



BISHOP'S HULL PARISH MAGAZINE  
APRIL 2024

A THRIVING VILLAGE COMMUNITY  
IN THE HEART OF SOMERSET

**EDITOR**

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**MAGAZINE SUPPORT TEAM**

Proof reader - Margaret Coombs

**Magazine Cover:**

Photographs by  
Bob & Penny Coombs & Bob Winn

Articles relating to all aspects of our village and community  
are always welcome.

**Final date for acceptance: Mid-day on 12th of the month.**

Please help to make the magazine interesting by contributing material.

**When reading your free online copy or one of the the hard copies  
available in church please remember to support the few remaining  
advertisers whenever possible**

*It is emphasised that the views expressed in this magazine are not  
necessarily those of the magazine editorial team, unless attributed,  
or those sent in by identifiable contributors.*

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**IDENTIFYING OUR LOCAL BIRDS - photos by BOB WINN**



**Yellow browed Warbler**

**Cover - Woodland Bluebells**



[www.justgiving.com/crowdfunding/dougie-kerr](http://www.justgiving.com/crowdfunding/dougie-kerr)

**DONATE TO SAVE  
THE LAST BEVERLEY**



## **AWARD WINNING FAMILY RUN BUSINESS**

### **Shop and Post Office**

Open Monday – Friday 6.45am – 6pm

Saturday 8am – 6pm

Sunday 8am – 12pm

Tel – 01823 279168

### **Butchers**

Open Tuesday – Friday 8.00am – 3pm

Saturday 7.00am – 2pm

Sunday and Monday Closed

Tel – 01823 337497

# BISHOP'S HULL CAR BOOT SALES 2024

## REFRESHMENTS AVAILABLE

Easter Monday 1<sup>st</sup> APRIL

Sunday 21<sup>st</sup> APRIL

Bank Holiday Monday 6<sup>th</sup> MAY

Spring Bank Holiday Monday 27<sup>th</sup> MAY

Sunday 9<sup>th</sup> JUNE

Sunday 23<sup>rd</sup> JUNE

Sunday 7<sup>th</sup> JULY

Sunday 21<sup>st</sup> JULY

Sunday 11<sup>th</sup> AUGUST

Bank Holiday Monday 26<sup>th</sup> AUGUST

Sunday 8<sup>th</sup> SEPTEMBER

Sunday 22<sup>nd</sup> SEPTEMBER



**Start Time 7a.m. Bishop's Hull Playing Field**  
**TA1 5EB     ///rocket.force.monday**

Bank Holiday Sellers' Rates: Cars £6, Vans £8, Trailers £1

Sunday Sellers' Rates: Cars £5, Vans £6, Trailers £1

Buyer Parking £1     Large Vehicles by negotiation

Sellers responsible for removing their own rubbish

Toilets Available

Dogs allowed on a lead

All events subject to cancellation without notice at organisers discretion. All net proceeds to the Bishop's Hull Village Hall and Playing Fields Trust, a non-profit making registered charity.



**TASTER DAYS**

**MAY 18TH AND 19TH, 2024**

**10: 00 until 4:00**

at Taunton Vale Sports Club

Gipsy Lane off Greenway Road Taunton TA2 6LL

**we are**

**SEEKING NEW MEMBERS**

**Any Age, Any Gender, Any Ability**

(Children under 18 must be accompanied by an adult)

**Just TURN UP on the day**

(please bring FLAT SOLED SHOES)

Or contact: Christine 0776 681 1885

for more details

**See you there !**

## *The Frank Bond Centre*

84 Mountway Road, Bishop's Hull.

A place for the over 50s to meet new friends

Contact Carolyn 01823 283941 /Nadia 07958 246046

Come along to Frank's cafe on a Friday morning 10:00-12:00 and discover what activities could lie in store for you.

**The cafe is open to members and non-members.**

The centre is centrally heated and open 10:00-16:00 Monday-Friday

### Weekly Activities:

**Monday** - The Painting Group 10:00-12:00, Whist Club 1:30-4:00  
Bridge Club 2:00-4:00 (except first Monday in the month),

**Tuesday** – **Board Games 10:00-4:00**

**Wednesday** – **Flexercise 10:00-11:00**

**Thursday**- **Bridge club 10:00-12:00-beginners welcome,**  
**Croquet 2:00- 4:00**

**Friday** **Pétanque 10:00-12:00,**

**Friday** - **Frank's Cafe 10:00-12:00**

### Monthly Activities:

1st Monday in month Family History 2:00-4:00

Beginners Bridge 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays

2nd Tuesday in month Parchment 10:00-3:30

1st & 3rd Tuesday in month Crafty Coffee 10:00-12:00

2nd & 4th Thursday in month Mahjong 2:00-4:00

1st Wednesday in month Good companions 2:00-4:00

4th Wednesday in month Music appreciation 2:00-4:00

3rd Thursday in month Monthly lunch-please write name on list in foyer

**Annual membership £25** Find us on Facebook (& 'Like' us)

There are many more exciting activities... Table tennis, cards, books, puzzles A variety of social events take place throughout the year.

**The centre is available to hire**

For bookings please contact Nadia 01823 338242/07958 246046

**Vicar:**

Reverend Philip Hughes ,  
The Vicarage, Bishop's Hull Hill,  
Bishop's Hull, TA1 5EB  
01823-336102

**Church Warden:**

Mr Will Osmond, 01823-461820



I would be the first to acknowledge that, in any news report, the writer/compiler can make out a good case for believing his point of view by quoting figures. Unfortunately for most of us that could mean we are never given the whole story, so to speak. So, can we ever believe what we read? Take for example, how many people at the moment are actually unemployed? One recent headline states, *about a quarter of people of working-age - around 10 million people - don't currently have jobs*. If this figure is correct, surely that number is incredible for a country as small as the UK.

I therefore ask myself, if someone isn't working then how do they actually survive? If 10 million is a true figure then why aren't the streets full of people dying of starvation?

A further 'statistic' tells us that *officially*, only about 1.3 million people in the UK were, in December 2022, registered unemployed. Further data tells me that the unemployed represent only a small part of the 10 million working-age people (aged 16-64) who aren't in a paid job. Nearly nine million of them aren't called "unemployed". That's because they're not actively looking for work, or available to start a job. Instead these people are called "economically inactive". Dig deeper and more 'figures' point one to how the remaining inactive people are split up.

Most of the 2.7 million "inactive" people under 25 are students. The majority of them don't want a job. Further analysis tells us that the main reasons that 3.5 million over-50s are out of the job market are illness and early retirement.

Almost nobody who has retired early says they want to return to work.

Among 25- to 49-year-olds, 1.1 million people don't work because of caring responsibilities (about a million of whom are women). About 940,000 people in this age group are not working because of illness (more evenly split between men and women). Around half of people with disabilities don't have a paid job, a rate that's more than double the rest of the working age population.

If you have been doing your best to add up all these figures, well done.

I continue to be utterly confused. All I can assume is that many of the economically inactive are in receipt of some kind of benefit to which they are legally entitled. If not, that still begs the question, how do they survive?

I personally cannot prove, one way or the other, if any of the above figures are a true representation of the numbers of 'inactive' men and women in the UK but, as they say, *there is never smoke with fire*.

I hope the new financial year is however looking good for you and your kin.

## The Vicar writes .....



*Dear Brothers and Sisters in Christ*

*During a recent online meeting there was a picture in a background which said: 'There are some people who want it to happen, some wish it would happen and others who make it happen.' (Basketball pro, Michael Jordan)*

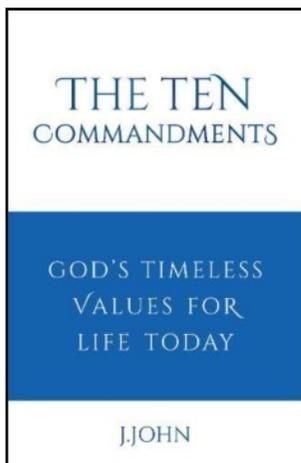
*Sometimes we have 'agency' to make things happen, sometimes we don't. We always have the 'agency' to create or contribute to positive culture. Ingredients for positive culture include letting people know they are valued and that they can make a difference – not in everything, yet always in something.*

*The Biblical story of Easter reminds us that we may not have agency in everything, yet God does. Easter is a time of contrasts: sadness, endings, beginnings, joy. In life we experience all of these, sometimes we have agency and at other times it is reassuring to know that, through faith, we may trust in one who does. The Biblical story of Easter is at the heart of the Christian faith and shows that through limitless love, despite all the harm that humans can do to themselves, to one another and to our planet, God does have miraculous agency, way beyond our comprehension, over all things and all time. 'For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.' The Bible, John 3:16.*

*You may or may not have a faith, believe in the Easter story or in miracles. We all, in different ways, reflect small aspects of the Easter story every day. We have agency, we choose to make a positive difference through our love and service, sometimes at great personal cost. Thank you for all the good that you make happen. A prayer you may like to say...*

*Dear God, thank you for the agency that we have, the opportunity to make a positive difference not in everything yet always in something. Thank you that we can be someone who makes good things happen. Thank you for the gift of Jesus, for the boundless love shown and eternal hope secured. Amen*

*Your Brother in Christ  
Rev Phil Hughes  
Vicar and Chaplain*



**J**ust10 for churches is a fantastic ten week series based on the Ten Commandments, designed to equip local churches to communicate the relevance of God's laws of love in a way people can relate to today. Author, speaker, and evangelist J. John creatively brings to life God's Ten Commandments in a fresh and dynamic way. **Just10** includes ten entertaining and enlightening live presentations filmed in London and the North-East of England. J. John presents the commandments in a positive light, showing that far from being a set of rules to restrict us, they are the key to finding freedom in life.

