

Excalibur

THE CAMELOT PARISHES MAGAZINE

CAMELOT PARISHES WEBSITE - <http://camelotparishes.co.uk/>



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THIS ISSUE - **Tristram's Retirement** - *see pages 3 & 6*

Ash Wednesday - *see page 11* LegoFest - *see page 20*

Annual Subscriptions due this month

FORTY PENCE

FEBRUARY 2024

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EXCALIBUR MAGAZINE

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6 The Close, North Cadbury, Yeovil, BA22 7DX
office@camelotparishes.org.uk

From the Rectory

Later in this edition of Excalibur, you can find a notice which Rob has prepared which gives details of my retirement later this year and of my final Sunday in the Camelot Parishes.

Obviously, this is a big step for myself and my family. One of the many things that I look forward to in my future life is the opportunity to read many books that I have not yet read.

Often when I have not actually read a book I am attracted by their titles. Sometimes, this proves to be a disappointment when I am choosing a book and sometimes not.

One such title of an unread book which goes through my mind at the moment is by the literary critic Frank Kermode and is entitled The Sense of an Ending.

The sense of an ending is a phrase which resonates with me as I am struck by how much is being rounded off for me at a personal level. Recently, I have had unexpected news from two different people about the conclusion of different stages in their ministries. As I considered this, I realised that I had always hoped that this would happen before I myself retired. How strange!



And sometimes the sense of an ending has come to me as I have found that longstanding questions have been resolved.

So, is there more than coincidence at work here? Well, as Christians, we do believe that God has a purpose for our lives and that we can see that purpose working itself out in our everyday lives. The Bible too has a sense of an ending. Its last book, Revelation, speaks of a future when 'Death will be no more; mourning and crying and pain will be no more,' (Revelation 21: 4). Echoing this reality, C S Lewis at the end of his Narnia series speaks of the end of his story as being the beginning of a greater story which goes on forever.

But wait a moment doesn't this sound more like a new beginning rather than an ending? Well, perhaps it is and perhaps my retirement is not simply an ending but a new beginning both for myself and for the Camelot Parishes.

*With my love and prayers,
Tristram*

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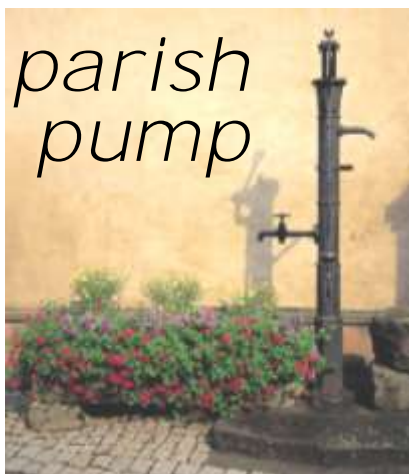
February Events

| | | | | |
|------------------|-----|-------------|---|-------------------------------|
| 1 st | Thu | 9.15am | Galhampton Walkers - see page 18 | Galhampton Church |
| | | 9.30 & 11am | Little City Play Sessions - see p 22 | North Cadbury Village Hall |
| 2 nd | Fri | | - | |
| 3 rd | Sat | 8.30-9.30 | Saturday Breakfast - see page 19 | Holton Village Hall |
| | | 10-11.30 | Village Gathering & Coffee Morning | Galhampton Village Hall |
| 4 th | Sun | | Sunday Services | See centre pages for services |
| 5 th | Mon | 9.30-11.30 | mainly music - see page 7 | North Cadbury Church |
| 6 th | Tue | 7-8.00pm | Alternative Celtic Worship | Galhampton Church |
| | | 7.30pm | South Cadbury Women's Institute | South Cadbury Village Hall |
| 7 th | Wed | | - | |
| 8 th | Thu | 12.30pm | Galhampton Lunch Club - see page 19 | Galhampton Village Hall |
| 9 th | Fri | | - | |
| 10 th | Sat | 10am-12 | South Cadbury Village Café | South Cadbury Village Hall |
| 11 th | Sun | | Sunday Services | See centre pages for services |
| 12 th | Mon | | - | |
| 13 th | Tue | 2-3.00pm | Alternative Celtic Worship | Galhampton Church |
| | | | Pancake Evening | North Cadbury Village Hall |
| 14 th | Wed | 10.00am | Ash Wednesday Communion | South Cadbury Church |
| 15 th | Thu | | <u>DEADLINE FOR MARCH EXCALIBUR</u> | |
| | | 10am-12 | LegoFest - see page 20 | North Cadbury Church |
| | | 2-4.00pm | Galhampton Sewing Bees | Galhampton Village Hall |
| 16 th | Fri | 7-10.00pm | Film - Indiana Jones & the Dial of Destiny | N Cadbury Village Hall |
| 17 th | Sat | 8.30am | Saturday Breakfast - see page 18 | Blackford Reading Room |
| 18 th | Sun | | Sunday Services | See centre pages for services |
| 19 th | Mon | 9.30-11.30 | mainly music - see page 7 | North Cadbury Church |
| 20 th | Tue | 2-3.00pm | Alternative Celtic Worship | Galhampton Church |
| 21 st | Wed | 7.30pm | North Cadbury Gardening Club | North Cadbury Village Hall |
| 22 nd | Thu | 10-11.30am | Community Coffee Morning | North Cadbury Church |
| 23 rd | Fri | | - | |
| 24 th | Sat | 10.30am | Coffee Morning & 200 Club | North Cadbury Village Hall |
| 25 th | Sun | | Sunday Services | See centre pages for services |
| 26 th | Mon | 9.30-11.30 | mainly music - see page 7 | North Cadbury Church |
| 27 th | Tue | 2-3.00pm | Alternative Celtic Worship | Galhampton Church |
| 28 th | Wed | 10.30am | N Cadbury Women's Group | North Cadbury Reading Room |
| | | 7.00pm | N Cadbury & Yarlington Parish Council | N Cadbury Reading Room |
| 29 th | Thu | | - | |

100 years ago, on 5th February 1924, BBC Radio broadcast the 'six-pips' Greenwich Time Signal for the first time.

