



Sedgeberrow

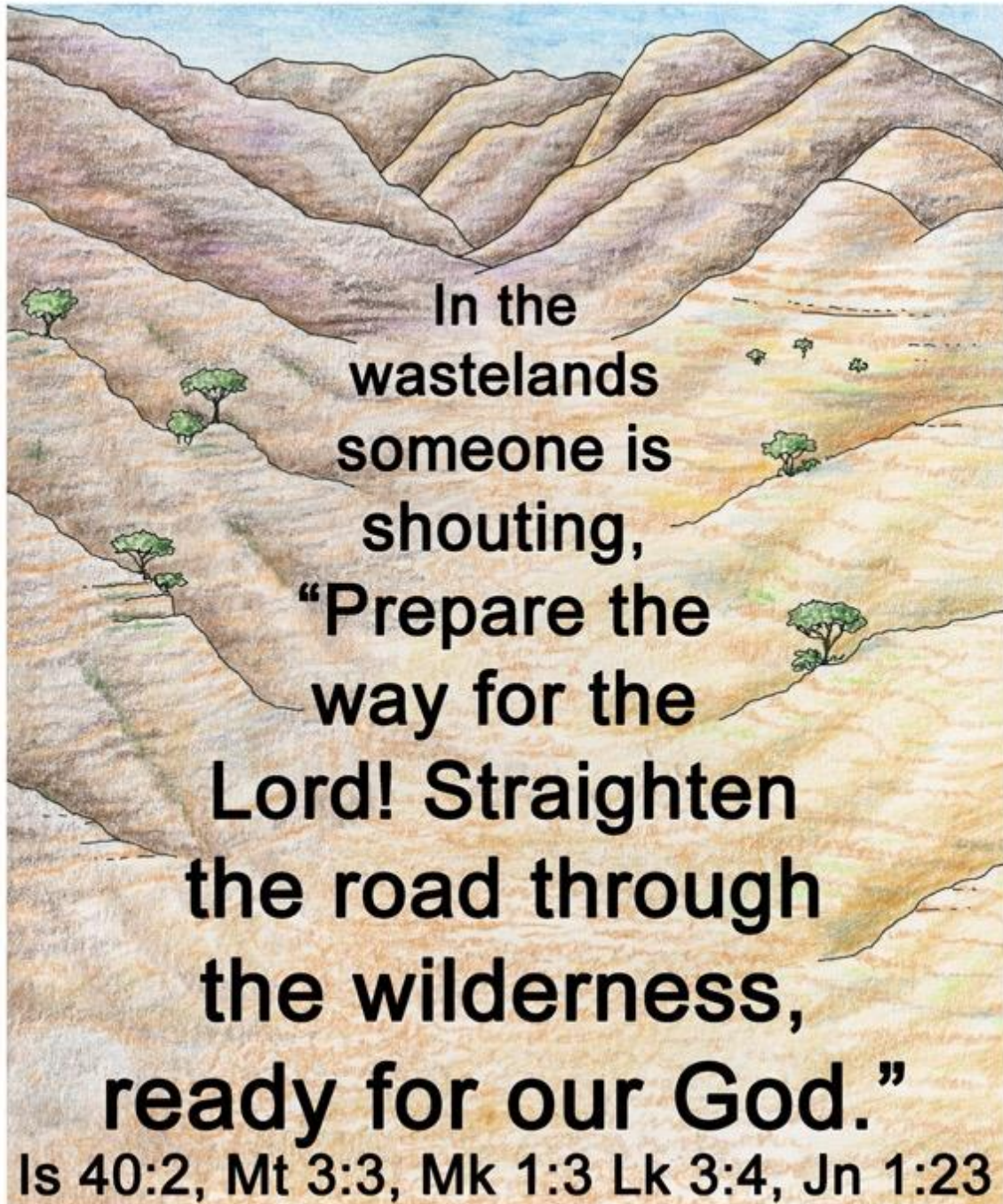


Hampton – Fairfield – Thistledown  
Eastwick Park – Charity Crescent



Hinton on the Green

## THE HERALD



# Office Email

Please note the email address for the Parish Office:  
**office@hamptonchurch.org.uk**