The videos are being shown in the 10am service on the first Sunday of each month. We started in September 2023 and looked at the command "Do not covet" or, as J. John puts it, "How to Find Contentment". The next video will be at 10am on 1st April 2024 in St Peter and St Paul, Bishop's Hull Parish Church – and you are welcome to join the adventure!

### **St Peter's & St Paul's Church Bridge Coffee Mornings**

**The Bridge** is what we have called the New Welcome Area.

The Church is opening **the Bridge** for our return of the Monthly Coffee Mornings to be held on the last Saturday of each month and running now through the rest of 2024.

We would like to extend a warm welcome to all at the next coffee morning on **Saturday 27<sup>th</sup> April 2024**. Please come along to have a Coffee/Tea and cakes, with a friendly chat. From 10am till 12noon.

### **Bell Ringing**

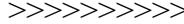
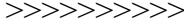
**W**e are very proud of our Bell Ringing team and our bells! There are 6 bells in the tower and ringing is done from ground level. The Bell Tower is accessed on the North Side of the church.

Ringing happens for the main service on a Sunday (usually ringing starts at 09.15am and rings until the service starts at 10am). Practice night is a Wednesday at 7.30pm.

Quarter peals ( 50 minutes) may be attempted up to twice a month at 11.30am, usually on a Tuesday or Wednesday.

Our Tower Captain is Giles Morley and he can be contacted on 01823 430710





Editor Bob

LETTERS TO THE EDITOR



We all send our love and congratulations to Mrs Joy Venn of Stonegallows who celebrated her 100th birthday on Sunday 10<sup>th</sup> March 2024.

COST OF POSTING A LETTER from **APRIL 2024**

NORMAL SIZE LETTER

FIRST CLASS     £ **1.35**     SECOND CLASS     £ **0.85p**

LARGE LETTER     100g

FIRST CLASS     £ **2.10**     SECOND CLASS     £ **1.52**

**Used stamps - collection point**

**If you would like to donate your used postage stamps to raise funds for the Children's Hospice Southwest, there is a collection box in the Bishop's Hull Post Office.  
THANK YOU IF YOU HAVE ALREADY DONATED.**

## **Meet Your Clerk and Responsible Financial Officer:**

Name: **Helen McG|addery-CILCA**

**What does your job entail?** *As the Proper Officer to the Council my job is to advise the Council on legal matters, ensure any decisions made by the Council are within their powers and lawful. I carry out all financial functions for the Council, along with the annual audit. Other duties include: preparing the meeting agendas, taking the minutes of the meeting and carry out all actions agreed, managing the Allotments and Community News, to include advertising and I'm the editor. I Administer the Facebook page and am responsible for all Parish Council correspondence. Most importantly I am the contact for the residents, and I do all this in 15 hours a week! During the next year the Parish Council has budgeted to increase my hours to 20 a week if required to cover the proposed extra duties to include the management of the attenuation ponds, play areas and open space at the area formally known as Kinglake. The management of the village play area and management of additional services the Parish Council will be taking on such as open space grass cutting, overgrown vegetation, street cleaning, gully clearance etc.*



**What made you want to be a Parish Clerk?** *My previous career was in retail management, I took a career break to be at home with my three children and once they were all at School I was looking for a new challenge. This job was advertised and was exactly what I was looking for and 10 years later I'm still here. I love the variety in the job and how I can be preparing a detailed budget one day and carrying out an inspection at the allotments the next.*

**When I'm not working** *I enjoy spending time with my family, enjoying the outdoors and walking our dog at different locations, but in the summer you will always find us at the beach.*

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### **Parish Council Vacancies**

**B**ishop's Hull Parish Council has TWO vacancies. If you are interested in finding out more, please contact the Clerk for an informal chat or come along to one of the meetings.

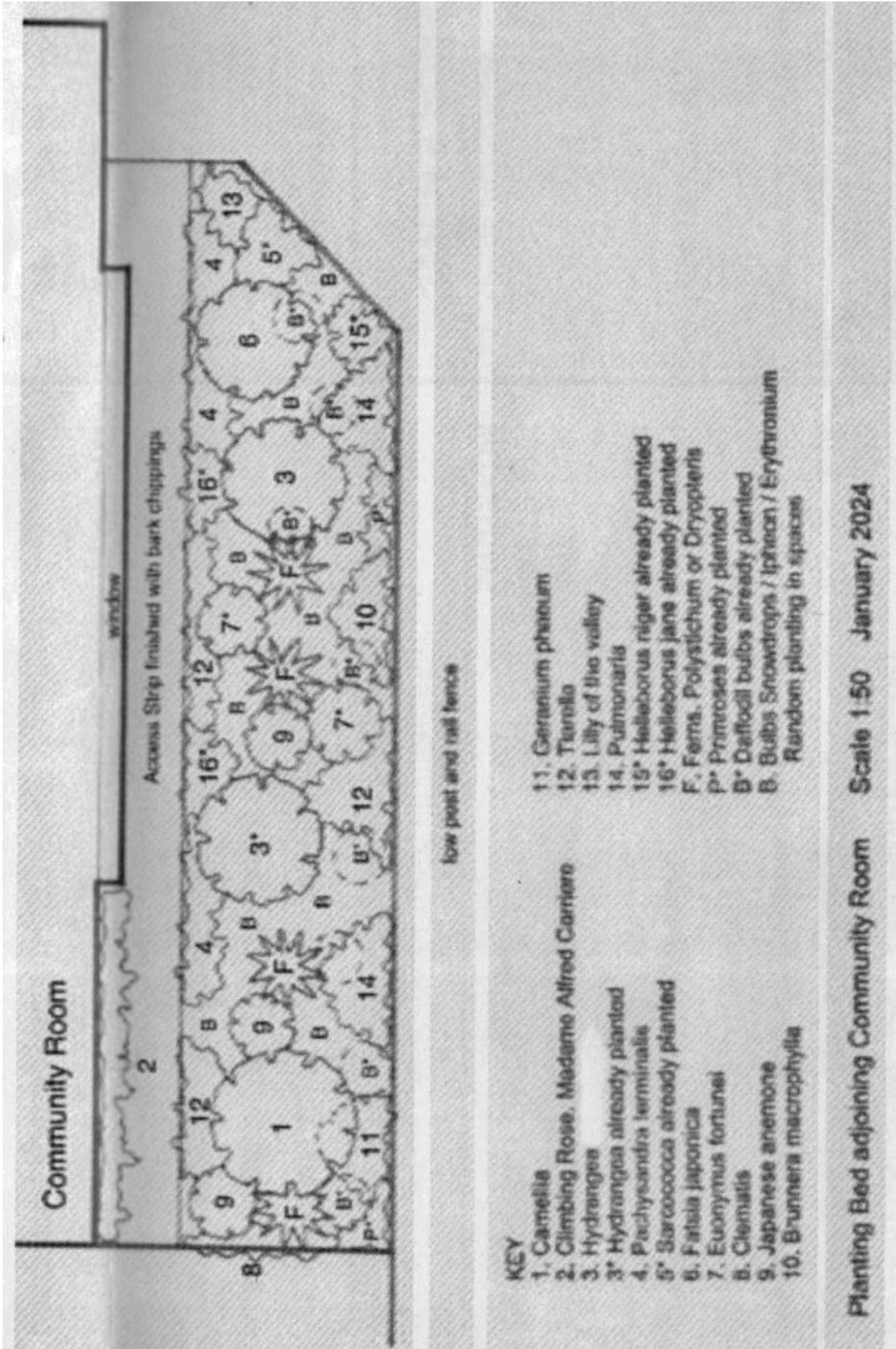
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### **Northfield Allotments**

**R**aised beds will soon be available. We can offer a 6'x4' bed for only £15 a year or 8'x4' for £20 a year.

If you are interested, please contact the Clerk.

bishopshullparishclerk@gmail.com



### **School Flower Bed**

The Hub gardening team has been asked by the village school to design and plant the flower bed by the entrance to the school. After a lot of good work by Jane Emmott and Richard Holland the team has come up with a planting plan (see over page). A coloured copy of the plan will be available on the village web site. £115 towards the cost of the plants has been raised thanks to generous donations from the community and plants have been donated. We are about half way to getting the bed completed by mid spring. However, to complete the bed we are looking to raise a further £215 through grants and donations. If you would like to make a contribution towards the fund please put it in an envelope marked 'Plants' and hand it in to the school or to any of the Hub gardening team at the Hub on a Saturday morning. The gardening team will finalise the planting but we are looking for ongoing voluntary support to help maintain the bed. I would anticipate this taking no more than a couple of hours per month to keep it free of weeds and we will support with any specialist pruning as required.

If you are interested in volunteering for this role please contact me for further details. **David.gurr@btinternet.com or mobile 07977 474873.**

**Many thanks, David**

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### **Glorious Gardens opening their Gates in aid of St Margarets Hospice**

We are thrilled to announce our Glorious Gardens Season is commencing at the end of March, **with a variety of gardens and village openings across the county**, details available on [www.st-margarets-hospice.org.uk](http://www.st-margarets-hospice.org.uk)



Proceeds support our essential 24-hour care, available free of charge to anyone facing life limiting illness in Somerset.

