



Sedgeberrow

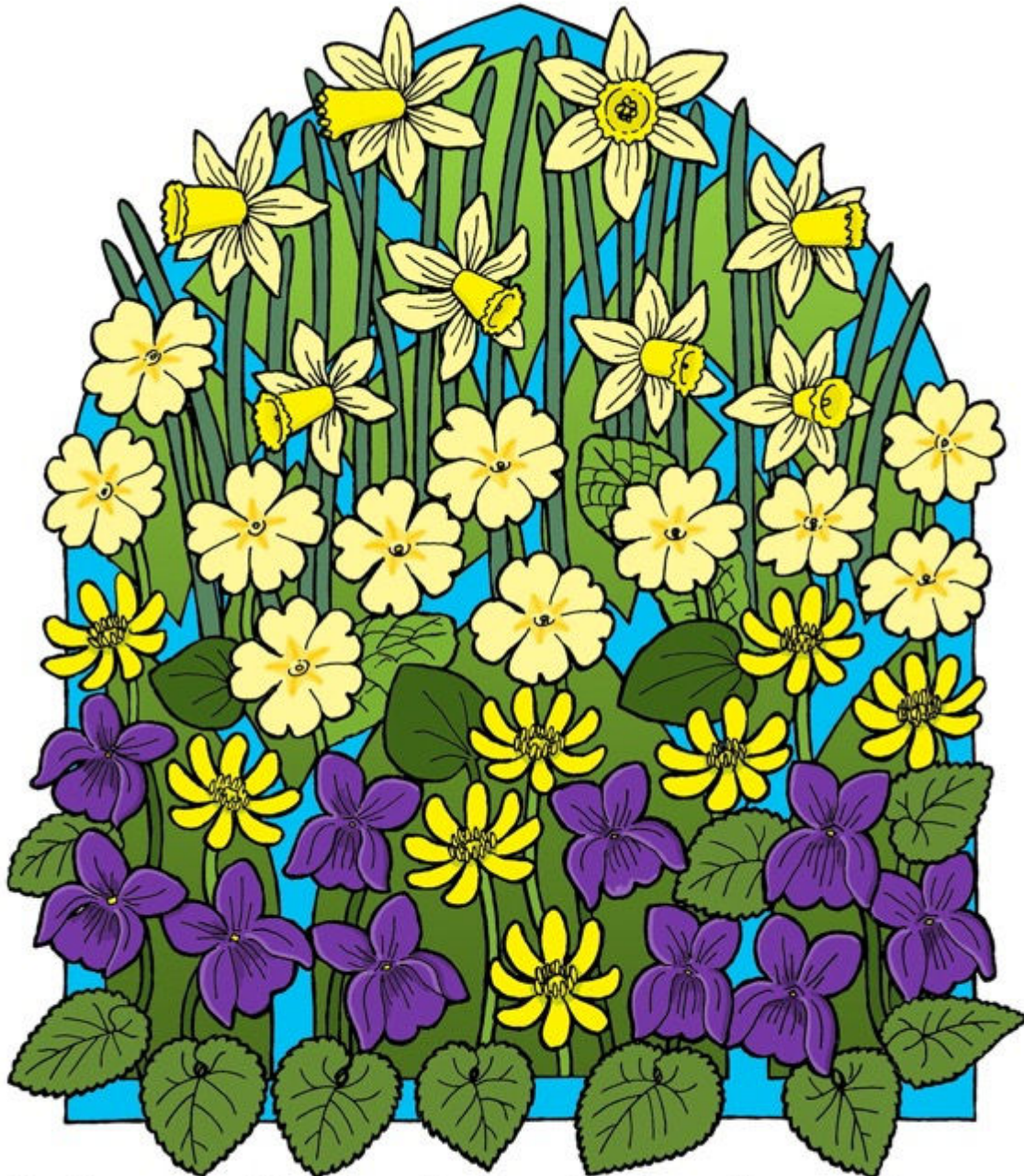


Hampton – Fairfield – Thistledown  
Eastwick Park – Charity Crescent



Hinton on the Green

# THE HERALD



The flowers are blooming, the time of birdsong has come! Song of  
Songs 2:12

The magazine of the Churches of  
Hampton, with Sedgeberrow  
and Hinton on the Green

