective way to help ourselves feel better too.

Gratitude - Gratitude is another natural drug – in a sense – that can help us feel better. Try keeping a grateful diary, adding a few things each day.

Laugh, sing, make music, dance - All of these activities are deeply rooted in our physical and mental makeup. You may have forgotten how great they feel, especially in times of sadness, but we can learn from children who do them very naturally.

I hope these ideas may help bring us closer to God, each other, and His creation.

Dr Ruth M Bancewicz,
Church Engagement Director at The Faraday Institute for Science and Religion

The Hereford Passion 2024

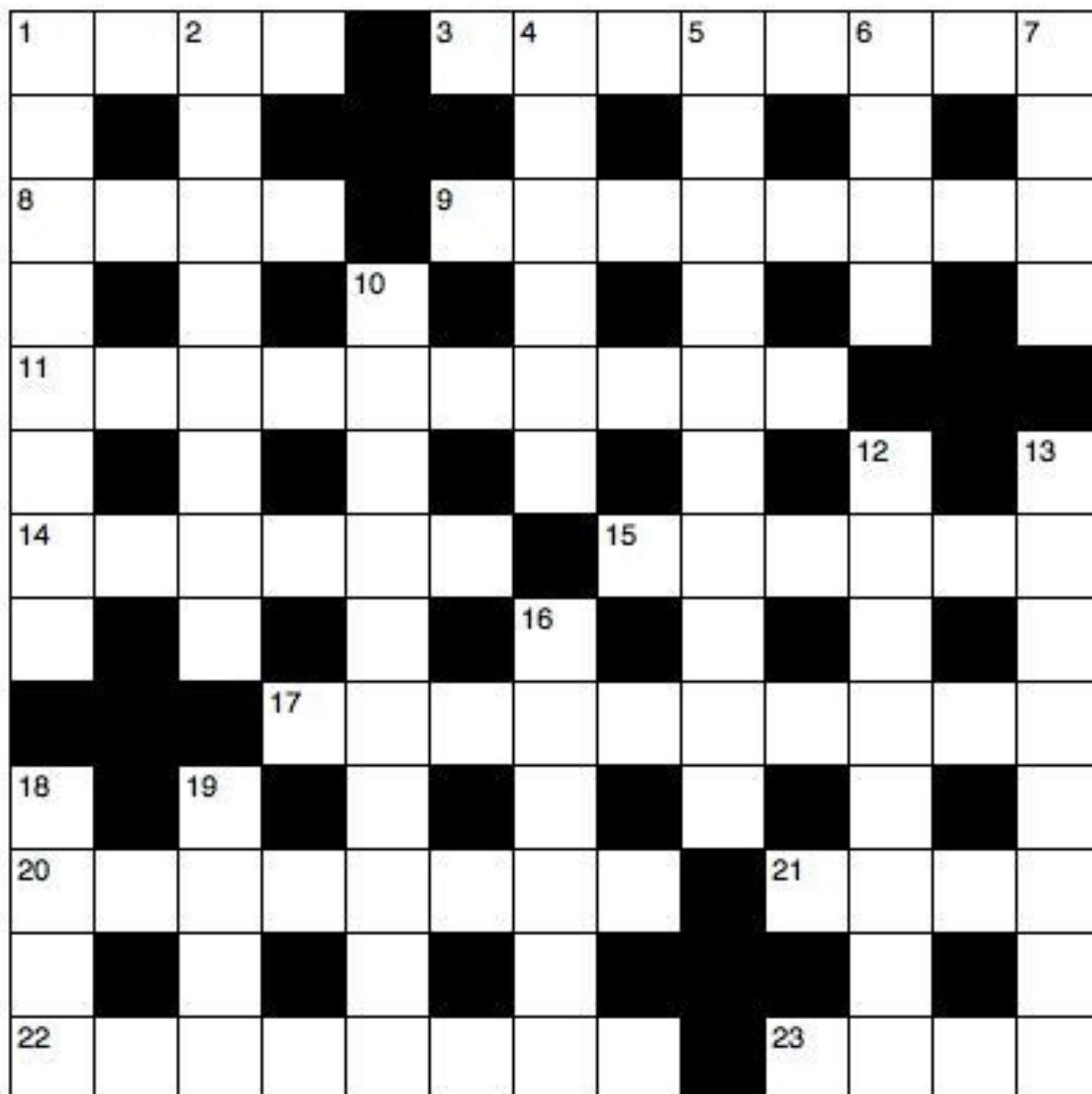
Hereford Cathedral will be staging its own theatrical production of the Passion in March 2024. The Hereford Passion will be performed by members of the local community and share the story of Jesus' final days, leading to the crucifixion. The production, which will take place in the nave of Hereford Cathedral on Friday 8 and Saturday 9 March 2024, will be directed by the Revd Canon Chancellor James Pacey who joined the cathedral in June.