As a small local charity, we support over 5,000 people annually, and rely on community support to help us. If you would be interested in taking part in our Glorious Gardens Season by volunteering to help on a garden open day, donating plants for sale, or offering a raffle prize, we would be delighted to hear from you.

In 2025 the hospice is celebrating its Sapphire Anniversary, having served the community for 45 years. We hope to commemorate this milestone by having 45 gardens taking part in the season, so if you have a lovely garden or interesting space that our supporters would enjoy visiting, please get in touch – perfection not required, weeds welcome! All gardens are covered by St Margarets Public Liability Insurance.

We look forward to hearing from you at [fundraising@st-margarets-hospice.org.uk](mailto:fundraising@st-margarets-hospice.org.uk), or by phone on 01935 709485.

**BISHOP'S HULL WOMEN'S INSTITUTE**

**B**ishop's Hull WI is a group of friendly women with meetings held normally on the **4th Thursday of the month** (except August) at 7.15pm at the Bishop's Hull HUB.



- These monthly meetings have a speaker or other activity together with business items.
- Topics for future meetings will be published here each month.
- Lunches and coffee/ brunches are organised monthly.
- Additionally there is a walking group arranged fortnightly(except mid winter and August) and a Scrabble group meets on a monthly basis.
- A day trip usually takes place in August.
- Why not come along to one of our meetings where you will be warmly welcomed. The cost is £4.00 (up to three meetings) deducted from the annual subscription upon joining.
- Further information may be obtained from Heather Blackmore the group's secretary Tel: 01823 283884/07963834365.

**ACTIVITY UPDATE**

**A**lready this year Bishops Hull WI has had two very interesting speakers, George Bethell from Secret World Wildlife Rescue Centre and Andrew Pitman from Monkton Elm Garden Centre.

*Our **March** meeting on Thursday 28th promises to be another very interesting evening with our guest speaker being Ru McDonagh who will be telling us about the Health Improvement Project he founded in Zanzibar.*

*Guests are more than welcome to come along to one of our meetings which start at 7.00 p.m.*

*Our **April** meeting on Thursday 25th welcomes Alex Williams as guest speaker and she will be telling us about her work as an osteopath which promises to be both very interesting and informative.*

*Other activities taking place each month will be the walking group and Scrabble group together with the regular lunch and coffee/ brunch events.*

*Ann Laurette*

**Bishop's Hull HUB**

**Saturday 23rd March -Youth Club**

**100 Club winners:**

£41.60 – Barry Lucas    £20.80 – Matt Chappell    £10.40 – Chris Phillips

## **BISHOP'S HULL PARISH COUNCIL**

Tender bids are invited for:

The installation of a new ramp and steps behind the existing changing rooms at Bishop's Hull Recreation Ground, Taunton TA1 5EB.

Deadline for submission 12th May 2024 For tender packs please email The Clerk and RFO Helen McGladdery at: **[bishopshullparishclerk@gmail.com](mailto:bishopshullparishclerk@gmail.com)**

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### **Dates of Parish Council Meeting 2024**

#### Meeting dates 2024

All Thursday evenings, 7pm start at the HUB

- 4th April – Review policies
  - 2nd May – Elect Chairman, Year End accounts
  - 6th June - Audit
  - 4th July
  - August – No meeting
  - 5th September
  - 3rd October – Half Yearly Statement & Meeting dates
  - 7th November – Draft Budget
  - 5th December – Finalise budget /Precept 2025/26
- 

### **Changes to waste collections**

From w/c 12th February waste collections will be changing.

**I** can let you know that all areas of Bishop's Hull will have collections on **THURSDAYS**. This will be recycling every week and black bin every 3 weeks . Garden collections will remain the same. You will receive a leaflet explaining the changes or can check here:

**<https://www.somerset.gov.uk/bins-recycling-and-waste/reroute-of-waste-collections/>**

### **Free disposal of DIY waste - please book ahead**

**You can now dispose of some DIY waste free of charge at recycling sites – but you need to book ahead.**

Following a recent change of legislation, charges for disposing of construction and demolition materials including: asbestos, plasterboard, hardcore and rubble from household DIY projects have been removed (limits apply).

50 years ago



**M**r Walter Manning, aged 79, of Smithy Cottages, and Mrs Lena Hammacott, 63, of Chipping Sodbury, married at the parish church.

At the meeting of the Parish Council, arrangements were made for the employment of a part time street cleaner and for the erection of the proposed bus passenger shelter at Farrant Close. The Council discussed doubts as to whether the proposed sewerage scheme for the area included adequate provision to deal with Bishop's Hull's flooding problems. Members agreed that the village should be entered for the 1974 best-kept village competition. The clerk, Mr T Hodge, reported that the head postmaster was unable

to agree to the provision of a letter box at the Three Bridges Caravan Site, but had pointed out that letters for posting could be handed to the postman when he was delivering. The Clerk was asked to approach the appropriate authorities with a view to improving the standard of a number of footways in the parish. Members also asked that urgent attention be given to the completion of the pathway leading to the school huts.

Meeting in the schoolroom of the United Reformed Church, members of the Good Companions were welcomed by Miss Newcombe, who spoke about the danger of accidents during the energy crisis. It was thought that people living at Shutewater would benefit if the lighting could be rearranged and Miss Newcombe said she was making enquiries about this. Entertainment was by Mr John Hartshorn, landlord of the New Inn, who sang folk songs to his own guitar accompaniment.

Mr Leonard James Hurford, of Warren Place, Newmarket, Suffolk, died in Newmarket General Hospital. A gardener for Mr Noel Murless of Warren Place for 16 years, he formerly worked as a gardener at Netherclay House.

75 years ago

**T**hose attending the recent meeting of the Women's Institute heard a very interesting talk on local history given by Miss Batchelor. The

trading stall showed a bigger profit and a plea was made for more produce. The competition for the best-dressed clothes peg was won by Mrs D Quartly. The meeting concluded with monologues by Mrs Moule.

The Merry-Makers' Club was well represented at a dance at the Winter Gardens, Weston-Super-Mare. About 100 journeyed by coach, the trip being organised by Mr and Mrs B Jeffery.

The Women's branch of the Conservative Association held its annual whist drive in the Church Hall. Mr AG Gill was MC. Refreshments were prepared by the committee members and several of the prizes had been donated by members. At the conclusion of the drive, Mr GU Farrant thanked all who supported the effort and also those responsible for the arrangements. Mrs Farrant presented to the following: Ladies - 1. Mrs BM Melhuish, 2. Mrs D Perrin, 3. Mrs Hinton, Men - 1. Mr EJ Hearn, 2. Mr J Simpson.

Whilst playing skittles at the York Inn, Churchinford, Mr Clarke of Shutewater Hill slipped and fell. He was taken to Taunton and Somerset Hospital (on East Reach) with a fractured leg.

An order for possession in six weeks was granted by Judge HM Pratt at Taunton County Court to Alfred George Biffen of Parsonage Farm, owner of a cottage, 1 Hill Terrace, against the tenant, Victor Wright, formerly employed by him as a cowman. It was stated that Wright ended his employment with Biffen at his own request the previous September, but had not vacated the cottage.

*John Hamer*

### **Wells Cathedral Parish Pass**

**Y**ou may have seen in the news last week, that Wells Cathedral has announced changes to its admission guidelines with free passes for parishioners in the Diocese of Bath and Wells and local people, and a new entry charge for tourists.



I would be grateful if you can make your parishioners, and readers, aware that it will remain free to enter for worship, prayer, and to light a candle and also that free passes are available for parishioners in the diocese. Information about the Parish Pass and how to apply for it is available from the **Wells passes section of the Wells Cathedral website**. You will note that the application form for a Parish Pass does require a signature from a churchwarden or incumbent.

## Neighbourhood Beat Team



PCSO Lyndsay Smith 07802 874297

lyndsay.smith@avonandsomerset.police.uk



PCSO Marshall Bernhard 07849 305815

marshall.bernhard@avonandsomerset.police.uk



Police Community Support  
Officer  
PCSO 2582  
Simon FARREY

**Avon and Somerset Police**  
**SERVE. PROTECT. RESPECT.**

Residents should be aware of scammers phoning people, claiming to be police officers and saying their bank cards had been used by someone else. They go on to ask the resident to withdraw money to help with an investigation and then hand it over to a courier, who will give a pre-arranged password. The offender promised the money would be returned in a few days but, in reality, it was never seen again. Fraud protect officer Amy Horrobin said: “No police officer will ever ask you to hand over money, sensitive banking information or valuables to help with any criminal investigation. If you are asked to do that by someone claiming to be a police officer, it is 100 per cent a scam. No ifs, no buts.”



The scammers go to great lengths to convince people they are genuine police officers - asking you to hang up and call 999 to check their identity, but they don't hang up at their end which keeps the line open and you are really talking to another scammer.

If you receive such a call, hang up immediately and report it to Action Fraud by calling 0300 123 2040.

