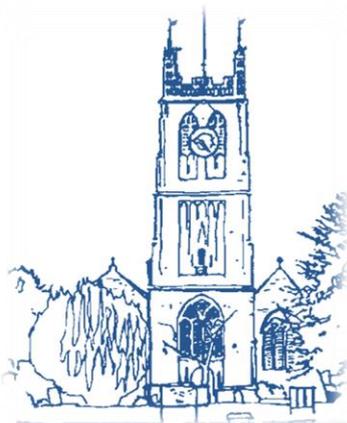


St. James's, Dursley & St. Mark's, Woodmancote



The Messenger

JUNE

2021

Price 60p each
£6 Annually

The Ewelme Benefice

The parish of Dursley and the parish of Uley with Owlpen and Nymphsfield
Web Site – www.ewelmebenefice.co.uk

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E-mail: mgcozens86@btinternet.com

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this is his day off – please contact Parish Office**

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The Parish Office is closed at the moment.

**IF YOU WOULD LIKE A WEEKLY PEW LEAFLET PLEASE CONTACT
THE PARISH OFFICE VIA THE EMAIL ADDRESS BELOW.**

Address letters to: The Rectory, Broadwell, Dursley, Glos, GL11 4JE

E-mail: ewelmebeneficeparishoffice@gmail.com

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JUNE

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Message from the editors:

_Any opinions expressed in the magazine are personal views only.

Judith and Valerie

**DEADLINE FOR THE JULY 2021 ISSUE IS
SUNDAY 16th JUNE 2021**



Dear Friends

As I write this, we are one week away from the next stage in the relaxation of the Coronavirus rules. If all goes well, we shall be able to do more, to mix more and, hopefully, relax some of the restrictions currently controlling our church services.

I don't think it will actually allow us to dispense with social distances and/or masks, but maybe we shall be allowed to sing. That's one of the things I've missed most - while it's been nice to have a reduced choir singing on our behalf, it's not the same and I've found it very difficult to stop myself singing behind the mask!

We shall see - and hopefully during the month of June things will become even more relaxed.

As always there are a number of Church Feast Days in June - Barnabas the Apostle on the 11th, The Birth of John the Baptist on the 24th and Peter and Paul the Apostles on the 29th. Quite why Peter and Paul (both of rather more significance than Barnabas, in my humble opinion) have to share a feast day is a bit of a mystery. In fairness, Paul does get a look in on his own back in January with The Conversion of St. Paul on the 25th and the Lectionary does allow Peter to be commemorated alone on 29th June. The old Book of Common Prayer lectionary also had Peter on his own on this day. Originally the feast day celebrated the martyrdom of both saints in Rome, which may go some way in explaining the mystery.

We know quite a lot about Paul and Peter, a bit about John the Baptist and hardly anything about Barnabas.

But there is one other commemoration which is not of a person. On 3rd of June the Church celebrates A Day of Thanksgiving for Holy Communion - formerly known as *Corpus Christi* or, in full in Ecclesiastical Latin: *Dies Sanctissimi Corporis et Sanguinis Domini Iesu Christi*, lit. 'Day of the Most Holy Body and Blood of Jesus Christ the Lord'.

Originally it was a celebration of the Real Presence of the Body and Blood of Christ in the Eucharist. This caused the celebration to be dropped during the Reformation - the Church of England abolished it in 1548, but it was later re-instated under the name 'Thanksgiving for Holy Communion'.

It seems perhaps strange to have this celebration when the celebrations on Maundy Thursday also incorporate a thanksgiving for Holy Communion. We hear the gospel narrative about the Last Supper our Lord gave to his disciples, with the injunction 'Do this in remembrance of me' and our Responses and prayers give thanks for this. So why is there another feast day?

In fact, the institution of the Eucharist at the Last Supper is observed on Maundy Thursday in a sombre atmosphere leading to Good Friday. The liturgy on that day also commemorates Christ's washing of the disciples' feet, the institution of the priesthood and the agony in the Garden of Gethsemane. Yes, the institution of Holy Communion is remembered, but it is rather swamped by all the other elements in the service. It's hardly a time of rejoicing.

It was this fact that caused the Church in in 13th century to start celebrating the feast day of *Corpus Christi*.



In many places on this day there are processions with public prayers and the Holy Sacrament is carried in a monstrance for all to see.

It is certainly different from Maundy Thursday!

A prayer from the liturgy for the day:

May Christ, who has nourished us with the living bread, make us one in praise and love.

Tony King

Ewelme Benefice services for June 2021

Sunday 6th June - 1st Sunday after Trinity

St Bartholomew's 10.00am Parish Holy Communion
St James 10.00am Parish Holy Communion **

Sunday 13th June - 2nd Sunday after Trinity

St Giles 10.00am Parish Holy Communion
St James 10.00am Parish Holy Communion **

Sunday 20th June - 3rd Sunday after Trinity

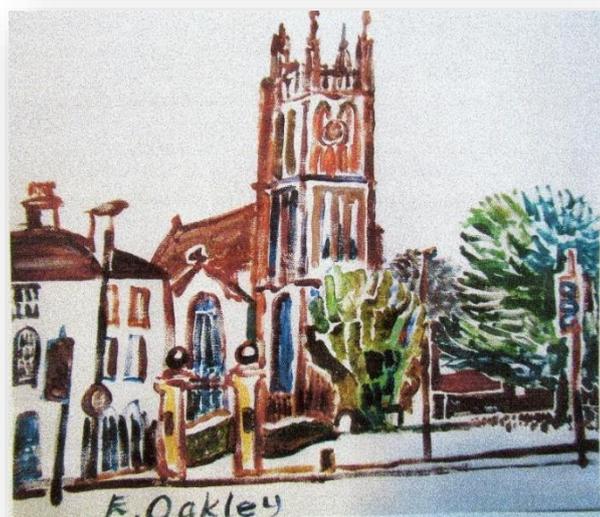
St James 8.00am Holy Communion
St Giles 10.00am Parish Holy Communion
11.30am *Annual Meetings in St Giles*
St Mark's 10.30am Service of the Word

Sunday 27th June - 4th Sunday after Trinity

St James 10.00am Benefice Holy Communion **
Holy Cross, Owlpen 6.00pm BCP Evensong

**** indicates live-stream**

DATE FOR YOUR DIARY - at last!!



Patronal Pop-up Picnic.