Vicar and Rector	In Interregnum
Honorary Assistant Priests	The Revd Patrick Wooster Tel: (01386) 45907
Licensed Lay Ministers (Readers)	Elaine Major (01386) 40722 Laura Hillman (01386) 41574
Parish Administrator Tuesday, Thursday & Friday 9.15am – 1.15pm Monday & Wednesday, closed	Caryl Mills, The Parish Office, The Vicarage, 54A Pershore Road, Evesham WR11 2PQ (01386) 446381 email: office@hamptonchurch.org.uk
Church Wardens	
St Andrew's, Hampton	Margaret Thomson (01386) 47541 (Lead) Jane Wisniewski (01386) 48186
St Mary the Virgin, Sedgeberrow	Ann Banks (01386) 881623 Geraldine Smith (01386) 881344
St Peter's, Hinton-on-the-Green	Michelle Sanders 07858149197 Andrew Simpson (01386) 710175 & 07896750017

The Herald is published monthly on the last Sunday of the month prior to the publication date. Items for inclusion should be received by 5th of the month prior to the publication date or by special agreement.

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.



## An article on 'Celebrating the Ordinary' from Diocesan Secretary, Andy Todd.

February is neatly bookended this year by two important points in the Church's calendar – Candlemas at the beginning, bringing to a close the season of Epiphany, and Ash Wednesday at the end, leading us into Lent. Between those points, February is largely – in the Church's language – "ordinary time".

Contemporary culture, which tends to value the spectacular and the novel, often looks down its nose at "ordinary" things. But common sense tells you that most of life is, by definition, ordinary. Much of what is best in life – good relationships, satisfying activity, personal development – is nurtured by the everyday.

And so it is with our lives of Christian discipleship, too. Let's be honest: it can at times seem boring or frustrating to develop and sustain the spiritual habits which nurture our faith – especially prayer. But sometimes the real value is created when we, as the expression goes, "keep on keeping on."

I was very struck when I first read the nun, Sr Joan Chittister, relating her

own experiences of struggling with her search for God, in ways which sound remarkably familiar to me. It has reminded me, as I'm sure I already knew deep down, that prayer and holy living are a struggle for pretty much everyone, pretty much all the time.

She found that one of the best lessons on prayer she ever received was while learning to write books, where she developed the discipline of returning to the same place, at the same time every day, often to the same sheet of paper, even when no words came.

"All the great things of life, the holy things... need time to grow; they need regular, steady, daily presence.... What we give time to creates us."

Nothing is more important than cultivating our ability to be present to God, and to allow Him to be present to us. That is the truest, deepest work of our lives.

It can be the greatest gift of "ordinary" time, and I hope and pray you will discover that gift in the weeks ahead.

**Andy Todd**



# In our Thoughts and Prayers

## A Prayer for the world in the midst of natural disasters

Lord, we pray for all who are affected by natural disasters and issues of climate change that are having such a detrimental effect on people's livelihoods and putting many lives at risk.

We pray that people living through such difficult times would find comfort and hope in you.

Please provide the practical aid people need in times of emergency.

Help those amongst us who have plentiful material resources to be generous in sharing what we have with others, and to be mindful of how our actions have an impact on the environment and on creating fair societies. **Amen.**

## A Prayer for NHS Staff

Almighty God, whose Son Jesus Christ, healed all manner of illness and disease, grant to doctors, nurses, all allied health care professionals and care home staff, your boundless love and protection.

Keep them safe, and preserve them from all contagion.

Enable them to use their energy, wisdom and skill, sympathy and patience to help, heal and support those living with illness.

We make this prayer, through Christ our Lord. **Amen.**

## A Prayer for the Sick

Let us pray for the sick and for those who suffer, for all in the local hospitals, nursing homes and hospice, and for those who are housebound. We remember all those in our hearts in a moment of silence

Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles; and bring them the joy of your salvation. **Amen**



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

Mary Andrews; Sue Burdett; Brenda Clarke; Ivor Davies; Caroline Evans; Ann Fletcher; Joan Harding; Bev Koskina; Joan Parry; Keith Payne; Caroline Rusher; Steven Rhodes; Marie Smith; Marguerite Smith; Carol Thould; Jennifer Waters

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

William (Bill) Dyde

---

## Hampton Benefice

---

### Safeguarding Information

We have adopted the national Church of England's robust procedures and guidelines. You can find out more about the national policies and procedures at: <http://www.churchofengland.org/safeguarding>.