40 years ago, on 14th February 1984, figure skaters Jayne Torvill and Christopher Dean won the gold medal in ice-skating at the Winter Olympics in Sarajevo.

20 years ago, on 4th February 2004, Facebook the social media networking platform was launched.



Tristram's Retirement

The Revd Tristram Rae Smith has announced his retirement later this year after 16 years as the Rector of the Camelot Parishes. Tristram's last service will take place on Sunday August 4th and his last working day will be Friday August 9th. More details about Tristram's farewell service will be made available closer to the date.

Parishes Secretary

The Parishes Secretary is continuing to work some days from home. Please make contact by email or telephone if you need administrative help. Contact details for the Parishes Secretary can be found at the bottom of page 2.

Cutting Edge Camelot

Our electronic magazine, *Cutting Edge Camelot*, will continue for the time being. If you would like to be included in the email list for *Cutting Edge Camelot*, please contact Rob Sage (details above) and give us your email address so that you can be added to the list.

How's Hiding in Your Car?

You may not be the only one enjoying the comfort of your car this winter.

According to recent figures from the RAC, if you have left your car standing alone for even a week, then anything from rats, squirrels, mice, foxes and even snakes may have moved in.

A squirrel stockpiling nuts in a car air filter, ten mice nesting under a windscreen, rats living in engine bays, and foxes chewing brake hoses, are only some of many culprits listed this year as having caused a breakdown. There was also the baby python found behind a wheel trim.

In all, last year the RAC responded to over 300 incidents of vehicle damage caused by animals. That's a 55 per cent increase from the 196 recorded in 2018. Alice Simpson, spokesman for the RAC, said: "Finding a rat or mouse in your car is not only a nasty shock, but often the cause of very expensive damage.

"Our best advice is to make sure no food is left inside. Also, check for unusual smells in the vehicle, and be mindful of any dashboard warning lights that don't disappear after a minute or two."

A Simple Way to Reduce Your Risk of a Heart Attack

This is so easy that most of us can do it at home: simply climb about five flights of stairs a day.

So says a recent study, published in the journal *Atherosclerosis*. It found that climbing stairs on a regular basis may reduce the risk of strokes, blood clots, and heart attacks by as much as 20 per cent.

Climbing stairs is also good for burning fat. This is because you use your largest muscle

groups, and so burn more calories. For example – stair climbing burns 23 per cent more calories than running; 250 per cent more calories than swimming, 63 per cent more than cycling, and a staggering 400 per cent more than walking at about three km/h.

As one biomechanics coach explained: “You can take the steps as fast – or slow – as you like, and still see benefits. That’s because the muscles are contracting and shortening under tension as they push the floor away.”

Climbing stairs is easier on the knees and hips than running, because there is less shock through the body.



A fun music group for parents/primary care-givers to enjoy with their pre-schoolers (0-5 years).

Run weekly during school term times, it's fun and interactive, 30 minutes of songs with musical instruments, games and dance. Followed by eat/chat/play time. An enjoyable way to have quality time together and meet new friends.

**Mondays 5th, 19th & 26th
February
in Galhampton Chapel**

Doors open at 9:30, sessions start at 10am and finish by 11:30am.

Cost: £2.50 per family,
includes refreshments

DIFFERENT STYLES OF WORSHIP AT GALHAMPTON CHURCH

Worship in the Celtic tradition
from Iona, Northumberland, etc.

All welcome – come and see
if you enjoy alternative ways
to praise God

Coffee and cake included.

**Note the different times
during the winter**

Tuesday from 7 – 8.00pm
6th February

Tuesdays from 2 – 3.00pm
13th, 20th & 27th February

North Cadbury and Yarlington Parish Council Meeting

The next meeting of the Parish Council will be held on Wednesday 28th February 2024 at 7.00pm in North Cadbury Reading Room. The agenda will be placed on the North Cadbury website and on notice boards 4 days before the event. Members of the public are welcome to attend.

Mrs Rebecca Carter, Parish Clerk
Portman House, North Barrow,
Somerset, BA22 7LZ Tel. 01963 240226
Email parishclerk@northcadbury.org.uk

Diane Rickers, Chairman
Marl Pitt Cottage, Galhampton, Somerset,
BA22 7AE Tel. 07854 480225
dianerickers@northcadbury.org.uk

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*Marriage is like twirling a baton, turning
handsprings, or eating with chopsticks;
it looks so easy till you try it.*

– Helen Rowland

*Life has taught us that love
does not consist in gazing at each other
but in looking outward together
in the same direction.*

– Antoine De Saint-Exupery

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From the Bishop

As Christians, while we may look to reduce our own carbon footprint, we are called to be stewards and witnesses of a much more radical resource. The clue is in the word 'ecology'.

