



Sedgeberrow

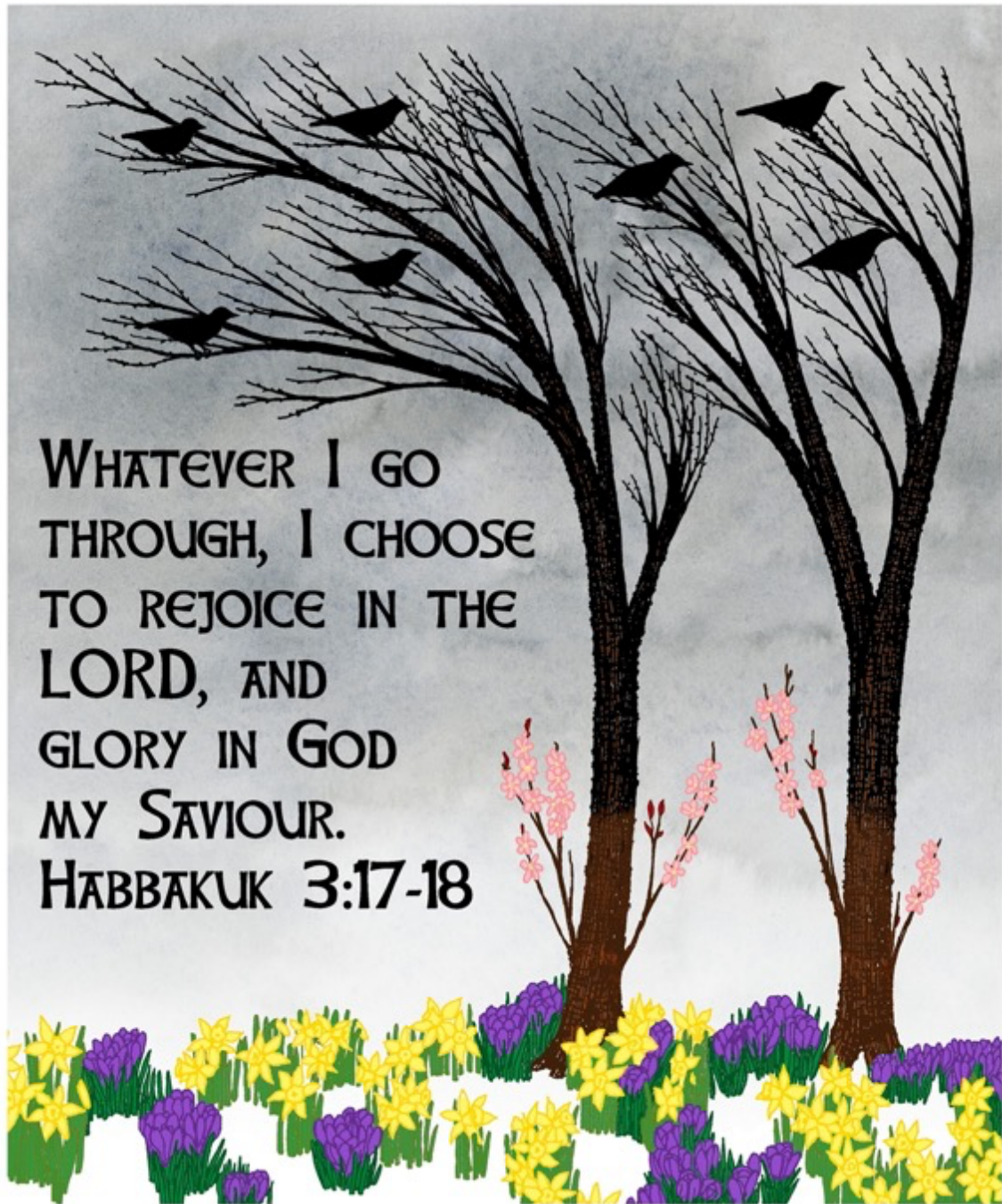


Hampton – Fairfield – Thistledown  
Eastwick Park – Charity Crescent



Hinton on the Green

# THE HERALD



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

30p

February 2023  
[www.hamptonchurch.org.uk](http://www.hamptonchurch.org.uk)

# Office Email

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**office@hamptonchurch.org.uk**

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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**

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.