### Dog control in the Parish

Following reports of out-of-control dogs in the Parish please see below:

**From our local PCSOs:** Although there is no specific legislation that states a dog must be on a lead in public, an owner must have control of the animal as it is against the law to let a dog be dangerously out of control anywhere, such as public places, an animal is considered out of control if the animal injures someone or makes someone fear that it might injure them. Simply put, a dog must always be kept under close control, even when off lead. If they have not been trained to respond immediately to recall, they should not be off the lead in any area used by other members of the public. In addition, please ensure you clear up after your dog and a reminder that you are not permitted to exercise your dogs on the playing field (throwing balls etc). Dogs must be on a lead or under close control when crossing the field.

**Notice from PCSO's**

**W**e are asking the public to be vigilant towards a fraudulent scam where offenders are pretending to be Police Officers from their local Police Station.

The incidents start where suspects pretending to be Police Officers, target either elderly or vulnerable individuals and contact them via phone and state that there is an issue with their bank cards and Police require them for 'investigation'. Money is either then transferred to these individuals, or on some occasions offenders have attended their address, collected either cash and the victim's bank cards and then withdrew money.

A genuine Police Officer would never call about bank accounts and ask for personal bank details over the phone. Should any of you or anyone you know fall victim to this scam then please either report this via phoning 101 or using this link - <https://orlo.uk/Dvx6d>

Sam Bushen 7270 - PCSO Supervisor  
Taunton - Avon and Somerset Constabulary

**BISHOPS HULL NEIGHBOURHOOD BEAT TEAM (from village WEB site)**

**PCSO Lyndsay Smith - 07802 874297**  
[lyndsay.smith@avonandsomerset.pnn.police.uk](mailto:lyndsay.smith@avonandsomerset.pnn.police.uk)

**PCSO Tony Wearmouth 8413 - 07889 655312**  
[tony.wearmouth@avonandsomerset.police.uk](mailto:tony.wearmouth@avonandsomerset.police.uk)

**PCSO Catharine Richards - 07710 026191**  
[catherine.richards@avonandsomerset.police.uk](mailto:catherine.richards@avonandsomerset.police.uk) PCSO Catharine Richards - 07710 026191

**CYCLE RIDES FROM BISHOP'S HULL**

**T**he following are short cycle rides which take you out from Bishop's Hull into the surrounding countryside, mostly along quiet country lanes, to outlying villages and back again. They range from 9 to 18 miles in distance and are perfect for a summer's evening after work. The villages listed give you an indication of the general direction of the cycle ride.

Full details are provided for each. **See village web site.**

**Halse, Bishop's Lydeard, Cotford St Luke  
Nailsbourne  
Goosenford  
West Buckland, Bradford on Tone  
Creech St Michael  
Milverton  
Cothelstone**

See village web site. Please note: The above links open a PDF document.

**Ukraine is paying for our security 'with money and blood'**  
**Archbishop Justin**



General Synod has issued a call to reaffirm support for Ukraine, as the Archbishop of Canterbury said he could not be “neutral” in the face of the aggression of Vladimir Putin.

Archbishop Justin Welby, who visited Ukraine ahead of the second anniversary of the Russian full-scale invasion, said the country is “paying for our security with money but also with blood”.

He also said the current international situation is possibly more dangerous than at any time, other than the Cuban Missile Crisis, since the run-up to the Second World War.

He was speaking as Synod overwhelmingly supported a motion calling on all UK political parties to affirm their continued support for Ukraine and supporting the work of churches and others working for “peace, justice and reconciliation” in Ukraine.

Archbishop Justin highlighted recent warnings about the global situation.

“We are on the edge of something that none of us have seen in our lifetimes, and it involves powers with nuclear weapons,” he said.

“I am not neutral - I will listen to both sides and I hope we all will - but

Ukraine is paying for our security with money but also with blood.

“We are paying with money. It is so utterly different.

“They are defending the international rules-based order and settling that question, to use a phrase of Bismarck’s, with iron and blood.

“As someone said to me three weeks ago in Ukraine - a soldier who had just come back from the front, battle-shattered needing trauma treatment ... ‘we have the 21st Century drones and the First World War bayonet and we are using both equally’.”

He spoke about developments in military technology including the development of AI-assisted drone attacks.

“This is an immensely dangerous time, immensely dangerous, and we have probably not seen a time as dangerous, apart from Cuba, since 1938,” he said.

“And what we do looking forward will put into a shadow all the other things we discuss, what we do as a nation.”

Opening the debate, Mark Sheard, chair of the Church of England’s Mission and Public Affairs Council, highlighted the “staggering numbers” of people killed and injured and said support for Ukraine must be for the “long term”.

Mr Sheard, who recently retired as Chief Executive of World Vision, the Christian relief and development agency, spoke of his personal experiences of meeting refugees fleeing Ukraine and the mounting challenges of mental health, psychosocial support and rehabilitation for those affected by the war.

“We should not forget that behind each statistic there is an individual, made in the image of God, whose life has been shattered or destroyed,” he said.

“The reality of war is suffering and loss and its effects will last long after the guns fall silent. “Our response therefore cannot be fleeting - we need to be there for the long term.

“Our response must evolve as we better understand the war’s costs – whether that be helping individuals, families and communities deal with PTSD or supporting efforts at community reintegration.”

He added: “Synod, I recognise that as we pass the war’s second anniversary there is a risk of fatigue with the war’s slow attritional grind.

“We can feel overwhelmed by a series of crises around the world – Gaza and Sudan, Myanmar and Nagorno-Karabakh to name but a few.

“We can feel disheartened by electoral politics in the US and what it means for the war effort in Ukraine, the future of Nato and our own wider security.

“But Synod, I take comfort and encouragement from Galatians 6:9 – ‘*Let us not become weary in doing good; for at the proper time we will reap a harvest if we do not give up.*’”

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### **Bus frustrations solved?**

***F**or this month’s article I want to share with you a very online useful tool I’ve discovered, making it so much easier to verify that the bus you are waiting for, is actually on its way. Over the past few years I have made a conscious effort to leave my car at home and use the bus service, particularly for trips into town. However, like many of you that I have spoken to, I have become frustrated by the unreliability of many of these services, the 22 and 22a (Wellington Road) being the most noteworthy culprits. Possible solution. It doesn’t make buses run on time, however, my new discovery does at least tell you the position of the bus on its journey to your bus-stop.*

*I’ve been using the website **BusTimes.org** to track the ‘live’ location of my chosen bus. For convenience, I would suggest you use your mobile device so that you can check the whereabouts of your bus from anywhere. Simply go to the website’s (it’s not an App) homepage, type Bishop’s Hull in the search bar and select the No.3 service. You’ll then see a timetable for the service. Next, click on the ‘Map (tracking 1 bus)’ link and you will see exactly where the bus is. The first time I used the website, I waited at the Waterfield Drive stop and followed the bus on the map until it said it was coming down Waterfield Drive, and sure enough there it was, right in front of me. If the No.3 is your chosen bus, when you have opened the map page on the website, I’d suggest using the ‘adding to home screen’ facility on your mobile device, so that you’ll have it available whenever you need it. Take care, John Hunt*

## EAT WELL FOR LESS DURING APRIL

### COLCANNON



Boiled cabbage. Cooked potatoes.

A little dripping. Pepper and salt.

REMAINS of cabbage and potatoes can be used for this dish. The cabbage is better to be green—or green kale can be used. The potatoes should be very well boiled, and dry. Have about equal quantities of each vegetable. Chop cabbage finely; mash potatoes.

Put a piece of dripping in a frying-pan in proportion to the quantity of vegetables you have.

Melt it; add cabbage, potatoes, pepper and salt to taste.

Stir over fire until perfectly hot. Then dish up neatly in a pyramid, making the sides smooth and marking with a fork.

This is a nourishing and tasty dish, and very satisfying instead of meat.

*From Miss Christian Milne,  
Aberdeenshire.*

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### MUSHROOM PATTIES

CUT up into dice, and then stew, ½ lb. mushrooms; and stir in about 2 tablespoonfuls of plain white sauce. Line some patty tins with puff paste and fill them with the mushroom mixture, placing a cover of pastry on the top. Bake them in a moderate oven for about ½ hour.

*From Mrs. Rogers, Wrexham.*

### ROAST LIVER



YOU will be surprised to discover how good roast liver is.

Have 1 lb. cut off in a solid piece.

Ask the butcher to gash it in the centre, almost through to the other side, so as to make a sort of pocket.

Stuff this with a dressing made by chopping a thin rasher of bacon and 1 onion, and mixing them with breadcrumbs, 1 egg well beaten, and enough hot water to moisten the crumbs. Tie a string round the liver to hold it together, lard it with thin rashers of bacon, and bake until tender. Make a brown gravy with the fat in the baking-dish.

Serve with currant jelly.

*From Mrs. A. E. Godfrey, Surrey.*

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### WILTSHIRE PORKIES

MIX ¼ lb. flour with ½ teaspoonful salt in a basin, add the yolk of 1 egg, 1 tablespoonful salad oil and enough water to make a batter which will coat the back of a ½ hour. Form into 1 neat rolls, flouring the hands and board to prevent sticking.

Whisk the white of the egg stiffly, stir into the batter, then coat each roll with batter and fry in deep, boiling fat until brown. Pile on a hot dish and serve with apple rings fried in the batter. Garnish with fried parsley.

*From Mrs. C. Gibbons, Cheshire.*

### LEMON CURD DUMPLINGS

THESE dumplings are better made in small individual moulds to prevent any water getting in to spoil lemon curd centres.