Our Safeguarding Officer is:

Margaret Thomson 07917 726411.

The Diocesan Safeguarding Adviser, Hilary Higton, can also be contacted on [07495 060 869](tel:07495060869).

If you have concerns about the immediate safety of someone, please don't delay, dial 999 and ask for the police.

#### Contact us

St Andrews Church, Pershore Road, Hampton, WR11 2PQ.

[office@hamptonchurch.org.uk](mailto:office@hamptonchurch.org.uk)

01386 446381

St Andrew's is part of the Diocese of Worcester

---

### Magazine Subscription Due

Here we are at the beginning of yet another year, and it's that time when we have to once again ask you to help our finances by paying the annual subscription for your magazine, The Herald.

Once again there is no increase this year, although if you would like to donate more, we would be very grateful, as costs are rising, and our printer is past its best and needs replacing.

At the moment your eleven copies per year work out at just over 27p each.

Much less than a daily newspaper!

---

### St Mary the Virgin, Sedgeberrow

**THERE WILL BE NO COFFEE MORNINGS IN FEBRUARY**

**Our next coffee morning:**

Thursday 27 March at 10am

**Benefice Eucharist – Sunday 2 March 10.00am**

---



## Racial Justice Sunday

Racial Justice Sunday is an ecumenical observance which began in 1995 in Britain and Ireland following the murder of Black teenager Stephen Lawrence in South London, on 22 April 1993. It provides an opportunity for all churches to reflect on the importance of racial justice, to give thanks for the gifts and beauty of human diversity, and to commit to end racism and acts of discrimination.

It is, however, more than an annual reminder of the Church's commitment to the task of anti-racism. In the words of Richard Reddie from Churches Together in Britain and Ireland, this Sunday represents "a call for Christians to engage in the righteous struggle for racial justice, because racial justice is everyone's business". Racism and racial discrimination are issues of justice because they deny basic human dignity to men and women made in God's image. In Christ, our differences are not simply erased but rather embraced, valuing the unique ways we each reflect the image of God.

*Merciful God, you are righteous and love justice: stir the hearts of your people that, rejoicing in our diversity, we may repent of the wrongs of the past, and, by your grace, seek the peaceable kingdom of your Son, our Saviour Jesus Christ*

### Events Update – February 2025

Benefice Eucharist	Sun	2 February 10.00am	Hampton
St Andrew's Tots	Tues	4 Feb 9.30am	Scout & Guide Hall
Open Church	Sat	8 Feb 10.00 – 12.00	Hampton
St Andrew's Tots	Tues	11 Feb 9.30am	Scout & Guide Hall
School Half Term	Mon 17 Feb – Fri 21 Feb		Hampton
No Tots Today	Tues	18 Feb 9.30am	Hampton
2 C's Afternoon Tea	Sun	23 Feb 2.30 – 4.30	Scout & Guide Hall
St Andrew's Tots	Tues	25 Feb 9.30am	Scout & Guide Hall
Benefice Eucharist	Sun	2 March 10.00am	Sedgeberrow
World Day of Prayer	Fri	7 March 12 noon	Hampton
Coffee Morning	Thurs	27 March 10.00am	Sedgeberrow

## **St Andrew's School and Nursery Foundation Governor**

St Andrew's School and Nursery has vacancies for foundation governors.

As a church school the Governing Body needs to include three governors appointed by the church. At present Helen Black is a Foundation Governor. Elaine Major and Michael Hunter were also foundation governors for many years.

St Andrew's takes pupils from two years old until age ten when they go to middle school. The school has good ratings from both Ofsted and the Church of England inspections.

The core functions of the Governing Body of the school are to set the vision and strategic direction; to hold the Head Teacher to account for the educational performance and ensure the financial resources are well spent. Governors work together with the Head Teacher and other staff members to carry out those functions.