## A Letter from the Dean of Worcester, Peter Atkinson

I am writing these words on the 90th anniversary of the death of Bishop Charles Gore. If you know St Philip's Cathedral in Birmingham, then you may have noticed the statue of a tall, thin, rather gaunt bishop outside the main entrance, his hand raised in blessing. That was Charles Gore, the first Anglican bishop of Birmingham. When some of the leading citizens of Birmingham formed a committee to put up a statue to him, he replied, 'Kindly convey to the committee my mingled feelings of gratitude and repugnance', and when someone asked him what he thought about the finished product, he said 'It looks horribly like me'.

Before he became Bishop of Birmingham, he was Bishop of Worcester. He was a monk (he founded the Community of the



Resurrection at Mirfield in Yorkshire), a scholar, and a public figure, of the calibre of Rowan Williams in our own time. He could speak to intellectuals in their own words, debate with vigour those who opposed his beliefs, and helped to keep the Christian faith in the forefront of public debate. But at heart, he had a very simple faith. He believed in the love of God. At confirmation services, by way of a sermon, he would march up and down the aisle, saying 'God will never, ever, give you up'.

God will never, ever, give you up. That is the heart of the Christian faith. That is the message as we continue through this new year, when the world looks bleak, and our country is struggling. For all his wisdom and scholarship and intellectual power, those are the words of Bishop Charles Gore I treasure most.

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### From the Registers – December 2022

#### Funerals

7 December	John Lynch	
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#### Burial of Ashes

10 December	Andrea Taylor	Sedgeberrow
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14 December	Jim Petri	Sedgeberrow
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## In our Thoughts and Prayers



*'Make me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence and take not your holy spirit from me. Give me again the joy of your salvation and sustain me with your gracious spirit.'*

Psalm 51:11-13

As we approach the season of Lent it is right and proper that we should examine our own lives and consider whether we are sufficiently centred on following the example and the teachings of Jesus. Lent should not be just a time of giving up something but should also give us the opportunity to add something to our lives that will enable us to have a greater sense of the joy that comes from being closer to God; a joy which we can then pass on to others.

*O Christ, you were called the man of sorrows, and yet you prayed for your disciples that they might share your joy; grant us such sympathy as takes upon itself the burden of the sorrowing; and with it such glad courage as shall turn the way of sadness into the way of joy, because we follow in your footsteps, O blessed Master, Jesus Christ. Amen.*

Walter Russell Bowie

We live in a time of much disharmony: for example, the war between Ukraine and Russia; the lack of respect for human rights in Afghanistan, Iran and elsewhere; the disputes that are making difficult the lives of so many in our own country and, especially, the effect on health and well-being in arising from the challenges posed by an underfunded and hard-pressed National Health Service.

*'Gracious Father, we pray for peace in our world: for all national leaders that they may have wisdom to know and courage to do what is right; for those who are working to improve international and domestic relationships that they may find the true way of reconciliation; for all men and women that in their search for righteousness and truth their hearts may be turned towards that serenity and peace which comes from above through the action of the Holy Spirit.'*

**Amen.**

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

Ron Allen; Mary Andrews; Mark Bartlett; Victoria Brabin; Brenda Clarke; Brenda Curtis; Sylvia Emson; Ann Fletcher; Rita Hall; Robin Hillman; Clifford Lewis; Joan Parry and Susan Sobey

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

Valerie Little; Margaret McDonald; Shirley Bramich and Maurice Emms  
Also, Bella, the Vicarage dog

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## **John Martin's Charity**

### **Help with Winter Heating Bills (2022-2023)**

The charity is pleased to invite Pensioners to apply for help towards their winter heating bills.

To qualify for a grant, you must meet the following criteria:

- Be aged 65 or over at the date of your application
- Reside in the civic parish of Evesham, which includes the parishes of Great and Little Hampton, Bengeworth and Evesham **but not other postal areas of the Evesham District.**
- Single applicants – have a total income not exceeding £275 per week\*
- Joint applicants – have a total income not exceeding \$345 per week\*
- All applicants – have combined savings/investments or capital (excluding your own residence) not exceeding £14,000

Application closing date – **28<sup>th</sup> February 2023.**

Late applications will not be accepted

Only one application per household

\*Attendance Allowance, Disabled Living Allowance, Personal Independence Payments, Housing Benefit and Council Tax Support are excluded from the income calculation. If you live with anyone other than a spouse or partner, their income will be discounted.

