Benefice of Christ Church and St Mary's, Frome

Diocese of Bath and Wells

May 2022

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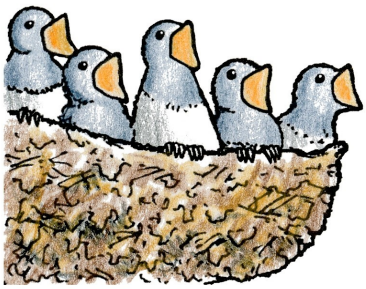

May 2022

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Alleluia—the Lord has risen!

Galatians 6:9

9 Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Colossians 4:5-6

5 Be wise in the way you act toward outsiders; make the most of every opportunity. **6** Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

Julian of Norwich

'All shall be well, and all shall be well, and all manner of thing shall be well.'

Pastoral letter

Rev'd Liz Dudley

Some years ago I took part in a three day walk in the diocese. We started in Yeovil and walked across the levels ending up in Glastonbury. It was on this walk that I met Bishop Peter for the first time. Hopefully by the time that you read this magazine, there will have been an announcement about our new bishop of Bath and Wells and the waiting and uncertainty will be over.

When we were walking, we weren't moving very fast—there was lots to talk about and it was quite hot—walking at a pace slow enough to take in the scenery and gentle enough to make space for conversations! It felt as though we weren't getting very far very fast and yet when we looked back, it was quite astonishing, just how far we had in fact come.

Walking features in the Bible—God walked in the garden with Adam and Eve in the cool of the evening; when God's people were walking through the wilderness, God's favour meant that their clothes didn't wear out and their feet didn't swell (!) Jesus walked along the seashore as he spent time with his disciples in the days following that first Easter.

As churches, we have been slowly but surely moving forward over the last couple of years. Sometimes it hasn't felt that way, due to Covid restrictions, but annual meetings are a good opportunity to look back and see just how far we have indeed come. There is still much ahead and a degree of uncertainty about many things, but one thing we can be confident about is that Christ is risen and has gone on ahead of us.

As we journey beyond Easter through these days to Ascension Day on 26 May 26, we are invited to walk with Jesus in his risen life and to ready ourselves, our churches, for the Holy Spirit. It is so good to be walking in this particular company through this particular landscape… thank you for the joy and the privilege.

Easter thanks

Thank you to everyone who made this Easter so special. Both churches looked beautiful, the music was well chosen and sung, the services were well attended and there was a really warm welcome.

The journey towards Easter had also been very special with people joining in the Lent discussions—I learnt a lot and really enjoyed the company.

And the concert in Christ Church on Holy Saturday was really wonderful, raising nearly £7k for Ukraine. A brilliant opportunity to offer hospitality to others!

Services in May

Day	Christ Church	St. Marys
Sunday 1 May	8.30am Parish Eucharist 6pm Choral Evensong	10am Parish Eucharist
Sunday 8 May	10am Parish Eucharist	8.30am Parish Eucharist
Sunday 15 May	8am Holy Communion (BCP)	10am Parish Eucharist
Sunday 22 May	10am Parish Eucharist	8.30am Parish Eucharist
Thursday 26 May Ascension Day	7.30pm Sung Eucharist	10am Said Eucharist
Sunday 29 May	8am Holy Communion (BCP)	10am Parish Eucharist

News from Christ Church APCM

The meeting was held on Saturday 23 April in the hall and was well attended.

Thanks were given to Alan Burgess and Peter John who have been churchwardens in the last year. Peter was re-elected and Alan has decided to stand down for the time being. There were no further nominations, and so a second churchwarden is still needed.

Thanks were given to the PCC members and especially to Malcom Parr and Wayne Kelly who are both stepping down. Mary Gatliffe and Alan Burgess were duly elected to the vacant positions on the PCC.

We are all looking forward to another positive year where the direction of travel is most definitely forwards!

Bereavement Journey

The Bereavement Journey begins again at St. Marys on Tuesday 24 May at 6.30pm. If you have been bereaved and would like some support or know of someone who would benefit from joining this group, please speak to Revd. Liz as soon as possible; places are limited.

Christ Church duty rota

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	1/05/22		**8/05/22**	**15/05/22**	**22/05/22**	**26/05/22**	**29/05/22**
	Easter 2		Easter 3	Easter 4	Easter 5	Ascension Day	Easter 6
	8.30am Parish Eucharist	6.00pm Evensong	10.00am Parish Eucharist	8.00am BCP Holy Communion	10.00am Parish Eucharist	7.30pm Parish Eucharist	8.00am BCP Holy Communion
	Acts 5.27-32 Psalm 118.14-29 or Psalm 150 Revelation 1.4.8 John 20.19-31	Psalm 16 Isaiah 52.13-53.12 or 53.1-6,9-12	Acts 9.1-6 [7-20] Psalm 30 Revelation 5.11-14 John 21.1-19	Acts 9.36-43 Psalm 23 Revelation 7.9-17 John 10.22-30	Acts 11.1-18 Psalm 148* Revelation 21.1-6 John 13.31-35	Acts 1.1-11 or Daniel 7.9-14 Psalm 47 or Psalm 93 Ephesians 1.15-23 or Acts 1.1-11 Luke 24.44-53	Acts 16.9-15 Psalm 67 Revelation 21.10, 22-22.5 John 14.23-29 or John 5.1-9
Welcome	Barbara Bullock	Rob Lee	Christine Smith	Barbara Bullock	Christine Smith		Rob Lee
Reader	Penny Legg	Malcolm Parr	Jan Charlesworth	Penny Legg	John Price	Mary Housley	Jude Matthews
intercessor	Mary Gatliffe	Alan Burgess	Peter John	xxxx	Ann Burgess		xxxx
Coffee	xxxx	xxxx	Penny and David Legg		Jude and Ken Matthews	xxxx	xxxx