'Eco' comes from the Greek word *oikos*, meaning house, or dwelling place. Ecology is partly about our responsibility to recognise the precious gift of the Earth, as our dwelling place: to be thankful, and play our part. God made humankind to care for the earthly world:

Jesus amplifies the call, as He uses 'nature' as the sign of how we can live in order to flourish and to fulfil God's will.

'Logy' comes from a Greek word *logos* interpreted as reason, the ordering of knowledge, logic. In John's Gospel, *logos* is a word to describe Jesus – through whom all things are made and from whom all true knowledge comes. *Logos* is the word, the source of all goodness and grace, for every human life, and for all of creation.

It is the 'logos', the word, who inhabits our lives, our creation – inviting us to recognise His light, and allow it to overcome the darkness of our own limited concerns and agendas. We meet the *logos* in scripture, in worship, in prayer, and deeper reflection.



Our precious gift

In Jesus, as *logos*, we can find the wisdom, the resources and the commitment to play our part in caring for creation. We are able to invite others to recognise the deeper truths about Eco, our common dwelling place, and to see more clearly how we join with others to work out what to do, how to live, and honour the gift of life that we receive through Him. The *Logos* is the possibility of good news for humankind and for the Earth.

What a responsibility each Christian disciple is called to bear! And what grace can be ours to enable us to fulfil our calling, and help all of God's children become caught up in the praise and prayer that gives true life to our dwelling place, and to exercise our stewardship appropriately.

(Continued on page 11)

Holy Communion



**No Tuesday Communion
at South Cadbury Church
this month as there will be
an Ash Wednesday
Communion instead.**



ASH WEDNESDAY COMMUNION SERVICE

14th February

10.00am at
St Thomas a Becket,
South Cadbury



(Continued from page 10)

Read John 1: 1-14. Become an ECO-warrior – committed our common dwelling place – through celebrating the power and presence of the LOGOS.

ECOLOGY: we know it makes sense.

† Bishop Alastair

Alastair Redfern
Assistant Bishop for the
Diocese of Bath and Wells

When Adam stayed out very late for a few nights, Eve became upset. "You're running around with other women," she charged.

"You're being unreasonable," Adam responded. "You're the only woman on earth."

The quarrel continued until Adam fell asleep, only to be awakened by someone poking him in the chest. It was Eve. "What do you think you're doing?" Adam demanded.

"Counting your ribs," said Eve.

Church notices that did not come out quite as intended!

We are delighted to announce that the youth group has raised almost £500 for drug abuse.

Correction: The following typo appeared in our last bulletin: 'Lunch will be gin at 12:15.' Please correct to read '12 noon.'

Any church member over 18 is welcome to join our new lay ministry programme. It requires minimal training and time: just six weekly classes of about 200 hours each Tuesday night.

The church will host an evening of fine dining, superb entertainment, and gracious hostility.

INTERVIEW -

Pippa Rayner

Somerset Wildlife Trust



What is Wilder Churches?

It is a partnership initiative between Somerset Wildlife Trust and the Diocese of Bath and Wells to provide a series of training sessions aimed at anyone interested in taking action for nature in their local churchyard, burial ground or other church land. We want to help people understand how important these spaces can be.

What has the reaction been to it?

We started with a launch session in 2021 and had an amazing reaction to that. People have continued to take part or have been able to catch up because we recorded all the training and we also run regular sessions for new communities.

What's been very rewarding is that people have been finding habitats they never knew were there.

Is that the reaction you expected?

We were absolutely delighted with the response. We provided support so that they have access to advice,

with the wider benefit of not just doing something in their local churchyard but doing it as part of something that's happening across the whole diocese.

What has been the most surprising thing you have found about running Wilder Churches?

The Somerset Botany Group approached us and asked if they could offer surveys for communities, which was great.

They got round a lot of sites and found some amazing things, which was absolutely fantastic and just shows why these places are so special.

Is it a lot for a church to take on board?

Start small. Even churches that don't have grassy areas can have flowerpots planted with bee friendly plants.

It's important enthusiasm doesn't cause people to rush in and change things without having time to understand the space and the communities. We support any action the community decides to take and help them find what will work best and how to do that.

Any advice for someone looking to take part?

Always talk to your church leader and those already involved. Ask who currently manages that space and who currently decides how it is managed?

Have those discussions and take your time to get to know the space.

The Lord's Larder

Do you know anyone who is short of food? Are you, perhaps?

Help is available, in confidence, from the Lord's Larder - not directly, but by phoning **01935 479398**.



A free phone line of hymns, reflections and prayers


take art#

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THE REGULARS

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North Cadbury Village Hall
Doors 7pm, show 8pm, bar open until 10pm
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or online at [vivo.org](http://www.vivo.org)

Wincanton Choral Society

conductor Neil Moore – accompanist Jacquelyn Bevan

CHORAL WORKSHOP

Joseph Haydn – *The Creation*

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tickets £20, music hire £3 (New Novello edition)

for further info and registration please contact

honsecretary.wcs@gmail.com or ring Trevor on 07914 074198

www.wincantonchoralsociety.co.uk www.facebook.com/wincantonchoralsociety

Volunteer Visitors Needed

Somerset Sight is recruiting volunteers to befriend visually impaired people on a regular basis.

Would you like to help someone in your local area? Join our team of volunteers, who help people to remain independent and overcome loneliness and isolation.

All reasonable and out of pocket expenses are paid. For more information please contact Somerset Sight on 01823 333818 or email admin@somersetsight.org.uk

Somerset Sight is a local charity that has been supporting sight impaired people across Somerset for over a hundred years and in 2019 we proudly won the Queen's Award for Voluntary Service.