#### **HOW TO APPLY –**

If you received the Charity's Heating Grant last year, we will have written to you in early December with details about how you can apply.

You do not need to attend the Charity's Office

**New applicants** – please contact the Charity for an application form.

Appointments must be made before attending the Charity's Office.

John Martin's Charity, 16 Queens Road, Evesham, WR11 4JN

01386 765440 [enquiries@johnmartins.org.uk](mailto:enquiries@johnmartins.org.uk) [www.johnmartins.org.uk](http://www.johnmartins.org.uk)

## Local Warm Spaces

### St Andrew's Church

On Wednesday mornings anyone can come to have a hot drink and/or soup in a warm and welcoming environment.

Just come along!



### The Tea Service - All Saints Church

Every Friday afternoon from 2pm - 3pm

There is no charge, but donations are welcome.

Spend time together, making new friends, while afternoon tea is served

Contact Rosie on 01386 442213



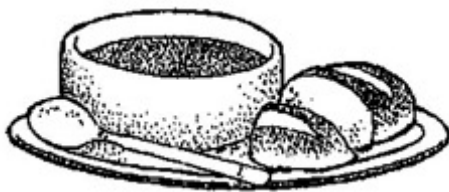
### Sunday Soup Kitchen - All Saints Church

Every Sunday afternoon from 4.30pm to 6pm

Free fresh soup and bread

Eat in or Takeaway!

**ALL WELCOME**



## Beat the Scammers

A safety tip for if you are buying something using your credit/debit card, and you are not entirely sure how reliable the seller is.

Insert your card in the machine, and then input an incorrect PIN number. The machine should come up with a message saying incorrect PIN, please enter again. In which case you can enter your correct PIN and complete the transaction.

If the machine accepts the incorrect pin number, and gives a receipt, it is a counterfeit machine trying to take your PIN number to access your account.

Remove your card and refuse the transaction, safe in the knowledge that they have not got your correct PIN number, nor been able to take any money from your account.

So, it's a simple a way to keep safe.

## **Tuesday 21 February - What is Pancake Day?**

While it is all about pancakes these days, Pancake Day actually marks the Christian feast day of Shrove Tuesday.

The word 'shrove' is said to have derived from the Anglo-Saxon word 'shrive', which meant a person had gone to confession at church and been absolved of their sins. It's the last day before the start of Lent - a fasting period commemorating Jesus' 40-days of fasting in the desert before Easter, according to the Bible.

While Lent now sees people give up one luxury until Easter, for example chocolate, it used to involve clearing your larder of all the good stuff, such as sugar, butter and eggs. Pope Gregory I is believed to have started this custom in around 600AD.

Given sweet things and fats were not allowed during Lent, people had to find a way to use them up - and pancakes were an ideal way to do it.

It's not known when pancakes first made an appearance on Shrove Tuesday. The first written record of a pancake in the UK comes from 1439 - although they are believed to have been eaten in other European countries for centuries before then.

### **What are Pancake Day traditions?**

Aside from eating pancakes, Shrove Tuesday also has two other traditions in the UK: pancake races and football. Pancake racing usually involves people in fancy dress running down a street flipping a pancake in a pan. The most famous of these races takes place in Olney, Buckinghamshire. It is thought to have originated in 1445 when a woman in the town heard the church bells ring for the Shrove Tuesday service while she was in the middle of cooking her pancakes. In a panic, she ended up running to the church clutching her frying pan, spawning the annual race. One of the other notable races takes place in the grounds of the Houses of Parliament.

The Shrove Tuesday football match - otherwise known as 'mob football' - is another tradition. These games date back as far as the 12th century and can involve thousands of people.

The aim of the game is to get a ball from one end of a town or village to another. The most famous mob football game is held in Ashbourne, Derbyshire, where the annual Royal Shrovetide Football Match is played over two days with goals that are three miles (almost 5km) apart.

### **Is Pancake Day celebrated in other countries?**

Shrove Tuesday is more commonly known as Mardi Gras in other parts of the world.

While these occasions also revolve around eating indulgent foods, they tend to have more of a carnival atmosphere - especially in the southern states of the USA. New Orleans in the US is well-known for its Mardi Gras celebrations, which involve massive parades and lots of drinking.