30p

March 2022  
[www.hamptonchurch.org.uk](http://www.hamptonchurch.org.uk)

# CHURCH WORSHIP

With the lifting of the majority of legal restrictions, we now have to move forward and manage the risk to ourselves and others as best we can. That means that we are responsible for one another. It seems sensible as a Church to continue with the best hygiene measures that we can and to wear masks as appropriate. This is a recommendation rather than an obligation.

We are singing hymns again, so if you feel vulnerable sit towards the back of the Church. Refreshments started again in February, and we encourage you to bring your own cup or accept the use of disposable plastic cups. These are all small steps towards finding a new normality as we seek to reshape the life of our Church.

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Articles are submitted on the understanding that they may be edited to fit the available space.

**Articles can be submitted by email to: [editor@hamptonchurch.org.uk](mailto:editor@hamptonchurch.org.uk)**

or sent to the editor at The Parish Office, Hampton Vicarage, Pershore Road, WR11 2PQ

Large Print editions of the magazine are available on request.



## Letter from Archdeacon Nikki Groarke

In this article for March edition of parish magazines, Nikki Groarke, Archdeacon and Diocesan Lead for Transformation and Change talks about the change journey and support for parishes as they become healthier and more sustainable. The Archbishop of York recently described the journey of change as more like a meandering river than a Roman road. It felt to me a helpful image and reminded me of trying to find a picture to publicise our next round of Open Conversations. We wanted something twisty and slightly uphill, eventually going out to photograph a suitable road as we couldn't find one which was just right. Change is never straightforward. It involves twists and turns, and sometimes a few dead ends and re-routing moments; but it is important to keep moving forward if we want to grow as Kingdom People in healthier and more sustainable churches. Pilgrimage is part of who we are. What does a healthy church look like to you I wonder? We asked this question at a meeting with churches from the Redditch area recently and got a rich variety of answers. They suggested phrases such as outward looking, engaging and welcoming, lively and vibrant, Bible based, reaching out to the community, trusting, pastorally aware, diverse, reaching all ages, varied worship...and many more. Whilst all congregations

are called to worship God, make disciples, share hope and transform their communities, how that looks in different settings, contexts and traditions will vary hugely. What's important is that people in each parish seek to discern what the vocation of their church is, and journey together to fulfil that calling.



There are two key ways we are supporting churches in this journey this year. In March there will be a third round of **Open Conversations**, where churches will share stories of how they are growing as Kingdom People and trying new things to help their parish thrive and become healthier. These will be great opportunities to join together in facilitated discussions where ideas can be shared locally, and we can hear from each other about what other resources might be useful. As before, these will be places to listen and learn, wrestle with challenges and prayerfully explore solutions to shared issues we face. Do book into the one in your deanery, or one of the catch-up sessions in early April.

**Nikki Groarke**

## In our Thoughts and Prayers

*God shows his love for us in that, while we were still sinners, Christ died for us.*

*Let us then show our love for him by confessing our sins in penitence and faith.*



Romans 5:8

As we enter the season of Lent let us reconsider our own lives and examine how we have failed to live up to the teachings of our Lord and Saviour.

We confess to you our selfishness and lack of love, our fear and failure in sharing our faith, and our stubbornness and lack of trust.

Fill us with your Holy Spirit so that our hearts may be cleansed and renewed and that we may follow more closely He who is our way, our truth and our life.

While Lent is a season of penitence it is also a time for growing in faith so we pray to the Lord for courage to give up those things that are unworthy of us; courage to give up our selfishness as we live for others and to give time, care and comfort to all who need it; courage to give up strife, jealousy and bad feelings within our families, neighbourhoods and communities and courage to give up our fear of death as we rejoice with those who have died in faith.