One of the services we offer is the Volunteer Visiting Service, whereby volunteers are matched locally with a sight impaired person for regular visits for company and support and to alleviate their loneliness and isolation.

Volunteer visitors help with a variety of tasks such as reading, correspondence, or making appointments, going out for a drive or just a cup of tea and a chat. Many volunteers get great satisfaction and enjoyment from their voluntary work, many friendships are formed and the people they support very much look forward to their visits, some telling us that it is the highlight of their week. Full training is provided and we cover all reasonable expenses.

We have a number of visually impaired people in Somerset who would welcome a

volunteer visitor, but they are on a waiting list as we don't have enough volunteers to match them with.

Furthermore, we hold monthly Social Groups for the visually impaired in various towns across Somerset. Our service users come along to have a chat and a coffee, and we are also able to share ideas and information about living with sight loss. Please call Somerset Sight on 01823 333818 to find out more.

We also have a Mobile Advisory Service which travels across the whole of Somerset offering information, advice and visual aids for people with sight loss. We have lots of helpful gadgets and interesting resources on board. The dates are on the website.

We arrange regular outings and events for people who are visually impaired, including an annual trip to the seaside. We deliver regular 'Seeing Life Differently Days' for people who are coming to terms with sight loss. We also provide Low Vision Clinics and we offer Emotional Support sessions via telephone. We have seen a big increase in the use of IT by our service users, so we now offer IT support to our visually impaired service users.

Further information about us can be found on our Facebook page and on our website:

<https://www.somersetsight.org.uk/>



Wordsearch for February

February is the month of romance. Millions of Valentine cards will be sent in the next week or two, as we celebrate our romantic love for that special person in our lives. But there are other kinds of love to celebrate: and on Candlemas we remember Mary and Joseph taking their baby son to the temple to present Him to God. Jesus' whole life was a loving present to us from God. Through His death for us on the cross, and His resurrection, His love can now transform anyone's life. Romances can die, but God's love for us is always there.

Valentine

Rose

Romance

Love

Present

Restaurant

Hearts

Kiss

hug

girlfriend

boyfriend

fiancé

worship

repentance

angels

baby

temple

Mary

Candlemas

presentation



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Sunday Worship

4th February *The Second Sunday before Lent* Green
CAMELOT WORSHIP SUNDAY

| | | | |
|----------|----------------|---------------------------------|---------------|
| 9.00 am | Yarlington | Communion (BCP) | <i>rw</i> |
| 9.30 am | North Cheriton | Camelot Matins (BCP org) | <i>trs</i> |
| 11.00 am | North Cadbury | Group Communion (CW org) | <i>trs rw</i> |

READINGS Morning - *Proverbs 8: 1, 22-31; Colossians 1: 15-20; John 1: 1-14*

11th February *The Sunday Next before Lent* Green

| | | | |
|----------|--|-------------------------------|------------|
| 9.30 am | Blackford | Matins (BCP org) | <i>ca</i> |
| | Compton Pauncefoot - <i>Service at Blackford</i> | | |
| | Galhampton | Communion (BCP piano) | <i>trs</i> |
| | North Cadbury - <i>Service at Galhampton</i> | | |
| | North Cheriton | Communion (CW org) | <i>rw</i> |
| 11.00 am | Holton | Sunday Worship (kb, g) | <i>rw</i> |

READINGS Morning - *2 Kings 2: 1-12; 2 Corinthians 4: 3-6; Mark 9: 2-9*

18th February *The First Sunday of Lent* Purple

| | | | |
|----------|--|----------------------------|------------|
| 9.30 am | Compton Pauncefoot | Communion (BCP org) | <i>trs</i> |
| | Blackford - <i>Service at Compton Pauncefoot</i> | | |
| 11.00 am | Maperton | Communion (BCP) | <i>trs</i> |
| | North Cadbury | Sunday Worship | <i>rw</i> |
| 4.00 pm | Yarlington | Evensong (BCP org) | <i>rw</i> |

READINGS Morning - *Genesis 9: 8-17; 1 Peter 3: 18-22; Mark 1: 9-15*
Evening - *Genesis 2: 15-17; 3: 1-7; Romans 5: 12-19*

CLERGY

trs Revd Tristram Rae Smith
ap Revd Alison Parris
rw Revd Ron Wood

READER

gr George Renwick

LAY WORSHIP ASSISTANTS

bs Belinda Salthouse
ca Chris Akroyd
hb Heather Beadles
lg Lesley Gillingham
tb Tony Beadles

Hope means expectancy when things are otherwise hopeless. – G K Chesterton

Christians may not see eye to eye, but they can walk arm in arm.

| | | |
|---------------------------------|--|--|
| 25th February | <i>The Second Sunday of Lent</i> | Purple |
| 8.00 am | Blackford | Communion (BCP) <i>trs</i> |
| 9.30 am | Compton Pauncefoot | Matins (BCP org) <i>rw</i> |
| | North Cheriton | Morning Worship (org) <i>ap</i> |
| | South Cadbury | Communion (BCP org) <i>trs</i> |
| 11.00 am | Holton | Communion (CW org) <i>ap</i> |
| | North Cadbury | Communion (CW org) <i>trs</i> |
| | Yarlington | Sunday Worship (kb, g) <i>lg</i> |
| 4.00pm | Galhampton | Evening Service (piano) <i>rw</i> |
| READINGS | Morning - <i>Genesis 17: 1-7, 15-16; Romans 4: 13-25; Mark 8: 31-38</i> Evening - <i>Genesis 12: 1-9; Hebrews 11: 1-3, 8-16</i> | |

| | | |
|-----------------------------|---|---------------------------------|
| 3rd March | <i>The Third Sunday of Lent</i> | Purple |
| | CAMELOT WORSHIP SUNDAY | |
| 9.00 am | Yarlington | Communion (BCP) |
| 9.30 am | North Cheriton | Camelot Matins (BCP org) |
| 11.00 am | North Cadbury | Group Communion (CW org) |
| READINGS | Morning - <i>Exodus 20: 1-17; 1 Corinthians 1: 18-25; John 2: 13-22</i> | |

