

St John's and St Katharine's WEEKLY EXTRA Monday 10th August 2020



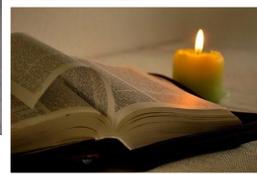
St John's open this week for:

Private prayer:

Wednesday and Saturday 1pm–3pm

Holy Communion:

Sunday 16th August at 4pm



**St Katharine's open this week for
Morning Prayer**

Sunday 16th August at 11am



**Happy Birthday to Lois Bushell and Peter Connew this week.
Congratulations to Allyson and Michael Joyce on the birth of their granddaughter
Daisy and to Mandy and Ian Crook on the birth of their grandson Harry.**

'Thought for the Week'

Earlier in lockdown I wrote a piece about the pros and cons of our life in what we then called 'these strange times'. 'Unprecedented' was another adjective used. Nowadays it's called 'the new normal'.

I sense a cautiousness among the people I meet: yesterday two different people told me about their proposed holidays, prefacing their comments not with '*when we go to Wales*', but, '*if we go to Wales*'. An article about the Dark side of Frome, written by our Deputy Mayor, reminds me that for many people there have been no positive aspects of lockdown. So in these wary, weary times how do we take stock now? Well among my neighbours, one little family has enjoyed a wonderful weekend in Cornwall; another neighbour has had her granddaughters to stay for sleepover, which was a great joy. Ours wasn't the only drive to have a skip – two other households enjoyed the thrill of throwing out stuff and watching somebody else take it away.

What have been our high points? Well, the garage is no longer full of the unopened cardboard boxes stacked in there since September. The contents have either disappeared into the skip or have been stored away in boxes to be dealt with later ... We eventually found the Kindle and the Tablet – hidden in plain sight on a bookshelf. The Kindle afforded me the guilty pleasure of reading more books, once I'd exhausted the Thomas Cromwell trilogy. But one of the first places I visited once Frome was open again (and I felt more confident about going out) was the Cheap Street bookshop to buy real books!



Our small garden continues to surprise and delight us. Some of you may remember how overjoyed I was to find that we'd bought a house with grape hyacinths on the lawn (I naively thought that I wouldn't have to go searching for decoration for the Easter Garden in church, but the grape hyacinths remained unpicked this year.) Later, some rather larger weeds began to appear where the grape hyacinths had been and proved to be Evening Primroses, making an exuberant, if untidy, display.



The back garden is rather severely gravelled over, but some things are not to be deterred: poking through with some determination is a group of plants which reveal themselves to be Japanese anemones. We have had two raised beds built onto the gravel and are enjoying the beans, lettuces, beetroots, moolis and beans which are now ripening in profusion.

So: a lot of reading, some gardening, a bit of sorting out, but not, if I'm honest, a great deal to show for my time of lockdown. I have enjoyed some new experiences: last week I realised I had booked my Sainsbury's home delivery at the same time as I was supposed to be taking part in a Zoom webinar – there's a sentence I would not have written this time last year!

This time last year! When we look back at the things we were doing in such a carefree way, the faces we took for granted we would see ... so much has changed. I suppose that for those of us who have had, so far, a relatively untroubled lockdown, we now have a heightened awareness of the tiny beauties around us, an appreciation of small mercies and unlooked for acts of kindness and, perhaps, a determination to never, ever, again take anything for granted.

Janet Caudwell



A Land without Music – Memories of the Proms

One of the casualties of this summer's pandemic has been the annual season of Henry Wood Promenade concerts at the Royal Albert Hall. Since its inaugural season in 1895 these concerts have been an important fixture for music-lovers and performers, they even continued during the Blitz, and it is good to know that this year there are plans for live music to resume for the last two weeks of the season.

