

# SEVENTY TIMES SEVEN

*The Benefice of the Guitings, Cutsdean, Farmcote, Upper and Lower Slaughter  
with Eyford and Naunton*

## February - March 2024



**MARKING LENT  
IN 2024**

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*Churches and School working together to share God's love in our communities*

## CHURCHWARDENS

### Lower Slaughter (GL54 2HR)

(Vacant)

*Safeguarding Officer: Marion Marshall*

### Naunton (GL54 3AX)

(Vacant)

*Safeguarding Officer: Jane Pickup*

### Temple Guiting (GL54 5RW) and Cutsdean (GL54 5RX)

Ruth Waller 01451 850611

Sheila Woods 01451 850328

Ros Hartnell 07967 127581

*Safeguarding Officer: Peter Forshaw*

### Upper Slaughter (GL54 2JF)

Anthea Gough 01451 810370

*Safeguarding Officer: Ken Pascoe*

### Guiting Power (GL54 5TX)

Simon Wallis 01451 851806

*Safeguarding Officer: Tracy Formby*

### Farmcote (GL54 5AU)

Peter Loveday 01242 602887

*Safeguarding Officer: Tracy Formby*

## SEVENTY TIMES SEVEN

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**DEADLINE for the next issue**

**20 MARCH 2024.**

*This magazine is free to parish residents. Otherwise, the charge is 50p per copy.*

## Temple Guiting Church of England Primary School

Head Teacher: Mrs Ann Barry

Tel: 01451 850304

[www.templeguiting.gloucs.sch.uk](http://www.templeguiting.gloucs.sch.uk)

## DEAR FRIENDS

We seem to be moving quickly from Christmas into Lent! As Easter is early this year, there is very little time between the Epiphany celebrations and the beginning of the season of Lent (this year which falls on Valentine's Day).

Bishop Robert in a recent letter to the Diocese reflected on how much of Jesus' life (and our practices in recalling him) are rooted around journeys – the journey of Mary and Joseph to Bethlehem, the journey of the Wise Men, the journey to safety in Egypt, ... and so on, all the way to the journey into Jerusalem on Palm Sunday.

I quite enjoy a journey (as long as there are no traffic jams or delays on the way – I'm not very patient!). I like the planning, the anticipation, the finding my way and the arrival. And I love discovering a new place.

Bishop Robert encourages us to see Lent as a journey, not a physical one necessarily, but certainly a spiritual one. In the journey of Lent, we walk alongside Jesus, as he found his path took him to the pain of the cross, but also through that to the joy of the resurrection. Bishop Robert says: *"To do this journey well asks of us some honesty about the state of our lives, our life of prayer, our care for the planet and its people, not least those on the margins of society. That will help us reflect on the markers we should look for on the way, to study the route, and know what we might take up and give up. We look for the things that will give us the courage to make the journey with Jesus, to stay the course, arrive at our destination and find life renewed in the resurrection dawn."*

There are lots of things you can join in with through this Lent, as we make our journeys alongside one another and alongside Jesus.

With our love and prayers,

**Katrina, Sue and Catherine**

## MORNING PRAYER IN THE BENEFICE – *Do join in if you'd like to.*

***Mondays*** : 9.15am at Lower Slaughter

***Tuesdays*** : 9.15am at Guiting Power

***Wednesdays*** : 9.15am at Naunton

***Thursdays*** : 9.30am at Temple Guiting (after Open the Book in School)

***Fridays*** : 9.15am at Upper Slaughter.

*Sue's working days in the Benefice are Wednesdays and Sundays.*

As part of our **COMMUNITY MINISTRY** we have shared in these services

### **Baptisms**

*“May God guide and protect them”*

Etta Mayfield at Temple Guiting on 2<sup>nd</sup> December 2023

### **Weddings**

*“May God bless them”*

Luke Phelan and Ella Durrant on 2<sup>nd</sup> December 2023 at Lower Slaughter  
Thomas Mayfield and Tessa Silcock on 2<sup>nd</sup> December 2023 at Temple Guiting  
Alex Bartle-Fowler and Victoria Reid on 18<sup>th</sup> December 2023 at Lower Slaughter  
Andrew Johns and Jennifer Fuller on 6<sup>th</sup> January 2024 at Lower Slaughter