St. James Church Lawn .

Saturday July 24th.

All ages welcome.

Covid restrictions may apply.

Offers of help and more details
please contact Jennifer

Kendrick. Jmkendrick07@gmail.com.

Tel 549476

OPEN GARDEN Saturday 5th June @ 52 Woodmancote
(details see page 14)

St James Churchyard Management Plan

At the end of April a small group, comprising volunteers who mow the grass and tend the flower beds, Gill Mather and me, met in St James churchyard to explore ideas for managing it to benefit wildlife. Churchyards like ours are often important green oases in otherwise built-up areas. We wanted to see whether our churchyard could not only be a lovingly-tended space for people to enjoy, but also provide habitats for a wider range of species to thrive in.

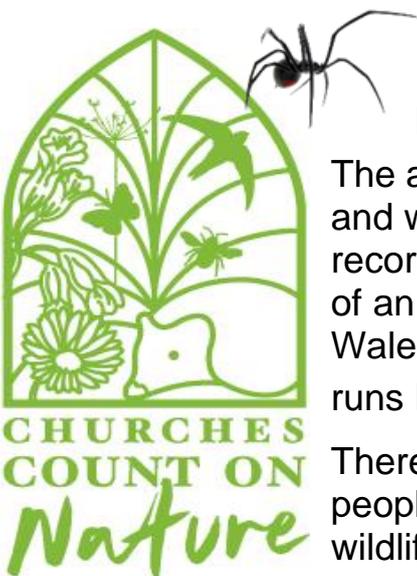
We decided to leave a few small areas of grass unmown for about six weeks, from the beginning of May to the middle of June, to allow wildflowers to grow. (A plan is now displayed in the church porch showing which areas these are.) The flowers should not only look attractive, but also provide food for insects, which in turn may be eaten by birds, thereby supporting greater biodiversity.

We also discussed building a bug hotel, making a beetle bucket, putting up nesting boxes for swifts, and installing water butts, and we hope to start work on at least some of these projects over the summer. Watch that space!

Jan Vonberg



Wildlife Detectives Wanted!



On Saturday 5 June, between 10 am and 1 pm, we are holding a Count on Nature event in St James' churchyard.

The aim is to spot and identify as many different birds, insects and wild plants (maybe even mammals?) as we can, then record our findings online on a national database. It will be part of an initiative set up by the Church of England and Church in Wales in collaboration with the charities A Rocha UK (which runs Eco Church) and Caring for God's Acre.

There will be activities for children, and the first 30 young people aged under 12 to take part will be able to take home a wildlife-themed activity bag. People of all ages, however, are warmly invited to join our quest to establish how many different species are living in, or visiting, our churchyard. Because some Covid-19 restrictions will still be in place, we will be monitoring the number of people entering

and leaving, and there will be a one-way trail around the churchyard to facilitate social distancing.

Representatives from the Gloucestershire Wildlife Trust will be there with an information stand, keen to chat to anyone about local wildlife, and to share ideas and advice about how to make your own outdoor spaces havens for birds, bees, butterflies and more.

If you can't make it on 5 June, or would prefer to come when it's quieter, there will be some recording forms in the church porch, and a box to post them in once you have filled in details of what you have spotted, which will remain there until 13 June.

So, come on all you budding naturalists and wildlife lovers, bring your cameras and binoculars, or just your own ears and eyes (your own pencil would be great too!) and join our churchyard safari!

Please contact Jan Vonberg (email janmcurt@yahoo.co.uk) with any queries, or if you would like to join the Eco Church team.



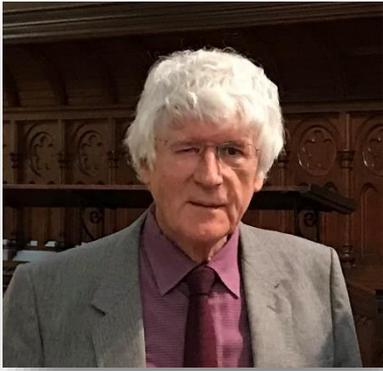
Empire Day..... by Margaret Parfitt.
Picture from Historic uk.com

Many, many years ago, when I was 10 years old (I am now 95) on the 24th May, as children, we all came into the playground and stood around the flag and said;



**To this my country's honoured flag,
I give my heart, my soul, my hand.
I'll try and grow up straight and true
And helping others as I do.**

Sadly Empire Day has long gone!



MUSIC NOTES

June 2021

There is no doubt that the World Wide Web is an amazing tool for researching all manner of things and equally it's an amazing tool for wasting hours of time! As a hardened Organ-Anorak of the first order I am a constant visitor to the NPOR website; that is the National Pipe Organ Register. It's packed with information about present day and long since forgotten instruments.

St James-the-Great, Dursley is listed there is great detail (D04651) with the various rebuilds the organ has been through since its original inception in 1888, when William Hill carried out Mrs Eliza Eyre's wishes to have a memorial to her late husband. There is even an account of the 1817 organ which went from St James' to Beverstone church presumably in 1888. Three photographs accompany the history of the present instruments, one of which is a rudimentary sketch of the case by Rev'd Andrew Freeman.

The Rev'd Andrew Freeman was an Organ Anorak of princely proportions(!) and from 1923 until his death in 1947 he was Vicar of Standish with Hardwicke. Born into a staunch Wesleyan Methodist family in 1876 at Newbury, he was surrounded with music and learned to play the piano and double bass. In 1893 he "went up" to Cambridge and it was here he had the first experience of Anglican church music at the hands of some of the greatest musical names of the era; Alan Gray at Trinity; G M Garrett at St John's and A H Mann at King's.

Graduating as a Bachelor of Arts in 1896 (not sure in what subject) he returned to Newbury and was organist of the Wesleyan Chapel, styling himself "Organist and Teacher of Music". Already he was visiting various churches to inspect the organs, and he began to keep detailed accounts and sketches of the instruments visited in a series of notebooks which began with almost obsessive zeal around 1906.

By 1900 he was organist at Guildford Congregational Chapel before returning to Newbury's Congregational Chapel in 1903. He acquired further qualifications (external Cambridge Bachelor of Music, and Fellow of the Royal College of Organists) in 1905 having married the year

previous to a lady he had met whilst an undergraduate at Cambridge. Ethel was described as a Music Teacher in the 1901 census, so she must have known what she was marrying!



