

# **Benefice of Christ Church and St Mary's, Frome**

Diocese of Bath and Wells



***News and Views***

**October & November  
2024**

**£1**

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**[www.christchurch-stmarys-frome.co.uk](http://www.christchurch-stmarys-frome.co.uk)**

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FROME, BA11 1PL

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Tuesday and Thursday

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## Bishop's letter – October 2024

### A light which shines in the darkness

The custodial sentences imposed on many of those involved in the recent riots in communities across our country have highlighted, yet again, the issue of criminal justice and the pressures and strains within the prison system. The seemingly ever-increasing size of the prison population; the appalling conditions within many of our older prisons, especially those in our inner cities; the almost total lack of provision for education and rehabilitation and an apparent unwillingness by those elected to Parliament to consider whether the whole of our justice system needs a radical overhaul have all resulted in much media comment.

But one part of the prison system which has not been mentioned is the invaluable role played by those who serve as Chaplains. Prison and restorative justice have been a constant thread almost throughout the whole of my life beginning with my first visit while still in my teens to what was then called a Borstal.

Since then, I've had the privilege of working with chaplaincy teams across the whole of the prison estate. I've witnessed at first hand the extraordinary work done those teams, lay and ordained, of all faiths, working together to witness to God's love in Christ and caring for all those in the prison system, both staff and prisoners. I've often said to those on the outside, if you want to know what true collaborative ministry looks like in practice, look no further than a chaplaincy team. While each member remains true to his or her particular faith, the barriers which often divide people of faith have no part in that shared work of witness and service.

Sadly, all too often, the work of Chaplaincies not just in prison but in all aspects of our human life, in education, hospital, mental health, care homes and many other places, is barely known – that is, until we need their care. But Chaplaincies are the yeast which leaven our society. The light which shines in the darkness. Society, as we long and pray for it to be, would be the poorer without them.

**Bishop Trevor Willmott**

Assistant Bishop for the Diocese of Bath and Wells

# Pastoral Letter from The Curate

## Ordinary and Extraordinary Time

*My fruit is better than fine gold; what I yield surpasses choice silver.*

*Proverbs 8:19*

It's easy to overlook the significance of the August Bank Holiday weekend. In the book trade, it marks a turning point between the publication of paperbacks for summer holidays and the wave of hardback books which follow from September onwards for the Christmas gift market. More widely, it marks a turning point from eking out the last of summer's warmth and a return to the industry and busyness of the months leading up to Christmas.

The schools are back, the roads are busier, and there is that unmistakable cool edge to the weather which will grow ever more pronounced as the nights draw in. And yet is only felt like last week when we celebrated Trinity Sunday and the beginning of what we call 'Ordinary Time' in the Church calendar year. It's not long now... Harvest, Remembrance and Christ the King are no longer over the brow of a future hill. They will soon be with us, and our new liturgical year will begin once again.

In truth, Ordinary Time is, like the journeying through Advent, Christmastide, Lent and Eastertide, a series of Extraordinary and interlinked Times. We are moving from the deep greens of the summer to the Golden time of harvest, the colour of leaves and ripe heads of grain waiting to be gathered, water vapour in the atmosphere filtering out the blue end of spectrum. The light enfolding us has more red, orange and yellow wavelengths and we catch them especially at sunset.

Gold is also associated with wealth and treasure. In these final months of the growing season, we treasure the harvest of fruits, vegetables and flowers, including many producing their bounty with little interference from us. Our Harvest Festival is a joyful time to thank God for blessing us with what we need, while also helping us to remember our duty of care for the world around us.

Gold is also seen as a symbol of permanence. It is one of the most unreactive of all metals and resistant to discoloration in contact with the atmosphere. It is a versatile metal, a very good conductor of electricity and strong enough to be drawn into very fine wires or hammered into gold leaf. The sense of reverence for gold is also patently visible at the Olympics, an association hallmarked with excellence.