### **Funerals**

*“May God grant them light and peace”*

Rosemary Jones at Cheltenham Crematorium on 12<sup>th</sup> January 2024

## **ZOOM ACTIVITIES AND LINK**

We continue to offer worship and Bible Study on Zoom for all who would like to join us. The Sunday services continue with a 9.00am Morning Prayer on the first Sunday of each month, and a 6.00pm service of Compline on Sundays 18 February and 17 March. Check out the service schedule for all the details.

For all Zoom events please follow link below:

Join Zoom Meeting

<https://us02web.zoom.us/j/7979867589?pwd=h6UaQN2VhIdx79AlafPNV50YxJVtZA>

Meeting ID: 797 986 7589

Password: 815669

To join by telephone please call 0203 481 5237 and enter Meeting ID and password.

### **BIBLE STUDY**

Each month we have an hours Bible study group on Zoom. We look at a Bible passage together, discuss our thoughts on it and learn from one another. Everyone is welcome to join this group. No preparation is needed, just join us and add your reflections.

Our Zoom Bible Study evening will take place on:

Wednesday 7<sup>th</sup> February at 7pm.

## MARKING LENT IN 2024



*“Watch and Pray challenges us to seek God  
in both familiar and unfamiliar places: in darkness and in quiet;  
in movement and migration; in the healing and transforming work of the Spirit;  
in the weeping of Holy Week and in the joy of Easter morning.”*

These are the words of our Archbishops, as they introduce the season of Lent this year, and encourage us to take some time to reflect and grow during the season.

Do join us in marking this Lent – we are offering a variety of ways of engagement, and you are welcome to join as many as you like:

- Ash Wednesday: Begin Lent with a service including Ashing and Holy Communion on **Wednesday 14<sup>th</sup> February** at 7pm at St. Mary’s Church, Lower Slaughter.
- Lent Talks: On three Wednesday evenings during Lent we will be exploring the theme of ‘Lent Around the World.’ This will begin on **Wednesday 28<sup>th</sup> February** with Revd Catherine Cowie sharing some insights from her time in New Zealand, and then moving on in the other talks to explore other parts of the world:

Wednesday 28<sup>th</sup> February - at Guiting Power Church

Wednesday 6<sup>th</sup> March - at Upper Slaughter Church

Wednesday 13<sup>th</sup> March – at Temple Guiting Church

Each evening will include a speaker, some time for questions and discussion and conclude with some refreshments.

- Lent Lunches: Enjoy a community soup and bread meal, with others:  
**Tuesday 20<sup>th</sup> February**, 12noon, Lower Slaughter Village Hall - raising funds for the North Cotswold Foodbank

**Wednesday 20<sup>th</sup> March**, 12.30pm, Naunton Village Hall - raising funds for Save the Children Emergency Fund to support children and their families in Gaza and the West Bank.

You are welcome at each of the lunches – there will be no charge, but donations will be collected for the above charities.

- Watch and Pray online resources:

You can go online to **www.churchofengland.org** and sign up for daily email reflections to guide you through the season.

*ALSO, JOIN US FOR OUR SUNDAY AND HOLY WEEK SERVICES!*

## **WIDER CHURCH NEWS**

### **NORTH COTSWOLD FOODBANK – Can you help?**

North Cotswold Foodbank are seeking 2 Trustees to join the board. Can you bring your vision, passion, and experience to support our rapid growth, and strengthen our board to deliver our strategy?

#### **1. Safeguarding Lead Trustee**

North Cotswold Foodbank are looking for a Trustee with experience in safeguarding to join them.

We are a fast-growing charity that requires a Trustee who can lead the board in the key area of safeguarding and support us in fully understanding our responsibilities, alongside ensuring that our policies and risk assessments are kept up to date.

#### **2. IT Lead Trustee**

North Cotswold Foodbank are looking for a Trustee with experience in the areas of IT (both hardware and software), systems, and data management to join them.