You don't need any experience of teaching to be a governor, as training is available, and you will get support from other governors. The Governing Body needs a balance of skills and experience to carry out its functions so I hope you will consider offering to support our church school.

If you would like to know more about what is involved, please speak to Elaine Major, Helen Black or Michael Hunter.

Michael Hunter

Chair of governors

[gov\\_mhunter@st-andrews.worcs.sch.uk](mailto:gov_mhunter@st-andrews.worcs.sch.uk)

07732 662 023

## **National Nest Box Week – 14 to 21 February**

Where can family-minded birds raise their young these days? As our gardens and parklands become smaller and tidier, too many natural nest sites – such as holes in trees, old buildings and unkempt hedgerows – are rapidly disappearing.

No wonder that our sparrows, greenfinches and swifts are in precipitous decline, and that one in four of our UK bird species are now under serious threat.

This makes it more important than ever to care for our remaining birds. By feeding, providing water and putting up nest boxes we can give them a safe space to raise their chicks. Visit: <https://www.countryfile.com/wildlife/birds/national-nest-box-week-how-to-help-birds-in-your-garden>

## St Peter's Church, Hinton on the Green

We've suffered floods, high winds, snowfalls, seas of mud and power cuts in the last month, but no doubt our ancestors had much worse to deal with. There will be many people in the village who remember past winters so why not write in and let us know what it was like - snowed in, the River Isbourne iced over etc., it would be fascinating to hear your reminiscences.

Now long closed, the village originally had a School, School House, Village Shop, Post Office and a Station. Going even further back there was a working Mill (the Miller's House was opposite) and, I believe, a farrier and a coal merchant. In the dim and distant past there was even a pub or at least a taproom at The Harrows. Presumably it was called The Harrow. Its claim to fame is not that Charles I slept there but that Dick Turpin once visited!

Nowadays our only communal building is historic St Peter's Church. Since we commenced efforts to repair and restore the church, we've found that the community spirit in the village has re-emerged through having events there which has been a big positive sign. Anyone who would like to help raise funds to continue the repairs to our oldest building and raise community cohesion would be very welcome 'on-board' and should get in touch with Michelle on 07858149197 or Rosemary on 01386 443240.

Do you have an interesting idea for fund-raising? Let us know. One idea which I'm considering at the moment is to have a Ladies' make-up evening with wine, nibbles and a raffle. If you would be interested, please contact me on [rosemarycross2000@yahoo.com](mailto:rosemarycross2000@yahoo.com)

If you could knit a few poppies for our remembrance display, please get in touch with a member of the Hinton PCC. It's a very easy pattern!

You may be interested to learn how successful our recent events were. The Bingo Evening raised over £500, and the 'big hamper' Raffle made £530, 'Guess the Name of the Reindeer' made £50.

A quirky little book for you this month. 'The Bees' by Laline Paull is almost a 'magic-realism' book. It follows the fortunes of a Flora bee through the turbulent times in her bee hive. Cleaning, foraging, feeding the bee babies, fighting off attackers and also hiding a deadly secret Flora fulfils her purpose and ensures the survival of the bee colony. The beekeeper's family follow an age-old tradition. **Rosemary Cross:**

---

### From the Registers – December 2024

Funerals		
5 December	Rodger Isherwood	Hampton



## How many minutes of walking might help you avoid a heart attack?

It seems that keeping your heart reasonably healthy may not take a lot of time. Researchers at the University of Sydney have found a link between short but intense bursts of activity and a significant drop in heart disease among people who otherwise engage in little activity.

Sedentary women who did just 3.4 minutes of “vigorous intermittent” exercise, such as brisk walking or climbing the stairs, each day, suffered 67 per cent fewer cases of heart failure, with an overall reduction in heart disease of 45 per cent, compared to those not exercising at all.

Sedentary men who did 2.3 minutes of exercise, which could include carrying heavy shopping or heavy garden work, saw an 11 per cent reduction in heart attacks and strokes.

---

## Candlemas, The Presentation of Christ in the Temple – 2 February

In bygone centuries, Christians said their last farewells to the Christmas season on Candlemas, 2nd 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.