Within the Hebrew Bible, gold is associated with prosperity and aesthetic beauty, whereas the New Testament particularly links gold to a warning that trusting in the material at the expense of the spiritual and moral is time limited. Despite its association with permanence, gold is not indestructible. To think of gold in terms of wealth, versatility and beauty alone as an end in itself is limiting. It is more fruitful, in this most fruitful of times, to see it point us to the generosity and skill of our loving Creator and guiding us a step closer to finding our true treasure in heaven.

In this series of Extraordinary Times, as we journey through the gold of autumn and towards the white and dark of winter, it is good to hold in our hearts the thoughts, the senses and the memories of autumn. The softness of leaves under foot, the mist that fills the air and softens the ground, and the warmth and colour that speaks of God's providence. Best of all to hold with love in our hearts the Creator, Provider and Sustainer who blesses and gifts us with this time of beauty out of nothing but simple, unconditional love.

*Harry*



# Diocesan Wave of Prayer

Sept 7th saw a great wave of prayer across our Diocese with numerous parishes organising events and inviting people to gather and to pray for the transformation of our communities and growth in our churches.

The phone call came late one Friday afternoon from the Diocesan Offices to inform us that Bishop Michael would be dropping in to St. Mary's and bringing with him the Archbishop of Canterbury.

Much excitement and some trepidation followed as we began to plan.

Work on the prayer shed began in earnest and prayer flags for bunting were distributed across the deanery.

We wanted to gather people to pray and so we started a 24 hour prayer vigil from 4pm on the Friday afternoon with hour slots. We also had prayer gatherings throughout the day, beginning with evening prayer, morning prayer and lunchtime prayers with a mid-morning Ignatian style prayer.. all these gatherings were well attended and gave time and space for silent reflection as well as soup and singing. We also had the chance to share something of the vision around Mary's House Community.

As happens with these kinds of visits, it was all very well planned even if no knew what was happening and on the day as the archbishop arrived in a minibus and put his welling to boots on, it was clear that we could be ourselves and enjoy the moment.

Shown into the Giant's Garden, Archbishop Jusitn spoke with authority and passion about the climate emergency and the place of the church in caring for creation. He then planted a vine, before praying with Bishop Michael in the prayer shed. Unfortunately, due to train cancellations, the party left 10 minutes earlier than expected, but there was still time to sample a mini cream tea and bless us all. What a wonderful afternoon!

So many thanks to everyone who helped and prayed.

The prayer shed is available for anyone to use. At present the key is available from Revd Liz and Revd Harry but the hope is to make it more accessible very soon.





# Courgette Tea Bread

(a favourite recipe sent in by Barbara Bullock)

Grated courgettes keep this dark tea bread sticky and moist.

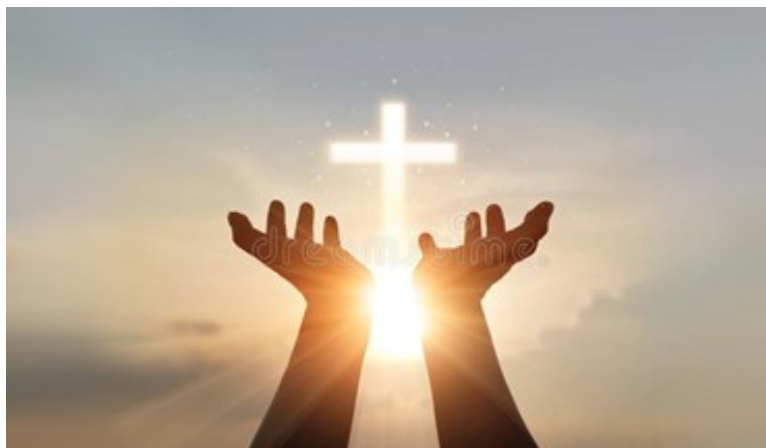
Ingredients:

- 1 large egg
- 125ml Sunflower oil
- 175g courgettes – washed and trimmed
- 150g wholewheat flour
- ½ teaspoon baking powder
- 1teaspoon bicarbonate of soda
- 1teaspoon ground cinnamon
- 175g soft dark brown sugar
- 75g sultanas
- 75g walnuts chopped