We are a fast-growing charity that requires a Trustee who can enhance the board to ensure that we are compliant with Governance and support the development of our systems to keep pace with our growth.

The Foodbank would love to hear from you if you have what we need and would like the opportunity to be part of a committed forward-thinking team. The time you give will have a direct impact in providing essential support to people in crisis and will be critical as we work together to fulfil our vision of seeing a UK without the need for food banks.

An appreciation of the work of the North Cotswold Foodbank and the Trussell Trust would be advantageous but is not essential.

We welcome applications from new and experienced Trustees.

Closing Date 23rd February 2023

If you wish to apply for either of these key roles, we would be delighted to hear from you. In the first instance please submit your completed Application Form (download the Application Form [here](#)) and return it with your CV by email to Lucye Deacon, Trustee: [lucye@northcotswold.foodbank.org.uk](mailto:lucye@northcotswold.foodbank.org.uk)

If you would like to chat about the role prior to application, please call Lucye on 07711 115776.

You can find out more about our work at <https://northcotswold.foodbank.org.uk>

## **TALK BY IAN CAVE**

At the end of November, we welcomed Ian Cave to St Mary's Temple Guiting to speak about his experience as an Ecumenical Accompanier (EA) in the West Bank. Ian is a retired nurse and had volunteered with EAPPI, an international programme run by the World Council of Churches. In the UK and Ireland it is managed by Quakers in Britain. EAs accompany local communities, monitor human rights for the UN and other agencies and share the real-life stories of the Palestinians and Israelis they meet. It was both illuminating and disturbing to hear Ian's account of his time there and somehow pertinent at the start of Advent, as we recalled the birth of Jesus into that same occupied and troubled part of the world.

For more information see <https://www.eyewitnessblogs.com>

**Ali Clifton-Barnard**

## **BENEFICE TREASURER**

We are looking for a new treasurer to assist us with the account that covers the shared expenses of our churches together. If you might be interested in helping out with this, please do let Katrina know.

## **AROUND THE BENEFICE**

### **THANK YOU!**

... from the Cobalt Charity in Cheltenham. Moira took a car full of Christmas Cards to them for recycling and they were delighted with the donations. Thank you to all who donated.

## **DO YOU ENJOY SINGING?**

'Village Voices' is a very informal group of singers from local villages who meet on alternate Mondays, mainly in St Mary's, Temple Guiting. So please do ring me if you enjoy singing and would like to come along - Ali Clifton Barnard 07583 415065.

## COFFEE AND CAKE IN THE WEST END

At **10.00am** on **FRIDAYS 2 and 16 February**, and **1, 15 and 29 March**  
Come and join friends and neighbours for real coffee and homemade cake at  
**St Mary's Church, Temple Guiting**  
No charge, but donations welcome

\*If anyone needs salt for gritting icy paths and roads, James Arkell can supply some.\*  
Contact James on 07970 153705 or jrarkellandson@gmail.com

## COMMUNITY ACTIVITIES RUNNING THROUGH THIS WINTER

*All of these activities are for all, and with no charge:*

**St Andrew's Coffee Shop** – Every Thursday from 10.30am-12.30pm, come along to share drinks and biscuits and chat in the church in Naunton.

**Coffee and Cake in the West End** – 2 Fridays a month, at 10am in Temple Guiting Church, pop in for refreshments (see details above).

**Welcome Wednesdays** – A chance to meet others for a chat and a plate of soup in a lovely warm place. At the Cochrane Room, Guiting Power from 12-2pm on Wednesdays 31<sup>st</sup> January, 28<sup>th</sup> February and 27<sup>th</sup> March.

**Community Space at Lords of the Manor** – On the second Tuesday of these winter months, we will be hosting a space at Lords of the Manor Hotel in Upper Slaughter from 11am-12noon. Come along for coffee, tea, biscuits, a warm, lovely space and time together, on Tuesdays 13<sup>th</sup> February and 12<sup>th</sup> March.