In 1909 they moved to London when Andrew became Organist of Immanuel Church Streatham. It is thought that this post was responsible for his calling to ordination, and after training he was made Deacon at Southwark Cathedral at the age of thirty-nine. After a couple of London curacies (1915 - 1923) he was appointed to Standish and Hardwick, in rural Gloucestershire, rather different to Southwark!

With a combined population of under one thousand, we are told that "he was in the fortunate position of being able to pursue scholarly interests without being guilty of neglecting his parochial duties". But unlike London, the vicarage at Little Haresfield

was without the benefit of electricity and relied on a pump to draw water from a well.

By now, along with a few like-minded friends, he was responsible for the launch of a new periodical called simply "The Organ" for which he wrote very many articles from 1924 until 1947. The publication continues to this day, and I own up to being a subscriber – as my musician school friend says, "you and three others"!

Andrew Freeman's particular interest was in the cases of the organs he visited. The eminent musician W L Sumner said on his death, "he envisaged the organ as an instrument of music which should look as beautiful as it sounded". With that in mind, he travelled extensively seeking organ cases in Austria, Switzerland, France, Germany and Belgium when continental travel was something of a novelty, and all these tours from 1927 - 1946 were meticulously recorded complete with photographs taken on a rather cumbersome camera using glass plates!

He made many more local cycle trips which precluded the use of the unwieldy camera and so would do rough sketches of the instruments which caught his attention. Looking at the drawing of our instrument, I would think that it was done on one of these cycling trips after 1936

when Rushworth and Dreaper added some stops to Hill's original specification. However, it is good to reflect that our organ certainly "looks as beautiful as it sounds" and was considered worth sketching. For some years he was a member of the Gloucester Diocesan Advisory Committee, and in that capacity I am sure he would have come across Cecil Adams.

In the early 1980's Westbury-on-Trym Parish Church Choir sang Evensong (for what occasion I can't quite remember) at Standish, and we were told that the recent organ case in St Nicholas' church was erected in his memory when funds became available after the Second World War.

Today his considerable collection (including 1,400 glass plates) resides in British Institute of Organ Studies archive at the Cadbury Library of Birmingham University, and his legacy lives on for we who unashamedly love pipe organs!
Nigel Davies

Bellringing

Guidelines for the return ringing between 17 May and 21 June have been published and agreed. It broadly follows the 'rule of six' for indoor mixing for the next stage for the easing of Covid restrictions. Ringing will be allowed, following the guidelines, for a maximum time of 45 minutes. This is significantly longer than the 15 minutes maximum allowed after the first lockdown. So, the next planned ringing for Sunday Service will be on Sunday 23 May.



A maximum of 6 ringers, pre-arranged, will be able to take part. This will also depend on how many couples can ring due to having to maintain social distancing. After such a long period since we last rang, we will also need take things more gently to begin with to allow unused muscles time to acclimatise. We do not plan to return to practice ringing on Thursdays until we can ring all 8 bells and all restrictions are eased which is planned for 21 June at present.

DURSLEY & CAM CHILD CONTACT CENTRE



What is a CHILD CONTACT CENTRE?

Could you be a VOLUNTEER?

Are you a SEPARATING FAMILY and need a neutral space for children to meet with the absent parent?

Dursley & Cam Child Contact Centre exists to support separating families enabling the parent of the child or children they no longer live with to spend precious time together, to foster and maintain their relationships during the time it may take for the parents to establish the way forward for everyone's benefit.

Who are we:

The Contact Centre is a member of the National Association of Child Contact Centres and is accredited as a 'supported' Centre, it is also a registered charity. This means we are impartial, we do not write reports or do observations of the children or the adults, we only record the dates and times of contact sessions – this is the only information we can provide to the Magistrates Courts if we are required to do so and the family are seeking a Child Arrangement Order. We provide a safe and neutral environment.

The people who work with the Contact Centre are VOLUNTEERS, they are people who have an interest in supporting families and children or the work of the management group. We all regularly take part in informal training activities which includes safeguarding. All volunteers have current DBS clearance which we facilitate free of charge. As an accredited Centre we have policies and procedures in place to protect personal data, health and safety and the welfare of children and families whilst at the Centre.

We need help:

Sadly, over the last year due, to the Covid pandemic, we have been unable to offer the regular contact sessions to families that we have been doing since 2007 – this has been very distressing for our existing families and disappointing for new families unable to start. In addition, for various health and work reasons we have lost a few volunteers.

DO YOU THINK YOU COULD SPARE A SATURDAY AFTERNOON ONCE A MONTH? Please email coordinator@dursleyccc.org.uk for further information, all enquiries are in confidence with no obligation to proceed.

ARE YOU A SEPARATING FAMILY and need a neutral space to enable your child/ren to meet with their absent parent? Please email coordinator@dursleyccc.org.uk for information on how to self-refer.

You may not have heard of the National Association of Child Contact Centres (NACCC) – to learn more go to: www.naccc.org.uk

D&C/Pub/Apr2021, Olwyn Barnes, Centre Coordinator.



**A message from Sister Gill Martin
(Church Army) Tel: 0770 806 2772**

**See what difference the Christian faith can make
at www.nowachristian.org**

She says: Our Prison Visitors volunteer is looking for more members of her team. This is not specifically a Christian role - just befriending and keeping a contact. Obviously, there will be security/DBS checks on anyone who wants to take it further.

Prison Visitors are supported by the chaplaincy staff. We have regular meetings where different members of the staff talk on issues from the older prisoner population to peer mentoring and there is a chance to discuss experiences and questions with other prison visitors

If anyone is interested, they should email either:

jonquil.richards@justice.gov.uk or
anthony.williams@justice.gov.uk

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St Mark's News



Dear Friends

Firstly Philip and I would like to thank everyone for their cards, messages and good wishes on our Silver Wedding Anniversary. A real milestone.

Another event came on 16th May when we had Morning Prayer again at St Mark's. our thanks to Can Richard for his excellent sermon using the picture in the East window to illustrate Christ in his majesty rising above the world in his Ascension but still able to see and be part of our lives. It was good to catch up with our church friends, face to face, and have a chat. I was pleased to see Janet Midgely back with us while still battling with her illness. Also chatting with Richard reminiscing about St Mark's of yesteryear when his grandfather always sat at the back and my days in the choir. He also included in his prayers all the people who had shaped St Mark's over the years.