- 1 Preheat oven to 180 degrees C. Grease and line a 2lb loaf tin.
- 2 Beat the egg and oil together in a jug.
3. Grate the courgettes into a large bowl.
4. Sift the flour, baking powder, bicarbonate of soda and spice together in a large bowl.
5. Stir in sugar , sultanas and walnuts.
6. Pour in the oil and egg and mix to a thick batter.
7. Pour into the prepared tin.
8. Bake for about an hour until an inserted skewer comes out clean.
9. Cool in the tin for 10mins, then turn out to cool onto a wired rack.
10. Store in a cool place for up to one week.



## Service pattern for Christchurch and St Mary's



Each Month		
1 <sup>st</sup> Sunday	08:00	BCP Holy Communion at Christ Church
	10:30	Parish Eucharist at St Mary's
	18:00	Choral Evensong at Christ Church
2 <sup>nd</sup> Sunday	09:00	Parish Eucharist at St Mary's
	10:30	Parish Eucharist at Christ Church
3 <sup>rd</sup> Sunday	08:00	BCP Holy Communion at Christ Church
	10:30	Parish Eucharist at St Mary's
4 <sup>th</sup> Sunday	09:00	Parish Eucharist at St Mary's
	10:30	Parish Eucharist at Christ Church
5 <sup>th</sup> Sunday		Benefice Service to alternate between Christ Church & St Mary's

**Every Wednesday, there is a Holy Communion service  
at St. Mary's at 10.00am**

## 25 years as Music Director of Christ Church

The Revd Liz Dudley thanks Ann Burgess for her 25 years of service to Christ Church, Frome.

"When I started, my boys were trebles", Ann laughs. They are now strong basses, who join the choir when they can.

Ann is a much-loved, though very reticent, figure in Frome's community. For a quarter of a century, she has led choirs, organised concerts, and encouraged musicians to come and make music in the glorious acoustics of this special church.

Many will remember the Music Marathons she arranged for various good causes; twelve hours of music, with contributors from across the Frome community, all done with minimum fuss and a big smile.

During the recent Frome Festival, Christ Church held a record-breaking 17 events, welcoming over 1500 audience members.

"What have been the highlights?" asked Revd Liz. "Bringing the various choirs into being, I think" Ann said.

She leads a choir for children, Scallop Shells, which meets on a Friday afternoon, a church choir, which practises on a Friday evening, and an extended choir, which practises when it can, ready for Choral Evensong on the first Sunday of the month.

Comments from the community include:

"Ann is wonderful; a smiling, welcoming presence in the church."

"Thank you, Ann, for all you do."

" I don't know how you do it all Ann - the rehearsals, the practices, the organ playing, and of course, the cakes!!"



A **Service of Remembrance and Thanksgiving** to be held on Sunday November 24th at 4pm in Christ Church.

This is a quiet service with time to remember, reflect and light a candle in memory of loved ones who have died.

All are welcome to come along whether loss is recent or more in the past.

There will be refreshments available after the service



### A Morning Prayer

Guiding God be with us  
in our going out and coming home  
in our journeying and returning  
in our decision making and  
organising

Guarding God be with us  
through the calm and through the  
storm  
be our comfort when we're hurting  
be our helper when we're falling

Gracious God walk with us  
every moment of this new day

*John Birch*

### **Seasonal Prayer Ideas**

Harvest Celebrations.  
Thanksgiving &  
remembrance for those who  
have died



### An Evening Prayer

Send your peace in  
to my heart, O Lord,  
That I may be contented with  
the mercies of this day  
and confident of your  
protection for this night;  
And having forgiven others,  
even as you forgive me,  
May I go to rest in tranquillity  
and trust;  
Through Jesus Christ our Lord.