## SERVICES IN FEBRUARY

### **Sunday 4<sup>th</sup> February**

9.00am Zoom Morning Prayer  
10.00am Holy Communion at Guiting Power  
11.00am Matins at Upper Slaughter  
6.00pm Evening Service at Temple Guiting

### **Sunday 11<sup>th</sup> February**

9.30am Holy Communion at Farmcote  
11.00am Holy Communion at Lower Slaughter  
11.00am Holy Communion at Naunton

### **Wednesday 14<sup>th</sup> February – Ash Wednesday**

7.00pm Ashing and Holy Communion Service at Lower Slaughter



### **Sunday 18<sup>th</sup> February**

- 9.30am Holy Communion at Cutsdean
- 11.00am Holy Communion at Upper Slaughter
- 3.30pm Wild Worship at Woodland for Soldiers
- 6.00pm Zoom Compline

### **Sunday 25<sup>th</sup> February**

- 9.30am Holy Communion at Naunton
- 10.00am Family Holy Communion at Temple Guiting
- 11.00am Morning Praise at Lower Slaughter
- 6.00pm Evening Service at Guiting Power

## **SERVICES IN MARCH**

### **Sunday 3<sup>rd</sup> March**

- 9.00am Zoom Morning Prayer
- 10.00am Holy Communion at Guiting Power
- 11.00am Matins at Upper Slaughter
- 6.00pm Evening Service at Temple Guiting

### **Sunday 10<sup>th</sup> March – Mothering Sunday**

- 9.30am Holy Communion at Farmcote
- 11.00am Holy Communion at Lower Slaughter
- 11.00am Morning Service at Naunton

### **Sunday 17<sup>th</sup> March**

- 9.30am Holy Communion at Cutsdean
- 11.00am Holy Communion at Upper Slaughter
- 3.30pm Wild Worship at Temple Guiting Village Field
- 6.00pm Zoom Compline

### **Sunday 24<sup>th</sup> March – Palm Sunday**

- 9.30am Holy Communion at Naunton
- 11.00am Family Service at Temple Guiting
- 5.30pm *Walk of Witness from Farmcote to Cutsdean (3 miles)*
- 7.00pm Compline at Cutsdean

### **Monday 25<sup>th</sup> March**

- 9.15am Morning Prayer at Lower Slaughter
- 2.00pm *Walk of Witness from Cutsdean to Temple Guiting (2 miles)*

## **Tuesday 26<sup>th</sup> March**

5.30pm *Walk of Witness from Temple Guiting to Guiting Power (3.5 miles)*

7.00pm Compline at Guiting Power

## **Wednesday 27<sup>th</sup> March**

10.00am *Walk of Witness from Guiting Power to Naunton (2 miles)*

## **Thursday 28<sup>th</sup> March – Maundy Thursday**

2.30pm *Walk of Witness from Naunton to Upper Slaughter (3.5 miles)*

6.00pm A Meal at St Mary's Temple Guiting, remembering Jesus' Last Supper.  
Followed by a Vigil.

## **Friday 29<sup>th</sup> March – Good Friday**

11.00am Crafts and refreshments at Naunton, concluding with Family Service at  
12noon

2-3.00pm At the Foot of the Cross Service at Farmcote

7.00pm A Reflective and Musical Stations of the Cross Service at Upper  
Slaughter

## **Saturday 30<sup>th</sup> March – Holy Saturday**

10.00am *Walk of Witness from Upper Slaughter to Lower Slaughter (1 mile)*

## **Sunday 31<sup>st</sup> March – Easter Sunday**

6.30am Dawn Outdoor Communion at Guiting Power

9.00am Holy Communion at Farmcote

9.30am Holy Communion at Naunton

10.00am Family Communion at Temple Guiting

11.00am Holy Communion at Upper Slaughter

*\*\*\* Our apologies if services have to be cancelled or altered at short notice. \*\*\**