Well grease some small moulds and line with thinly-rolled suet paste made with 4 ozs. shredded suet, 8 ozs. flour, salt, and mixed with cold water.

Make a curd-filling by well beating 2 eggs and adding 1 teacupful castor sugar, juice and grated rind of 1 large, or 2 small lemons, and 2 ozs. fresh melted butter. Whip all together and nearly fill each dumpling.

Cover tops with a lid of paste. Squeeze the edges together well. Tie over with greased paper and steam for 1 ¼ hours.

Turn out carefully and sift with a little fine sugar and serve hot.

*From Mrs. R. Cruse, Worcestershire*  
\*\*\*\*\*

### MIXED FRUIT STIRABOUT

THIS is an old farmhouse recipe and can be used with all kinds of fresh fruit, rhubarb, gooseberries, currants, raspberries, etc., alone or mixed.

Mix 4 ozs. flour with 2 ozs. butter and a pinch of salt, add 2 ozs. sugar and 2 breakfast-cupfuls of picked fruit (if rhubarb, cut into neat cubes). Mix with milk to the consistency of a thick batter and bake in a hot oven for about 30 minutes. Serve with sugar and thick cream.

*From Miss Peggy Crawford, Leicestershire.*

### YORKSHIRE APPLE PUDDING



½ lb. self-raising flour.  
A good pinch of salt.  
2 eggs. 2 large baking apples.  
1 pint milk. Dripping.

SIFT flour and salt into a basin, break in the eggs and add half the milk. Stir with a wooden spoon to a smooth paste and beat well. Then add the rest of the milk a little at a time. See that the mixture is free from lumps.

Peel 2 large baking apples and grate them into a mixture, stirring well. Melt about 2 ozs. dripping in a Yorkshire pudding-tin until very hot; then pour in the batter at once and bake in a hot oven for about 40 minutes.

Serve dredged well with sugar.

*From Miss Sumnel, Cheshire.*  
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### BANANA TART

Flaky pastry.  
Lemon juice.  
Bananas.  
Sugar.

FILL a greased pie-dish with bananas cut into thin rings.

Add juice of half a lemon and about one to one and a half tablespoonfuls of sugar.

Top with flaky pastry, decorate with leaf design. Bake until browned.

*From Mrs. E. Birkett, Cumberland.*

## **What to plant in April**

**A**pril is a busy time in ornamental and vegetable gardens in the UK, as lots of seeds should be sown this month. Now the days are longer and reliably warmer, April is the month to make tentative sowings of some seed outside, while others can be started under glass to be planted out after all risk of frost has passed.

In the vegetable garden, crops such as carrots and peas can be sown direct outside, while tender crops like sweetcorn and courgettes should be sown under cover and kept in either a greenhouse or sunny windowsill before planting out the following month. April is also the month for planting potatoes, as well as onions sets, shallots and garlic, and Jerusalem artichokes.

Many vegetables can be grown in pots, including carrots, salads and radish. Even if you have a dedicated vegetable patch, it's still worth growing some extras in pots too, near the house for easy picking.

In the ornamental garden, annual climbers like canary creeper (*Tropaeolum peregrinum*) and Spanish flag (*Ipomoea lobata*) can be sown now for summer container displays, while others like cosmos and field poppies can be sown to fill gaps in borders.

## **Vegetables to plant in April**

### ***Aubergines, chillies and tomatoes***

April is your last chance to sow aubergines, chillies and tomatoes, which need a long growing season to do well. Keep them on a heated propagator to speed up germination or, if time is tight, wait until next month and buy ready-to-plant plug plants from the garden centre.

### ***Beetroot***

Beetroot is an easy crop to grow, making it ideal for beginners. It will grow in any fertile, well drained soil and also does well in pots (in pots, choose varieties that are less prone to bolting as these will tolerate the drier conditions of a pot better than others). Follow the spacing instructions on the packet and thin the seedlings to about 10cm when they are around 3cm high. Harvest when the beetroots have reached the size of a golf ball.

### ***Carrots***

Sow carrots on well-prepared soil that's free of stones – stony soil can result in forked carrots. Carrots also grow well in containers – choose short, round varieties, or harvest longer varieties as baby carrots. At this time of year, it's a good idea to protect against carrot fly, by putting up a barrier, such as horticultural fleece, around the crop. Find 10 ways to deter carrot fly. Your crop should be ready to

harvest three to four months after sowing.

### ***Celeriac***

Celeriac needs a long growing season for an autumn/winter harvest, so sow now, under cover. Transfer the seedlings to individual pots when they're large enough to handle.

### ***Courgettes, squashes, and cucumbers***

Courgettes, marrows, squashes, cucumbers and pumpkins are known as curcubits, and can all be sown in the same way - in individual 5cm pots, under cover. Plant outside once all risk of frost has passed (cucumbers do best in a greenhouse).

### ***Leeks***

For an autumn harvest, leeks can be sown in shallow drills direct in the ground from April, or in seed trays under cover to plant out later.

### ***Lettuce***

Lettuce is best sown under cover, in seed trays or modules, and planted out when large enough to handle. This can give them a head start on slugs and snails, which seem to find young lettuce growth irresistible. Alternatively, sow lettuces in pots, and protect the seedlings using copper tape or by hand-picking slugs and snails when you see them.

### ***Peas***

Peas are easy to grow and can be harvested early in summer, making

them a welcome early crop. You can sow them direct outside, but they are a favourite snack for mice – if these are a problem, sow them indoors and plant the plants outside when they are 15cm tall. Alternatively, sow in guttering and transplant the whole row of seedlings into a trench when they're ready.

### ***Radish***

Radishes make a fast-growing 'catch crop', growing on ground that's empty for a few weeks or between slower growing crops, such as parsnips. They also grow well in pots. Sow direct, every three to four weeks, for a continuous supply throughout summer.

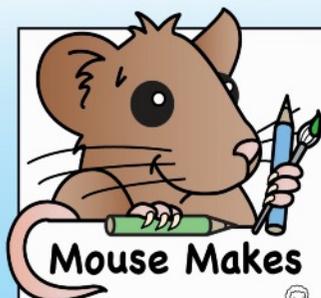
### ***Spinach***

Spinach can be sown directly outside in April, but if it's chilly, hold off until May or cover with horticultural fleece. Bear in mind that spinach needs lots of moisture and protection from slugs and snails.

### ***Turnip***

Turnips are also quick-growing, being ready to harvest from just six weeks. They can also be grown in pots. Harvest them when they are around the size of a golf ball, for the best flavour, or eat the leaves as greens. Keep well watered.

<https://www.gardenersworld.com/plants/what-to-plant-april/>



## Mouse Makes



How many times had the risen Jesus revealed himself to the disciples before this?

Read John 21:14



How many disciples were there? Who were they?

Read John 21: 11

How many fish did they catch? Read John 21: 11



**READ**

the story in **John 21**

DISCIPLES • TIBERIAS • SEA • SIMON PETER • THOMAS • NATHANAE • JOHN • DAY FISHING • BOAT • NIGHT • CAUGHT • NOTHING • WATER • SHORE • FISH • CAST • NET RIGHT • FIND • HAUL • LORD • FULL • LAND • FIRE • BREAD • BREAKFAST • JESUS

Colour in all the fish

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## **Bishop's letter – Worship is key**

From Michael Langrish, Assistant Bishop for Bath and Wells

*In January I was back in my old Diocese of Exeter, marking the death of Sabine Baring Gould 100 years before. What an extraordinary person he was, with an incredible range and roundedness of learning and interests, in an equally full and fulfilled life.*

*He was a great traveller and prolific writer of biographies, folklore, travel books, theology, novels and hymns, including some, such as 'Onward Christian soldiers' that remain popular today.*

*He was a linguist and translator; and, as an archaeologist on Dartmoor, very much a pioneer in the field. For many, his greatest achievement was his collecting the old folk songs of Devon and Cornwall, providing inspiration for such composers as Elgar, Vaughan Williams and Holst.*

*He was also the Squire of Lewtrenchard and, being ordained, he appointed himself as parish priest as well! This he saw as his true vocation. His responsibility, and that of the local church, was the cure of souls from cradle to grave. This meant a care for the spiritual wellbeing of all in the community and for their bodily and social welfare too. Striving for good health and housing must go hand in hand with growth in faith and prayer. All should be encouraged to full humanity, to holy discipleship, to the recognition, and use, of whatever gifts anyone possessed for the common good.*

*But, underlying all of this, one other aspect of this great man's life speaks very strongly to me now. That is how he understood worship and its relationship to the whole of life. 'To worship is to quicken the conscience by the holiness of God, to feed the mind with the truth of God, to purge the imagination by the beauty of God, to open the heart to the love of God, to devote the will to the purpose of God'.*

*This edition of Manna contains encouraging stories of New Christian Worshipping Communities in Bath and Wells. Worshipping is key. I am reminded of the later words of Archbishop William Temple: 'It is sometimes said that conduct is supremely important, and worship helps it. The truth is that worship is supremely important, and conduct tests it.'*

*Bishop Michael*

## **A further extract from E W Hendy's book (1943) Somerset Birds and some other folk.**

I have received a good many first-hand descriptions of the alleged swallowing from correspondents in Somerset and Devon. The most convincing came from Jim George, the Mendip woodman who married my old nurse. He was an intelligent man and his honesty was beyond question. He saw an adder lying curled up and approached her with a stone in his hand: to quote his own words 'there were a lot o' little young 'uns all crawling in and out o' the grass along by her, and their little eyes did shine. And she did open her mouth and they did all run in one after another'. He flung the stone and hit her, and 'cut her innards all out: and she did hiss at I that loud after I'd hit her, most as if it were a whistle: and I seed all those little young 'uns come out of her where the stone cut her open: and after she were dead one on 'em tried to go in at her mouth Again.'