Our next service will be Sunday 20th June at 10.30am.

It's all positive news at the moment which is why (to put the record straight) I mentioned our Anniversary last month after having to report so much bad news previously.

With all Best wishes

Judith

PS We made the right decision to postpone our Open Garden @ 52 until **Saturday 5th June**. The week leading up to 24th and the day itself were dire and the garden was so wet!! Although we live on the side of a hill the ground is still squelchy under our feet!!

Jennifer Kendrick says

After 33 years of solo survival, I am not daunted by many things.

Living alone can presuppose isolation, single status, absence of close company, lack of social worth, but this can happen to anyone in any group, partnership or family.

I have learnt the importance of living well alone to the best of my ability.

Regrets are only anchors that hold you fast, so they do not figure largely in my life.



There are moments when I wish I had not squeezed the toothpaste tube in the middle, wondering if that was a legitimate cause for friction a long time ago.

Along with countless others, I am sad that I missed out on hearing about my ancestors when I had the opportunity, and especially remember being in Publow Churchyard in Somerset, where countless of them are buried and my mother earnestly telling me all about them. Sadly I turned a deaf ear. Now I wish I knew more!

Being by myself at home, I feel secure and in control, as the world spins faster, our global village gets smaller and chances of survival unscathed, long term, diminish.

When Covid restrictions came in in March 2020, I was away on a two week holiday which turned into four months of being a displaced person! Fortunately I was not homeless, wretched, starving or under threat, but I did get a feeling of responsibility to respect the unseen enemy the way that soldiers must feel about snipers. I was not lonely or afraid, but grateful to be safe.

Coming home, I found plenty to keep me busy. The garden had a number of casualties, including a five years old oak tree which I had nurtured from an acorn. That made me sad. The neighbourhood was eerily silent as if waiting for a volcano to erupt. It was very strange!

In the last nine months life has gone on and we have adapted as humans do and now we are gradually allowed out of our bunkers to start again, but I have already found it difficult.

After a long absence, I decided to visit the supermarket last week, determined to master the vagaries of the mask that hinders breathing and steams up my glasses! Unfortunately my timing was not good! I need a four wheeler to maintain balance and carry my shopping, but the masses of excited teenagers just released at the end of the school day did not notice. I was bumped and jostled despite the wide pavement and suddenly felt vulnerable! Round the corner was a mixed group of six or more pupils in uniform, probably 14 or 15 year olds, giving grief to two much younger, much smaller boys, perhaps twins, pale faced and wearing glasses! I felt helpless, afraid and in despair, did my shopping and retreated to safe sanctuary, shut the door and hunkered down, feeling defeated!

Since then, I have done a lot of thinking! There are so many good people striving to do their best. We are so fortunate not to be poor in the real sense of the word. I am going to re-invent myself as Boudicca that wonderful warrior, or Joan of Arc, both heroines of my childhood. I will arm myself with confidence and faith and not be overwhelmed by problems I cannot solve, but I will do what I can to support others in their efforts to make life worth living.

An acrostic for June



Just another acrostic
Usually our
News brings us the everyday norms
Everybody prays for the
recovery from Covid 19

By Sally Hayward

ANXIETY PUT IN ITS PLACE WITH AN APPLE.

from Saga Magazine. May 2020.



A for acknowledgement

P = pause: inhale for two counts. Then exhale for four counts.

P..pull back. Ponder those thoughts.

Let go

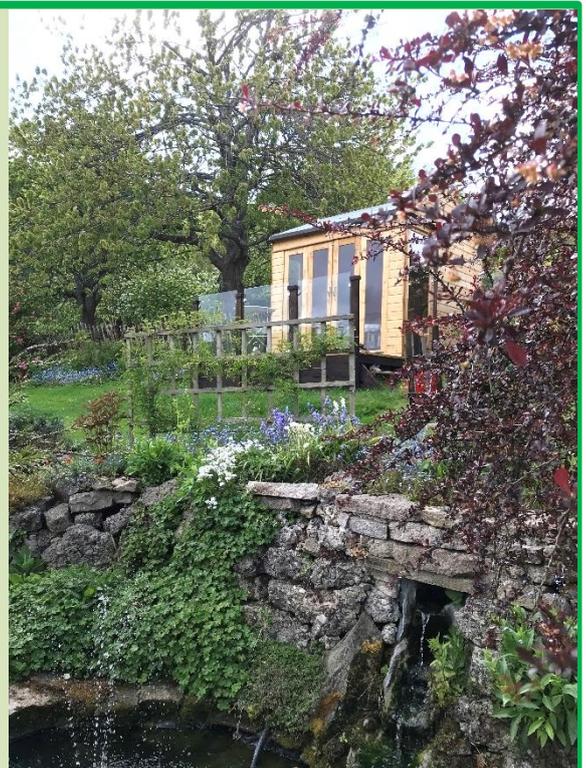
Explore ways of change, entertain challenge, try new things.

STOP PRESS.....

THE WEATHER DURING THE WEEK
RUNNING UP TO 23rd MAY WAS
DREADFUL AND THE FORECAST FOR
THE DAY WAS EVEN WORSE SO THE
OPEN GARDEN

AT 52 WOODMANCOTE HAS BEEN
POSTPONED AND WILL NOW BE
ON

SATURDAY 5th JUNE FROM 1pm
SO FINGERS CROSSED AND MORE
PRAYERS PLEASE!!