St Mary's duty rota

	1/05/22 Easter 2	8/05/22 Easter 3	15/05/22 Easter 4	22/05/22 Easter 5	26/05/22 Ascension	29/05/22 Easter 6
	10.00am Parish Eucharist	**08.30am Parish Eucharist**	**10.00am Parish Eucharist**	**08.30am Parish Eucharist**	**10.00am Parish Eucharist**	**10.00am Parish Eucharist**
	Acts 5.27-32 Psalm 118.14-29 or Psalm 150 Revelation 1.4.8 John 20.19-31	Acts 9.1-6 [7-20] Psalm 30 Revelation 5.11-14 John 21.1-19	Acts 9.36-43 Psalm 23 Revelation 7.9-17 John 10.22-30	Acts 11.1-18 Psalm 148* Revelation 21.1-6 John 13.31-35	Acts 1.1-11 or Daniel 7.9-14 Psalm 47 or Psalm 93 Ephesians 1.15-23 or Acts 1.1-11;Luke 24.44-53	Acts 16.9-15 Psalm 67 Revelation 21.10, 22-22.5 John 14.23-29 or John 5.1-9
Reader	Maggie Read	Jane Mitchell	Judy Harris	Sue Pothitos		Sue Hiscott
Prayers	Jane Mitchell	Alison Penn	Andrew Saunders	Alison Penn		Andrews Saunders
Sides	Jenny Schild	Gordon Mitchell	Marilyn Burrows	Jenny Schild		Marilyn Burrow
Music	Glen Schild	Len Taylor	Pauline Burgess	Glen Schild		Len Taylor
Sacristan	Tina Williams	Pauline Burgess	Barbara Peto	Carol Dunsby		Barbara Peto
Coffee	Marilyn Burrows	Pam & Sue T	Pauline & Penny	Marilyn & Jenny		Pam & Sue T
Chalice	Diane Ellis	Gordon Mitchell	Judy Harris	Sue Pothitos		Sue Hiscott

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News from the Diocese

The power of art

In collaboration with local artist Sami Green, St John's church in Highbridge is hosting an art installation they have called 'The Transformation Project' that will probably remind most of our readers of the flights of birds in Christ Church. The aim was to bring people together after Covid. Community groups from the area were invited to create hundreds of origami butterflies made from recycled vintage newspaper which were then hung from the church rafters. Local women's groups, schools, Guides and Brownies were involved.

A chaplaincy team for courts

A new chaplaincy team has begun in Taunton serving staff and users at the magistrates' court. Michael Hayes, courts team convenor, says, "We have been given a warm welcome and already had several significant encounters. A lot of waiting happens at the courthouse and people can be anxious and bewildered; friendly reassurance is valued."

The five-person team, which includes two reserves, works on a fortnightly basis with plans to move to weekly on Thursdays.

School gets busy outdoors

St Margaret's Primary School in Tintinhull completed an outdoor space for the children and local community and went on to win an award.

They won a prestigious Gold Award from the Woodland Trust and planted more than 30 trees, each with a plaque dedicated to a person or group in the community. They also received a letter of commendation from Her Majesty the Queen for their efforts!

Life in abundance

A message from Brian Castle,
Honorary Assistant Bishop for Bath and Wells

It all happened so quickly. I went to A&E with severe back-pain which affected my mobility. The NHS was outstanding. Within a dizzying few hours, I heard I would need an immediate MRI scan and possibly rods to support my spine. I dreaded the thought of going into the scanner, let alone the surgery.

As I was being wheeled along the corridor, Lauren, my Godson's 10-year-old daughter, came into my mind.

Lauren is a talented girl passionate about football. Just over a year ago, it was discovered that she had a growth at the base of the spine which would need radical treatment to prevent spinal curvature. She would also require rods in her back which could be regularly extended by surgery as she grew into adulthood. In addition, this 10-year-old would be spending lonely hours in a soul-less scanner. Lauren is lovingly supported by her wonderful family and magnificently treated by NHS professionals, but while it can be shared, the load is ultimately hers to carry. Parents bear the agony of powerlessness.

In the middle of this painful dilemma, young Lauren is instinctively grabbing the God-given gift of abundant life which is for all and which lies at the heart of the Gospel. As we get older, less passionate and more cynical we can lose faith in this gift.

As I was being taken to the radiology department, I realised that I was being strengthened and inspired by this young girl, six decades my junior, facing far greater challenges than I am.

My own fears were being transformed by Jesus Christ's gift of life mediated through Lauren's courage. Life may turn out differently from what we expect, but that does not restrict its abundance.

The young are an inspiration. It is the role of the older generation to ensure they can grow into the special people God has created them to be so that they can release the gifts they have for us all.

Thanks, Lauren.

Despite all she faces, Lauren continues to play football!

+Brian

A meal to remember!

by Rev'd Michael Burgess

When we gather with other Christians to celebrate the Eucharist and to make our communion, we are remembering that special meal Jesus shared with His disciples on the eve of His arrest and death.

In the 15th century the prosperous burghers of the Flemish town of Louvain commissioned the artist Dirk Bouts to paint a special altarpiece devoted to the Eucharist for the church of St Peter. Dirk Bouts, with his imagination, portrayed the Last Supper in a room looking out to his own town of Louvain. The faces of the servers in the room and the cooks looking through the hatch were modelled on the burghers who commissioned the work.