*St. Francis of Assisi*

Almighty and everlasting God,  
who kindles the flame of  
your love  
in the hearts of the saints,  
grant to our minds  
the same faith  
and power of love:  
that as we rejoice  
in their triumphs,  
we may profit  
by their examples

Through Jesus Christ our Lord,  
Amen

*(from the Gothic Missal)*

**SOME PRAYER IDEAS** (of thanks or concern) which can be dipped into or used as a pattern of prayers through the month if that is helpful.

- 1 Rev'd Liz, Rev'd Harry;  
Clergy and Lay readers
- 2 All who help to facilitate our  
worship
- 3 Our outreach; Mary's House  
& the Prayer Shed
- 4 Local Schools & Nurseries
- 5 Those ill or infirm; Christian  
Healing Ministry in Frome
- 6 Royal Family; MP's & new  
government
- 7 Victims of oppression  
violence & discrimination
- 8 Churchwardens & PCC's;  
Pioneer workers
- 9 Social events organisers
- 10 Our activities with the  
young; Christ Church School
- 11 Local care homes;  
The elderly & housebound
- 12 Those with addictions;  
Mental Health Charities
- 13 Climate change; Victims of  
natural disasters
- 14 War-torn countries;  
Migrants & refugees
- 15 Our Diocese & Bishops; Our  
Archbishops
- 16 Those who beautify or care  
for our Churches (in & out);  
Those in admin roles.

- 17 All who come to St Mary's  
and Christ Church
- 18 The homeless & rough  
sleepers; Local Food Banks
- 19 Frome Hospital & Medical  
Centres; Local Hospices
- 20 All who are persecuted for  
their faith; The Red Cross
- 21 Young Carers; Children's  
Homes
- 22 Deanery Synod; Liz our  
Area Dean; Other Frome  
Churches (& FACT)
- 23 Those recently baptised,  
married or bereaved
- 24 Those who live in our  
parishes; Our Mayor  
& Council
- 25 Job centres & the jobless;  
Financial insecurity.
- 26 Rescue Services; The NHS
- 27 Prisons & the Probation  
Service
- 28 Food Crises especially in  
East Africa; Aid Workers
- 29 Goodwill Children's Homes  
(India); Zambia Link
- 30 Residents of our twin  
towns; All who work at sea
- 31 Those unknown to us  
who need prayer; Those  
who are lost



# INVITATION

## Christ Church Open Day

Saturday 12 October

Christ Church, Christ Church Street West Frome BA111EH

Please join us at any time between 10.00am and 2.00pm as we celebrate the potential of our building

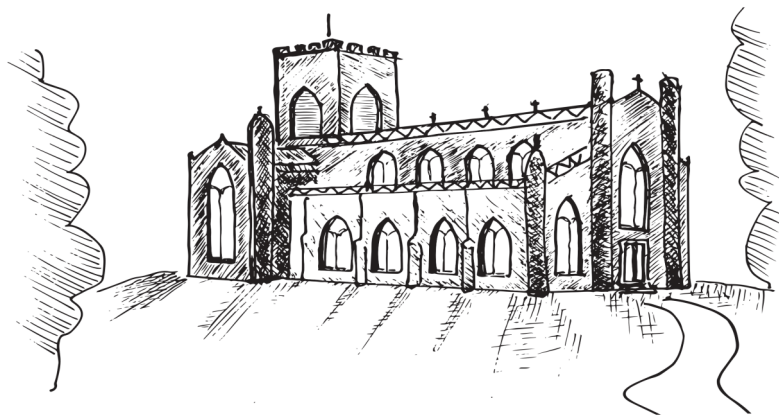
Look in to the hidden corners of the Church

Appreciate the wonderful acoustic with a rolling programme of music

Enjoy some home made soup or a cup of tea and a cake

Learn more about our plans for the future

We look forward to seeing you!