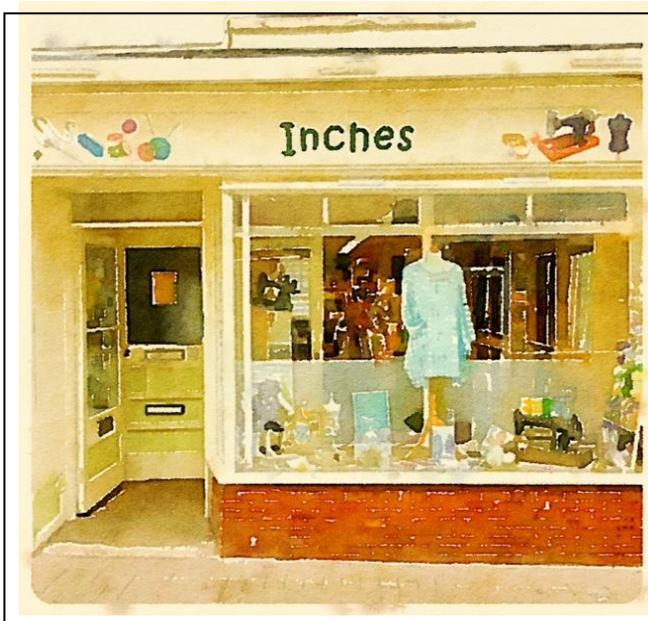
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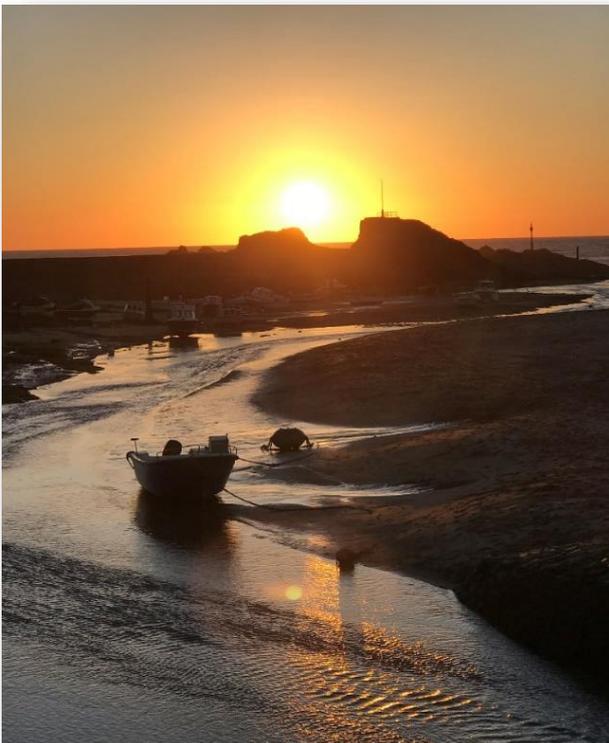
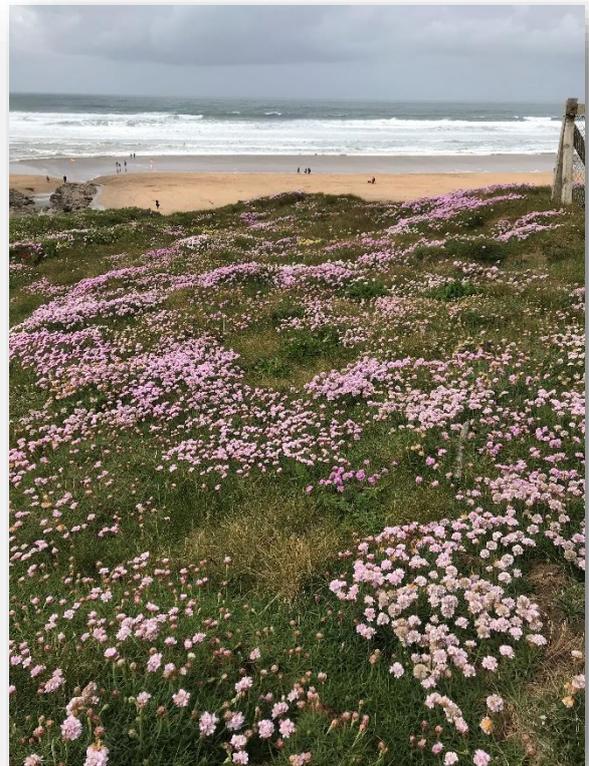
NATIONAL LOTTERY

PAYPOINT – (FOR MOBILE TOP UP & BILL PAYMENTS)

COLLECT + - (SEND AND COLLECT PARCELS FROM HERE)

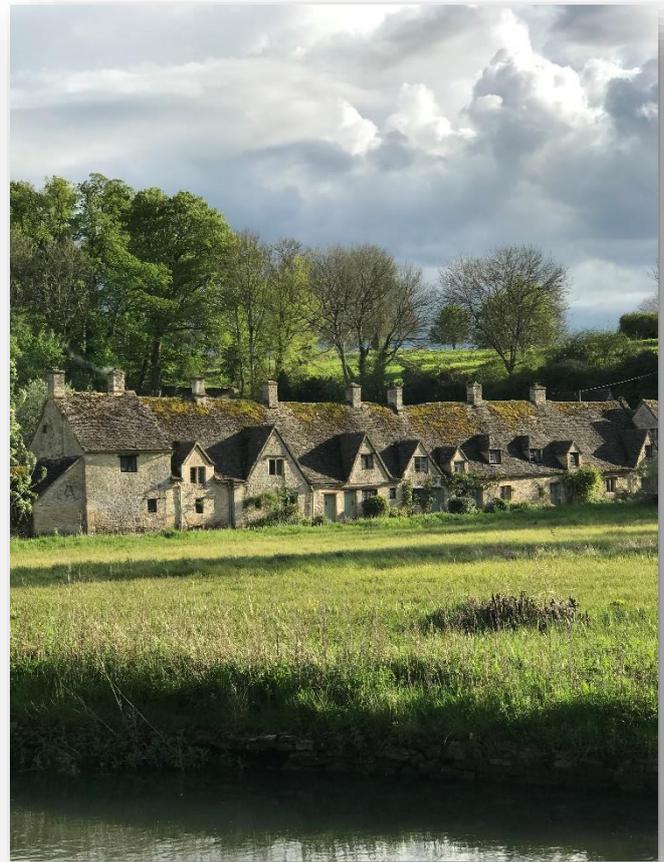
Some pictures since lockdown allowed us out and about.....

Sunset in Bude and wild thrift on the cliff looking out to sea....



Arlington Row at Bibury

Camelia and.....



somewhere to shelter under the
Gunera at Coleton Fishacre



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David Vonburg says We are grateful to John Ewer for his choices and ideas this month:

Do you have a favourite author or book?

I grew up with a library, as my mother, invalided by the War, was a passionate reader. Dad would push her to the library with my sister and me in tow to choose 3 books to last a fortnight. I too began to pick a book. At first they were children's' stories based on adventures such as Swallows and Amazon's followed by most of Neville Shute's novels and Natural History.

What are you reading at present?

Currently I am reading David Vonberg's account of his father's life, as biographies, particularly of country folk, capture my own memories.