The last sentence is most important. By this time the adder was dead and he was quite near her: the attempt of one of the young to enter her mouth again can hardly have been an optical illusion. If the young persisted in their attempt to enter their mother's mouth after her death, the inference is that the instinct existed during her lifetime.

Some four or five years ago Mr. Hanks, of Plymouth, wrote a very vivid account in the *Western Morning News* of the occurrence at Bigbury, S. Devon, in August 1932. He turned over a canvas bag lying on a grassy slope, and found three adders beneath it. They remained still for a few seconds, then the middle one 'appeared to be raising its head and about three inches of its body slightly, and instantly a young one darted out from beneath it and came practically to my feet, turned, and danced back straight into the mouth of the middle one, followed by another and others at rather incredible speed. The head of one was close to the tail of the foregoing one. It was like a string of dancing black beads: every one followed exactly the route of the first, and the old one appeared, by working its jaws and the raised part of its body to help in the process. By the shape of the old one the position inside was visible from three to five inches from the head.' He estimated the number of young ones from nine to thirteen. The grass all around the bag had been eaten off quite close by rabbits, and the ground was bare under the bag.

When this account appeared I sent a short note to the paper recapitulating the present state of the evidence and received several letters on the subject. One was from a Williton correspondent, Mr. A. S. Rew: 'I have twice witnessed this event, but many years ago. The first instance was during my school-days, when proceeding home I saw an adder 'basking' on a

ledge in the hedge in front of an old rabbit burrow. I did not attempt to molest it but stood for a few seconds looking at it, when it suddenly raised its head slightly, made a peculiar grating hiss, which caused a scurry and rustle amongst the grass, etc. , immediately surrounding her bed, and out popped five young ones. The five young ones, without any hesitation, wriggled to the front of her, wheeled in perfect order and rotation, darted for her open mouth, and disappeared down her throat so quickly that the whole event was over in about eight seconds.

‘The second instance happened, curiously enough, within a quarter of a mile of the first. The adder was basking on the crown of a fairly low hedge. The same noise was uttered, the same movements executed by the young, this time four in number. The size of the young in each case was about the same, that is approximately three to three and a half inches long. The second event was witnessed about 1925 or 1926, the first about 1912.

‘There is no question of the happening being an optical illusion. My first view was from the front, my second from the side-front, and in both cases I had a clear view of the ground or earth immediately behind the adder. I did not attempt to kill the adder.’

The similarity between the two accounts is obvious; they both stress the regularity of the movements of the young adders. Mr. Hanks’ observation of the working of the old adder’s jaw is of exceptional interest, for it is similar to the reptile’s action when swallowing its prey. Some years ago I was walking with my wife along a shady lane the last place where you would expect to find



an adder on a hot day—and stepped over it without seeing it. My wife saw it and called out to me. It was stretched across the path, in the act of swallowing a fledgling. The bird’s head and shoulders were already inside its gullet; the swelling caused by the skull was quite visible. But for the fact that its mouth was full, it might have struck at me as I stepped over it.

Seeing us, it disgorged its prey, and slithered off to the shelter of a hole in a wall. Examining the young bird more closely, we could observe the snake’s *modus operandi*. The nestling’s head and shoulders were covered with saliva, and drawn out from the rest of the body. The legs trailed behind; once the adder’s gape was widened enough to admit the head, the rest would be easy. As I have explained above, the adder’s mouth, skull and skeleton are ingeniously adapted to the swallowing process. Mr. Hanks’ account suggests that the adder when swallowing its young acts in the same way as when it swallows its prey.

(This report will be concluded next month).

### 50 years of ABBA!



**F**ifty years ago, on 6th April 1974, the Swedish pop group ABBA won the Eurovision Song Contest with their song Waterloo. It was the first time that Sweden won the contest. ABBA went on to be one of the most successful groups in music history.

The victory, in Brighton, was just the first step on the road to conquering the world, as far as pop music was concerned. The songs, written mainly by Björn Ulvæus and Benny Andersson, were matched by the passion, exuberance and good looks of singers Agnetha Fältskog and Anni-Frid 'Frida' Lyngstad, who later married them – and even later, divorced them.

The name of the group came from the initials of the four Christian names. Some have suggested a link to the biblical Abba and looked for Jewish themes in their songs, but this is wishful thinking. While Anni-Frid (who was born Norwegian) may be Christian, Björn is definitely an outspoken atheist. In fact, ABBA is the name of a Swedish canned fish company that had to give permission for the singers to use it – a decision they are unlikely to have regretted.

Both Waterloo and ABBA achieved worldwide superstar status quickly – no small feat for a group performing in a language that is not their own. The film ABBA – the Movie and the musical Mamma Mia and its sequel, featuring their compelling songs, were huge successes. It is estimated that the musical has been seen by more than 60 million people worldwide.

ABBA hit the jackpot again when their revolutionary new project, ABBA Voyage, launched in 2022. In it, Agnetha, Björn, Benny and Anni-Frid perform their love-songs digitally with a live 10-piece band, in a purpose-built ABBA arena at Queen Elizabeth Olympic Park in London. Not bad for four divorcees in their 70s.

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**Village Website:**

<http://www.bishopshull.org.uk/>

**Parish Council Facebook page:**

<https://www.facebook.com/groups/BishopsHullParishCouncil>

**With the coming General Election in mind...**

Common sense isn't. - Anon

There are two sides to every question, and a politician usually takes both. - Anon

It's nice to have five years between elections. It takes people that long to regain their faith. Anon

A politician doesn't stand on his record; he jumps on the other fellow's. - Anon

It's a good thing that politicians are generally paid by the year. They would starve to death on piecework. - Anon

The trick in campaigning is to give them platitudes without fear or favour, and straight-from-the-shoulder generalities. - Anon

A politician thinks of the next election, a statesman of the next generation. - Anon

One thing you can give and still keep is your word. - Anon

Honesty is a question of right and wrong, not a matter of policy. - Anon



## BOOK REVIEWS



### Twenty Thousand Fleas Under the Sea - Dog Man

Dav Pilkey  
(author, illustrator)

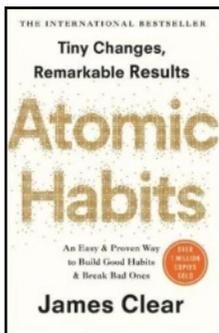
In another riotously funny and original Dog Man adventure,

our canine crusader confronts the dastardly Piggy and his latest plot to sabotage the Supa Buddies and the city.

Piggy is back, and his newest plot is his most diabolical yet. Dog Man and the rest of your favourite characters must join together in this heroic and hilarious, ALL NEW adventure.

WHAT new villains are on the horizon? WHERE are they all coming from? And WHO will step forward to save the city when scoundrels sabotage our Supa Buddies? Find out in DOG MAN 11 - there's so much more than ever before - it's EPIC!

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### Atomic Habits (Paperback) James Clear (author)

Filled with practicable advice and the inspirational real-life success stories of leading CEOs, distinguished

scientists and top athletes, Clear's bestseller yields invaluable insights

into how small persistent habits can transform your career and your life. A revolutionary system to get 1 per cent better every day.

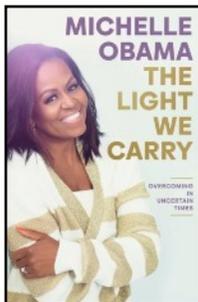
People think when you want to change your life, you need to think big. But world-renowned habits expert James Clear has discovered another way. He knows that real change comes from the compound effect of hundreds of small decisions - doing two push-ups a day, waking up five minutes early, or holding a single short phone call. He calls them atomic habits.

In this ground-breaking book, Clear reveals exactly how these minuscule changes can grow into such life-altering outcomes. He uncovers a handful of simple life hacks (the forgotten art of Habit Stacking, the unexpected power of the Two Minute Rule, or the trick to entering the Goldilocks Zone), and delves into cutting-edge psychology and neuroscience to explain why they matter.

Along the way, he tells inspiring stories of Olympic gold medalists, leading CEOs, and distinguished scientists who have used the science of tiny habits to stay productive, motivated, and happy. These small changes will have a revolutionary effect on your career, your relationships, and your life.

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### **The Light We Carry:**

Overcoming in Uncertain Times  
Michelle Obama  
(Author)

**I**n an inspiring follow-up to her acclaimed memoir

Becoming, former First Lady Michelle Obama shares practical wisdom and powerful strategies for staying hopeful and balanced in today's highly uncertain world.

There may be no tidy solutions or pithy answers to life's big challenges, but Michelle Obama believes that we can all locate and lean on a set of tools to help us better navigate change and remain steady within flux. In *The Light We Carry*, she opens a frank and honest dialogue with readers, considering the questions many of us wrestle with: How do we build enduring and honest relationships? How can we discover strength and community inside our differences? What tools do we use to address feelings of self-doubt or helplessness? What do we do when it all starts to feel like too much?