Our world often seems beset by aggression, hatred and despair: issues about which there seems little we can do. It is important that we develop a sense of discernment as to where our efforts should be directed. We therefore pray:

*O God, grant us the serenity to accept what cannot be changed, the courage to change what can be changed and the wisdom to know the difference. `*

**Reinhold Niebuhr**

## ST ANDREW'S MISSION DAY

On Saturday 30 April we have booked the Cider Mill from 10am - 3.30pm for a Mission Day to think about the life of St. Andrew's Church and what our priorities should be for the years ahead.

How can we grow the Church following the pandemic and reach out to the new housing in the area?

What changes would you like to see that might enable more people to participate?

Do you have any thoughts about what the Church should be doing in Hampton?

This is for everyone who would like to come along.

Lunch will be provided by the Cider Mill. Please let Caryl know in the Office if you will be coming.

*Mark Binney*

## **Bishop John's Lent Appeal**

This year the appeal will raise money for our partner Diocese of Morogoro in Tanzania.



The pandemic has meant a particularly difficult time for the Diocese of Morogoro, but in recent months, Bishop Godfrey has created a number of new parishes. The Diocese is looking to become self-supporting and is hoping to open an education and conference centre which can be hired by others – Baraka House (Blessing House).

Bishop Godfrey said: “The diocese has a remarkable location for business site in Morogoro. All funding to build Baraka House is coming from parishioners with each parish assigned a specific target for an annual contribution. Covid-19, drought and flood have all affected harvests and therefore reduced incomes, but we are not discouraged - God is strengthening our parishioners and clergy to meet this goal. It is with great gratitude that we receive news of this heart-touching appeal for Lent. The parishes of Morogoro and parishes of Worcester are now holding hands together for the Baraka House project.”

Once Lent begins, you will be able to donate to Bishop John's Lent Appeal on the diocesan website: <https://www.cofe-worcester.org.uk/>

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## **25th March: Lady Day or The Annunciation**

This beautiful event (Luke 1:26-38) took place in Nazareth, when Mary is already betrothed to Joseph. The Archangel Gabriel comes to Mary, greets her as highly favoured, tells her not to be afraid, that she will bear a son Jesus, and that her elderly cousin Elizabeth is already pregnant (with John the Baptist).

The church calendar is never quite as neat as some would like it. To celebrate the Annunciation on 25 March does indeed place the conception of Jesus exactly nine months from His birth on 25 December, but the latter part of March almost inevitably falls during Lent. But the birth and death of Jesus are intrinsically linked - He was born to die, and thus fulfil God's purposes.

The Annunciation is a significant date in the Christian calendar - it is one of the most frequently depicted in Christian art. Gabriel's gracious strength and Mary's humble dignity have inspired many artists. Certainly, Mary's response to the angel has for centuries been an example of good faith in practice - humility, enquiry of God, and trusting acceptance in His will for her life.

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## Reflected Faith Series: The Ashing Service

Such a strange name for a church service! Why would anyone be attracted to attend such a thing?

This year Ash Wednesday is close to the start of March; on the Second of the month. As the first day of Lent the service is used to physically place a sign of the cross on each person's forehead using ashes made from the previous year's palm crosses.

The use of ashes has a long history in Jewish and Christian worship; the Old Testament referring to sackcloth and ashes over twenty times.



There is clearly a visual link with the blackness of evil and sin but also the 'dirtiness' that spreads everywhere from it. We all know how a small amount of mud on the shoes walked into the house will soon go everywhere and take a much harder and longer clean-up operation than if it was wiped off before entering.

In Christian records, ashes are used for penitents by the sixth century, but it is not until the beginning of the eleventh century that the faithful took part in a ceremony on the Wednesday before Lent that included the imposition of ashes. Still later this came to be called Ash Wednesday.

Over the centuries the emphasis of meaning for the imposed ashes has changed, from a preparation for baptism, a renewal of baptismal vows, to an understanding of a community's preparation for the event of the Paschal mystery of rebirth at Easter.

It reminds of what is past and what is to come, and it encourages us to think again of how we can change that journey should we wish to do so.