## Reflected Faith Series: What animals can remind us about our faith

There are various rather peculiar ‘creatures’ that are used in decorations in and on church buildings.

Around the outside of many larger churches and cathedrals you may well have found some downright scary beasts! They are usually used as downspouts off the roof or at the head of vast columns. Often, they were intended to scare away anything or anyone who was evil from entering the church building, and therefore kept all those on the inside safe.

When we go to worship – especially somewhere we haven’t been before – we want to be assured that what will be said during the service will be ‘of God’. We want to be able to relax and just be ourselves and secure in God’s presence. And that was the thinking behind those beasts.

There are, however, plenty more welcome creatures often found inside the building. Jesus is often spoken about as ‘The Lamb of God’. Indeed, we use that phrase within most Communion services during the Gloria as well as just before we go to receive the bread and wine: ‘*Lamb of God, you take away the sin of the world, have mercy on us.*’ So, we can see a lamb as representing innocence, purity, vulnerability and sacrifice itself.

***This month:*** Have a look to see if there are any other ‘creatures’ on show in a church near you. What do they ‘say’?

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## Fairtrade Fortnight 2023

This year Fairtrade Fortnight runs from 27 February to 12 March. It comes with a sombre reminder: climate change means that soon some of our favourite foods, such as bananas, cocoa and coffee could be harder to grow. And if that is combined with deeply unfair trade, then communities growing these crops will be pushed to the brink. This makes Fairtrade all the more vital – for all of us.

You can help three ways during this Fortnight.

First, why not join an online *Big Fairtrade Get Together*? Hear Fairtrade farmers and other experts explain what needs to change, for a sustainable future.

Secondly, *let your friends know* of any Fairtrade event in your area, from a coffee morning to a quiz night. Thirdly, buy Fairtrade whenever you can, from flowers to coffee, clothes to teas, plus lots else.

For more information, visit <https://www.fairtrade.org.uk>

***See Fairtrade Recipe for delicious Chocolate and Coffee Mud Cake on p16***

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# Candlemas, The Presentation of Christ in the Temple

## 2 February



In bygone centuries, Christians said their last farewells to the Christmas season on Candlemas, 2 February. This is exactly 40 days after Christmas Day itself.

In New Testament times 40 days old was an important age for a baby boy: it was when they made their first 'public appearance'. Mary, like all good Jewish mothers, went to the Temple with Jesus, her first male child - to 'present Him to the Lord'. At the same time, she, as a new mother, was 'purified'. Thus, we have the Festival of the Presentation of Christ in the Temple.

So, where does the Candlemas bit come in? Jesus is described in the New Testament as the Light of the World, and early Christians developed the tradition of lighting many candles in celebration of this day. The Church also fell into the custom of blessing the year's supply of candles for the church on this day - hence the name, Candlemas.

The story of how Candlemas began can be found in Luke 2:22-40. Simeon's great declaration of faith and recognition of who Jesus was is of course found in the Nunc Dimittis, which is embedded in the Office of Evening Prayer in the West. But in medieval times, the Nunc Dimittis was mostly used just on this day, during the distribution of candles before the Eucharist. Only gradually did it win a place in the daily prayer life of the Church.



## Events Update - February 2023

St Andrew's Tots	Tues	7 Feb 9.30am	Scout & Guide Hall
St Andrew's Tots	Tues	14 Feb 9.30am	Scout & Guide Hall
St Andrew's Fellowship	Tues	14 Feb 2pm	Hampton Club
Church Open Morning	Sat	11 Feb 10am - Noon	Hampton
Morning Praise	Sun	12 Feb 11am	Scout & Guide Hall
<b>School Half Term Week</b>	<b>Mon</b>	<b>20 Feb – 24 Feb</b>	<b>No Tots</b>
Shrove Tuesday	Tues	21 Feb	
Ash Wednesday	Wed	22 Feb	
<b>Coffee Morning</b>	<b>Thurs</b>	<b>23 Feb 10am</b>	<b>Sedgeberrow</b>
St Andrew's Tots	Tues	28 Feb 9.30am	Scout & Guide Hall
2 C's Afternoon Tea	Sun	26 Feb 2.30 – 4.30pm	Scout & Guide Hall
<b>Mothering Sunday</b>	<b>Sun</b>	<b>19 March</b>	