While I have never been one of those ardent fans who spend their entire summer going to every concert (75 in 2019), I have many memories of queuing on the steps outside the Royal Albert Hall (curiously it is always hot and sunny in my mind!), and while one can enjoy every concert from the comfort of home, on the radio and TV, nothing beats the experience of being there. My first visit to the Proms was a school trip – I must have

been about 14 or 15, as I remember going with a lot of the older girls – taking the train from Nottingham in the morning, queuing all afternoon (it was sunny, of course) and then being rewarded with places at the very front of the auditorium. The concert (given by the Amsterdam Concertgebouw Orchestra) included Dvorak's *New World* symphony, and for me the most spine-tingling moment was near the end of the first movement when the trumpets raised their bells for their fanfares. My other abiding memory of that occasion was racing back through the South Kensington tunnels so as not to miss the last train home!



A couple of years later I played in a Schools Prom – not part of the festival, but a similar atmosphere; my Youth Orchestra (South Notts) had won the National Festival of Music for Youth, and so we led the last night's celebrations which were televised and conducted by Andrew Lloyd Webber. Such were the camera angles that the front desk of violas never came into shot until the end when ALW turned to take his bow – raised his arms to acknowledge the applause and I was there – under his armpit!

When I was older and living in London Neil and I would go to some of the concerts. His taste was more for the late-night early-music concerts, never having been a fan of Wagner or Beethoven, and we would often prom in the Gallery. At the top of the Royal Albert Hall there is always more space – you can sit with your back against the wall and enjoy the music as it floats upwards. I also remember that the ice-cream selection was better upstairs! Fast forward again, and when the children were quite small we took them to some of the Family Proms. These included afternoon workshops at the Royal College of Music for which they took their instruments and explored some of the music that was on the evening's programme. One of the concerts we took them to was a Rogers and Hammerstein evening with the John Wilson Orchestra; we had seats for that one and enjoyed lots of the familiar tunes from *The Sound of Music* and *Oklahoma*.

Now Celia and Alice have reached the age of arranging to meet their friends for the Prom concerts, so the wheel has gone full circle.

Rosemary McCormick





**ANNIVERSARIES IN 2020: 4th August
150th Anniversary of the
British Red Cross**

The British Red Cross is a volunteer-led organisation that helps people in crisis. It is part of a worldwide neutral and impartial humanitarian network – the International Red Cross and Red Crescent Movement. The British Red Cross is also one of the 14 UK charities which make up the membership of the Disasters Emergency Committee.

It was formed in 1870, and has more than 32,500 volunteers and 3,500 staff. At the heart of their work is providing help to people in crisis, both in the UK and overseas, without discrimination, and regardless of their ethnic origin, nationality, political beliefs or religion.



The British Red Cross is perhaps best known for its work during the two World Wars - the Red Cross parcels sent to prisoners of war are thought to have saved many lives. Their work nowadays involves health and social care (they are currently involved in COVID-19 support); providing wheelchairs

and mobility aids; first aid; refugee support; helping victims of human trafficking and modern slavery; international projects such as water supplies, sanitation and hygiene; and emergency response to natural and man-made disasters.



The British Red Cross current appeals are for combating the devastation caused by both the Cyclone Idai in Mozambique, Malawi and Zimbabwe and the earthquake and tsunami in Indonesia; the East Africa crisis appeal (in Somalia, South Sudan, Ethiopia and Kenya where 20 million people are facing starvation); violence in the Rakhine state of Myanmar; and the worldwide refugee crisis (more than 65.3 million people are currently displaced from their homes).

MINI-TRIPS OUT NEAR FROME

Eds. Our thanks to Angela and Judith for these ..