Key: CW = Common Worship,
BCP = Book of Common Prayer,
org = organ, kb = keyboard, g = guitar.

**Holton, North Cheriton
& North Cadbury Churches**
have an **Audio Loop** for the hard of hearing

Work of Art

(Matthew 6: 25-34,
Ephesians 2: 10,
Genesis 1: 27)

*Clothing grass,
fashioning feathers and flowers,
the Master Designer
shows off his work to his people
in the greatest art exhibition of all.
His best work he keeps till last,
and invites us to look in a mirror.*

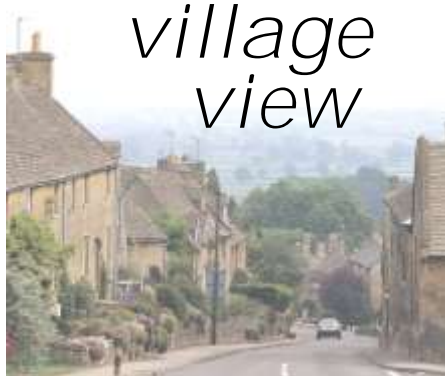
By Daphne Kitching

True Love

(Luke 2: 22-35)

*Broken world,
broken lives,
broken hearts
without hope
until there, in the Temple,
in that bundle of a baby,
love provides
restoration,
according to his word.*

By Daphne Kitching



Blackford

SATURDAY BREAKFAST

Join us for our monthly village breakfast on Saturday February 17th 2024 at 8.30am in the Reading Room. Please note the change of the start time.

BOOK CLUB

For details contact 01963 440754.

FEBRUARY SERVICES AT ST MICHAEL'S

Sunday 11th 9.30am Matins (BCP org)

Sunday 18th 9.30am at Compton Pauncefoot

Sunday 25th 8.00am Communion (BCP)

Bratton Seymour (Bratton St Maur)

CHURCH FLOWERS

February Emma Carnell

SERVICES AT ST NICHOLAS'

There will be no Sunday services in St Nicholas' Church in February.

The greatest happiness of life is the conviction that we are loved, loved for ourselves, or rather, in spite of ourselves.
– Victor Hugo

Compton Pauncefoot

FEBRUARY SERVICES AT ST MARY'S

Sunday 11th 9.30am at Blackford

Sunday 18th 9.30am Communion (BCP org)

Sunday 25th 9.30am Matins (BCP org)

Galhampton

MAINLY MUSIC

mainly music is a fun and educational group for pre-school children with their parents or grandparents. The children learn singing, balance, rhythm, movement and counting skills in a fun and relaxed setting.

This is followed by refreshments and play time for the children, and homemade cake for grown-ups! A great way to start the week and make new friends. Mondays in term time in Galhampton Church, 9.30-11.30am. Mondays 5th, 19th and 26th February. £2.50 per session.

CHRISTMAS RAFFLE

A massive thank you to the villagers of Galhampton for donating an amazing array of attractive goodies to fill hampers for the Christmas Raffle. There were 29 lovely and varied prizes in total. Thanks to all of you for supporting us by buying tickets. A full list of winners is posted on the village notice boards and website.

We would also like to thank Haynes Motor Museum, the Orchard Inn, Charles Endirect, Galhampton Country Stores, Sparkford Sawmills and Morrisons for their continued support. We raised just under £1,400, an excellent result.

GALHAMPTON WALKERS

Galhampton Walkers meet outside the church on 1st February at 9.15am. An hour

and a half walk followed by coffee and cake at the Orchard. All welcome including our four legged friends.

FEBRUARY VILLAGE GATHERING

& Coffee Morning with 200 Club Draw – Saturday 3rd February 10.00am to 11.30am at the village hall with draw and notices at 10.30am. Enjoy a cup of fresh brewed coffee and a delicious home-made cake or two, join fellow villagers for some convivial company and see if you have won in the monthly 200 club draw. All are most welcome at this very popular event which is a great way of catching up with what is going on in the lovely village of Galhampton. Do come and join us.

LUNCH CLUB

Thursday 8th February. 12.30pm at the village hall. All are welcome to attend this fun and lively two-course lunch with coffee, bring your own bottle. Please let Jenny know if you would like to attend via 07926 119199 or

jenny.williams@galhampton.com

GALHAMPTON SEWING BEES

Thursday 15th February - 2.00pm to 4.00pm at the village hall. Bring your sewing, knitting or embroidery.

FILM NIGHT

Saturday 2nd March at the village hall. We will be showing **The Great Escaper**, a very popular 2023 film based on the true story of an 89 year old WW2 Royal Navy veteran who 'escaped' from his care home to attend the 70th anniversary D-Day commemorations in France. Starring the acting greats Michael Caine and Glenda Jackson in their very last film roles and rated a highly impressive 83% on Rotten Tomatoes.