## Looking Ahead – Dates for 2023

Ash Wednesday	22 February
Lent	22 February - Thursday 6 April
Good Friday	7 April
Easter	Sunday 9 April
The Coronation of King Charles III	Saturday 6 May
Pentecost	Sunday 28 May
Trinity Sunday	4 June
Bible Sunday	29 October
Advent Sunday	3 December
Christmas Day	Monday 25 December



## Ukraine – one year on

On 24 February 2022, Russia invaded Ukraine without warning. Ukraine had been part of the Soviet Union 1922-1991 and even before that had been overshadowed and often overpowered by its larger neighbour. In 1932 millions of Ukrainians were deliberately starved to death in a famine, contrived by Joseph Stalin. This genocide, or Holodomor, is commemorated every year on the fourth Saturday in November.



The area had been overrun for centuries by successive external forces, until absorbed by Russia. In 1991, when the USSR was dissolved, Ukraine voted for independence, by a huge majority. There are still pro-Russian minorities in the East of the country, as there were in Crimea before 2014, when it was annexed by Russia.

In the last 12 months, one-quarter of the civilian population of Ukraine has been displaced, with 5+ million refugees escaping for temporary sanctuary in other countries. 95% of them are women and children. They have had to learn new languages (and a new script), find jobs and schools, and become accustomed to foreign cultures. When it seems safe, they want to return home and some have already done so.

The UK government, in partnership with County and District Councils, launched the Homes for Ukraine scheme last year. Would-be homes were inspected, and prospective hosts checked out for suitability and safety. A young Ukrainian woman lived in my home for six months before returning to Kyiv. In that time my pantry and fridge made room for bulgur wheat, lots of mushrooms and Salo, which is the name for slabs of cold cured pork fat, and much tastier than it sounds!



Most Ukrainians count themselves as Christian, including a number of Greek-Catholics, but the majority belong to what was the Russian Orthodox Church, and is now the independent Ukrainian Orthodox Church. The two churches separated after the Moscow patriarchate backed President Putin.

The Archbishop of Canterbury visited Kyiv in December and had to take cover in a bomb shelter when air raid warnings were sounded. He said the people of the West needed to realise the costs of this war were not short term, adding “there must be no way in which we force peace on Ukraine ... Peace is always better than war. But there are times when justice demands the defeat of an evil invasion.”

One year on there is still an urgent need for British people to open their homes to Ukrainian refugees.

**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 – 26 February 2023 from 2.30 – 4.30**

Hampton Guide and Scout Hall

For Further information:

Elaine Major 01386 40722

**Sudoku Solutions (from p17)**

**Easy Sudoku**

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

**Medium Sudoku**

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

**ST ANDREW'S TOTS**  
**HAMPTON GUIDE & SCOUT HALL**  
**Every Tuesday in term time, at 9.30am**

For further information:  
**Margaret Thomson 01386 47541 or**  
**look at our Facebook page**



## St Mary the Virgin, Sedgeberrow

We have had a donation of £100 from the Village Christmas Party, which was very enjoyable, with entertainment from **THE ROCK CHOIR**.

Villagers decorated their gardens for the competition at Christmas, which was judged by Ivor Davies and Children from Sedgeberrow First School. The first prize went to Heidi Kirby and family, of Winchcombe Road. The second prize went to Ginnie Meakin, the Alpaca Lady, from Sandfield Lane.

We had a donation of £105 for Church Funds from the competition proceeds

**Our next Coffee Morning is on Thursday February 23rd at 10am**

Helpers are always needed, please talk to Ann Banks  
01386 881623



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## St Andrew's Fellowship

On 10 January, 15 members of the Fellowship Group met for a very enjoyable post-Christmas lunch at Raphael's at Hampton Ferry.

John had put things in motion before he died, but everyone rallied round, and it went off very well. Good food, good company and good, helpful staff.

We shall be back at Hampton Club at 2.00pm on the 14 February for a Talk about Vesta Tilly which promises to be very interesting.

Anyone is welcome, we do charge £2 for visitors and that includes tea and biscuits. I believe it is someone's birthday about that time so there may be CAKE!

Look forward to seeing you there. and very best wishes to everyone for this coming year.