Other faces are modelled on theologians at the new university who visited the artist. They wanted to ensure he kept his theological feet on the ground while his imagination took flight. And so around the scene of the Last Supper, Bouts has painted Old Testament scenes foreshadowing that holy communion: Melchizedek offering bread and wine in return for Abraham's offering, the eating of the first Passover, the gathering of the manna in the wilderness, and Elijah wakened by the angel to eat and drink before setting out for Horeb. Signs of sacrifice, the Passover of the old covenant, daily food and food for the journey—all key aspects of the communion we celebrate and share in.

When we see the bread and wine taken up and offered, we remember not only the Last Supper, when Jesus fed His disciples with the sacrifice of His life, but those occasions when God reached out to feed His people of old. We rejoice that the food our Lord gives us in the Eucharist feeds us now and enables us to make our journey through life to the eternal banquet offered in the heavenly kingdom.

This famous painting by Dirk Bouts

TRIO PARADIS

The next lunchtime concert at Christ Church, on Thursday 5 May at 1.45pm, is a varied collection of music inspired by spring in general and the month of May in particular, including Tchaikovsky: *May (Bright Nights*) and *Dawn*, by Spanish composer Turina, along with songs by Cole Porter and Ivor Novello, in beautiful arrangements for strings and piano.

The concert lasts c45 minutes and is suitable for all ages, including families with children. Entry is free, with a retiring collection on a pay-what-you-feel basis. For programme details visit www.trioparadis.com.

Doors open just at 1.15pm for tea, coffee and home-made cakes. Come along and chat with friends, and meet new ones. We actively invite participation, for example by contributing poetry readings, or sketching, or painting the trio and their beautiful instruments!

To be or not to be?

That's still the question!

Markham Heid, who is a health journalist, suggests the debate over additional Covid shots, when, if, whether or not, the on-going debate about masks and much else to do with this dreaded virus reflect the challenges and frictions common to all risk assessments. Namely, how much risk is too much?

"Sometimes there is no 'right' answer," he writes. "It's a matter of opinion." He adds that tidy solutions are the province of salespeople, not scientists! The great thing is to respect one another and not fall out.

Throughout the pandemic there were calls to 'follow the science', but science, he emphasises, is a process and involves much debate before consensus can be reached, if it ever is. Often the debate goes on for a very long time.

He thinks that the booster debate is a good example of how doctors and scientists weigh data against a variety of factors and says there must be a great many trade-offs, details of which the public can't possibly be fully aware. The last word is 'love your neighbour as yourself' and take care of the most vulnerable, whatever your personal opinions may be.

Heaven's Above

Len Taylor

May brings us the opportunity to witness a total eclipse of the moon, known as a 'Red Moon'. This will happen in the early hours on 16 May and for the orbit of the Moon is in a straight alignment allowing the sphere of Earth to block the light from the Sun, and a Red moon is seen.

The redness is caused by the sunlight flowing around the edges of our world and extending the light wave to the red part of the spectrum before reaching the Moon's surface, a wonderful and quite spectacular sight, hopefully with clear skies.

The fly in the ointment is that the show begins at 02.32 BST and totality starts at 04.29 BST. This coincides with the beginning of dawn. While dawn continues to progress there could be an interesting conundrum happening in the sky! Where a bright non eclipsed Moon is easy to see against the brightening morning sky an eclipsed Moon against such a sky may seem to disappear from view, which would be quite weird!

In England the Moon will set in the south west just after it reaches the point of greatest eclipse at 05.11 BST. So if you cannot sleep, or the owls are keeping you awake, or you wake early to the dawn chorus it will be worth turning your gaze skyward to witness this wonderful event.

You may recall the excitement earlier this year when the 'James Webb Space Telescope' was successfully launched, and reached its final position at LeGrange2 without any hiccups; the trajectory was that good the fuel saved has extended the JWST's mission by at least 10 years.

Since then, all of the 330 something calibrations have been successfully completed and lastly, but most importantly, all of the 18 separate hexagonal mirrors have been successfully aligned to a single point of light. The JWST team set about to take a test image of just a star, but to their surprise the image was that good it captured a scattering of background galaxies as well, so already the mission is far exceeding anything that had been hoped for.

All that is left to do now is to continue aligning the remaining optical instruments of the telescope, hopefully by early May, before moving on to align the major scientific instruments.

In 2003 the Spitzer telescope was launched to take images in the infra red spectrum; the JWST is, by all accounts, the new version of this. I am showing you two test images of the same region in space and you can see for yourselves the vast increase in quality from just a few years back.

2003/4
Spitzer test image

2022
James Webb test image

Spring is here and for astronomers that means the start of Galaxy season; (No not the chocolate, naughty readers) but the Galaxies in the universe. It's all to do with Earth's position in our yearly orbit around our star.

It's the time of year when the Sun is farthest away from the constellations that hold the most dense, brightest areas of our Galaxy that we begin to look towards the centre of the Milky Way, rather than outwards, although potentially it's a challenging season to find some of the treasures among the many stars. it is a very rewarding experience to find some of the more elusive ones.

I finally managed to get the scope out on Friday evening after a strip down due to a bit of muck on the secondary lens which meant a bit of time to collimate the lens, but all went well and the mirrors are now aligned. The moon was all but full which means an awful lot of light in the sky. I did manage to view the Great Hercules cluster and the spiral galaxy known as M94 among others, the two afore mentioned are high on my list for some long exposure imaging this summer. Saturday morning the scope was out again, this time with the appropriate solar filter fitted for a bit of solar viewing and imaging, The images have yet to be processed but I am hopeful that I may have caught a sunspot or two. That's it for this month! Here's hoping for clear skies, and don't forget to look out for the Red Moon on 16 May 2022.