Is there a book you feel you should have read

I feel that I should have read Mein Kampf so that I could understand a little of his mind. I was 29 before I lost my hatred of all that was German and felt so ashamed when, 30 years ago my Dad sent me a cutting from the local paper in which an obituary of the German teacher at my Grammar School was printed. He was an Austrian Jew whose entire family was murdered by the Nazis. In 1947 he instituted school exchanges with a German school. I felt so ashamed that it had taken me so long. Hence my book choice.

Do you have a favourite piece of music?

Probably my favourite piece is Vaughan William's, The Lark Arising. However my taste is catholic as long as it is not just noise!

Do you play a musical instrument?

I cannot play an instrument. Funds did not run to that, but the piano has always been a longing. Somehow, I was never able to find the time, although choral singing has always been a pleasure and delight. Children, sport and natural history were time consuming.

What is your favourite film?

The great American Musicals I have always listened to when able. The music, singing, energy and athletic quality of the dancing are superb.

Do you have a special building which means a lot to you and if so, why?

I have visited so many buildings and each one has had something special. Perhaps Hampton Court is special because my granny, a ladies' maid often went there with her "Family" and acquired at least one cutting from the grape vine! I still have cuttings from her cuttings!

Where have you been happiest?

I have been happiest living in Dursley. I have had the privilege of teaching chemistry to so many people over more than 35 years. Inevitably that has meant that many of my pupils have been children of earlier ones. Most still speak to me!! They made life worth living.

You are having a fantasy dinner party – who would you invite?

Guests for a fantasy dinner would be both my late parents (my mother died from her injuries when I was 17 so I would like her to meet Glenis and her grandchildren), David Attenborough, Bryn Terfel and Doris Day.

At the beginning of 'lockdown' and in reflective mood my Grandson wrote the Following:

I didn't know I'd miss -
using the whole playground,
sharing snacks
looking at videos in secret when it's icy.
The Christmas fair
swinging on my chair,
the days going fast.
talking about video games with my friends,
leaving my coat on the floor.
I didn't know I'd miss -
the smell of school dinners,
the cold play ground that hurts your nose.
Talking to *Sid and Rebus*
kicking water at people in the cage.
The suspense of writing to
Sally's office with my friends
Kicking the ball over the fence.
going home after a hard day,
Sarah's sense of humour

by Archie Skelton March 2021



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thehollies.co.uk
Drake Lane, Dursley GL11 5HA

Care for our elderly relatives and friends is more important now than ever.....Recognising the challenges being met by our older family members can be difficult. Often when we are close to people we don't see and often don't want to see their struggles. Very often action is taken too late to protect their wellbeing. The severity and duration of the pandemic has accentuated or prolonged some of the challenge's that older people face.

Many older people can find themselves isolated and lonely especially as more of their friends become less mobile. Reduced emotional and mental support will have a detrimental effect on overall wellbeing and enjoyment. Self-managed health can become less consistent and if tasks are difficult to do they may be left. Moreover, if a person is isolated their safety and support systems will be compromised.

Respect and duty In most cases the best care and attention for an older person can be given by their own family members. However, with families spread around the globe and work and other commitments, families are less able to commit to 'being there' and providing much needed reliable care. In many cases families also just do not recognise the needs of their loved ones as they are too absorbed in managing their younger family members. As a result, society has adapted to ensure provisions are in place for older people - that their requirements are understood, provided for and prioritised to ensure enjoyment of life.

Maintaining a good balance in society Looking after our older relatives well is essential in maintaining a good balance in society. Care home communities have provided people with the support to access assistance to care for their loved ones in a very positive way. Families have reliable options to achieve peace of mind. For the older relative there is a fully supportive and social community that will help them feel happy and secure. An integral part of wellbeing is mental and emotional support. Whilst families will do their utmost to provide this support the older person like any other in society are stimulated by their own friends and companions from within their age group. These interactions invigorate and energise in natural and important ways. Discussing the world around and things concerning them will release tension and promote a positive environment. Another great benefit of community life is that of responsibility and contribution to that life. Greater fulfillment and wellbeing is achieved through a sense of purpose.

Plan ahead. Care home communities can provide the best care for the elderly in a way that ensures wellbeing and attention to personal and physical needs in the absence of family. This means reliable health care and companionship when required. It is helpful to consider a care plan in

advance to look at options and have the time to discuss the merits of different options with your loved one. We all appreciate being part of decisions and having the time to think things through. Care home managers will readily help in your planning and provide you with great advice. Indeed, there is no one model which suits all when it comes to supporting older friends and relatives as we all have very different needs and wishes. As a concerned friend or loving relative the range of support and assistance available can be overwhelming with so many aspects of care to consider.

Here we look at some of the main types of care available:

Independent or assisted living - Some people or couples can be quite happy living at home but find living in their current accommodation too large for their needs. They may also benefit from support with housekeeping, shopping and cooking and would also like some companionship from time to time. Apartments within a care home community can provide good access to a range of these services on a flexible basis to meet individual needs.

Residential care - Residential care provides 24:7 flexible supervision for people who need more sustained support. This support may include personal care and support with mobility and medication. As with independent living, residential care offers more access to social interaction and bespoke activities

Nursing care - A nursing home differs from a residential home in that it is staffed by Registered Nurses on a 24-hour basis. The nurses liaise with a range of multidisciplinary health professionals to deliver person centred care based on care plans. Nursing needs may incorporate mobility assistance, skin integrity, regularly reviewing medication, dietary guidance and end of life care.

Dementia care - People living with dementia or cognitive impairment will need specialist support from a health care team trained to meet their specific needs. The focus on care in a dementia home is person centred care, safety and promoting health and wellbeing.

Respite care - Although respite care is considered to be a rest for the care giver, it can also provide a well-earned break for the older family member! Respite care is normally provided in a residential or nursing home for a short period of weeks. It allows the care giver to take a holiday and/ or reassess the care being provided. For the older family member, respite care can also be a holiday; a chance to socialise with others of the same age and also to try new activities and pastimes – so much so that they often request to come back again!

Care community - A Care Community can be found within many modern residential and nursing homes. The community provides everything that an external community can provide with personal and

social needs being met over a period of time as the older person's health and care needs change. Family and friends are reassured that their loved one is safe and being cared for within that caring community.

Choosing the right care home and community is important. Facilities, services and service ethos must be aligned to the needs and personality of your loved one. Elderly wellbeing and living happily with dignity can be achieved with good research and planning. Importantly, many care homes hold waiting lists so it may be essential to register early.