### *This month*

The Imposition of Ashes is a powerful nonverbal and experiential way of participating in the call to repentance and reconciliation. It is 'felt' in the heart and soul – as well as on the skin.

And can be one of the most profound experiences of humility as we enter together as a Christian community across the globe our journey towards the Cross and the Resurrection.

As the priest says the traditional words over you, "*Remember that you are but dust, and to dust you will return. Turn away from sin and be faithful to Christ. Amen.*" what will you be focusing upon?



# World Day of Prayer - Friday 4 March 2022

This year it is presented by the Christian women of England, Wales and Northern Ireland.

**There is a service at St. Andrew's Church, Hampton at 2.30pm.**



**All welcome**

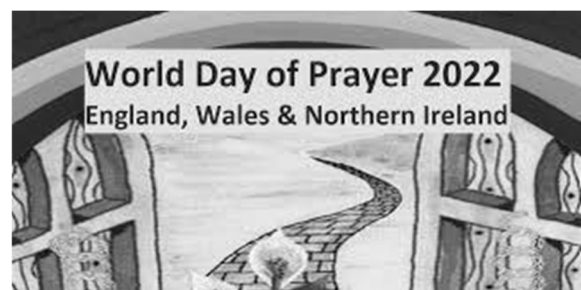
2022 is a special year for World Day of Prayer in England, Wales and Northern Ireland. This year, we have prepared the World Day of Prayer service. It has been both challenging and rewarding to write about the three countries that make up our area: our landscape, people and culture all shaped by our history. We celebrate our diversity and the contribution made to our countries by the many groups and individuals who have made their home here. We use our Bible text “*I know the plans I have for you*” from Jeremiah to reflect on some of the issues facing us today: poverty, domestic abuse and disability, finding hope in difficult situations and encouragement in the help we can give to each other.

World Day of Prayer is an international ecumenical organisation which enables women all over the world to share the ideas and concerns of the writing country. Preparation for the day has taken several years. Our International Committee based in New York coordinates the work of National Committees and facilitates the creation of our annual World Day of Prayer service on the first Friday in March. The service outline, created by the writing country, is distributed to the rest of the world, along with a Bible reflection, country background and children’s and - for the first time - young people’s activities.

All this work will come to fruition on **Friday 4 March 2022** when services will take place, beginning in Samoa and moving on through New Zealand and Australia, across Asia, Africa and Europe, and finally the United States and South America before finishing in American Samoa. Across England, Wales and Northern Ireland services will take place in large urban centres, such as Central Hall Westminster, as well as in remote village churches. We will use modern technology to reach those unable to attend a service but hope to be able to extend a welcome and hospitality once released from lockdown.

For further information and resources, together with details of services in your area, see the WDP website: [wwdp.org.uk](http://wwdp.org.uk)

**WORLD DAY OF PRAYER  
(A WOMEN LED, GLOBAL, ECUMENICAL  
MOVEMENT)**



## Presentation to Sarah Hewitt

On Tuesday 15 February, Mark Binney was pleased to present Sarah Hewitt with her farewell gift of a Home Communion Set from Bengeworth, Evesham and Hampton. This presentation had been delayed by the Pandemic.

Sarah is currently training for the Ministry and will be Ordained at Worcester Cathedral in July this year.

Sarah's Curacy will be in Redditch which means she will not have to move from her present address.

She remembers with fondness the time she spent as the Deanery Missioner in Evesham.



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### From the Registers – January 2022

Baptisms		
9 January	Ben Harvey	Hampton
	Luke Nevin	Hampton
	Ivory Phelps	Hampton
16 January	Maeve Law	Hampton
	Amy Honeysett	Hampton
	Bethany Stephens	Hampton
23 January	Louie Martin	Hampton
	Archie Honeysett	Hampton
	Parker Smith	Hampton
30 January	Mila Harvey	Hampton
Funerals		
8 January	Pamela Eustace (Burial of Ashes)	Hampton
10 January	Stewart Rutherford	Vale Crematorium
18 January	Cedric King	Vale Crematorium
28 January	Tony Hacklett	Sedgeberrow



### 'Canal People' with Tony Conder – 24 March 2022

*Tickets: £20, including lunch, available only from  
Holland House*

*([www.hollandhouse.org](http://www.hollandhouse.org); [enquiries@hollandhouse.org](mailto:enquiries@hollandhouse.org), or tel: 01386 860330)*



# Pillow Talk – March is National Bed Month

This is the time of year when we are encouraged to talk and think about sleep. For millions of people this year it is more relevant than ever because many people are stressed about what has happened, and is still happening, because of the Covid pandemic.