## **Evesham Festival of Words is Back!**

**Friday 21 March 12.30 for 1.00pm  
with 2-course Lunch**

### **‘Gloucestershire, Worcestershire & the Atlantic Slave Trade’**

Join speaker **Tony Conder** for an introduction to the slave trade from a British point of view. How it developed as the backbone of the economy, focusing on the local effect, the shire estates based on plantation income, how the money reached down to the lowest members of society, and where the opposition to the slave trade came from.

Much of the story is told through the voices of those who were there at the time.

**Venue: Holland House, Cropthorne WR10 3NB**

***Tickets: £23, including lunch, available only from Holland House (online – [www.hollandhouse.org](http://www.hollandhouse.org); email: [enquiries@hollandhouse.org](mailto:enquiries@hollandhouse.org) or tel: 01386 860330)***

### **‘The Cake Lady**

**Friday 18th April 2025 2.30 p.m**

Enjoy a classic **Raphael’s** Afternoon Tea in the company of Kath Ryan. For more than 10 years Kath has been bringing home comforts to injured soldiers. It began when she visited her sister in hospital in Birmingham, taking some home-made cakes to cheer her up. Kath’s sister shared them with injured soldiers in the hospital. The cakes went down so well the soldiers were soon looking forward to Kath’s deliveries.

Not long after, **Cakes 4 Casualties** was born, with Kath baking every week for injured troops, continuing when they left hospital for rehabilitation. Not only buying the ingredients and baking the cakes, but she also spends time with “her boys”. *“A cake and a cuddle go a long way.”*

**Venue: Raphael’s Restaurant, Boat Lane, Evesham. WR11 4BP**

***Tickets: £15, including afternoon tea (pre-booking essential) available direct from Raphael’s or online via [www.eveshamfestivalofwords.org](http://www.eveshamfestivalofwords.org) or [info@eveshamfestivalofwords.org](mailto:info@eveshamfestivalofwords.org) or tel: 0787 1285606***

***For more details of these and other Festival events***

***[www.eveshamfestivalofwords.org](http://www.eveshamfestivalofwords.org)***

# Events at Worcester Cathedral

## THURSDAY 13 FEBRUARY 2025 - 7.30PM

### THE MUSIC OF U2 BY CANDLELIGHT

Calling all U2 super fans... we've found exactly what you're looking for!

The Music Of U2 By Candlelight is finally here and it's guaranteed to be an Unforgettable Fire! Featuring a spectacular cast of world-class vocalists and epic live band, this concert might be Even Better Than The Real Thing! Prepare for a City Of Blinding (Candle)Lights, as you experience U2s biggest hits like never before! Get ready to hear all your favourites, from 'One', 'Bad' and 'Beautiful Day' to 'Pride', 'Vertigo' and many more, all performed live by candlelight. This incredible concert is going ahead With Or Without You, so don't wait Until The End Of The World, book your tickets now for the Sweetest Thing you'll see all year!

VIP Tickets (50.00\*); Premium Tickets (£45.00\*); Band A Tickets (£40.00\*)

No View (£10.00\*) side aisle seats with NO VIEW of the stage.

Access Tickets (40.00) Includes free companion ticket – please select when booking.

*\*Subject to booking fee*

A fully licensed bar will be open for the duration of the concert.

Doors open at 6.45pm.

---

## I AM THE CENTRE OF MY UNIVERSE

But I do not live here alone.

Each move I make creates a ripple in someone else's ocean;

Each breath I take affects the air all around me;

Each word I utter falls on someone else's ears;

That which I touch is felt by another;

That which I do will certainly affect another;

That which I do not, will also affect another;

We never know how far reaching something  
we say or do really is until it returns to us;

And it always does.

ALL THINGS IN LIFE FORM A CIRCLE

Whether we see the circle or not.

*Author unknown*

## What's the Big Idea? - An Introduction to the Books of the Old Testament: Job

*'Why does God allow suffering?'* This is a frequently asked question of Christians, because we believe in a God who is both good and powerful and it is explored in the book of Job. This book is part of the wisdom literature, along with Proverbs, Ecclesiastes, and Song of Solomon.