Prior to joining the team at Hereford, James worked as a Hospital Chaplain at Nottingham University Hospitals and, before ordination, was a theatre director. James is no stranger to directing the Passion, having directed five previous performances in Newark, Cambridge, Nottingham and in the cathedral church of Southwell Minster.

James said, "I'm really looking forward to bringing the Passion to Hereford. Previous productions have been wonderful experiences and performing this epic story within the beautiful and historic architecture of Hereford Cathedral is a dream come true. We have a very talented cast from across Herefordshire and the whole production has a real sense of being staged by the community, for the community. We're all really excited for audiences to see what we're working on and we are keen to invite everyone: whether they are committed Christians who want to experience a fresh take on these events or people who might be wondering what all the fuss over Easter is about."

The Very Revd Sarah Brown, Dean of Hereford, said, "I am really excited to enable James to bring his vision to life here. For almost 1350 years the Cathedral has been at the centre of city and diocese as a centre of Christian worship, learning and community life and it seems highly appropriate that we can retell the moving story of Christ's passion in drama together with participants from across the community. This is a story for all of us that moves and changes Christians and non-Christians alike and upon which many of the assumptions underpinning our society today still rest. For those of faith the passion (or time of suffering) of Jesus points directly to the love of God for each one of us- for others it is an extraordinary and powerful drama more than equal to any other. I look forward very much to what I hope will become a regular fixture in the Cathedral year, and hope that you will feel inspired to join in or come to watch the story unfold." Tickets are available to purchase from the cathedral website.