This Initiative began in 1990, organised by the National Sleep Council, a voluntary advisory board that aims to *'shape the future of sleep support nationally and plays a vital role around providing advice, challenge and scrutiny on key issues and programmes.'*

The main purpose of Bed Month is to create awareness of the importance of getting a good night's sleep by exploring sleep habits and searching for ways to improve the quantity and quality of sleep which impact on health and productivity issues caused by inadequate amounts.

This year the campaign is focussing on five key points:

## **1. Put your bed through an MOT**

You sleep in it for eight hours a night, 365 nights a year. In fact, you may well spend more time in your bed than in any other place in your home. But when was the last time your bed had an MOT?

## **2. Do a digital detox**

Frequently find yourself falling asleep with the TV playing away in the background? Technology has a big role to play in our lives – but not at bedtime. Take the opportunity to kick the tech out of your bedroom in March and see how it improves your sleep, and that of your family.

## **3. Start a sleep diary**

What's really causing your sleep problems? Keeping a sleep diary allows you to record your sleeping routine and identify potential problems. A sleep diary is a smart way to spot patterns and potential bad habits. Once you know what's keeping you awake, you can begin to change it.

## **4. Try out a new mattress – with a 30-day Sleep Guarantee**

National Bed Month is the perfect time to buy your new mattress. But to be completely confident that you've found the right mattress for you, you need to try it out – and not just in the showroom. That's where a sleep guarantee that gives an opportunity to sleep on the new mattress for 30 days is helpful. Wool mattresses can also help for a chemical-free, for a healthier, natural sleeping environment.

## **5. Upgrade your bedding**

Your optimal sleeping environment is not just about the bed itself. While your bed and mattress are vital to a healthy, rested night's sleep, it's important to combine them with bedding that performs. So, if you've completed your bed MOT and are happy with your existing mattress, why not treat yourself to some new bedding?.

Find out more about this subject at: <https://thesleepcharity.org.uk/>

## Wear your daffodil to support Marie Curie and the National Day of Reflection

This March the UK's leading end of life charity Marie Curie will once again be asking people across the UK to support its Great Daffodil Appeal.

Money raised from the flagship fundraising appeal will help the charity's doctors, nurses and hospice staff continue their vital work providing expert care to people at the end of life, and their families. Funds raised also go towards the Marie Curie Information and Support Line, which provides support for people dealing with all aspects of end of life including bereavement.



Marie Curie would like to encourage as many people as possible to give their money or time through volunteering, donating, and fundraising. This could include taking part in a Step into Spring challenge, organising a fundraising event, purchasing products from the Marie Curie online shop, or donating.

This year, for the first time in two years, Marie Curie's volunteer collectors will be back on the streets donning their daffodil hats and selling the charity's iconic daffodil pins.

During the Great Daffodil Appeal, on 23 March, Marie Curie is inviting everyone in the UK to take part in the National Day of Reflection. It will be a day to come together and support the millions of people who are grieving and remember those we have lost.

You can show your support for the day by wearing a daffodil pin and joining the minute's silence at 12 noon. Or take part by joining one of the many local events happening across the UK.

For more information on the National Day of Reflection and how to support Marie Curie's Great Daffodil Appeal this March, visit: [mariecurie.org.uk](https://mariecurie.org.uk)



**EVESHAM TALKING  
NEWSPAPER FOR THE  
VISUALLY IMPAIRED**



Are you or do you have a family member who is blind, visually impaired, or for whom an incapacity makes reading a strain? **Evesham Talking Newspaper** can provide digital audio recordings to help you stay in touch with local issues. For more information, contact Fran Webb on 07801 983112.