## **NEWS FROM THE PEWS AND VILLAGE EVENTS**

### **FARMCOTE**

'Nature from my windows and on my doorstep'. This is something I am never blasé about, having lived in the town for half my life before moving to Farmcote. This year birds: a finch on a floating leaf in our terrace pond; a song thrush serenading (me?) from the branch of the weeping birch outside the conservatory. Walking in Camden Lane I heard initially an unusual call – rasping of a pheasant which I then saw: size of a cock, burnished gold in colour not as ornamental as the Golden Pheasant. Whenever we motor back to Farmcote at night we see the white-

breasted barn owl on a post. Another owl whose call we hear near the house when it gets dark and in the early morning with the characteristic 'tu wit tu woo'. Flocks of birds abound at this time of year, including the fieldfares (I like the country name for them 'thrussles' for they are a type of thrush); I saw some smaller birds 'turning the blanket' when walking on the edge of a ploughed field.

In our field there is a Deodar cedar tree. It looks like a giant Christmas tree and was originally imported to this country from Afghanistan; Rudyard Kipling wrote a poem 'Under the Deodar tree'. On its crown I saw a pair of kestrels. This morning I saw three squirrels consecutively run down the bark of one of our willows: is there a drey in it? This field, grass-kept by our neighbour farmer's sheep: scene of some grandchildren's activity with much pleasure in sledging some years ago when the snow coincided with a visit and much distress when falling into TWO wasps' nests near each other, on the footpath across it, more recently.

This Christmas Eve our Carol service attracted the usual 55 plus people: such a bonus to have a small church (single cell) filled to standing room only for some of the congregation. Singers from Toddington, Naunton and Charlton Kings helped Lorna form a choir; Peter Forshaw played the keyboard; three children 'Wished us a Merry Christmas'.

**Sarah Loveday**

## **CUTSDEAN**

Christmas 2023 seems a distant memory and, as I write, we are enjoying sparkling winter sunshine, brilliant blue skies and sub-zero temperatures. The highlight of Christmas for Cutsdean is our carol service when the Church is decorated and dressed with quantities of greenery from hedgerows, gardens and ivy clad walls. Festive floral arrangements inset with candles were placed on all the window ledges and on wrought iron pedestals laced with trailing ivy and along with the beautifully decorated traditional Christmas tree, our little Church looked stunning – all to welcome everyone to celebrate the birth of Christ. The service was led by Katrina with Sue and this year we had several musical treats. Eleven-year-old Florence Wharton sang, solo, the first verse of our first carol, 'Once in Royal David's City'. As well as all the traditional carols and readings, Ali Clifton Barnard sang 'A Virgin Most Pure' accompanied by Mark (harp) and Alison (recorder) and 'The Sans Day Carol', again accompanied by Mark and Alison with the congregation gustily singing the chorus. Many thanks to Peter Forshaw for playing the St James' 'musical instrument'. We were all kindly invited afterwards to Alan and Liz Pollock's home for drinks and delicious nibbles. Christmas celebrations in Cutsdean had begun!

After 'Twelfth night' the tree was dismantled, decorations stowed away for another year but the greenery and candles remained to be enjoyed for 'Candles, Calm and Contemplation' on the 16<sup>th</sup> January led by Ali Clifton Barnard. Eight of us enjoyed

the quietude and calm of the Church with time for reflection in the candlelight as the sun went down.

For the last 2 years or so, we have been raising money in the village through fund raising events, donations and grants for a defibrillator which we had hoped to site in the very rarely used phone box. Hopes were dashed when BT refused to sell the phone box to the Parish Council and we had to find another way to accommodate the defibrillator. Lord Wemyss agreed that we could site it on the wall next to the post box. The defibrillator arrived before Christmas and is now in place. We hope that no-one ever has the need to use it but, for this rural community, it does give peace of mind.

The snowdrops are flowering, some daffodils are in bud and other bulbs are pushing their way through the cold winter soil heralding spring. We have some weeks of winter to go yet but the days are lengthening minute by minute and there is much to look forward to and to be thankful for!

**Ros Hartnell**

## **GUITING POWER**

How long ago Christmas already seems, but not too far past to thank those who helped prepare and decorate the church, and to Edward and Janet Boote for such a splendid tree once again. The tree on the Green also looked resplendent again this year and no doubt appears in many a visitor's photograph!