To God be the Glory

"I have always liked this hymn, both the tune and the words.
It is one that I would like to have at my funeral (hopefully not any time soon!) But the main reason I chose this hymn is just because
I think it symbolises all I that I believe."
Barbara Robbins

The words of this hymn are by Frances [Fanny] Jane Crosby, later van Alstyne. This is possibly one of her most famous hymns, along with '*Blessed Assurance'*. She wrote many thousands of gospel songs and hymns, of which about 60 are still in use, and used nearly 200 different pseudonyms during her career!

She was born in 1820 near New York City. Her father died when she was a baby and she was raised by her mother and grandmother. Her grandmother, Eunice, played a large role in Fanny's care. Eunice was determined that although Fanny was blind almost from birth this should not hold her back and, with her encouragement, Fanny became a very active, spirited girl. Eunice often read the Bible to Fanny who committed much of it to memory.

In 1835 she started at the New York Institution for the Blind. She became a good singer and instrumentalist, and was a noted harpist. She became a teacher there in 1847 continuing until 1858. In that year she married a fellow teacher, who was also blind, an accomplished organist called Alexander van Alstyne.

From 1831 Fanny had many poems published in newspapers and books. She became well known as 'The Blind Poetess' and even read her poems in Congress, later getting to know various politicians and presidents. She also wrote secular songs.

Her hymn writing began around 1864. She worked for William Bradbury, publisher of Sunday school hymnbooks. She also collaborated with Moody and Sankey, who said that Fanny's hymns contributed greatly to the success of their evangelical campaigns.

She is associated with both the Baptist and the Methodist Church. She was a preacher and teacher, and was very involved in 'Rescue Mission', a non-denominational movement aimed largely at helping the disadvantaged. Some of the Homes she championed are still in existence today. She died in Connecticut in 1915 after a full and (despite many setbacks) a seemingly very happy life.

An interesting footnote is that one of her descendants is Bing Crosby.

The composer of the tune usually used for '*To God be the Glory'* is William Howard Doane who was also from Connecticut where he was born in 1832 into a large family. His father was the head of Doane and Treat, cotton manufacturers and in 1857 he married Mary Treat.

At a young age William showed much musical talent and learned flute, violin and double bass. He served as his school's choir director.

On leaving school in the late 1840s, William Doane went to work in his father's company. From there he moved to a woodworking machinery company, where he eventually became its head. He is credited with the invention of many woodworking machines.

Like Fanny Crosby, William Doane was a prolific writer, composing at least 1,000 hymn tunes. He is also noted for his Christmas Cantatas. He too worked with Moody and Sankey.

Brought up a Presbyterian, he later became a Baptist and was a Sunday School leader and choir director for many years. He was also a staunch supporter of evangelistic campaigns and generously supported Baptist churches and institutions.

He died in Connecticut in 1915, after a very full and long life. He had a remarkable range of achievements and reached out to many through generous use of his talents and money.

*Praise the Lord, praise the Lord—**Let the earth hear His voice***
Praise the Lord, praise the Lord—Let the people rejoice...

A new law to tackle the nature and climate crises

by Hannah Eves, A Rocha UK

We know that the church has a significant voice as part of civil society to advocate on the protection of nature as stewards of creation and to call for justice for those most vulnerable to the catastrophic effects of climate change. This is why A Rocha UK is partnering with the Zero Hour campaign to call for the restoration of nature and action to combat climate change.

The most recent reports from the Intergovernmental Panel on Climate Change (IPCC) have laid out with chilling clarity how the climate is changing, and how, without urgent action, things will only continue to get worse. Back in 2015, the UK pledged to do its part to limit the global average temperature increase to 1.5 degrees above pre-industrial levels as a signatory to the historic Paris Agreement. Yet we are far off track to meet this target and we will see more extreme weather, further irreversible losses of nature and more climate-vulnerable people displaced globally with every further degree of warming.

What can we do, as individuals and churches?

Following in the footsteps of the Climate Change Act passed in 2008, which also began as a Private Members' Bill, the Zero Hour campaign is using a Private Members' Bill in the House of Commons to campaign on this very issue. The Bill, called the Climate and Ecological Emergency (CEE) Bill, sets out a legislative framework for the UK to reduce climate impacts and restore biodiversity.

There are two main components of the bill: to reverse the decline of nature and to keep global temperatures under 1.5 degrees of warming above pre-industrial levels.

The existing Environment Bill is committed to halting the decline of nature by 2030, but the CEE Bill commits to reversing the destruction of nature within that 2030 deadline. The Bill also requires the government to reduce the UK's greenhouse gas emissions in line with limiting the global average temperature increase to 1.5 degrees, as committed to in the Paris Agreement and UN Framework Convention on Climate Change.

Join the A Rocha Wild Christian webinar on 5 May 2022 with the Zero Hour Campaign Coordinator, Amy McDonnell, and support our Act for Nature days. Register via Eventbrite: here.

The IPCC evaluation reports present the most advanced and recent knowledge on **global warming** and **climate change** while highlighting the responsibility of humans. We can all do something about climate change! The third part of the IPCC report was published just last month, on 4 April 2022:

- We are set to pass the 1.5 degree C threshold by 2040
- Humans are the main drivers of climate change
- We need to take notice of methane levels
- We are close to reaching irreversible tipping points.

Five tips to limit our impact on the environment:

Opt for a green supplier: With a **100% renewable energy supplier,** we participate in a greener world and **save on electricity**

Adopt recycling: By giving a second life to your waste, you are actively participating in the ecological transition. Recycle everything you can, including **glass, paper, cardboard, aluminium, and plastic**

Remember SHARE:a library of things: don't buy, borrow!