## **From the Hinton and Sedgeberrow ALM**

Rather than give you an update on how my January pantry challenge went, I have something far more exciting to share!

(You can read about the pantry challenge at [www.viewfromthisdesk.wordpress.com](http://www.viewfromthisdesk.wordpress.com) anyway)

### **Sedgeberrow Church, St Mary's.**

Their clock has not chimed since the beginning of Covid, so almost two years now and there were ... ahem ... strong murmurings ... on Facebook that people missed the clock. Alas, the clock at St Mary's needs to be wound every single day and when Covid was going on there were so many issues with safety, access and cleaning etc. Even now, it's not as simple as setting up a rota.

Before Covid, the PCC investigated getting the clock automated, and the quote they got back was £6,000 for the automation and £1,000 for the electric works. An insane amount which no PCC ever wants to see on a quote for any works!

So, we are fundraising. There is a page on Facebook where you can donate to directly via the Sedgeberrow and Environs page. **Or** you can chat to Roger Horton about making a direct donation via parish giving. **Or** put some worn notes in an envelope, with 'for the clock' written on, and put it in the offertory bag. Of course, we shall have quiz nights and coffee mornings and fetes and other events, but we have a big sum to find – and wouldn't it be so very lovely if the clock could be automated this year and be used as the village's way of honouring the Queen's Platinum Jubilee?!

**Michelle Young**

**ALM for Hinton and Sedgeberrow**

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## **St Mary the Virgin, Sedgeberrow**

The next coffee morning will be on **Thursday 24 March**



### **For all those who are sick, in special need or house-bound:**

Ron Allen; Mark Bartlett; Victoria Brabin; Brenda Clarke; Ray Edwards; Sylvia Emson; Ella Hardman; Carolyn Jenkins; Pat Kearsey; Clifford Lewis; John Lofthouse; Roberta Matthews; Susan Sobey and Karen Thorn.

### **For those who have died, and all who mourn them:**

Stewart Rutherford, Cedric King, Tony Hacklett, Brian Westwood, Dinah Dawson and Philip Hutchings

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# **SUNDAY SOUP – some stories of engagement**

**Rev Chris Sheehan**

## **HOW THE IDEA AROSE**

Sunday soup was started in November 2020, since SoulFood closed its doors during the pandemic. Soulfood had run for some five years every Sunday evening at All Saints' Church, feeding between 10-30 people using four ecumenical teams who then set up themed prayer stations.



I was speaking with George, a Hungarian attendee now friend, and it was clear that there was nowhere to go once SoulFood had closed.

I prayed about this and thought about soup kitchens. I discussed the idea with Andrew Spurr, and he was supportive. The concept was to devise a scheme that enabled good quality fresh soup to be made, transported and given out in safety for all concerned.

## **How SUNDAY SOUP operates**

- A freshly made vegetable soup is made each week by volunteers across the Vale found by emails to Arch Benefice, Chapter colleagues and Soulfood volunteers
- The five-litre soup kettle is filled at the soup makers' house, then transported to All Saints.
- Disposable (recyclable) cups are filled with soup and given out in a paper bag at an outside table together with serviette, bread roll (each week Waitrose donate 30-50 rolls/loaves free of charge when I collect at 3.50pm) and flyer.
- Any unused soup and bread is stored overnight in All Saints' kitchen and then reused for food bank users on Mondays

## **IMPACT**

- This runs every Sunday 4.30pm to 6pm, whatever the weather and several regulars are now attending
  - Soup makers range from professionals who sell their produce in farm shops to enthusiastic cooks
  - Volunteers across all traditions including a retired Bishop and several Mormon families
  - All passers-by are offered soup and great conversations have arisen including:
  - We gave out hundreds of portions of soup in Winter 2020/2021 and restarted in November 2021
  - **It's the only free food provision in the town on Sundays**
  - This will run until Easter 2022
-

***ST. ANDREW'S CHURCH***  
**THE TWO C'S MONTHLY TEAS**  
**Conversation & Company**

For those who are lonely or bereaved.