Doors open 6.15pm and the film commences at 7.30pm. Tickets are £10

Local Contacts

CIVIL PARISHES

Compton Pauncefoot & Blackford

| | | |
|----------|-----------|--------|
| CHAIRMAN | Jane Monk | 440666 |
|----------|-----------|--------|

North Cadbury & Yarlington

| | | |
|-------|----------------|--------|
| CLERK | Rebecca Carter | 240226 |
|-------|----------------|--------|

South Cadbury

| | | |
|-------|-------------|--------|
| CLERK | Cherry Toop | 440384 |
|-------|-------------|--------|

UNIFORMED ORGANISATIONS

| | | |
|----------|---------------|--------|
| RAINBOWS | Tracey Watson | 440059 |
|----------|---------------|--------|

| | | |
|----------|---------------|--------|
| BROWNIES | Tracey Watson | 440059 |
|----------|---------------|--------|

| | | |
|--------|-----------|--------|
| GUIDES | Joy Cross | 350936 |
|--------|-----------|--------|

OTHER ORGANISATIONS

Blackford

| | |
|--------------|----------------------|
| READING ROOM | see advert on page 6 |
|--------------|----------------------|

Galhampton

| | |
|--------------|------------------------|
| VILLAGE HALL | enquiries 07534 919195 |
|--------------|------------------------|

Holton

| | | |
|--------------|------------|-------|
| VILLAGE HALL | Lisa Prior | 34821 |
|--------------|------------|-------|

North Cadbury

| | | |
|------------|-----------------|--------|
| ALLOTMENTS | Lorraine Malton | 440471 |
|------------|-----------------|--------|

| | | |
|-------------|---------------|--------|
| BRIDGE CLUB | Nicola Wilson | 440642 |
|-------------|---------------|--------|

FRIENDS OF ST MICHAEL'S

| | |
|---------------|--------|
| Donal O'Neill | 441623 |
|---------------|--------|

| | | |
|----------------|--------------|--------|
| GARDENING CLUB | Sarah Newsom | 441533 |
|----------------|--------------|--------|

| | | |
|--------|---------------|--------|
| SCHOOL | Lisa Thompson | 440420 |
|--------|---------------|--------|

| | | |
|--------------|--------------|--------|
| TABLE TENNIS | Andy Bentley | 351629 |
|--------------|--------------|--------|

| | | |
|-------------|--------------|--------|
| TENNIS CLUB | Steve Ingram | 440125 |
|-------------|--------------|--------|

| | | |
|----------|----------------|--------|
| TODDLERS | Jodie Richards | 441617 |
|----------|----------------|--------|

| | | |
|--------------|--------------|--------------|
| VILLAGE HALL | Esther Watts | 07468 484281 |
|--------------|--------------|--------------|

| | | |
|---------------|----------------|--------|
| WOMEN'S GROUP | Pauline Moylan | 440775 |
|---------------|----------------|--------|

North Cheriton

| | | |
|--------------|--------------|--------------|
| VILLAGE HALL | Lesley Tyson | 07753 420897 |
|--------------|--------------|--------------|

South Cadbury

| | | |
|--------------|--------|--------|
| VILLAGE HALL | Alison | 440997 |
|--------------|--------|--------|

| | | |
|----|-------|--------|
| WI | Julie | 220181 |
|----|-------|--------|

*To update the information on the above list, please contact the Parishes Office
office@camelotparishes.org.uk*

adult, £6 under 16s and include a light supper before the film. Licensed bar. Tickets from Paul Carter on 07875 206875 or email village@galhampton.com

VILLAGE HALL BOOKING

To enquire about booking the village hall please email booking@galhampton.com or call 07534 91915.

VILLAGE EVENTS

We have quite a few events planned for the coming months – keep up to date via www.galhampton.com. To see what is going on in the village hall and to check availability, there is a calendar on the website with details of all the classes and events that are happening.

FEBRUARY SERVICES AT GALHAMPTON CHURCH

Sunday 11th 9.30am Communion
(BCP piano)

Sunday 18th 11.00am Sunday Worship
at North Cadbury Church

Sunday 25th 4.00pm Evening Service
(piano)

Holton

SATURDAY BREAKFAST

The next Saturday Breakfast will be on Saturday 3rd February in the Village Hall. It's only £6 for a full English breakfast with all the trimmings (£3 for children) or there's toast, preserves, croissants and pastries. All with as much tea and coffee as you want. Breakfasts are cooked to order from 8.30 to last orders at 9.30am. Everyone is very welcome, bring your friends too!

FEBRUARY SERVICES AT ST NICHOLAS

Sunday 11th 11.00am Sunday Worship
(kb, g)

Sunday 25th 11.00am Communion (CW org)

Maperton

FEBRUARY SERVICES AT ST PETER & ST PAUL'S

Sunday 18th 11.00am Communion (BCP)

North Cadbury

MAINLY MUSIC

mainly music is a fun and educational group for pre-school children with their parents or grandparents. The children learn singing, balance, rhythm, movement and counting skills in a fun and relaxed setting.

This is followed by refreshments and play time for the children, and homemade cake for grown-ups! A great way to start the week and make new friends. Mondays in term time in Galhampton Church, 9.30-11.30am. Mondays 5th, 19th and 26th February. £2.50 per session.