Reduce your digital footprint: We can limit the carbon footprint linked to the use of our **electronic equipment**

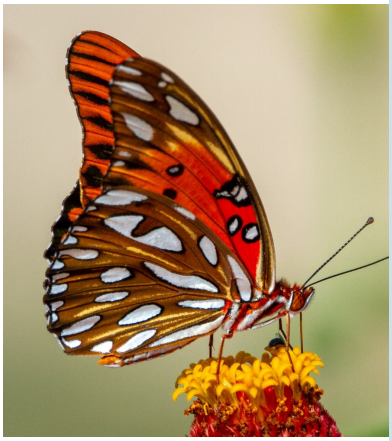
Choose ecological transport: By opting for public transport, or an ecological means of transport such as electric bicycles or cars, you can limit the environmental impact of your travels. Best of all, walk or cycle whenever possible.

Offset your carbon footprint: By supporting an environmental project like **the Gandhi project,** you are helping to limit **greenhouse gas emissions** into the atmosphere.

Wild Bunch Diary

Frome's Wild Bunch are preparing for a summer of growing, gardening and creating glorious wildlife habitats with a bumper crop of gatherings planned for the season ahead.

In April, the group welcomed Paul Jupp from 'Meadow in My Garden' to talk about wildflowers and how to transform grassed areas into beautiful, insect-friendly havens. Following on from this, there will be several sessions over the summer for anyone interested in welcoming wildlife into gardens and green spaces:



19 May—successional planting

We will explore what we can plant, and when, to make sure that we have overlapping offers for wildlife in our gardens.

16 June—pond dipping

On location at Welshmill Pond, Frome, the group will be investigating the wildlife at the new pond, trying out some pond-dipping methods and talking about amphibians.

21 July—butterflies

Enthusiasts will share what they know about all things lepidopterological as part of the national Big Butterfly Count.

Wild Bunch gatherings take place on the third Thursday of every month, 1.30pm – 2.30pm at Frome Town Hall, with an option to join online via Zoom.
Find out more and join any, or all, of the gatherings
by **booking your spot**

Climates

The first Frome International Climate Film Festival is preparing to come to the Town Hall on 7 May. Free tickets are available now for the film screenings, the awards ceremony and the free workshops that are being run throughout the day.

People of all age groups will be presenting their own films. There will be talks and workshops on how to use a wildlife camera and how to make an engaging film with a mobile phone.

Films submitted in April can be seen online over the week starting 2 May, culminating in Awards Day on 7 May at Frome Town Council offices, with the celebration ceremony in the evening.

All tickets are free but **booking is essential**

Discounted energy efficiency plans for Frome Households

Frome Town Council has joined forces with town and district councils in Somerset to provide discounted 'Retrofit Plans' that allow improvements to be made to improve energy efficiency; this can include insulation, door and window upgrades and replacing heating systems.

The best solutions vary depending on the type of building. As every home is different, it is important to understand what measures are suited to your property. A Retrofit Plan is a detailed evaluation carried out by an impartial professional that can provide recommendations on what you can do in your own home.

The Retrofit Plans are provided by the Centre for Sustainable Energy through their Futureproof service. These would usually cost £800 but through the Somerset Retrofit Accelerator project are being offered for £100 for a 1-2 bed property and £200 for a 3-4 bed.

For more information on the Somerset Retrofit Accelerator project:

click here

The Rowan

In Celtic mythology it is known as the Tree of Life

We have planted several Rowans at Christ Church churchyard, all gifts from Frome Town Council, like the Crab Apple, and Avanti Park School will plant one on their side of the fence too!

In spring, the Rowan's leaf buds are covered in grey cottony down and are pressed close to the tree's twigs in a spiral. The flowers attract insects and the berries attract birds. The leaves are similar to the leaves of Ash, which is why the Rowan is often called the 'mountain ash'. It is actually of a different family, fruiting with a berry that cooked with apple makes delicious jams and jellies, but leave enough for the birds!

Rowan symbolises courage, wisdom and protection.

Crossword

Across

1 Overpowered (Deuteronomy 11:4) (11)

9 'The — are mantled with corn' ' (Psalm 65:13) (7)

10 'Each man—a sword to his side ' (Exodus32:27)(5)

11 On the death of Jesus the curtain in the temple was torn from— to bottom (Matthew 27:51) (3)

13 Stagger(Isaiah 28:7)(4)

16 'Anyone, then, who knows the good he ought——and doesn't do it, sins' (James 4:17) (2,2)

17 Stir up or provoke(Acts13:50) (6)

18 Burden (Luke11:46)(4)

20 'As far as the east is from the—, so far has he removed our transgressions from us' (Psalm 103:12) (4)

21 Sign (Luke23:38)(6)

22 'After that, Jesus poured water into a basin and began to—his disciples' feet' (John 13:5) (4)

23 The nature of the seven ears of corn which swallowed up the good ears in Pharaoh's dream (Genesis 41:23) (4)

25 Has (anag.)(3)

28 'This is the account of Shem, Ham and Japheth, —sons' (Genesis 10:1) (5)

29 'I will...make them drunk, so that they...sleep for—and— awake' (Jeremiah 51:39) (4,3)

30 Paul said of him, 'he often refreshes me and is not ashamed of my chains' (2 Timothy 1:16) (11)

Down

2 Worth (Matthew 13:46) (5)

3 'A bruised — he will not break' (Matthew 12:20) (4)

4 'Suddenly a great company of the heavenly — appeared with the angel' (Luke 2:13) (4)