Please come & join us for - **Traditional Afternoon Tea**

Last Sunday of the month -

Next one - 27 March 2022 **from 2.30 - 4.30**

For Further information:

Elaine Major 01386 446381 or 01386 40722

**ST ANDREW'S TOTS**  
**HAMPTON GUIDE & SCOUT HALL**

**Every Tuesday starting at 9.30am**

Term time only for children up to five years.

Parents, grandparents and carers all are welcome.

**For further information:**

**Margaret Thomson 01386 47541**

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**Smile line - Hereafter**

The minister came to see me the other day. He said that at my age I should be thinking of the hereafter.

I told him, 'Oh, I do it all the time. No matter where I am – in the bedroom, upstairs, in the kitchen, or out in the shed – I ask myself, 'Now, what am I here after?'

## St Andrew's Fellowship – March 2022

Hi there, and a warm welcome to all Fellowship members – and others who may like to think about joining us.

I am pleased to say that your committee met, and we agreed that the Christmas meal at the Northwick was a resounding success – everyone enjoyed it enormously. Shirley, our Treasurer, brought news that the banks are starting to charge for giving us the privilege of having accounts with them – we will tell you more at the meeting.

Your committee also agreed that we should go ahead with meetings, but on a cautious basis. We will start with the AGM on Tuesday 8 March, at the Hampton Club. That will be a doubly important meeting for as many as possible to attend, as we will be asking you all to be making decisions about future meetings – and maybe, even what you think about the future of the club itself. We will also be discussing subscriptions and bringing a committee resolution for the consideration of the wider membership.

As I write these notes, the Omicron variant seems to be rampant, and it seems to be taking no notice whatever of the state of vaccination, nor of previous infections, but on the other hand, making people feel only mildly poorly. Again, as I write, it does look as though this is something that we are going to have to live with for a little while to come – so let's get on with living our lives, eh!

I will be ringing you all in the next few days, but please do make a note of the date in your diaries, and do please make every effort to be there, so that you can make your feelings known.

**Remember – Tuesday 8 March at 2pm – Hampton Club**

And remember that we are at the end of the phone line if you have any problems with which we may be able to help.

Our very best wishes to you all – see you on 8 March! *Yours Shirley and John*

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### Sudoku Solutions (from p17)

#### Easy Sudoku

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

#### Medium Sudoku

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



The last half-term has been another action-packed learning extravaganza for every class. To link with their topic, Poles Apart, our Year 1 classes 'took a walk on the wild side' to Cotswold Wildlife Park in Oxfordshire. The children saw many varieties of animals, including their favourite; the penguin! In class, they have been looking after 'Penny' the penguin while she is visiting from Antarctica!

As a part of Reception's 'Down on the Farm' topic, they excitedly visited the Cotswold Farm Park recently. They saw lots of beautiful spring lambs, they fed the goats and enjoyed petting baby rabbits. Everyone had a wonderful time!

Year 3 recently explored the Ashmolean Museum in Oxford – virtually! They enjoyed an interactive session on the Egyptians led by Claire Coleman from the Ashmolean. She showed the children lots of artefacts from the museum's Egyptian collection, including a couple of their mummies! In class, children have investigated the discovery and lives of Egyptian pharaohs, to exploring ancient religious practices and traditions such as mummification and Egyptian Gods of worship.

This week, every class took part in the RSPB Big Garden Birdwatch. Armed with their identification guides, pupils went outside to count the birds that landed within the school's grounds. They observed a variety of common garden birds including, robins, dunnocks, blackbirds and wood pigeons. So next time you are out and about, see if you can identify the birds you see. Fantastic 'twitching' St Andrew's - Ornithologists in the making!