LEGOFEST

Thursday 15th February in North Cadbury Church from 10.00am – 12 noon. Join in a group building project, play some Lego games or build a creation of your own design. We will provide the Lego, all you need to bring is your imagination! Suited to children in suggested age range 5-11, accompanied by an adult. **Free event.**

COMMUNITY COFFEE MORNING

Thursday 22nd February, 10.00-11.30am, Community Coffee Morning in North Cadbury Church. Join us for coffee, cake and company. Everyone is welcome, and there's no charge. A relaxed and informal get together. Catch up with friends old and new, and enjoy some home-made cakes, ground coffee or tea. We look

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NORTH CADBURY VILLAGE HALL

Coffee Morning & 200 Club Draw

Coffee Morning and 200 Club Draw on **Saturday 24th February** at 10.30am. Warm drinks and homemade cake are available while you chat and check if your number comes up in the 200 Club monthly draw. If you have not 'joined our club' you can purchase your ticket by contacting

200club@northcadburyvillagehall.org

Sidenote - If you are unable to attend our wonderful coffee mornings, tickets for the 200 Club are still available, they make fabulous gifts as well as supporting our local community from afar. The ticket owner does not necessarily have to attend! Good luck!

Little City – Children's Play Sessions February 1st

Little City is an award-winning mobile role-play centre for children up to the age of 6, and it's coming to locations across North Dorset and South Somerset! The 'City' is made up of 10 bays representing the grown-up world our children observe us in everyday: will they get the food shopping done in the supermarket? Post letters in the post office? Care for the poorly animals in the Vets? Or maybe they'll treat someone to a fresh look at the hair salon! At Little City, children can do and be all of these things (and more!) all in just over an hour's playtime.

There are two session times to choose from - 9.30am and 11.00am. Each play session is 1 hour 15 minutes long.

Tickets are limited to ensure the best quality play experience for the children and are booked online at <https://littlecity.mysfs.com/app.group.php?NorthDorset>

Tuesday 13th February – Pancake Evening

Film Night - Friday 16th February

Indiana Jones and the Dial of Destiny.
7.00pm - 10.00pm.

Flats and Sharps

The evening on Saturday 24th February has been cancelled as "Flats and Sharps" are no longer available.

A live show with "The Regulars"

Saturday 30th March. In a show brought to you by Takeart, for one night only, your Village Hall is about to become your local and turn into The North Cadbury Arms.

Pull up a chair, lean in close, and as the drinks flow you might start to wonder how blurred the lines are between fact and fiction.

Have you ever wondered who might have nursed a pint at this table before you? It is a celebration of the outlandish, sometimes incredible stories you hear over a drink (or 2!).

In Teatro Vivo's new show, The Regulars of the past sit shoulder to shoulder with the Regulars of today.

Doors Open 7.00pm, show starts 8.00pm.
Licensed Bar open until 10.00pm.

Tickets £10 on sale in the North Cadbury Village Stores and online on the Take Art website (plus small booking fee).

Saturday 27th April – Race Night

Clubs and Activities

The village hall has a variety of clubs and activities open to all. These include Table Tennis, Gardening Club, Folk Nights, Band practices, Art Class, and Women's Group. Oh, did we mention, we also have a full-sized tennis court?! Just email us for further details.

Should you require any further information or you would like to host your own club please contact



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Don't forget, the hall can be hired for parties, fund raisers, training, shows, demonstrations and well, just about anything. We would love to hear from you.

NORTH CADBURY & DISTRICT GARDENING CLUB

We're a small friendly club that generally meets on the 3rd Wednesday evening of the month in North Cadbury village hall. There's no need to be an expert gardener or even to have a garden. We have a speaker followed by tea and chat.

After our AGM in January we were given an insight into cider farming by Jenny King Brain from the Little Weston cider farm a stone's throw away from us. The locally made cordials and ciders were available to taste and buy - all of which went down very well!

On February 21st Neil Ross will be talking to us on 'Behind the Scenes at Sissinghurst' based on his personal extensive experience.

Guests and visitors are always welcome to meetings - for a £5 fee. Doors open at 7.00pm for a 7.30 start. New members are also very welcome as is anyone wishing to join the committee which is sociable and really not arduous as we all work happily together.

NORTH CADBURY WOMEN'S GROUP

The Women's Group meets on the fourth Wednesday, most months of the year, at 10.30am in the Reading Room. Membership is £15 a year, or you can just attend occasionally for a £2 donation.

We are a very friendly group, and our meetings include a wide range of speakers across the year, a lunch group, a summer outing to which partners and friends are

invited and always plenty of coffee/tea/biscuits and chat!

If you would like more information or a copy of the 2023 programme please contact Pauline Moylan on 440775 or pmoylan1@gmail.com

FEBRUARY SERVICES AT ST MICHAEL'S

Sunday 4th 11.00am Communion (CW org)

Sunday 11th 9.30am Communion (BCP)
at Galhampton Church

Sunday 18th 11.00am Sunday Worship

Sunday 25th 11.00am Communion (CW org)

North Cheriton

CHURCH FLOWERS

Sunday 4th February

Sunday 11th February

No flowers in Lent.