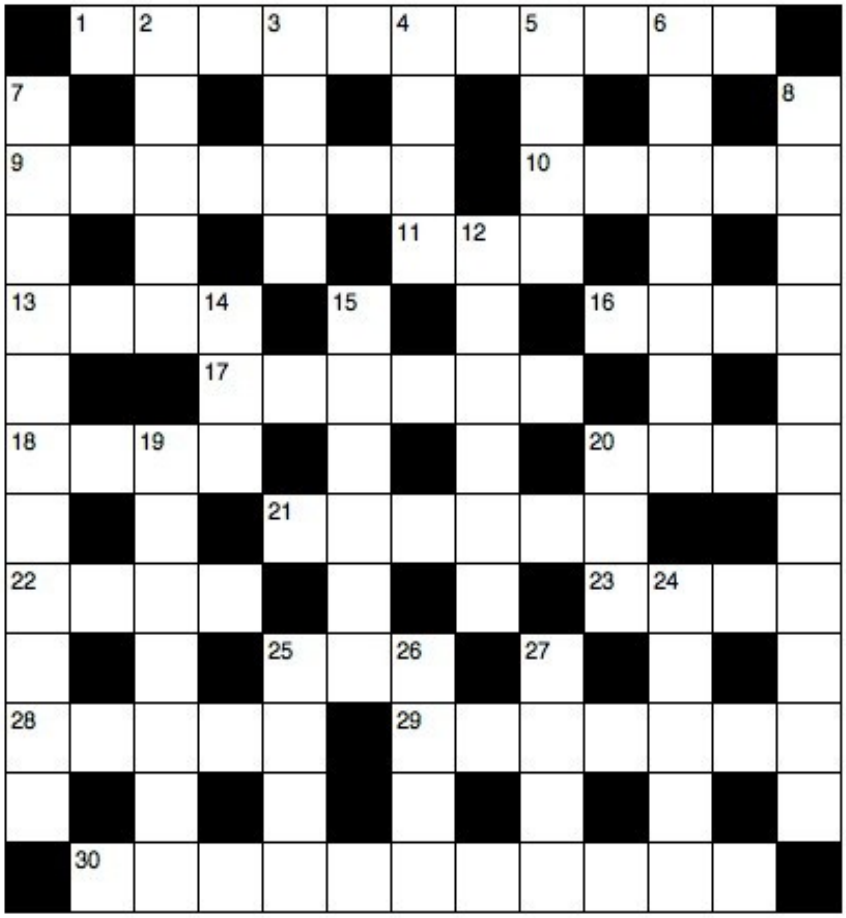
5 Slip (anag.) (4)

6 'Take an awl and push it through his — — into the door, and he will become your servant for life' (Deuteronomy 15:17) (3,4)

7 Bountiful (2 Corinthians 8:2) (11)

8 'Therefore, as we have — , let us do good to all people' (Galatians 6:10) (11)

12 Acquire (2Timothy2:10)(6)



Wordsearch

A prayer for Ukraine

Lord, we pray for Ukraine, a nation in which 70% of the population call themselves Christian. You, Lord**,** make wars cease to the end of the earth; you break bows, shatter spears, and burn shields with fire [Psalm 46:9]. And so, we ask you now to save the lives of many people in Ukraine. De-escalate this crisis. We hear of wars and rumours of wars (Matt. 24:6], but you Lord are our rock, our fortress and our deliverer. Our hope is in you. And so we address the nations now. In the name of Jesus we say: "Be still and know God! He is exalted among the nations; He shall be exalted in the earth [Psalm 46:10]. *Kyrie eleison – Lord have mercy.*

Ukraine	Spears	Crisis	In
War	Burn	Lord	You
Cease	Shields	Our	Be
Earth	Fire	Rock	Still
Break	Save	Fortress	
Bows	Many	Deliverer	
Shatter	Lives	Hope	

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

Climate change and birds

by Professor James Pearce-Higgins

As part of my 'day job', I led the production of a report on the **impacts of climate change on UK birds,** to coincide with the Glasgow Climate Change (COP26) in November. It might seem surprising, but many of the effects of climate change that we have seen so far in the UK have been positive, particularly on common and widespread resident birds that now have a reduced risk of cold weather mortality in winter. Familiar garden species like wrens and long-tailed tits are now more common as a result. Populations of long-distance migrants to Africa, such as the swallows and reed warblers that we see at Foxearth Meadows in the summer, instead fluctuate in response to weather conditions in Africa, particularly benefitting from wet seasons with lots of rainfall that boost insect populations.

This positive story is not ubiquitous though and, as the report identifies, the most negative impacts of climate change on our breeding birds are on upland birds like golden plovers and ring ouzels, and seabirds like the puffin and kittiwake, for which we hold internationally important populations. For these species, climate change disrupts their ecosystems, resulting in reduced breeding success and survival. We show that the birds which respond negatively to warmer temperatures have tended to suffer long-term population declines, whilst those which respond positively to warming have generally increased. It is clear that climate change is altering the bird communities around us; birds are migrating and breeding earlier and many species are expanding their distribution northwards.

Future warming will exacerbate these trends. Most of our seabirds are highly vulnerable to future negative impacts of climate change, as are many of our upland birds. Much-loved species like the puffin, Arctic tern, curlew and red grouse are all threatened, whilst conversely, many of our wetland bird species are likely to benefit from warming. This includes species like Cetti's warbler and the little egret which are rapidly expanding their distributions across the UK.

Clearly we need to act on climate change, not just because some 7% of bird species globally are estimated as being at risk of extinction from climate change, but particularly as we have heard at COP26, for the sake of the world's poor. In this interconnected globe, everyone is our neighbour. How we respond to climate change will also have a massive impact on our birdlife.