## **Upcoming Social Events in the Benefice**

**October 12<sup>th</sup>**

Quiz Night

Christ Church Hall: 6.30 for 7.00pm

Teams of 4, £5/head to include light refreshments

**November**

St Mary's Christmas Fayre

November 23rd

10am to 12.30

**December**

**Carol Services**

**Christ Church:**

December 20<sup>th</sup> 7pm

**St Mary's**

December 22<sup>nd</sup> 3pm,  
followed by refreshments

December 24<sup>th</sup>

2pm – **Christ Church**

4pm – **St Mary's**

Crib service

## **Music Events in aid of Christ Church Future project:**

**17th November**

Quorum Baroque concert of chamber music

**15th December**

Pip Utton presents his one-man performance of

Dickens' A Christmas Carol (3pm)

# What a wonderful Day !







## **Flowers at Christ Church**

There are always fresh flowers arranged in the church for all the Sundays during the year apart from Advent and Lent.

Years ago the main festivals celebrated, Christmas, Easter and Harvest would have seen four large pedestals filled with flowers linked to the season. One stood by the High Altar, two by the main pillars and one near the back of the church to welcome the congregation on entry.

The church windows would also be decorated along with flowers by the Font and Lady Chapel. Flower arrangers all worked together often choosing the job they enjoyed the most.

We would arrange flowers for weddings, discussing ideas, choice of flowers etc. Arranging them could involve several of us on the busy day before the ceremony. Often these flowers would be left in the church for the congregation to enjoy on the following Sunday.

In 2018 a Flower Festival was a very special occasion for the Church and community. Now we use flowers from our gardens, greenery and wild flowers from the churchyard or choose to purchase blooms for our chosen weeks.

There are four of us who regularly arrange the flowers with most of us being involved for the past 25 years or more. We have settled into a comfortable routine, choosing particular dates important to us individually or maybe a season such as Autumn when large chrysanthemum blooms in golds, reds and bronze are available. This was a special time for one of our past parishioners who was one of our group.

We have learnt from and enjoyed working with those who have gone before.

Time moves on. We are now few in number and would welcome new helpers. It does not matter if you have no experience of flower arranging. Some of us started in the same way.

Come along and just have a go!





**The Bereavement Journey** will begin again on Friday January 10th at 12.30pm in St. Mary's Hall.

This is a six (optional seventh) session course exploring aspects of grief and loss through films and guided discussion. Each session begins with a soup lunch and finishes at 3pm.

Further details available from  
[admin@christchurch-stmarys-frome.co.uk](mailto:admin@christchurch-stmarys-frome.co.uk)  
or speak to Revd Liz or Jenny Thomas



## **Christmas Tree Festival**

At Christ Church December 10th – 15th.

Bring a tree to Christ Church decorate it and let's fill the church with trees!

Trees from organisations, businesses and individuals welcome.

The church will be open throughout the week and refreshments available.

The Festival will end on Sunday 15th with a one-person performance of Christmas Carol by Pip Utton (time tbc)

Further details from [christchurchfuture24@gmail.com](mailto:christchurchfuture24@gmail.com)



## When the Archbishop came to Pray

In the scheme of things, it was a good day for summer 2024. There were only a few drops of light rain, which was a triumph given that it has been such a miserable, cold and wet year. I hadn't prayed about the weather; I have never had any success praying for good weather. Perhaps this is because prayer isn't primarily about getting what we want but rather about cooperating with the Lord; connecting with Him; and knowing his love. When he arrived in Bath and Wells the Archbishop said, "Prayer is the moment in which we recognise that whoever we are, and whatever we are like, we are reached out to by God. And we look into His eyes and know that we are loved."

It was September 7<sup>th</sup>. The Archbishop's visit was part of a wave of prayer across the Diocese. He prayed with young people and young adults on the Friday evening in Bath as he joined *Movement* – a dynamic ministry that leads worship events for young people, disciples them and trains them in leadership. First thing Saturday morning he visited *Junction 24*, the cattle market where he prayed and worshipped with the rural community, and heard stories of rural isolation and the difficulties of the farming life. He went on to see the work of St Francis Church, a parish in a deprived area of Bridgewater; and then Nailsea school engaging with prayer stations there. He finished his visit by coming to Frome to visit The Giant's Garden, the site of the developing Mary's House Community and Frome's newly completed Prayer Shed. It seemed odd – and an enormous privilege – to have a Christian leader of international importance come to visit our quirky town and engage with our projects.