FEBRUARY SERVICES AT ST JOHN THE BAPTIST

Sunday 4th 9.30am
Camelot Matins (BCP org)

Sunday 11th 9.30am Communion (CW org)

Sunday 25th 9.30am Morning Service (org)

South Cadbury

SOUTH CADBURY VILLAGE HALL

South Cadbury Village Hall has a fully integrated AV system complete with a loop hearing system. So, whether you want a party, run a film night, make a presentation, hold a business meeting or anything else contact

Alison.Norton@SouthCadbury.org.uk

The village is awaiting a new playground installation which will be erected early in 2024 - watch this space



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Become a Morris Dancer – Wyvern Morris Dancers practice in the Village Hall every Thursday – come and join them to have a go. Contact wyvernbagman@gmail.com

SOUTH CADBURY AND SUTTON MONTIS WOMEN'S INSTITUTE

Sadly I missed this month's talk due to a virus but I gather the talk by Russel was very interesting covering resuscitation, how to use a defibrillator with emphasis on strokes and heart attacks. I am told his assistant "Anne" was difficult to revive and needed a lot of puff.

Our February meeting is our own Lu Jones who is hosting a craft evening and in March we shall be hearing about "Lace Making". Both meetings in South Cadbury Village Hall at the usual time of 7.30pm

CHURCH FLOWERS

4th & 11th February
No flowers in Lent.

FEBRUARY SERVICES AT ST THOMAS À BECKET

Wednesday 14th 10.00am
Ash Wednesday Communion
Sunday 25th 9.30am Communion (BCP)

Yarlington

ST MARY'S CHURCH

A concert was held in Yarlington church on the 12th December by the Wells Cathedral

School Choir, which was an amazing evening and wonderful start for Advent. This was thoroughly enjoyed by all. A total of £459 was raised and our thanks to all who came and supported us, also our thanks to The Newt for donating the refreshments.

The Carol Service on the 22nd December was also a wonderful service, in which local people came together to form a choir, and took part in readings all to celebrate the Christmas story. Thanks to all who took part.

The Yarlington PCC would like to wish all A Very Happy New Year

FEBRUARY SERVICES AT ST MARY'S

Sunday 4th 9.00am Communion (BCP)
Sunday 18th 4.00pm Evensong (BCP org)
Sunday 25th 11.00am Sunday Worship
(kb, g)



"Next Sunday I think I'll do a new take on the Parable of the Virgins and the Oil."

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Winter Now

*'Tis winter now; the fallen snow
has left the heavens all coldly clear;
through leafless boughs
the sharp winds blow,
and all the earth lies dead and drear.*

*And yet God's love is not withdrawn;
his life within the keen air breathes;
his beauty paints the crimson dawn,
and clothes the boughs
with glittering wreaths...*

*O God! Who giv'st the winter's cold,
as well as summer's joyous rays,
us warmly in thy love enfold,
and keep us through life's wintry days.*

Samuel Longfellow (1819-92)

Potatoes are Good for You

Potatoes have been a target of the anti-carb brigade for probably long enough. An affordable staple food for centuries, they have fallen out of favour in recent times, amid the trend for low-carb diets.

"The humble potato has been given a bad rap," says Dr Duane Mellor, a senior teaching fellow at Aston Medical School in Birmingham. "The truth is that potatoes contain a lot of vitamins and other nutrients that are important for good health." These include vitamin C, vitamin B6, potassium, and choline.

Potatoes also contain fibre, including resistant starch. This helps to feed the gut bacteria, which in turn has a wide range of health benefits.

Both the skin and the flesh of potatoes are good for you. The skin provides fibre, and the flesh contains most of the vitamins and minerals. So, the healthiest way to cook potatoes is to boil or bake them in their skins.

Bible Readings

FEBRUARY

- 1st - Mark 6: 7-13
- 2nd - *Presentation of Christ*
Luke 2: 22-40
- 3rd - Mark 6: 30-34
- 4th - **2nd Sunday before Lent**
Colossians 1: 15-20
- 5th - Mark 6: 53-56
- 6th - Mark 7: 1-13
- 7th - Mark 7: 14-23
- 8th - Mark 7: 24-30
- 9th - Mark 7: 31-37
- 10th - Mark 8: 1-10
- 11th - **Sunday next before Lent**
2 Corinthians 4: 3-6
- 12th - Mark 8: 11-13
- 13th - Mark 8: 14-21
- 14th - **Ash Wednesday**
Matthew 6: 1-6, 16-21
- 15th - Luke 9: 22-25
- 16th - Matthew 9: 14-15
- 17th - Luke 5: 27-32
- 18th - **1st Sunday of Lent**
1 Peter 3: 18-22
- 19th - Matthew 25: 31-46
- 20th - Matthew 6: 7-15
- 21st - Luke 11: 29-32
- 22nd - Matthew 7: 7-12
- 23rd - Matthew 5: 20-26
- 24th - Matthew 5: 43-48
- 25th - **2nd Sunday of Lent**
Romans 4: 13-25
- 26th - Luke 6: 36-38
- 27th - Matthew 23: 1-12
- 28th - Matthew 20: 17-28
- 29th - Luke 16: 19-31



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Bible Bite

A short story from the Bible

It can be read in the Bible in
Exodus chapter 2 verses 1 to 12

In Egypt the Hebrew people flourished so well that the new Pharaoh grew scared, and ordered all their new-born boys to be killed.

Moses' mother hid him when he was born, but he grew too big.



She made a basket from reeds for him and put it in the grass by the river Nile.



She told Moses' sister Miriam to keep watch.



Pharaoh's daughter found Moses.



Shall I get someone to look after the baby?



So Miriam got her mother.



The princess adopted Moses as her son.



When Moses was grown up he went to see where his people worked as slaves.



Perhaps I will be the one to save my people.



Moses saw an Egyptian beating a Hebrew slave.



Moses checked no-one was looking and...



He hid the body in the sand.





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