Coffee Time



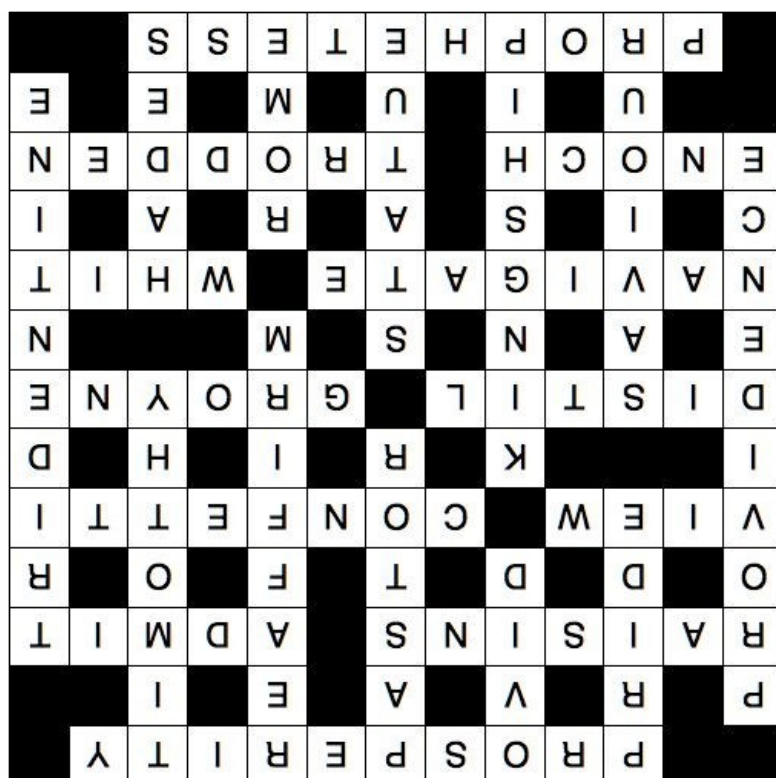
Doodle Box

Across

- 1 Made from the fruit of the vine, symbol of the blood of Christ (4)
 3 'You are to set an ambush behind the city. Don't go very far from it. All of you be on — — ' (Joshua 8:4) (3,5)
 8 Seep (4)
 9 Celebrated by Jesus on the night of his betrayal (Luke 22:15) (8)
 11 One of the supposed sites of Christ's burial place in Jerusalem (6,4)
 14 'A city on a hill — be hidden' (Matthew 5:14) (6)
 15 He inherited Elijah's mantle (2 Kings 2:12-13) (6)
 17 Where Jesus prayed 'Not as I will, but as you will' (Matthew 26:36, 39) (10)
 20 'Only in his home town and in his — — is a prophet without honour' (Matthew 13:57) (3,5)
 21 Sail (anag.) (4) 22 How Jesus was punished before his crucifixion (Matthew 27:26) (8)
 23 Eye sore (4)

Down

- 1 Can't grow (anag.) (5,3)
 2 A servant girl to Peter, 'You also were with that — , Jesus' (Mark 14:67) (8)
 4 Well-being (Proverbs 3:8) (6)
 5 Pentecostal denomination, - of God (10)
 6 One of the 'obvious' acts of the sinful nature (Galatians 5:19, 21) (4)
 7 'I preached that they should repent and — to God' (Acts 26:20) (4)
 10 ' — — , the world will not see me any more, but you will see me' (John 14:19) (6,4)
 12 He betrayed Jesus: Judas — (Luke 6:16) (8)
 13 Jesus to Peter: ' — — of my sheep' (John 21:16) (4,4)
 16 The centurion said, 'Surely this man was — — of God' (Mark 15:39) (3,3)
 18 Baked bread (Mark 8:14) (4)
 19 'Blessing and honour, glory and power, be - Him' (Handel's Messiah) (4)



Last Month's Solution

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

This Mothering Sunday, could you give the Gift of Dignity?

The Mothers' Union has launched 'Make A Mother's Day', its annual Mothering Sunday fundraising campaign. It hopes to raise funds to support the MU's global community projects, which "transform lives every day."

The MU says: "We know how important mothers, caregivers and grandmothers are, and how much they do to help their children, families and communities thrive, often unnoticed and without thanks."

And so, for Mothering Sunday (10th March) the MU is asking people to buy a 'Gift of Dignity', to help empower women in developing countries to transform their lives, and to reach their full potential.

"When buying these life-changing gifts, you will receive a card that explains your gift along with a Mothering Sunday greetings card, which you can give to a loved one. You are also able to give a gift in memory of someone special."

The Mothers' Union also says: "We look forward to hearing about the events, coffee mornings and church collections you hold to fundraise for our Make A Mother's Day 2024 campaign." You can tag any posts using #MAMD24 or #MU
The Mothers' Union has been running the 'Make A Mother's Day' campaign since 2006, to celebrate all mothers and caregivers – how they nurture, love and help us to flourish.

<https://mueshop.org/collections/make-a-mothers-day-2024>

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



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

150 YEARS

RNC

Will Writing Month March 2024

If you haven't yet made a Will, or already have one but need to update it, make March 2024 the month to put that right! Local Legal Consultant Alan Hing of Mundy's in

Hereford will kindly waive his usual Will Writing fee for a suggested donation of £150 single or £250 mirror, straightforward Will to The Royal National College for the Blind (RNC). Alan has been engaged in legal practice for more than 40 years and has a wide experience upon which he can draw, including Wills, Power of Attorney, Trusts and Probate.