The Hollies Care Centre offers assisted living apartments, a nursing care home and suites and an all new dementia care home, Holly Oak. Our extended community offers a secure environment where residents can adapt their care plans, maintain friendships among staff and residents, keep up interests and activities and enjoy the familiarity of what they have come to love. For families, we aim to reduce anxieties by focusing on individual needs, being adaptive and informative. For further information please call Chloe on 01453 541400 or email info@thehollies.co.uk.

Identity

Timing: you were late, my father had said. By about a year.
We had to go to the doctor.

Genetics: you're just like your grandma.

Meals: rather a lot I guess since the baby food stage.
A fussy eater (except for wagon wheels) my mother said.
You used to pick your way through the meat to cut off
The grisly parts.

Books: some holy, some unholy.

Soul: the atoms of the soul, according to the poet,
Are perfect spheres with no means of
Holding onto the world -
Like perfect rain.

*Elizabeth Oakley
A Dursley Poet*

Extend for You

est. 2009

Movement to Music for the over 55's and those younger in some cases, aims to improve strength, mobility, co-ordination and balance to continue an active lifestyle.

Watch out for classes starting again



classes are normally held at St. James Parish Centre Dursley



TUESDAY at 2.00pm

You can be seated or standing

Covid 19 virus has restricted class numbers allowed.



To avoid disappointment please check availability and call

Barbara Weldon

01453 766421

email: bandbweldon1@gmail.com

website: extend.org.uk



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From Can Richard Morgan.....

This month includes the Feast of Corpus Christi [Thursday after Trinity Sunday], the day of Thanksgiving for the Institution of Holy Communion. Here's a hymn that meditates on this. There are, of course, many hymns on this in our hymn books.

1. Jesus, true and living bread,
By your flesh may we be fed,
Given once to bring us life
In the cross's awesome strife.

2. Christ, your blood is life indeed,
On that life let us all feed;
By your blood once for us shed,
Lift us, raise us from the dead.

3. Son of Man, in you we see,
Find and gain humanity:
Come to us in bread and wine;
Fill us with your life Divine.

4. Human power will not avail,
In our strength we can but fail:
Let your Spirit make us live
With the life from God you give.

5. Bread of heaven, raise us up,
As we take the bread and cup;
Join us with you, God the Son,
So in us your will be done.

Jesus ascended, not to leave us, but to be with us in different ways through the Holy Spirit. One of the ways he makes himself present with us now is the Holy Communion, the Lord's Supper, the Breaking of Bread, the Eucharist [Greek for Thanksgiving]. We share the bread and wine, [hopefully we will soon all be able to receive the wine again after Covid] after giving thanks in memory of Jesus giving his body and blood for us on the cross. Remembering, telling the story of his self-giving is as vital to the celebration of Communion as eating and drinking. The Greek word for memory includes the meaning 'making present.' Memory always does that in a way, but, we believe, Jesus, by the Holy Spirit, makes himself present to us in a special way. We receive him and are united with him in his death for us: we receive the forgiveness he brought us there, we share his victory over evil and death won there, we

are drawn into his pattern of self-giving love which he showed there. The wine represents Jesus' blood, and blood, for Jews, is the life. We receive Jesus' life into ourselves. The bread represents his body. In receiving it we are spiritually fed by and united with Jesus. But we ourselves are thus confirmed as the body of Christ. We are not each of us the body of Christ; we are Christ's body as the Church, the Christian assembly and community. So Communion is to bind us together in Jesus' love. It calls us to care for each other.

May we receive the Communion worthily and live it out. Roman Catholics and some Anglicans call the Communion 'the Mass.' This word is from the Latin for sending out – mission. Communion commissions us to live out Christ's love and care.

*Communications Office at Church House,
College Green, Gloucester, GL1 2LY. It is
available on www.gloucester.anglican.org*



The Diocesan Messenger - June 2021

Churches Count on Nature Week, 5 to 13 June

Churches across the Diocese are encouraging people to come and count species in their local churchyards this summer. Churches Count on Nature is a citizen-science event covering churchyards across England and Wales.

The week is open to anyone with a love of nature and churches are being encouraged to link with local schools, local wildlife groups, and those who may not have visited before to discover churchyards. Visitors will make a note of the animals, birds, insects, or fungi in their local churchyard and their data will then be collated on the National Biodiversity Network. The project is being jointly run by the conservation charities Caring for God's Acre, A Rocha UK, the Church of England, and the Church in Wales.

It is thought church land, often uniquely unploughed and undeveloped, could be a habitat for precious and endangered plants and other wildlife. During Covid-19 restrictions, churchyards have offered a quiet space for communities particularly in urban areas.

St John Baptist Church in Cirencester is one of the churches taking part locally and 28 other churches have been learning more about it. Check the Churches Count on Nature website to see what's happening near you.

Litter picking teen raises £2,000

Teenager Heather Kent from Fairford has cleared 115 bin bags of rubbish from her local area and raised over £2,000 for the Great Western Hospital, in support of Captain Tom Moore.

Heather's initial goal was to protect wildlife by collecting 100 bin bags of rubbish during Lent. She went out daily in sun, rain and cold throughout Lent. She was joined in her efforts on Good Friday morning by Pauline Farman, who has litter picked weekly (Coronavirus restrictions and snow allowing) since her retirement, and Heather's mum, Julie and grandmother, Ann. The four of them collected seven bags of litter together in one morning, including 17 glass bottles, which may have been a danger to wildlife. One of the glass bottles, was an antique which they believe might be pre-1940.

This same team is dedicated to tackling roadside litter and usually meet up several times a year to tackle any particularly litter-strewn areas.

Pauline said, "So often young people are, wrongly, blamed for the litter problem, but Heather is a shining example to us all to play an active part in loving and caring for our environment – God's wonderful creation."

The Diocese of Gloucester has committed to becoming carbon neutral by 2030 and to do that, we all must play a part. Your church might be working towards an A Rocha Eco Church Award and each member of your worshipping community has a role to play in that goal. Here are our top three things that can make a difference and help your church along the way to its next Eco Church Award.

Take a carbon footprint audit for your own home or for yourself. There are a number to try, such as [climate stewards.org/offset](https://climatestewards.org/offset) which allows you to make a donation to help you offset your own carbon footprint. You can look at your diet, your transport and your overall spending to see where you can cut emissions and donate to offsetting projects.