*Shirley Lynch*

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### EVESHAM BAT CARE

Please save the following:

Stamps - please leave a half inch border around the stamp when you cut from envelope

Pringles tubes, old toothbrushes, empty toothpaste boxes, tubes, brush-heads and packaging

Drop off points in Church and Benefice Office





## Hinton ALM - Michelle Young

As I write this, I'm sad. News has been leaked that the Synod won't allow same sex marriages in CofE churches. It's sad on a number of levels, the one I find the worst is that someone there has chosen to leak this news to the media before the press release. How can we have trust in our governing body when this happens? The decision is one I'm struggling with. We are taught love. 'The greatest of these is love' and 'love one another' and 'love the sinner, not the sin'.

And yet, here we are, being told to absolutely NOT celebrate love. To not honour the commitment two people want to make to one another. The Methodists are okay with it, why aren't we? I'm frustrated at the lack of change, I'm angry at the rhetoric used, I'm sad that we can't show positivity to other human beings.

When we talk about 'growing our church' and 'welcoming people in' doesn't this action basically say 'yes you can attend and give us your money, but we don't want to know the truth about who you love.' As a gang of people, isn't this like bullying? I don't know what to say to my friends, my colleagues who know about my ALM life and question how I can be part of something that is so closed-minded, so blinkered to love. Especially when so many safeguarding issues keep popping up. Their argument is 'Why is the church okay with people abusing and taking advantage of others, but not me loving someone of the same sex?' and I agree totally, but I don't know what to say to them.

I'm certainly not qualified to answer these questions. I'm just an ALM that floats about with <insert current colour here> hair and asks for your stamps and oral care rubbish. I'm just one person. And I know Bishops John and Martin were very vocal in their support of same-sex marriages and so is Bishop Rachel of Gloucester. And wasn't she the original trail blazer? Bishop Rachel was consecrated as the 41st Bishop of Gloucester in 2015, and made history by becoming the first female diocesan bishop and the first female bishop in the House of Lords! There was a time when this was never, ever going to happen, and as a young female growing up within the church and questioning the unfairness of it all back then, it's amazing to see how the attitude to females has changed. But far too slowly, and with far too much talking and not enough action.

And that's how I feel right now. Too much talking, not enough open action. If I'm up front, all multi-coloured and opening my arms and saying 'welcome' then can you too? And if you don't agree with me, then say so and tell me why you don't feel that way. Only with open chats can we learn and grow.

Together we must grow in love. (and with stamps and empty oral care bits please)

## St Andrew's CE First School

*Successful Learners; Success for Life.*



The Spring Term began extremely well with everyone returning to school refreshed after their Christmas break. We have lots of interesting work and events planned as usual and will be embarking on lots of exciting topic work, enabling the children to learn through our rich and broad curriculum.

Year 2 enjoyed 'A European Expedition' topic launch on their return to School. A parent came in and spoke to them all about Lithuania. They found Lithuania on the map, identified the Lithuanian flag, looked at the landscape of Lithuania and talked about Lithuanian traditions. They really enjoyed learning how to say some key words in Lithuanian. Mrs Dawson, a TA, spoke to them about Portugal and the children then found Portugal on the map, identified the Portuguese flag, looked at the landscape of Portugal and talked about Portuguese traditions. They also learnt how to count to 10 in Portuguese! They loved using their imaginations to travel to Portugal where we saw traditional Portuguese dancing and tried some quince jam on bread, a fruit grown in Portugal.

Year 3 attended a service at St Andrew's Church recently. Elaine led the collective worship where the children learnt two new hymns and listened to passages from the Bible. The children were very respectful and were amazing at using the order of service to join in with the readings and prayers. Year 3, as part of their topic 'American Adventure' cooked a Native American dish - Three Sisters Soup. The children all had a go at chopping vegetables and nearly all the children tried the soup too! It was made from squash, tomatoes, onion, sweetcorn and beans.

***It was absolutely delicious!***

At school, our acts of worship are based around a set of Christian Values which are relevant to everyone of all faiths and none. This half-term's value is 'COURAGE'.

Our website provides parents and carers with some ideas about how they can explore this value, along with all our School Values, at home with their child.