The Carol and Crib services were very well attended and it was wonderful to have the church so full for such joyful occasions. Easter now falls hard upon its heels, especially this year being at the end of March. Easter Day on 31st March coincides with the beginning of British Summer Time, so to help us all with the loss of the hour as the clocks go forward our Dawn Service will begin this year at 6.30am, followed by breakfast in the church. On Easter Monday, 1st April, we will be holding our Easter Fair & Egg Hunt in the churchyard - look out for more details nearer the time.

In the meanwhile we anticipate the arrival of Spring in all its glory and for those looking to put a New Year 'spring' in their step, Yoga classes have begun on Wednesday evenings in the Village Hall, contact India [indiaevayoga@gmail.com](mailto:indiaevayoga@gmail.com) for more details.

**Simon Wallis**

## **LOWER SLAUGHTER**

I hope everyone had a joyful and peaceful Christmas and a Happy New Year.

At St Mary's we had a wonderful Carol Service on 20 December followed by seasonal refreshments and chatter. Our Midnight Communion on the 24<sup>th</sup> was well attended by villagers and visitors from the hotels. What a wonderful way to begin Christmas!

Now we enter a new year which has begun on a sad note as we report the death of former Churchwarden and long-serving PCC member, Sheila Jeffery. Sheila and her late husband Jeff arrived in the village in 1990 to retire. Retire you may ask! Both got very involved in village and church life and last year many villagers came together to celebrate Sheila's 90<sup>th</sup> birthday. Even in the last few years and despite poor health, she still continued her faith and enjoyed coming to church.

On Saturday 3 February from 10.30am to 3.00pm we will be holding a sale with refreshments in the Village Hall in aid of church funds. Do come along for coffee, cake and a chat.

Lent will soon be upon us – a time to reflect – and we look forward to catching up with our Benefice family at this time. On Tuesday 20 February, I am organising a Lent Lunch from 12 noon to 1.45pm in the Village Hall; a simple lunch of homemade soup, bread, fruit, tea and coffee. Everyone is welcome. There is no charge but donations will be gratefully received for the local Food Bank, whose services are in great demand at the moment due to the current economic climate. It would be wonderful to help them with a good donation. For further information, or if you'd like to help by making soup or providing some fruit that would be much appreciated – please contact me on 01451 810294 after 6pm. Thank you.

Looking forward to see you during our Lenten season.

**Marion Marshall**

## **TEMPLE GUITING**

We're experiencing freezing temperatures and sunny days as I write this in January but as I look back over last month, I recall it was one of the warmest Christmas days since records began! On 11th December, our local group, the Village Voices, sang carols in Jubilee Lodge Nursing Home, to the enjoyment of everyone. If you like to sing, do join the group. Contact Ali Clifton Barnard on 07583 415065.

The Christmas Day Service in St. Mary's was very well attended, and we enjoyed a beautifully decorated church. Our thanks to our new resident Joan Malings who helped with the decoration and has joined the flower rota.

But we are now in a New Year and now doubt looking forward to Spring and new beginnings. With Easter not too far away we can think about Holy Week.

On Maundy Thursday the 28th March, a supper will be served in St. Mary's at 6.00pm remembering Jesus' Last Supper. All are welcome.

The Easter Sunday Service will be at 10.00am in St. Mary's Church.

**Val Littlewood**

## NAUNTON

After recent epic floods that reminded us of Noah's trials, we are now in the grip of a bleak midwinter. The village and surrounding areas are looking beautiful in the clear sunshine, and the sunrises have been spectacular in their pink and orange luminescence. The days are definitely getting longer. It occurs to me that these quiet days in this season of a new year dawning are a time for us to listen to nature; to 'plant' ourselves in the post-Christmas glow and prepare ourselves to bloom as spring, summer and all that follows unfolds.