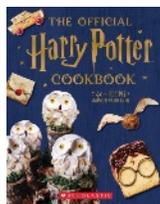
Michelle Obama offers readers a series of fresh stories and insightful reflections on change, challenge, and power, including her belief that when we light up for others, we can illuminate the richness and potential of the world around us, discovering deeper truths and new pathways for progress. Drawing from her experiences as a mother, daughter, spouse, friend, and First Lady, she shares the habits and principles she

has developed to successfully adapt to change and overcome various obstacles--the earned wisdom that helps her continue to "become." She details her most valuable practices, like "starting kind," "going high," and assembling a "kitchen table" of trusted friends and mentors. With trademark humor, candor, and compassion, she also explores issues connected to race, gender, and visibility, encouraging readers to work through fear, find strength in community, and live with boldness.

\*\*\*\*\*

### **The Official Harry Potter Cookbook:**

40+ Recipes Inspired by the Films  
Joanna Farrow  
(Author)



**C**ook your way through Hogwarts and the rest of the Wizarding World in this official cookbook inspired by the Harry Potter films! This gorgeous book is packed with full-color photography and over 40 recipes -- both savory and sweet -- including snacks, desserts, drinks, and meals fit for a Hogwarts feast! Whip up some Owl Post savory crepes, Hagrid's hearty soup, Draco Malfoy blondies, Sir Cadogan's sword kebabs, a troll bogey smoothie, and more! Nutritional and dietary information is provided throughout, along with gluten-free, vegetarian, and vegan options. Plus, this cookbook features tons of cooking tips and advice for the youngest aspiring chefs, including recipes with step-by-step instructions that are easy for kids to follow. The perfect book for any beginning cook and Harry Potter fan! ##

## LOOKING AT YOU

The government wants to improve your teeth



**F**luoride is to be added to more of our drinking water, to help improve the nation's teeth. It is part of the new NHS Dental Recovery Plan, the biggest expansion of the health measure since the 1980s.

At present, only five water companies add fluoride to water in the UK. They are mainly in the North-East and West Midlands, and less than 10 per cent of Britons. The initial expansion will provide fluoride to 1.6 million more people, in areas including Northumberland, Teesside, Durham and South Tyneside.

Fluoride is a naturally occurring mineral found in water. It has been proven to make teeth stronger and reduce decay. Sir Chris Whitty, the Chief Medical Officer for England, has claimed that adding fluoride to water supplies could reduce cavities by 17 per cent among the richest and by 28 per cent among the poorest.

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Strict bedtimes could make children's brains 'bigger and healthier'

**A** family routine and a strict bedtime could help your child develop a healthier, bigger brain. On the other hand, a disruptive family life with poor sleep patterns could mean your child has slower

brain development, poorer cognitive function, and below average academic achievement.



Those are the findings of a new study from Colorado State University. It found that children thrive when the family has a weekly 'family time' together, when homework is done at the same time every day, the family eats dinner together every night, the child is expected to carry out regular household chores, and when bedtime is at a consistent time, accompanied by a bedtime story or similar calming ritual.

The underlying need is for the child to get enough regular and deep sleep. Children with disrupted families get disrupted sleep, and therefore are more likely to have thinner regions of the brain in the amygdala as well as parts of the left and right frontal cortex. These areas control skills related to language, behaviour, sensory perception, and emotional processing.

\*\*

Children using dangerous drugs for weight loss

**N**early five per cent of young boys and girls took diet pills or laxatives in the past year. When considering just girls alone, the figure leaps to ten per cent.

Researchers found that young girls were also more likely than boys to use over-the-counter drugs, which "do

not work, are dangerous, associated with unhealthy weight gain in adulthood, and increase the risk of being diagnosed with an eating disorder within several years of onset of use”.



Researchers found that the girls who took the drugs were suffering from “low self-esteem, parental influence to lose weight or parental dissatisfaction with weight, self-body dissatisfaction, peer groups who value thinness, and media or social media influences promoting unrealistic beauty standards”. The findings are from a global study carried out at Deakin and Monash universities in Australia.

\*\*

### Don't hesitate to use hearing aids

**H**ere is something you didn't expect: using hearing aids if you are a bit deaf can be of great benefit to your overall health.



Crystal Rolfe, director of health at the Royal National Institute for Deaf People (RNID) said: “Hearing aids bring enormous benefits for people with hearing loss. Research shows

that wearing hearing aids may reduce the risk of cognitive decline, and it is well known that they have positive effects on physical, social, emotional, and mental wellbeing.

According to hearing loss charity RNID, 12 million adults in the UK are deaf, have hearing loss or tinnitus and an estimated seven million people could benefit from hearing aids, but only about two million use them.

The researchers hope the findings, published in *The Lancet Healthy Longevity* journal, will encourage more people to wear hearing aids. As one doctor said: “If you have hearing loss, get hearing aids. The benefits could be limitless.”

\*\*

### The pet crisis



**M**ore than half of us in the UK own a pet. That is 17 million households.

But we are abandoning them at an alarming rate. The RSPCA warns we are offloading our animals at “unmanageable levels,” and stretching their welfare services to the limit.

The turning point was the pandemic. Stuck at home during lockdown, we went animal-mad, and our pet dogs soared from nine million in 2019 to 13 million in 2022.

But four million puppies purchased during the pandemic was not a good

idea. Since then, a fifth of all those puppies have been reported as having behavioural problems such as clinginess, aggression, or being very hard to train.

On top of that, the cost-of-living crisis has left many people struggling to even feed their pet. According to the Office for National Statistics, the cost of owning a dog is estimated to have jumped by 12.8 per cent – around £256 – over the past year to total around £2,500.

All in all, it is the 'perfect storm'. The RSPCA received 20,999 reports of abandoned animals last year. That is 5,000 more than in 2020.

\*\*

### Do you remember your own PIN number?



Nearly one in five of us can't. We are so used to paying by contactless that when we have to withdraw cash or type our PIN into a card reader, our minds go blank. 'Contactless' payments hit a record high last year. A staggering 93.4 per cent of all in-store card transactions up to £100 was made using contactless, rather than cash or PIN and card reader.

According to Barclays, we now depend on contactless payments and smartphone technology so much that more than a fifth of young people now leave their wallets at home when they go shopping.

Contactless technology was first introduced by Barclaycard 17 years

ago. It had a spending limit of £10. The limit was increased during the pandemic, to reduce physical contact in shops, rising to its current £100 limit.

\*\*

### Church of England awards £2.4 million to boost participation of Deaf, disabled and neurodivergent people

The Church of England has awarded £2.4 million to fund a series of measures aimed at boosting the participation of Deaf, disabled, and neurodivergent people in parish life.

This ranges from encouraging vocations to the priesthood, to grants for improved access to buildings.

Under plans over the next three years, the funds will back projects including lay and ordained vocations events, leadership programmes, and guidance to churches on more accessible signage.

The schemes will be developed and managed by the Church of England's Disability and Deaf Ministry Task Groups.

A pilot scheme is planned for seven dioceses for café style spaces in churches, in partnership with mental health professionals and the charity Renew Wellbeing, aimed at providing welcoming spaces.

Another pilot will also be developed in the Church of England's Northern Province providing 20 grants of up to £50,000 for projects that include physical changes to buildings that improve access. ##



**AND NOW FOR A LITTLE  
HUMOUR**

**A** Taliban, desperate for water, was plodding through the Afghan desert when he saw something in the distance.

Hoping to find water, he hurried toward the spot, only to find a Sindhi tailor selling different kinds of ties .. The Taliban asked, "Do you have water?"

The Sindhi tailor replied, "There is no water here, the well is dry. Would you like to buy a tie instead? They are only \$10 each."

The Taliban shouted, "You idiot! I do not need an over-priced tie. I need water! I could kill you, but I must find water first!"

"OK," said the Sindhi, "It does not matter that you do not want to buy a tie and that you hate me. I will show you that I am a much better human being than you. If you continue over that hill to the east for about two miles, you will find a British Army Officers' Mess. It has all the cold water and food that you may need." Cursing him, the Taliban staggered away over the hill.

Several hours later he staggered back, collapsing with dehydration, and gasped ....

"They won't let me in without a tie..!"

\*\*\*\*\*

**M**y wife and I stopped for a drink at a country pub which was empty except for three old men in a corner contemplating their pints. The silence was broken by a group of young people who burst in laughing and then continued to talk loudly, generally destroying the ambience. Finally, one of the old men rose from his seat, ambled across to the group

and tapped a newcomer on the shoulder. "You're wanted outside," he said quietly.

"Oh, by whom?" came the reply.

"Everybody in here," answered the old man, already half-way back to his seat.

\*\*\*\*\*

**R**esidents of a local nursing home loved our karate schools demonstration. We could tell because they gave us a big hand at the end. After the applause died down, everyone stayed seated, so we showed off a few more moves. When our encore ended and again no one budged, we launched into our second encore.

"I didn't expect karate to be so popular here," I said to one resident. "It's not," she said with a kindly smile. "We're waiting for you to leave so we can get on with the bingo."