The Giant's Garden is now entering its third year. The Archbishop came, sporting wellies which one of his team had brought along for him. He spoke passionately of the impact of climate change on more vulnerable communities across the world – sharing stories from colleagues in places such as Kenya and Panama. He spoke of the biblical imperative for us in the West to take our part in tackling this crisis and prayed for us in our response. He shared that he had insisted that the current renovations at Lambeth Palace included work to make that ancient building carbon neutral. The Archbishop planted a vine – which he insisted on calling a tree! We were very grateful to the two young adults who helped to make sure the vine was well planted, trodden in and watered. The Archbishop blessed the vine and promised – in jest I think – to 'curse the fig tree' that Bishop Michael had planted last September if it did better than his vine: the competition is on! He discussed the intricacies of greenhouse glazing with another young adult and helped himself to a tomato from the plant. It was a delight to have Issie Leathley share a couple of Christian songs that she had written herself.



Following this Liz Dudley, Vicar of St Mary's, talked to the Archbishop about the developing Mary's House Community and showed him the building. They discussed contemplative prayer, dialogue and reconciliation and care for the created world. Although time was tight – cancelled trains etc – the Archbishop didn't miss the chance enthusiastically to sample tea and scones on the best china. What a spread it was!

He finished his visit with the most important thing – prayer. The Archbishop completed the first ever 24 hours of prayer in the new Frome Prayer Shed. This beautiful prayer room is a restored gardener's shed on the site of St Mary's Church. But don't be mistaken – this is a Prayer Shed for all the people of Frome and it is consecrated not just by the Archbishop but by the prayers of all those who step inside and pray. It is our hope that this room will develop to be a 24-7 prayer room – a space where people pray every hour of every day, passing the batten to the next person like a relay race. Our expectation is that as this wave of prayer builds the town and surrounding villages of Frome will experience the presence and transforming love of the Lord Jesus in a way that is beyond our imagination.

Having an Archbishop come to pray is a lot of work – but he prayed and was delightful, and encouraging.

**Andrew Alden**

**07894736788**

**@1625thegiantsgarden**





# Heavens above

## The Pacman Nebula

### New General Catalogue (NGC 281)

NGC is regarded as a bright emission nebula in the constellation of Cassiopeia and is part of the Milky Way's Perseus Spiral Arm. An emission nebula is a nebula formed of ionized gases that emit light of various wavelengths. The most common source of ionization is high-energy ultraviolet photons emitted from a nearby hot star.

Edward Emerson Barnard discovered the nebula in August 1883, describing it as "a large faint nebula, very diffuse".

Edward Emerson Barnard (December 16, 1857 – February 6, 1923) was an American astronomer. He was commonly known as E. E. Barnard, and was recognized as a gifted observational astronomer. In 1892, he made observations of a nova and was the first to notice the gaseous emissions, thus deducing that it was a stellar explosion. The same year he also discovered Amalthea, the fifth moon of Jupiter. He was the first to discover a new moon of Jupiter since Galileo Galilei in 1609. He is best known for his discovery of the high proper motion of Barnard's Star in 1916, which is named in his honour.

Proper motion, in astronomy is the apparent motion of a star across the celestial sphere at right angles to the observer's line of sight: any radial motion (toward or away from the Sun) is not included. It is observed with respect to a framework of very distant background stars or galaxies.

Barnard was also a prolific Comet hunter and during his observing lifetime discovered 15 Comets 3 of which are periodical comets and co discovered 2 more. It never ceases to amaze the genuine commitment these early astronomers had. They ground their telescope mirrors by hand and in many cases made their own telescopes and spent many a cold hour observing and recording their findings. Where as today all we need to do is look in a catalogue to find a vast array of scopes ready to buy off the shelf a lot of them coming with "GOTO" systems allowing us to just line up a couple of stars and let the onboard computer do the rest all of which in part is down to these early astronomers time and dedication.