Job was both wealthy and righteous, yet he experienced catastrophic suffering, losing all his wealth, children and health. This is portrayed as a result of Satan's challenge to God, testing whether Job's devotion to God was dependent on his circumstances or not.

The main body of the book (3:1-42:6) consists of dialogues between Job, his friends (Eliphaz, Bildad, and Zophar) and God. Job and his friends assume that God is almighty and just, and that no human being is wholly innocent. In the three cycles of speeches they wrestle with the reasons for Job's suffering, remembering his morally upright character.

Finally, all are silenced by God, as He speaks Himself (chs 38-42). He points out that Job knows very little about the universe when he reflects on God's power. Job confesses his lack of understanding and weakness, but then goes on to confess his confidence and trust in God. This puts suffering in a right perspective. Job is not condemned, and the book ends with the restoration of his family and possessions. The importance of this book is that it realistically addresses the painful questions of life, without offering simplistic answers. It focuses on *how* we should respond to suffering, rather than on *why* God allows suffering: *'Naked I came from my mother's womb, and naked I shall depart. The LORD gave and the LORD has taken away; may the name of the LORD be praised.'* (1:21)

### **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 Two C's – 23 February 2025 from 2.30 – 4.30**

## Reflecting Faith: Church Buildings

*The Revd Dr Jo White considers the visual impact of church buildings.*

We have been thinking about different aspects of church buildings. But what about 'the whole thing'? - the impression you have when you first see a church building?

Most of us have visited many church buildings, either to worship or as a tourist: to enjoy the splendour, the colours, the style and the architecture, with or without necessarily a time of prayer or worship.

There are some amazingly staggering designs around the world – one only has to think of the complex and intricate stone carving of Gaudi's catholic basilica in Barcelona, Spain (due to be completed next year!) and then compare that to the sleekness of the Lutheran (Church of Iceland) parish church in Reykjavík, Iceland.

How about the grandeur of St Peter's in Rome, full of baroque gold and rich colours? Or what about St Basil's Cathedral in Red Square, Moscow – now a museum but topped with amazingly coloured onion domes?

Just looking at the outside of a building tells you a lot about what it is likely to be like inside, the purpose of the building and the style of worship to expect there.

It's not just about the condition of the fabric, or the tidiness of the grounds but rather the architecture itself.

When we see a contemporary modern building, we will expect the worship to match it: whether that is Protestant, Catholic or any other denomination.

***This month*** If you were designing a brand-new church building today, what would you put into it and therefore what would the exterior look like? What would you want on the outside, to express your faith? Would you include any specific Christian symbols, or be more all-encompassing?

---

### Sudoku Solutions (from p17)

Easy Sudoku

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

Medium Sudoku

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

## Aspects of Romantic Love



God obviously approves of romance – after all, putting Adam and Eve alone together in the Garden of Eden was His idea. And romance has been around ever since.

The history of the Israelites began with three great romances: Abraham and Sarah, Isaac and Rebekah, and Jacob and Rachel. The on-going history of Israel was deeply affected by later romances: Esther and King Xerxes, David's love affair with Bathsheba, and Solomon's marriage to hundreds of foreign wives. There is even an entire book in the Old Testament devoted to the love of a man and woman: the Song of Solomon!

When we reach the New Testament, we find real love between Joseph and Mary (even when Joseph thought Mary had been faithless, he did not want to harm her). St Paul, though himself a bachelor, nevertheless spent a lot of time urging Christians to love and be kind and faithful and considerate to their spouses. He even wrote 1 Corinthians 13 – the great love chapter that is read at millions of weddings worldwide 2000 years later.

Down the centuries ever since, romantic love has been critical in shaping history (Antony and Cleopatra), in shaping cultural ideals (King Arthur and the Knights of the Round Table). Some of our favourite stories are built on romance : Puccini's *Tosca*, Shakespeare's *Romeo and Juliet*, Jane Austen's *Pride and Prejudice*, Charlotte Bronte's *Jane Eyre*.