SOMERSET LAVENDER FARM

Angela reports: *'This is the best time to visit the Somerset Lavender Farm at Faulkland, a 15 minute drive from Frome (BA3 5WA). Drive into the centre of the village and then follow the small signs directing you off to the right down a tiny lane between cottages, and to a parking area. The lavender is in full bloom (7 August) and not yet cut, though it is due to be in the next couple of weeks. The smell is amazing, as is the noise of all the bees. It is open Wednesday–Sunday from 10am to 5pm. Entry is free, but donations are welcome. As well as the lavender fields, there are some smaller beds of sunflowers, sweet-peas and other cottage garden flowers. A gift shop sells lavender-themed items and teas/coffees/ice cream/cake for eating at tables outside (with some wasp friends). There are toilets, and a nursery of lavender plants for sale.'*

<http://www.somersetlavender.com/visit/opening-times>

BRATTON CAMP and WESTBURY WHITE HORSE

Bratton Camp and the Westbury White Horse is an English Heritage site – the original Iron Age hill fort defences were built at Bratton Camp over 2000 years ago, and protected a settlement. Local records suggest that the White Horse was originally cut in the late 1600s. Judith reports:



'This is not quite the usual day out, but it's close to us, has plenty of car parking, miles of space for walking and social distancing, lovely views and it's free. We always went there when we needed to burn off children's energy. No toilets and no coffee shop but ice cream van on weekends.'

Places we love to visit

The Cévennes (France): part 1

We first visited the Cévennes (part of the Massif Central) – more specifically, the Grands Causses area – in 1992, and we've been drawn back there every few years since. The reason is simple: the exceptional wildlife.



The Grands Causses are a series of limestone plateaus divided by steep, deep river gorges. On the plateaus the landscape is wide and empty with rocky grasslands and sudden rock pillars, but the gorges are quite different with lush vegetation and villages crammed into the few places where the ground is relatively flat. We stay at a campsite near Cantobre, one of those crammed

-in villages about 20 miles along the gorge of the River Dourbie from the major town of the area, Millau. At first, we Eurocamped in tents, but once our children had 'flown the nest' we upgraded to extra comforts (a proper bed and a bathroom!) in one of the onsite chalets. We usually go in late May/early June when it's best for birdwatching and also for the wild flowers – plus the campsite provides a resident wildlife expert.



You really don't need to leave the campsite to enjoy the array of wildlife here: we have nuthatches in the tree above our chalet, and a nightingale sings in the bush near the camp shop; then there are dippers and wagtails (pied and grey) by the river, serins and black redstarts in the trees at the campsite entrance, a spotted flycatcher nesting in the eaves of a wash block and a Cetti's warbler bursting into song in the boundary hedge.



And just a little further away are goldcrests and tree creepers in the woods on the edge of the site, beavers a mile downstream, prolific butterflies, insects and flowers in the meadows and oak woods on the 2-mile walk to the little town of Nant, crag martins on the bridge there, and a nightjar swooping low over one of the *lavognes* (centuries-old ponds built to conserve water) on the plateau high above the campsite. The list goes on ...

The highlight of the region for birdwatchers, though, is the presence of griffon and black vultures. You see these huge, majestic birds (wingspans of around 8 feet) in the sky every day when the thermals are right: an unforgettable moment was driving up one of the zig-zagging minor roads out of a gorge and coming face to face with three of them flying straight towards us! But the place to be sure of seeing them close up is the Belvédère des Vautours in the Gorge de la Jonte where they breed, and where you can train telescopes on their nests from the viewing platform.



The wild orchids are another unmissable highlight for nature lovers – it's one of the best regions in Europe as there are said to be nearly 60 species that flower here in May. We are not experts, but even we identified 16 varieties in one of the best spots – a walk of no more than a mile in the Cernon valley where they are so prolific that it is hard not to tread on one of them by mistake.