Funds raised from Will Writing Month will be used to give young blind and visually impaired students the chance to learn independent living skills such as shopping, cooking, navigating roads, using public transport and managing money, while studying for the qualifications necessary to progress into employment, university or volunteering. Dates are available with Alan throughout March and can be arranged by contacting him at Mundy's, 4 King Street, Hereford HR4 9BW, by email: ah@mundys.co.uk or by telephone 01432 265 630. Online meetings can be arranged. For more information, please contact the RNC Fundraising Team on 01432 376 387 or email fund@rnc.ac.uk

For our Prayers

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

James Joan Paul Sheila Ann W Brenda B Sue Val
Brooke Christina Betty Mandy Hazel Barry Hugo Joy

Those who have died and those who mourn their loss:

Robert.. Margaret..Lena.. Edward. Christopher Patrick Dorothy

Those preparing for baptism, their families and Godparents

Caelan Blake

Those preparing for marriage

Mark and Shannon

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

A Collect in Lent

Almighty God,

may we, by the prayer and discipline of Lent,

enter into the mystery of Christ's sufferings;

that by following in the Way,

we may come to share in the glory;

through Jesus Christ our Lord.

Amen.

The Storm Cock sings in March

March is a great month to search for and listen to mistle thrushes. They start to breed in February and by March can be heard proclaiming from the tops of tall trees. Unlike other thrushes such as song thrush or blackbird, mistle thrushes are known for singing during stormy weather, hence the name storm cock. They are also called Throstles, an old word for thrush. By perching high to sing, they amplify their already loud song which can be heard up to 2km away. Compared to other thrushes the mistle thrushes song is more monotonous and piercing but still a joyful sound to hear and a herald of spring. You can identify the three thrushes by their song and once you have learned the difference they are quite easy to separate. Have a listen on the RSPB website as a starting point. Mistle thrushes favour parkland conditions with big trees and grassland, where they feed on a wide variety of invertebrates. Churchyards and cemeteries can be perfect for them having mature soils full of invertebrates, few or no pesticides and mature trees for perching and nesting. Many burial grounds contain evergreen trees which were planted during the nineteenth century, these are now mature and offer excellent habitat for thrushes as well as other birds and animals.

Mistle thrushes are currently in decline in the UK and churchyards and cemeteries may be important strongholds for them. We would love to know how many churchyards have mistle thrushes breeding in them, and if you hear one singing, this will be a male who is proclaiming his territory so a good indicator of breeding. Please let Caring for God's Acre know by making a record on iNaturalist, you can do this by recording the song or taking a photo of the bird. Alternatively you can email wildlife@cfga.org.uk.



Harriet Carty

Diocesan Churchyard Environmental Advisor

Eco Church Coffee Morning

- The Eco Church Coffee morning, held at St. Martin's in February went very well
- and everyone who attended learnt a lot. It was a lively group with many
- contributions from people present.
- Eco Church provides a survey to enable the church to assess how we are
- responding to the challenges of caring for the environment. We can receive a
- bronze, silver or gold award, depending how well we are doing. The survey
- assesses our work in five areas: worship and teaching; management of our

Eco Church Coffee Morning

buildings; management of our land; our involvement with those who are concerned about the environment in our community and the wider world; and the lifestyle of all our church members.

We moved to a focus on this last point, to talk about the contribution we as individuals make to the

environment on which we all depend. We looked at our

'carbon footprint' which

measures the amount of carbon dioxide and other greenhouse gases produced by our various



activities, and by the manufacture, transportation and use of the objects we use.

We learnt that the average carbon footprint is 9.4 tonnes per person, but should only be 2-3 tonnes! How can we cut this down? We needed to know where these emissions are coming from, so we played a game; putting in order, from highest to lowest, the activities that create carbon dioxide. Out of the 4 examples here, 'eating meat every day for a year' came out highest, at 2.6 tonnes per person (if you are vegan it would only be 1 tonne). Next it was 'one year of gas and electricity use' at 1.6 tonnes, 'return flight London to Barcelona' at 0.384 tonnes and lowest was 'buying a new pair of jeans' at 0.032 tonnes (although that is still substantial).