Romance remains as prominent now as it ever was, added to which we have films, television and drama all flying the romantic flag. Wherever we look, whatever we do, romance continues to permeate every aspect of life.

People make amazing sacrifices for love. They defy their family, forsake their culture, turn their back on wealth and position, to be with their loved one. People give their loved ones amazing gifts. Surely the most extravagant was the gift of the Shah Jahan, who built the Taj Mahal in India for his favourite wife, Mumtaz Mahal. Romance is still alive and well in Britain – last year we sent about 25 million Valentines to our beloved ones.

And what of the future? Well, just as the Bible begins with a love story, so it ends with one. *And you are involved!* For actually the greatest Love Story of all time is that between God and His people.

Christ is described in Revelation as our heavenly Bridegroom, and the Church is His beloved Bride. He has given us the most expensive present of all – Himself. And, just as in all the best romances, the story will end with the bride and groom getting together at last, so at the End of Time, Christ will return for His Bride.

# 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.

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'. Being courageous can mean different things to different people. For example, one person may think it easy to speak in front of a large audience, whilst another would need to find lots of courage to do this. The children were taught that everyone faces challenges from time to time, and we have to find courage to overcome them.

Year 3 attended a service at St Andrew's Church recently. Elaine led the collective worship where the children sang 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.

This week, as part of their new topic Crime and Punishment, Year 5 had two special visitors; police officers from our local Safer Neighbourhood Team. All the children thought of some insightful questions to ask them. Questions ranged from 'How much training do you do?', 'What is the most dangerous thing you've had to deal with?' and it was a great start to their new topic.

Also, Apples and Pears have come back from their Christmas break and are enjoying playing and exploring both indoor and outdoor. We have welcomed some new children to their classrooms, and everyone has been sharing and helping their new friends.

Joel Turvey – Headteacher

[office@st-andrews.worcs.sch.uk](mailto:office@st-andrews.worcs.sch.uk)

Tel: 01386 41351



## Please Save Your Used Stamps

**Your** used stamps are a great way to raise money for  
Please put them in the box in Church OR  
leave in the porch at 110 Pershore Road

***Please trim excess paper to a border of 1cm***

## RECIPE - Easy Cereal Bars for Walkers (and non-walkers!)

Making your own cereal bars is a good idea, as you can tailor the ingredients to suit your own taste.

### Ingredients

- 225g oats
- 75g sunflower seeds
- 100g dried fruit (dates / raisins)
- 50g pumpkin seeds
- 25g sesame seeds
- 25g rice crispies
- 75ml vegetable oil
- 75g honey or maple syrup
- 50g light brown sugar



8" square tin (lined)

### Method

- Preheat the oven to 150°C
- Place all the dry ingredients except for the sugar in a large bowl and stir until well mixed
- In a small saucepan bring the vegetable oil, honey and sugar to the boil
- Mix the honey/oil mixture with the dry ingredients and stir until everything is coated with the mixture.
- Scoop into the prepared tin and press down firmly
- Bake for 30 -35 minutes until lightly golden
- Cool in the tin
- Once cold cut into slices, squares or bars.

***Serve to hungry walkers!***

*(Lancashire Food website)*

### 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**





## Sudoku – Easy

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

## Sudoku - Medium

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

© 2013 KrazyDad.com

Solutions on page 13

## VALE TURF SUPPLIES

- ★ Fresh-cut Turf to order (sq. rolls) ★
- ★ Turf laying supply and fit ★
  - ★ Lawn Care ★
  - ★ Garden Clearance ★
- ★ Tree, Hedge and Shrub Maintenance ★
- ★ Planting and Pruning ★
- ★ All types of Fencing ★
  - ★ Landscaping ★
  - ★ Patios and Walls

Tel. 01386 424898



[www.valeturfsupplies.co.uk](http://www.valeturfsupplies.co.uk)

## Logs Logs Logs Firewood



Hardwood logs  
by the load  
(ash & oak)

Qty 285-300 logs  
(6-8 inch, cut & split)

## Prepacked Coal 20kg

House Coal  
Smokeless Coal  
Tel. 01386 424898



[www.valeturfsupplies.co.uk](http://www.valeturfsupplies.co.uk)