Advent and Christmas in Naunton is a busy time, with much bustling about and anticipation as families and neighbours excitedly prepare for the celebrations of the season. St Andrews is a big part of this; the Church building is magnificently adorned with local forage and foliage by a creative band of villagers; candles and twinkly lights beckon throughout the season. Music is prepared and sung; bells ring out the joy of the season. We have anticipated and celebrated the coming of the Christ Child in many forms of Worship, starting in earnest with our traditional Carol service a week before Christmas Eve. It's always a joy to see the Church so full with people. A children's Crib Service on the following Friday attracted close to 50 people (children and their families) with the focus on creativity in worship. We did crafts, built the Nativity set, held conversations with old and new friends, and took part in the Christmas story told by Revd Katrina and of course enjoyed refreshments. There was our late-night Christmas Eve service of Holy Communion too, where we ran out of hymn books such was the turnout!

We are privileged indeed to be able to worship so freely and publicly, in the comfort and safety of our own community. We mustn't forget that this may not be such a happy time for some amongst us, facing illness, bereavement and loneliness. And as ever we are thankful for all our singers, ringers, caterers, decorators and worship leaders who offer their gifts so freely and joyfully!

After Christmas, donated and collected used Christmas cards from both Naunton and across the Benefice were taken to the Cobalt Imaging unit in Cheltenham where volunteers work throughout the year to produce new cards to sell in subsequent years. Huge thanks for these from the fundraising and card-making teams at Cobalt. They really appreciate the cards delivered!

Looking forwards, the usual rhythms of life are starting to re-emerge; our Warm Space Coffees on a Thursday morning at St Andrews provides a drop-in forum to chat to neighbours and passers-by whilst enjoying a cuppa! Not only a physical warm up but heartwarming too! Cinema at St Andrews usually on the first Tuesday evening of the month similarly provides an opportunity for company and a film. Not forgetting those in need of food support in these hard times, there is an opportunity to donate food to the North Cotswold Food Bank each weekend via a box outside

Valley View on Chapel Hill. Donations are so gratefully received and there is an up-to-date list of current food needs on their website.

Onwards towards Easter, a Lent Lunch will be held on March 20th in Naunton Village Hall (12.30pm). Soup, bread and cheese scones will be served. There is no charge for this lunch, however any donations received will be sent to Save the Children emergency relief fund / Gaza and West Bank. (It would be helpful to have an idea of numbers; please contact Jane Pickup on 07802437354 or email Amanda Bentley [amanda-bentley@sky.com](mailto:amanda-bentley@sky.com)). All are very welcome!

Wishing you and yours many blessings throughout this year and beyond, and the grace and strength to endure whatever trials that come your way.

**Moira Anderson**

*Check out Naunton Village Hall's updated website: [www.nauntonvillagehall.co.uk](http://www.nauntonvillagehall.co.uk)*

## **Mulled Wine recipe from Sheila Woods**

- In a large saucepan add 2 cups of granulated sugar to 4 cups of water.
- Add 1 stick of cinnamon and 6 cloves.
- Bring to the boil slowly, stirring to dissolve the sugar and boil for 3 minutes.
- Leave overnight.
- When ready to serve, add 2 sliced lemons and 2 bottles of Red Wine.
- Heat slowly - Do NOT boil. Then serve and enjoy!

## **Sunflowers Suicide Support**

When 5 years ago we lost our son to suicide, apart from our world falling apart, we didn't know who to turn to or where to go. We came upon Sunflowers Suicide Support, a charity set up by a family who had travelled the same journey as us. Like us, they found there was nothing to support those bereaved by suicide.

The charity supports those bereaved by suicide and they have become a strong support to us. They offer one-to-one and group counselling, and a host of group activities for families.

I fundraise to raise awareness of the charity. We hold a host of different events, mainly in Bourton on the Water where we live. I am very lucky to be surrounded by a community that cares and supports us.

The road ahead is bumpy. It's the vehicle you travel with that makes it smoother.

**Carol Groom**

Charity Ambassador for Sunflowers Suicide Support (Charity No: 1177266)

Tel: 01453 826 990

[www.SunflowersSupport.org](http://www.SunflowersSupport.org)

Paul Brookes MCFHP MAFHP

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