So, for example, we looked at energy use, and talked about how we could switch to a company who supplies renewable energy, turn off appliances and lights when

not in use, turn down the thermostat by 1degree, take shorter showers, invest in insulation/solar power and draught-proof doors, windows, etc. With the jeans we could restyle, repair and upgrade our clothes, swap clothes with friends, buy second hand, and if you do buy new, ensure you choose ethical brands who use sustainable cotton, and less water and chemicals in the manufacturing process. We then turned to the '3 R's: Reduce, Reuse, Recycle' and thought about what we could do under each heading, to reduce our carbon footprint and to prevent waste. Here are the suggestions those at the coffee morning put forward:

(cont on page 27)

REDUCE: Single use plastic, Take your own cups and bottles, Use tumble dryer less, Use microwaves and airfryers more than ovens, Boil only the water you need in the kettle, Use a water butt, Flush the toilet less, Cook in batches, Eat less meat, Buy locally sourced food, Grow your own, Car share, Digital use
REUSE: Glass and plastic bottles and containers, Make do and mend, Buy clothes from charity shops, Buy clothes made locally or in Britain, Buy recycled paper
 Run a communal Christmas card scheme and when finished with the cards, use the fronts as tags or donate to groups who use them to make new cards, Fluff from your tumble dryer can be put out for the birds to line their nests with
RECYCLE: Garden and green waste, Paper, card, tins, plastics, glass in our fortnightly home collections, Metal, foil and much more at the household recycling centre at Rotherwas, Are your workplace recycling? If not perhaps you could set up some bins like we have in the church buildings? Batteries (taken in many supermarkets), Ink cartridges (taken by Tesco for example), Soft plastics (taken by many supermarkets including M&S, Co-op, Tesco), Donate to charity shops

As you can see, there's plenty to think about and plenty of practical things we can all do! The world is facing a huge challenge, but we all have a part to play in meeting it. We can all do our bit, and as the song says "if two and two and fifty make a million we'll see that day round." The day we all want to see is a world worth passing on to our children, our grandchildren and our great-grandchildren. Let's rise to the occasion and go forward in the hope and strength that God gives us.

Dafydd Jones, St Martin's EcoChurch Group

From the National Church - the Jay Report

The Archbishops of Canterbury and York have welcomed the publication of the Future of Church Safeguarding report from Professor Alexis Jay, with an outline of next steps for how the Church responds. Professor Jay, the former Chair of the Independent Inquiry into Child Sexual Abuse, IICSA, agreed in July to develop proposals around independence in safeguarding in the Church.

The work was commissioned following the termination of the contracts of the original Independent Safeguarding Board, ISB.

In a statement the Archbishop of Canterbury, Justin Welby and the Archbishop of York, Stephen Cottrell said: "The Church is committed to the highest standards of safeguarding as it carries out its work in every community across the country, every day of the year. The workings out of the report from Professor Jay will provide a vital next step as we move forward. We thank Professor Jay and her team for this fully independent report, and the wisdom, expertise and meticulous

proposals contained within it. We recognise her criticism of our safeguarding structures and processes and we welcome this scrutiny and challenge. For the sake of all those who come into contact with the Church, particularly victims and survivors, we welcome the plans that are in place to take forward this work as swiftly as possible to give everyone confidence and trust in our structures and processes. Professor Jay rightly acknowledges the excellent work that is done up and down the country by experienced and committed Safeguarding Officers and others, but her challenge to us all is how our safeguarding structures and processes reach that same standard. This is a constructive challenge that we must all take very seriously. We pray for all involved as the Church takes these important decisions. We pray that our response is shaped by our knowledge that all are created in the image of God, and our fervent longing and desire to see a Church which is safe for all.”

The Church of England’s lead safeguarding bishop, Joanne Grenfell, who is chairing the Response Group for the Wilkinson and Jay reviews said: “The report today from Professor Jay contains important recommendations for the structure of safeguarding in the Church with a clear emphasis on independent scrutiny and the importance of independent professional advice in all our safeguarding work. These are detailed recommendations, clearly informed by victims and survivors. They will come to General Synod so that there can be initial consideration of the process for considering and responding to this work, and to the recent review by Sarah Wilkinson. I intend that our response will develop better foundations for all of our safeguarding work: working with our trusted safeguarding professionals to keep people safe in our churches must be our priority. We are truly sorry when we have got things wrong and we must continue to learn about how to respond well to the needs of victims and survivors of abuse, as we work to create a healthy culture in every part of the Church of England.”