## Louise Stuart Needlecraft



**Michelle**  
Dress Making  
&  
Alterations



01386 423188

07976 792541

E-mail: [louisestuartneedlecraft@gmail.com](mailto:louisestuartneedlecraft@gmail.com)

## Thomson Podiatry Rosanna Thomson (BSc Hons) MChS

A qualified Podiatrist/Chiropodist  
covering Evesham and local surrounding  
areas offering a warm and friendly  
service in your own  
home



Mob: 07881372125

E-mail: [rosieclaire12@gmail.com](mailto:rosieclaire12@gmail.com)

## Jan Dolphin

Floral Arrangements  
For ALL Occasions  
Fresh and Artificial



01386 48544

07802 955307

Also For Hire:  
100 White Chair Covers  
with Sashes

Angela Fitch  
PHOTOGRAPHY

[www.angelifitchphotography.co.uk](http://www.angelifitchphotography.co.uk)  
07585 904636

## SERVICES FOR FEBRUARY 2025

<b>2 February – Presentation of Christ in the Temple (Candlemas)</b>				
		8am	Holy Communion	Hampton
		10am	Benefice Eucharist	Hampton
Malachi 3: 1-5; Hebrews 2: 14-end; Luke 2: 22-40				
Wednesday 5		10am	Holy Communion	Hampton
<b>9 February – Fourth Sunday before Lent</b>				
		8am	Holy Communion	Hampton
		10am	Parish Eucharist	Hampton
		10am	Morning Praise	Sedgeberrow w Hinton
Isaiah 46: 1-8 [9-end]; 1 Corinthians 15: 1-11; Luke 5: 1-11				
Wednesday 12		10am	Holy Communion	Hampton
<b>16 February – Third Sunday before Lent</b>				
		8am	Holy Communion	Hampton
		10am	Morning Praise	Hampton
		10am	Holy Communion	Sedgeberrow
		<b>2pm</b>	Holy Baptism	Hampton
Jeremiah 17: 5-10; 1 Corinthians 15:12-20; Luke 6: 17-26				
Wednesday 19		10am	Holy Communion	Hampton
<b>23 February – Second Sunday before Lent</b>				
		8am	Holy Communion	Hampton
		10am	Parish Eucharist	Hampton
		10am	Morning Praise	Sedgeberrow
Genesis 2: 4b-9, 15-end; Revelation 4; Luke 8: 22-25				
Wednesday 26		10am	Holy Communion	Hampton

## SERVICES FOR MARCH 2025

<b>2 March – Sunday next before Lent</b>				
		8am	Holy Communion	Hampton
		10am	Benefice Eucharist	Hampton
Exodus 34: 29-end; 2 Corinthians 3: 12 – 4: 2; Luke 9: 28-36 [37-43a]				
<b>Ash Wednesday 5</b>		<b>10am</b>	<b>Holy Communion</b>	<b>Hampton</b>
<b>Friday 7</b>		<b>12 noon</b>	<b>World Day of Prayer</b>	<b>Hampton</b>
<b>9 March – First Sunday of Lent</b>				
		8am	Holy Communion	Hampton
		10am	Parish Eucharist	Hampton
		10am	Morning Praise	Hinton w. Sedgeberrow
Deuteronomy 26: 1-11; Romans 10: 8b-13; Luke 4: 1-13				

# Merstow Green Funeral Home

YOUR LOCAL FUNERAL DIRECTORS



**Kevin Bowen**

**Carol Phillips DipFD**

**Philip Tomlins DipFD**

Merstow Green Funeral Home are here to support and guide you.  
We offer a friendly and professional service to families.

- 24 - hour service
- Bereavement advice
- Home visits
- Private chapels of rest
- Floral Tributes
- Memorial Masonry
- Prepaid funeral plans
- Transparent pricing

## 01386 49903

20 Merstow Green, Evesham, Worcestershire WR11 4BD

**Call us for immediate support, advice or to arrange a home visit or  
to find out more about our prepaid funeral plans.**

**We are here to help 24 hours a day.**



[www.merstowgreen.co.uk](http://www.merstowgreen.co.uk)