Walk, cycle (or lift share if you can do so safely under covid restrictions) to church to reduce your carbon footprint. You can get some exercise, strengthen friendships and enjoy the outdoors.

How ethical are your bank accounts? It's worth doing some research online to see your bank's eco credentials. Triodos Bank and Starling Bank are worth a look, as are the building societies, as they don't need to answer to share-holders on the stock market.

Events and training

More details for these events - at gloucester.anglican.org/events

Everyday Mindfulness Course – Open to All - Wednesday Mornings 9am – 11am 9, 16 and 23 June, 7, 14 and 21 July - First 2 sessions will be on Zoom, thereafter St Philip's and St James' Church, Cheltenham

We live much of our life on autopilot. Mindfulness is simply waking up from the autopilot to become aware of what is going on. Research has shown that mindfulness can help with anxiety, stress, low mood and sleep disruption. Mindfulness also helps us become more aware of ourselves and our self-destructive habits.

This course will teach you a number of practices which you can try at home such as paying attention to your breathing, your body, or the sounds around you. Find out more and book at <https://bit.ly/3u8k71Y>

Christian Youth Forum (Eco)

Tuesday 22 June, 6.30pm to 8.30pm on Zoom - If you are 11-18 and keen to connect their Christian faith with environmental concerns. The introduction will discuss the climate and biodiversity crises and there will be time to share your passion for nature and creation with one another. Book your space here <https://bit.ly/3vo2rQ6>

Greening our preaching - Friday 2 July, 10am to 11.30am - For any preachers, lay or ordained who would like to learn more about including environmental concerns in their messages. Ruth Newton, priest of a Silver Eco-Church and currently doing a PhD in teaching green theology, will share tips and ideas to help inspire and motivate your congregation to care for your local patch of creation. Find out more and book at <https://bit.ly/3ybBa5x>

Have your say

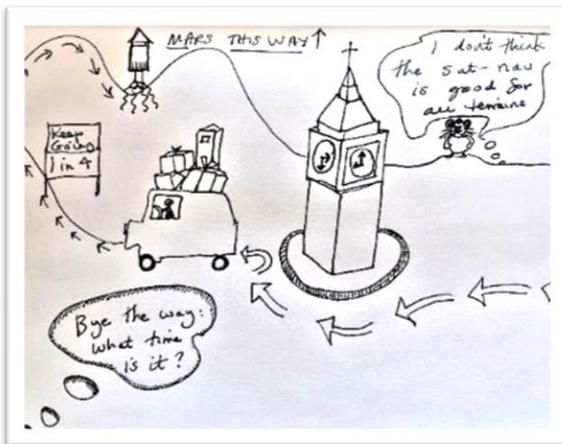
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Prayer Group...

Jacquelin Hill says that if anyone would like to join in, especially during these lockdown days, you can join on the phone
Tel No: 03330110616 and Access code 9086615
at 2.30pm on the first Wednesday of the month.
The next one will be 2nd June 2021.

Mouse Diary....Ring, Ring, Ring..the phone went as usual. MBFTLP was



in an upbeat mood to say the least. I've got a new friend for you, she said. Who is it? I said fuzzily as I was just waking up from a smallish afternoon doze in the vestry. He's a gnome and he needs a home, said MBFTLP enthusiastically. This sort of situation I have to admit brings with it that feeling of a certain sort of anti-climax in my book. Well, I said, I'm not sure really. The thing is that

Aimiee is here now, and the Easter Bunny normally flops over at certain times with his friends and relations, and then again, there's the chance that Mr Dinosaur pops up again and takes up residence near the cupboard with all the mops. So all in all the church is rather congested. MBFTLP was a touch put out. The thing is, she said, you should count yourself lucky Mr Gnome is here at all, as the rest of them are well and truly stuck in the Suez Canal. I decided to relent. Is he any good at theology? I said. Well, he's good at gardens, so that's the same thing in my book, said MBFTLP. I think is what you might call an impasse, and I am not sure which way the story is going to go from hence forth. I decided to it was A Good Idea to Change Direction. Well, as it happens, I said, I was thinking of becoming the first mouse on Mars. You know all that hullabaloo on the TV at the moment about flying over Mars, well, I thought I join in. It did seem though as the impasse was still at the stuck stage as MBFTLP was a trifle tetchy about this. Ahem, the thing is that there is not much call for global brand ambassadors on Mars, let alone Chief Impact Operating Officers, so really, you would be best off here after all even if Mr Dinosaur does show up again to swell the population. The second point is that you would not have time to fly to Mars and back before the next season of Strictly Come Dancing on the TV. I pondered these remonstrations. As it happens I said, I think I gave up TV for Lent. You will be forgiven dear reader at this juncture if you feel as if you have lost the plot. Don't worry, as MBFTLP definitely has, and I probably have too. Never mind, though, onwards and upwards as they say. But not as far up as I went last month. I had never ending complaints from Aimiee about going up to the rafters again. This is because she thinks they are her billet and not mine. It's a good thing isn't it that we are not going off in the space ship together. I think there would be an argument don't you in a confined space? (pun. I hope you don't mind). See you next month (with or without The Gnome).

Mouse was helped in the writing by Elizabeth Oakley

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FROM THE PARISH REGISTERS



FUNERALS:

We share our thoughts and prayers with the families of those who mourn the loss of those they love. We remember those who have died:

26th April
28th April
7th May

Terence Gane at Westerleigh
Roland Newman at Gloucester crem
Kathleen Hill at Gloucester crem

FLOWER ROTA



At the moment there is no rota but Ann Orchard would like to set one in motion, so she says she **Urgently** needs some new recruits to help out. She says you don't need to be a trained florist, you won't be given marks out of 10 either. It's not too difficult and it is satisfying to see the church looking bright and welcoming.



Please talk to Ann and she will give you all the help you need to get going. Please note it is not strictly a female occupation either!!

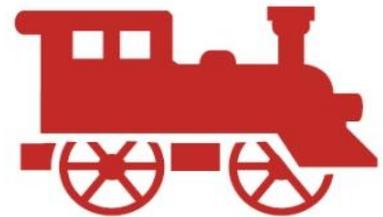


100 CLUB

100 Club draw for May as follows:-

1st 148 - Anthea Fittall
2nd 153 - David Wood
3rd 108 - Anne Kitchin
Sarah

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