**Andrea Bailey – Headteacher**  
[www.st-andrews.worcs.sch.uk](http://www.st-andrews.worcs.sch.uk)

**Email: [office@st-andrews.worcs.sch.uk](mailto:office@st-andrews.worcs.sch.uk)**  
**Tel: 01386 41351**

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## Shrove Tuesday – 1 March



**Shrove Tuesday or Pancake Day** is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on Shrove Tuesday, Anglo Saxon Christians went to confession and were “shriven” (absolved from their sins).

Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between 3 February and March 9. This year it is on 1 March. Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients.

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## RECIPE OF THE MONTH

### Welsh Cakes - A Recipe for St David's Day – 1 March



*Pice ar y maen*, a Welsh teatime treat passed on through generations and still as popular as ever. Perfect for making with the children.

#### Ingredients

- 225g plain flour
- 85g caster sugar
- ½ tsp mixed spice
- ½ tsp baking powder
- 50g butter, cut into small pieces
- 50g lard, cut into small pieces, plus extra for cooking
- 50g currant
- 1 egg, beaten
- splash milk



#### METHOD

1. Tip the flour, sugar, mixed spice, baking powder and a pinch of salt into a bowl
2. With your fingers, rub in the butter and lard until crumbly
3. Mix in the currants
4. Work the egg into the mixture until you have soft dough, adding a splash of milk if it seems a little dry – it should be the same consistency as shortcrust pastry
5. Roll out the dough on a lightly floured work surface to the thickness of your little finger
6. Cut out rounds using a 6cm cutter, re-rolling any trimmings
7. Grease a flat griddle pan or heavy frying pan with lard, and place over a medium heat
8. Cook the Welsh cakes in batches, for about 3 mins each side, until golden brown, crisp and cooked through
9. Delicious served warm with butter and jam, or simply sprinkled with caster sugar
10. Cakes will stay fresh in a tin for 1 week





## Sudoku - Easy

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

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## Sudoku - Medium

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

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Solutions on page 11

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## SERVICES FOR MARCH 2022

<b>Ash Wednesday 2</b>	<b>10am</b>	<b>Holy Communion</b>	<b>Hampton</b>
<b>Friday 4</b>	<b>2.30pm</b>	<b>Service for World Day of Prayer</b>	<b>Hampton</b>
<b>6 March – First Sunday of Lent</b>			
	8am	Holy Communion	Hampton
	10am	Morning Praise	Hampton
	10am	Holy Communion	Sedgeberrow
	3pm	Baptism	Hampton
Deuteronomy 26: 1-11; Romans 10: 8b-13; Luke 4: 1-13			
Wednesday 9	10am	Holy Communion	Hampton
<b>13 March – Second Sunday of Lent</b>			
	8am	Holy Communion	Hampton
	10am	Parish Eucharist	Hampton
	10am	Morning Praise	Sedgeberrow
	11am	Morning Praise	Hinton
	3pm	Baptism	Hampton
Genesis 1: 1-12, 17-18; Philippians 3: 17-4: 1; Luke 13: 31-end			
Wednesday 16	10am	Holy Communion	Hampton
<b>20 March – Third Sunday of Lent</b>			
	8am	Holy Communion	Hampton
	10am	Morning Praise	Hampton
	10am	Holy Communion	Sedgeberrow
Wednesday 23	10am	Holy Communion	Hampton
<b>27 March – Mothering Sunday</b>			
	8am	Holy Communion	Hampton
	10am	Parish Eucharist	Hampton
	10am	Morning Praise	Sedgeberrow
Wednesday 30	10am	Holy Communion	Hampton

## SERVICES FOR APRIL 2022

<b>3 April – Fifth Sunday of Lent</b>			
	8am	Holy Communion	Hampton
	10am	Morning Praise	Hampton
	10am	Holy Communion	Sedgeberrow
	3pm	Baptism	Hampton
Wednesday 6	10am	Holy Communion	Hampton
<b>10 April – Palm Sunday</b>			
	8am	Holy Communion	Hampton
	10am	Parish Eucharist	Hampton
	10am	Morning Praise	Sedgeberrow
	11am	Morning Praise	Hinton
	3pm	Baptism	Hampton

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