Large-scale tree planting has been advocated as one solution to climate change. It could be great for many woodland birds, but the impact in marginal upland habitats and on declining species like curlew must be taken into account.

Foxearth Meadows Nature Reserve is a small oasis for wildlife in Sudbury, Suffolk

There are also ambitious targets for large-scale offshore wind farms to generate lots of renewable electricity, which is great, but this will also need careful planning to avoid damaging vulnerable seabird populations like kittiwakes which can collide with the turbines.

Although these issues sound difficult to resolve, the long-term monitoring that the British Trust for Ornithology (BTO) engages with through citizen scientists, coupled with professional research, enables us to track the impacts of climate change, and provides the evidence to ensure that these risks to birds can be taken into account.

Climate change is an issue that can make some feel uncertain or even despairing about the future. But those of us who our Christians worship a sovereign God of history who has already enacted his plan to save humanity and restore all of creation through his Son, Jesus Christ.

Please be encouraged by the words of the psalmist:
'God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.' (Psalm 46:1-3).

About the author: Professor James Pearce-Higgins is Head of Science at the British Trust for Ornithology, and was lead author of a report that caught the attention of the media. James is an A Rocha UK trustee and is a member of the Foxearth Meadows Steering Group for the reserve.

Julian of Norwich
a voice from a distant cell

by Canon David Winter

Many years ago, studying English literature at university, I was intrigued to be introduced to the work of Julian of Norwich. She was writing at the end of the 14th century, when our modern English language was slowly emerging from its origins in Anglo-Saxon and Middle English.

Our lecturer was mainly concerned with her importance in the history of the language. She was the first woman, and the first significant writer, to write in English, but I was more intrigued by the ideas she was expressing. She was an anchoress, that is someone who had committed herself to a life of solitude, giving herself to prayer and fasting. The church where she had her 'cell' was St Julian's, Norwich.

Her masterpiece, *Revelations of Divine Love,* reveals a mystic of such depth and insight that today up and down Britain there are hundreds, possibly thousands, of 'Julian Groups' who meet regularly to study her writings and try to put them into practice.

She is honoured this month in the Lutheran and Anglican Churches, but although she is held in high regard by many Roman Catholics, her own Church has never felt able to recognise her as a 'saint'. This is probably because she spoke of God as embracing both male and female qualities. *Revelations* is an account of the visions she received in her tiny room, which thousands of pilgrims visit every year.

Her most famous saying, quoted by T S Eliot in one of his poems, is 'All shall be well, and all shall be well, and all manner of thing shall be well.' These words have brought comfort and strength to many a soul in distress.

May—a time when Irises are in flower

Iris flower meanings include **nobility, faith, chivalry, purity** and **wisdom**. In this picture, Irises grow beside a bush of Sage!

With some 300 species that grow in many climates and a wide variety of colours, the Iris has inspired poets, artists and storytellers for centuries.

According to the ancient Greeks, this goddess carried messages between human beings and gods. She descended from heaven to earth by way of the rainbow. The symbolic meaning of the Iris is thus '**I have a message for you**!'

Jane's recipes

Cinnamon Cake

I found this in the trusty family recipe book that I had forgotten all about! I remembered it from when I was a child at Grannie's. Children were allowed tasty, but not indulgent cakes with icing unless it was a birthday party! In those days there were no such things as freezers, but I have since found out that this cake freezes very well and makes a good pudding with warm custard poured over it.

Ingredients

8oz plain flour
2 teasp baking powder
½ teasp salt
1 slightly rounded teasp cinnamon
4 oz butter or margarine
6 oz sugar
2 eggs (separated)
5 Fl oz milk

Optional Topping

Enough Demerara sugar to sprinkle over the top lightly.

Method

Sift together flour, baking powder, salt and cinnamon. Blend butter and sugar and egg yolks. Stir in the sifted dry ingredients. Add milk, stirring only till combined. Beat egg whites until stiff and fold into batter.

Place into a greased and lined 9-inch cake tin. Lightly sprinkle a small amount of Demerara Sugar over the top.

Bake in moderate oven (375^0 F, 190^0 C, Fan 170 ^{0} C, Gas Mark 5) for about 75 minutes. If the top is browning too much cover with a sheet of greaseproof paper.

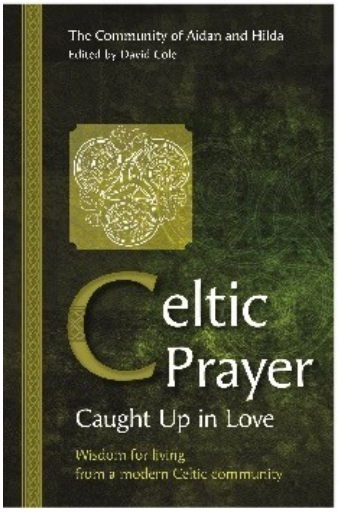
Health benefits of cinnamon

Anti-viral, anti-bacterial and anti-fungal!
Cinnamon probably supports the health
of your digestive system;
it is believed to help manage blood pressure
and reduce the risk of Type-2 diabetes.

Best of all—it may well be beneficial
for the aging brain!