Next steps

The report will initially be considered and debated at General Synod this Saturday (February 24) with a presentation from Professor Jay and subsequent debate on the following motion: ‘That this Synod thank Sarah Wilkinson and Alexis Jay for their work and request that the process set out in paragraph 12 of GS 2336 for forming a response to, and considering any necessary implementation of, their recommendations be pursued as a matter of priority.’

The General Synod will now be invited to agree that there should be an engagement phase across the Church including with victims and survivors which will be led by the Response Group



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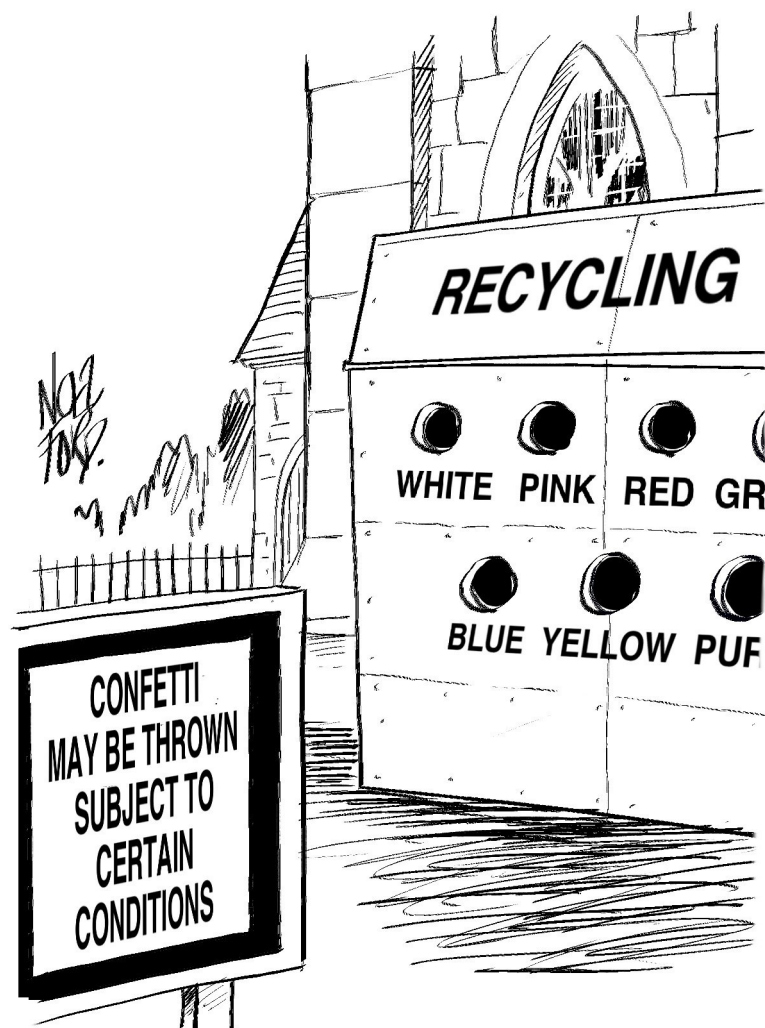
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A fund has been granted by the Government to help older people during this very difficult economic period.

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:

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contact@ageukhl.org

www.ageuk.org.uk/herefordandlocalities

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Meet The Team

Clergy

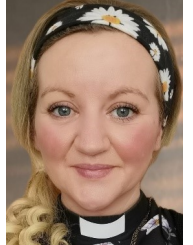


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Palm Sunday 24th March

- 9:00am Palm Sunday Procession starts at the Scout Hut
- 9:30am Palm Sunday Eucharist at St Martin's
- 11:15am Palm Sunday Eucharist at St Peter's

Monday, Tuesday , Wednesday

- 8:00pm Compline at Tesco's Belmont (also on Facebook)

Maundy Thursday 28th March at St Martin's

- 6:00pm Commemoration of the Last Supper with foot-washing and stripping the altars followed by Watch until midnight

Good Friday 29th March at St Martin's

- 12:00noon Service of the Three Hours

Easter Sunday 31st March

- 6:00am Dawn Vigil Service at St Martin's
- 9:30am Easter Eucharist at St Martin's
- 11:15am Easter Eucharist at St Peter's