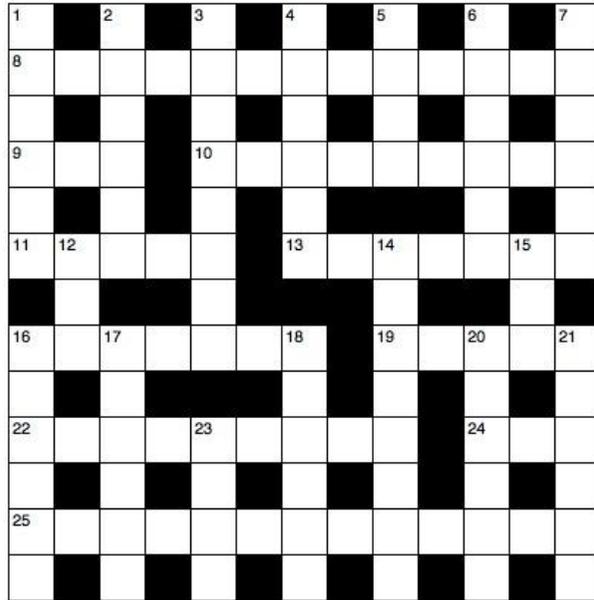
Although now adults, our children do re-join us at Cantobre from time to time – though I have to say the big draw for our son-in-law (an engineer) is not the wildlife but the magnificent Millau Bridge, designed by Norman Foster and Michel Virlogeux, and at a structural height of 343m the tallest bridge in the world. In 2016 Elaine and Chris Gilbert joined us – and they've been back since – so in the next edition of *Weekly Extra* Elaine will cover some of the other reasons we love to visit this area. **Mandy Crook**



CROSSWORD

Across

- 8 One of the titles given to the Messiah in Isaiah's prediction (Isaiah 9:6) (6,2,5)
- 9 International Nepal Fellowship (1,1,1)
- 10 Single (1Corinthians7:27)(9)
- 11 Aleksandr Solzhenitsyn's seminal book about Soviet prison camps, The — Archipelago (5)
- 13 Treachery(2Kings 11:14)(7)
- 16 Of India(anag.)(2,3,2)
- 19 'God has put us apostles on display at the end of the procession, like men condemned to die in the — ' (1 Corinthians 4:9) (5)
- 22 Follower of a theological system characterized by a strong belief in predestination (9)
- 24 'Put these old rags and worn-out clothes under your arms to— the ropes' (Jeremiah 38:12) (3)
- 25 They brought together all the elders of the Israelites in Egypt (Exodus 4:29) (5,3,5)



Down

- 1 The season when kings 'go off to war' (2 Samuel 11:1) (6)
- 2 Simon Peter's response to Jesus by the Sea of Galilee: 'Go away from me, Lord; I am a — man' (Luke 5:8) (6)
- 3 Beaten with whips (1 Kings12:11) (8)
- 4 'You shall not — adultery' (Exodus 20:14) (6)
- 5 Encourage (Hebrews 10:24) (4)
- 6 Service of morning prayer in the Church of England (6)

- 7 'Take and eat this in remembrance that Christ died for you, and — him in your heart by faith with thanksgiving' (4,2)
- 12 Run(anag.)(3)
- 14 Member of 17th-century party that denied the right of autonomy to the Church (8)
- 15 'We will triumph with our tongues; we—our lips'(Psalm12:4) (3)
- 16 Earnings(1Corinthians16:2)(6)
- 17 'I rejoice greatly in the Lord that— you have renewed your concern for me' (Philippians 4:10) (2,4)
- 18 How Paul described Philemon (Philemon 1)(6)
- 20 Multiple territories under the rule of a single state(Daniel11:4) (6)
- 21 'You have been unfaithful; you have married foreign women,— to Israel's guilt' (Ezra 10:10) (6)
- 23 This month (abbrev.)(4)

One of this year's fledgling robins – the red feathers are just coming through. He's checked out our bird seed but seems to prefer cheese and hot cross buns!

PUZZLE: 'ALL CREATURES GREAT AND SMALL' ANSWERS

O R A N G E T I P
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S B F R I T I L L A R Y
P R N
E I L T I G E R M O T H
C O M M A E
K S R E D A D M I R A L
L T G L P
E O E G A T E K E E P E R
D N W D A
W E H O L L Y B L U E C
O I O C
O T C
D E K

This week's SUDOKU

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1	3		6		2		9	7
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	6			5	1	9		
		3					1	5
2					9	7		

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