**Cinnamon is especially delicious
and heath-giving
when eaten with local honey.**

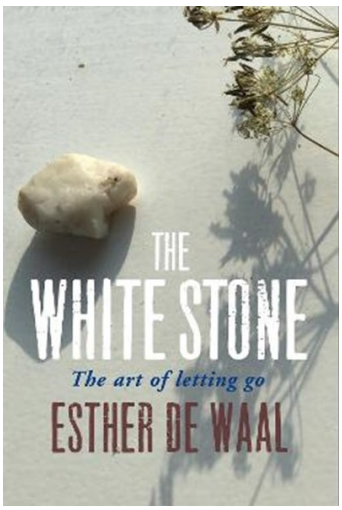
Bookshelf—books to read in May



Celtic Prayer – Caught Up in Love Edited by David Cole (Brother Cassian), BRF, £12.99

This rich collection of essays, conversations and reflections from 30 members of the Community of Aidan and Hilda distils the ancient wisdom of the Celtic Christians and applies it to the lived reality of contemporary readers. It can be helpful for anyone drawn to explore teachings about prayer from a Celtic perspective. This book offers deep spiritual truths woven beautifully with usable prayers, 'like a piece of Celtic knotwork flowing around the page of an illuminated scripture.'

As David Cole writes in his introduction: "Celtic Christian spirituality is about embodying the Divine in every aspect of your life, and prayer is a significant part of that."



The White Stone – the art of letting go by Esther De Waal, Canterbury Press, £12.99

My second choice this May is a book that reflects on the changes and losses that come with growing older. Esther De Waal reflects on solitude and, following a period of illness, saying goodbye to a family home and the familiar Welsh border landscape which inspired some of her greatest writing, and adjusting to a new city environment. In her characteristic style, she sees everything as a portal into deeper spiritual understanding.

Footnote: from *Dr Ruth M Bancewicz*

In his book *The Message of Creation,* theologian David Wilkinson shares his view that being made in the image of God has nothing to do with our own cleverness or abilities, but is a gift. God created us on purpose (David believes through the long slow process of evolution) and chose to enter into a relationship with us, making us His representatives on earth. He says as Christians, we all have an equal share in humankind's God-given commission to tend and keep creation and asks: "Am I ready to go further than ensuring my own species' survival, not necessarily because we have evolved further than our ice-age ancestors, but because I have one of the 'new hearts' promised in Ezekiel - 11:19? Can we work together, in a true spirit of humility, with people from all over the world to ensure the full diversity of life can flourish?

Wordsearch and crossword solutions

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

Prayer ideas May 2022

Our benefice /Our local community / The wider community

1 Our vVcar Liz and her family / Other churches in Frome /
All those adversely affected by coronavirus
2 Clergy who assist in the Benefice / Oakfield School / Ukraine
3 Churchwardens and PCC / Wisdom over the development of Frome /
The Queen and the Royal Family
4 All those recently baptised / Students studying for assessments /
Red Cross Week (4-9 May)
5 Christ Church School and Nursery / Those struggling with financial hardship / Thanksgiving for democracy
6 Lay Readers / Caroline Walker, our Area Dean / Issues surrounding immigration and refugees
7 Choir and organists / Frome Community College / Zambia Link
8 Our work with young people / The people of Chateau Gontier /
Victims of oppression and violence
9 Sacristans and Servers / HOPEFrome / Archbishops of Canterbury and York
10 All who worship at Christ Church and St Mary's / Bath & Wells Diocese and Bishops / Workers in Industry
11 Sides Persons and Chalice Bearers / ADD International /
Our Government and Parliament
12 Readers and Intercessors / Sunflower Nursery / the Middle East
13 Church Outreach / Deanery Synod / The Armed Forces stationed abroad and their families
14 All those recently married / Frome Community Hospital staff
and patients / Leaders of the Church
15 The Garden Nursery / Citizens Advice Bureau / Christian Aid Week (15-21 May)
16 Mothers' Union / The Forever Friends Appeal (RUH) / Yemen
17 Pastoral Workers / Those suffering from depression /
Migrants and refugees.
18 Needleworkers / Food Producers / All affected by natural disasters
19 Flower Arrangers / Mayor and Local Council / Sudan and Nigeria
20 Those who are ill or infirm / Frome Medical Practice /
Respect between faiths
21 St Mary's Rainbows / The homeless / RNLI

22 The Magazine Team / Christian healing ministry in Frome / Food crises specially in Africa
23 Those who organise social activities / Scouting groups / Goodwill Children's Homes (India)
24 All who tend the church building and grounds / Those using Food Banks / The Methodist Church
25 Those who live in our parishes. / A blessing on our town / The situation in Syria
26 The elderly and housebound / Our local MP / Celebration of Christ's Ascension
27 'Living in Love and Faith' / Freewheelers Emergency Voluntary Service / Aid and Relief Workers
28 Those in administrative roles / Critchill School / Social reform
29 All who visit Christ Church and St Mary's / Care homes/ Barnabas
30 Church Hall Users / Funeral Directors / The situation in Afghanistan
31 Those recently bereaved / Children in Care / Those unknown to us who need our prayers.

A Prayer for the Morning

Heavenly Lord, You have brought me to the beginning of a new day. As the world is renewed fresh and clean, so I ask you to renew my heart with your strength and purpose. Forgive me the errors of yesterday and bless me to walk closer in your way today. This is the day I begin my life anew; shine through me so that every person I meet may feel your presence in my soul. Take my hand, precious Lord, for I cannot make it by myself. Through Christ I pray and live Amen

A Prayer for the Evening

O God our protector, by whose mercy the world turns safely into darkness and returns again to light: we give into your hands our unfinished tasks, our unsolved problems, and our unfulfilled hopes; for you alone are our sure defence and bring us lasting peace in Jesus Christ our Lord. Amen

Loving God

Believing that we are all made in your image, we pray for justice, peace and an end to poverty.

Believing in the miracle of your love, we pray for a dismantling of all systems that oppress.

Believing in the promise of creation made whole, we pray for the vision of a new earth.

As we are made in your image, may we live in your image and be Christ-like, in service, endurance and love.

A Christian Aid Prayer

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