Our extra-curricular clubs, which are an essential part of school life because they enrich children's experiences beyond the curriculum and develop social skills, are well underway. The clubs we are offering this half-term are Art Club, Gymnastics Club and Football Club, and there are more to follow!

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

# RECIPE OF THE MONTH

## Dark Chocolate and Coffee Mud Cake

### INGREDIENTS

- 200g 70% Fairtrade Dark Chocolate
- 250g Unsalted Butter
- 1 x tbsp Instant Coffee
- 250g Self Raising Flour
- 250g Caster Sugar
- 100ml Semi Skimmed Milk
- 40g Cocoa Powder
- 4 x Medium Eggs
- 1 x tsp Vanilla Essence
- 150ml Sour Cream

### GANACHE

- 125g Fairtrade Milk Chocolate Bar
- 125g Fairtrade Madagascan Vanilla Chocolate
- 120ml Double Cream
- 25g Unsalted Butter

### METHOD

- Lightly grease a 23cm springform cake tin
- Pre-heat the oven to 170°C/150°C Fan/Gas Mark 3.
- Break up the dark chocolate and put into a heatproof bowl. Chop up the butter and add to the bowl, along with the coffee and the milk.
- Place the bowl over a pan of simmering water, making sure the bottom of the bowl doesn't touch the water. Stir until smooth and melted.
- Remove from the heat and add the caster sugar and the vanilla. Stir through and allow to cool. Sift the flour and the cocoa powder and add to the mix
- Whisk the eggs and beat into the batter a little at a time, then whisk in the sour cream.
- Lightly grease the tin and pour in the batter. Bake in the oven for about 50 to 60 minutes. Allow to cool in the tin, then put onto a cooling rack.
- **To Make the Ganache**, melt the ingredients together, stirring occasionally, in a heatproof bowl set over a pan of simmering water. Set aside to cool at room temperature for 30 minutes. Spread the ganache evenly all over the cooled cake



## Sudoku – Easy

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

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## Sudoku - Medium

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

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Solutions on page 12

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## Thomson Podiatry

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## SERVICES FOR FEBRUARY 2023

Wednesday 1	10am	Holy Communion	Hampton
<b>5 February – Third Sunday before Lent</b>			
	8am	Holy Communion	Hampton
	10am	Morning Praise	Hampton
	10am	Holy Communion	Sedgeberrow
Isaiah 58: 1-9a [9b-12]; 1 Corinthians 2: 1-12 [13-end]; Matthew 5: 13-20			
Wednesday 8	10am	Holy Communion	Hampton
<b>12 February – Second Sunday before Lent</b>			
	8am	Holy Communion	Hampton
	10am	Parish Eucharist	Hampton
	10am	Morning Praise	Sedgeberrow
	11am	Morning Praise	Hinton
Genesis 1: 1-2.3; Romans 8: 18-25; Matthew 6: 25-end			
Wednesday 15	10am	Holy Communion	Hampton
<b>19 February – Sunday next before Lent</b>			
	8am	Holy Communion	Hampton
	10am	Morning Praise	Hampton
	10am	Holy Communion	Sedgeberrow
Exodus 24: 12-end; 2 Peter 1: 16-end; Matthew 17: 1-9			
Wednesday 22	10am	Holy Communion	Hampton
<b>26 February – First Sunday of Lent</b>			
	8am	Holy Communion	Hampton
	10am	Parish Eucharist	Hampton
	10am	Morning Praise	Sedgeberrow
Genesis 2: 15-17. 3: 1-7; Romans 5: 12-19; Matthew 4: 1-11			

## SERVICES FOR MARCH 2023

Wednesday 1	10am	Holy Communion	Hampton
<b>5 March – Second Sunday of Lent</b>			
	8am	Holy Communion	Hampton
	10am	Morning Praise	Hampton
	10am	Holy Communion	Sedgeberrow
Genesis 12: 1-4a; Romans 4: 1-5, 13-17; John 3: 1-17			
Wednesday 8	10am	Holy Communion	Hampton

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### SMILE LINES - GIVING UP FOR LENT

At the end of the pre-Lent sermon, the vicar suggested, as an example to the rest of the community, that the congregation should worship in an unheated church for the whole of Lent. As they made their way into the chill Sunday air the vicar addressed one member of the congregation, asking what she had decided to give up for Lent. "Church," she replied firmly!

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