The image of NGC 281 here is I believe an image from the Hubble Space Telescope and is approximately 9200 light years from us.

It gets its nickname of "The Pacman Nebula" from the 1970/80's video game character Pacman.



# Inspiring generosity

September is Harvest season, a time during which we can all give thanks for God's generosity to us. It is also Generosity Week (29 September – 6 October), an opportunity to reflect on all the good gifts that we have received within our churches and consider how our church family and wider community might explore together what it means to live generously throughout the rest of the year.

Natalie Wainwright, Lead Giving and Funding Adviser for Bath and Wells says, "Whilst Generosity Week lends itself to Harvest time, there is never a bad time to celebrate God's goodness to us and, in turn, consider how this might shape our own lives as we seek to live out our Christian faith as generous disciples.

"There is a huge range of resources available to help individuals and church leadership teams do just that - from sermon starters to daily prayers, resources for young people, podcasts and more!"

'Living Generously', is one such resource. A series of films for small groups, the Church of England's Director of Giving, Jonathan de Bernhardt Wood, explores one of his favorite gospel stories, John 12:3 NSVA, when 'Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair.' Each of the short films explores a different way of being generous – such as with our time, attention and wealth.

Reflecting on the passage Jonathan says, "There is so much to learn, and so much to be inspired by." What might inspire you this Generosity Week?

Find the films, and all the other Generosity Week resources, at: [churchofengland.org/generosity-week](http://churchofengland.org/generosity-week).

Exclusive Interview with Mary Mouse

Hello Mary Mouse, it is wonderful to meet you at last. We'd love to get to know you. Where is it that you live?

**In Mary's House of course.**

**W**hy do you live there?

**Because I'm as poor as a church mouse.**

Does that make you sad?

**I have all I need but perhaps not all I want.**

We've never heard you.

**That's because I'm as quiet as a church mouse.**

We never see you.

**Because I'm a timid church mouse**

What do you eat?

**Crumbs! That's a good question. Whatever I can forage from the floor, Harvest Festival is my favourite time of year.**

We'd love to know more about you and your family.

**Well , read Diary of a Church Mouse by John Betjeman...**

**Here among discarded Hassocks  
Damp stools and half-split open hassocks  
Here where the vicar never looks  
I nibble through old service  
books...**

**Etc etc**

Have any of you readers seen Mary Mouse?

Let us know if you have please.

With thanks to John Betjeman

Eleanor Rocket





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Holding a party for a special someone?

Chunky mugs not quite the thing?

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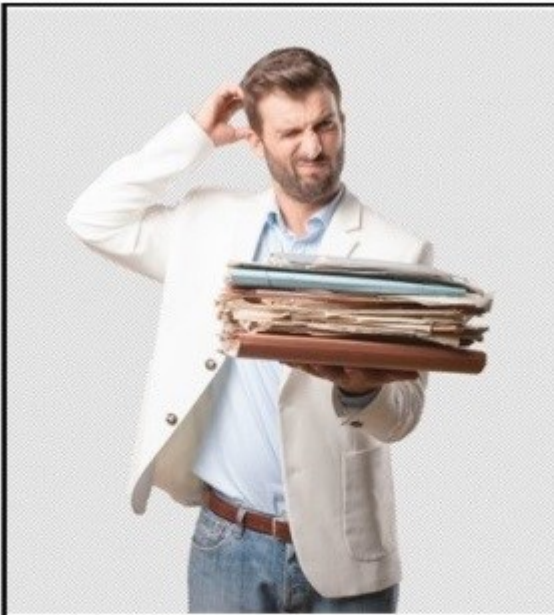
# Lets Celebrate



Happy birthday to Pat Eames who celebrated her 90th Birthday in September



Congratulations to Ann Burgess who celebrates 25 years as musical director at Christchurch



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