\*\*\*\*\*

**W**hen my younger brother and his wife celebrated their first anniversary, they invited the rest of the family to join them for dinner. The conversation focused on the newlyweds and how they happened to meet. Caught up in the romance of the story, one by one the men related how We had met our wives. Eventually everyone had told his story except for my youngest brother. All eyes were on him when he said, "Oh, Cindy and I met at university. We were matched up by a computer according to compatibility." "That's the whole story?" my wife asked incredulously. "Oh, no," he replied with a grin. "They've fixed the computer since then." ###

Perfect Son

A: I have the perfect son.  
B: Does he smoke?  
A: No, he doesn't.  
B: Does he drink whisky?  
A: No, he doesn't.  
B: Does he ever come home late?  
A: No, he doesn't.  
B: I guess you really do have the perfect son. How old is he?  
A: He will be six months old next Wednesday.

\*\*\*\*\*

A man walks into a bar and sits down. He asks the bartender, "Can I buy some cigarettes?" The bartender replies, "Sure, the cigarette machine is over there." So he walks over to the machine and as he is about to order a cigarette, the machine suddenly says, "Oi, you bloody idiot." The man says with surprise in his voice, "That's not very nice."

He returns to his bar stool without a cigarette and asks the bartender for some peanuts. The bartender passes the man a bowl of peanuts and the man hears one of the peanuts speak, "Ooh, I like your hair." The man says to the bartender, "Hey, what's going on here? Your cigarette machine is insulting me and this peanut is coming on to me. Why's this?"

The bartender replies, "Oh, that's because the machine is out of order and the peanuts are complimentary."

\*\*\*\*\*

Q: Why did the dinosaur cross the road?  
A: Because chickens weren't around yet.

\*\*\*\*\*

A 'head-scratcher' joke

Two guys are driving down 5th Avenue in Manhattan when they come up to a red light.

The guy driving slams the gas pedal and they go zooming past the red light.

His friend looks at him and says, "Hey, you just went through a red light." The guy driving says, "Don't worry about it. My brother does it all the time."

So they keep driving and they come to a second red light. The guy driving slams on the gas pedal and zooms past another red light. His friend is pretty mad, looks at him and says, "Hey man, you just went through another red light. What the heck are you doing?"

The guy driving tells his friend, "Don't worry about it. My brother does this all the time."

They come to a third red light and the guy driving slams on the gas, zooming past the red light. His friend starts screaming at him, "What the heck? You're going to get us killed! Pull over and let me out."

The guy driving screams back at him, "I'm telling you: don't worry about it. My brother, he does it all the time."

So they keep driving and they come to a green light. The guy driving slams on the brakes. His friend looks at him and says,

"Are you out of your mind? What the heck is wrong with you? You go flying past three red lights, almost getting us killed, and then you slam on the brakes when you have a green light?"

The guy driving looks at his friend and says,

"I had to stop; my brother might have been coming."

\*\*\*\*\*

## **23rd April - St George, our Patron Saint who isn't English**

The English have a patron saint who isn't English, about whom next to nothing is known for sure, and who, just possibly, may not have existed at all. But that didn't stop St George being patriotically invoked in many battles, notably at Agincourt and in the Crusades, and of course it is his cross that adorns the flags of English football fans to this day.

It's most likely that St George was a soldier, a Christian who was martyred for his faith somewhere in Palestine, possibly at Lydda, in the early fourth century. At some point in the early centuries of the Church he became associated with wider military concerns, being regarded as the patron saint of the Byzantine armies. There is no doubt that St George was held as an example of the 'godly soldier', one who served Christ as bravely and truly as he served his king and country.

The story of George and the dragon is of much later date and no one seems to know where it comes from. By the Middle Ages, when George was being honoured in stained glass, the dragon had become an invaluable and invariable visual element, so that for most people the two are inseparable. Pub signs have a lot to answer for here: 'The George and Dragon'.

However, it's probably more profitable to concentrate on his role as a man who witnessed to his faith in the difficult setting of military service, and in the end was martyred for his faithfulness to Christ.

The idea of the 'Christian soldier' was, of course, much loved by the Victorian hymn-writers - 'Onward, Christian soldiers!' The soldier needs discipline. The heart of his commitment is to obedience. The battle cannot be avoided nor the enemy appeased. He marches and fights alongside others, and he is loyal to his comrades. In the end, if the battle is won, he receives the garlands of victory, the final reward of those who overcome evil.

St George's Day presents a challenge and an opportunity. The challenge is to distance the message of his life from the militarism and triumphalism that can easily attach itself to anything connected to soldiers and fighting. The opportunity is to celebrate the ideal of the 'Christian soldier' - one who submits to discipline, sets out to obey God truly, does not avoid the inevitable battle with all that is unjust, wrong and hateful in our world, and marches alongside others fighting the same noble cause.

Discipline, obedience, courage, fellowship and loyalty - they're not the most popular virtues today, but that doesn't mean that they don't deserve our admiration.



**St James the Least of All**

*The Revd Dr Gary Bowness continues his tongue-in-cheek letters from 'Uncle Eustace'... If you would like a copy of our published booklet of Uncle Eustace's letters, please email us at: [enquiries@parishpump.co.uk](mailto:enquiries@parishpump.co.uk)*

On why a church should always resist change

*The Rectory  
St James the Least*

*My dear Nephew Darren*

*I am not the least surprised you have got yourself into trouble; innovation is never to be encouraged. New ideas tend to cause revolutions. The move from incandescent lightbulbs to energy saving ones may ultimately change the Church of England.*

*Change is something everyone claims to be in favour of – provided it has no measurable effect on their own lives. I remember as a young curate once suggesting that at the Harvest Supper, tables might be enlarged so that eight people could sit together rather than the traditional six, thus helping more people get to know one another. The response would have been similar if I had suggested we travel to London to murder the Prime Minister. I was firmly told that tables for six had been perfectly adequate for parishioners in Queen Victoria's day. For the rest of my curacy, I was regarded as a revolutionary, to be watched carefully.*

*So, at your last visit to our church, to suggest that our 11am Mattins might be moved to 10.30am, in order to encourage those who wanted to have more of the day free to themselves, certainly lobbed a hand grenade among the post-Service coffee cups. The only person who was mildly in favour was Colonel Wainwright, who quickly realised that it would give him an extra half-hour at the gin and tonics before lunch.*

*Should you ever feel that people lack imagination, you should watch them in action when they find reasons for resisting an unwelcome suggestion. One said that the time couldn't be moved, since it would then be too early for the local bus – omitting to mention that none of our congregation travel to church by bus and that the service doesn't run on Sundays anyway. Another pointed out that it would confuse those who didn't attend church – not explaining why if they never attended, it mattered what time the Service was. A third, rather touchingly mentioned that it wouldn't give the rector time to enjoy his breakfast after the rigours of the 8am Service.*

*Your suggestion did, however, serve one useful purpose; it brought our congregation together in united opposition. They may not necessarily always know what they are for, but they certainly know what they are against. For that, I thank you.*

*Your loving uncle  
Eustace*

## Regular Weekly Events

### MONDAYS

10-11am Nia BH HUB  
 10-12noon Painting Group FBC  
 11.15-12.45 Sweaty Mama HUB  
 1.30-4.00pm Whist Club FBC  
 2.00-4.00 Bridge Not 1st Mon FBC  
**6.15--7.30pm Zumba**  
**07939 580327.** BH HUB  
 7.30pm Tone Big Band  
 (1st & 3rd Mon) BH HUB

### TUESDAYS

12.30-1.30 Postnatal Yoga BH HUB  
 6.15-7.00am Group Fitness BH HUB  
  
 1.30-2.30pm Tai Chi & QI BH HUB  
 10.00-4.00pm Games FBC  
 7-8pm Yoga BH HUB

### WEDNESDAYS

10.00-11.00 Mum&Baby Pilates  
 HUB  
 2.00-4.30 Short Mat Bowls BH HUB

10.00-11.00 Flexercise FBC  
 11.00-12.00 Pilates 4 Everyone HUB  
 6.00-7.00 Tae Kwon Do BH HUB  
 7.15-8.45 Tone Guitar Group  
 BH HUB

### THURSDAYS

6.15-7.00Group Fitness TrainingHUB  
 10.00-12.00 Baby Badgers BH HUB  
 10.00-12noon Bridge Club FBC  
 12.30 Prenatal/Little Ones Yoga HUB  
 2.00-4.00pm Croquet FBC

### FRIDAYS

8.30am -1pm Star Bubs BH HUB  
 10.00-12.00 Petanque FBC  
 10.00-12noon Frank's Caf  FBC  
 4.45-8.15pm Martial Arts BH HUB

### SATURDAYS

6.30-7.15 Group Fitness Training  
 BH HUB  
 9.30-11.30 Hub Gardening Club  
 BH HUB

## Defibrillators

Hopefully, you will never need to use one, but did you know in Bishop's Hull there are four defibrillators!

The locations are: outside the HUB, outside the Frank Bond Centre, outside the Robin Close meeting room and inside Bishop's Hull Primary School.

In addition, to familiarise yourself with where there are defibrillators, please follow the link below: <https://www.defibfinder.uk/>

## Bishop's Hull Car Boot Sales 2024

Car boot sales will resume on the playing field on 1st April, further dates will be advertised in the Community News or on their Facebook page  
<https://www.facebook.com/profile.php?id=61550359809789>



**USEFUL CONTACT NUMBERS**

Your Somerset County Councillor  
John Hunt (Independent) 07880  
794554 [john@johnhunt.me.uk](mailto:john@johnhunt.me.uk)

**Your Somerset West & Taunton  
Councillors**

ClI Caroline Ellis Associate Lead  
Member - Education  
**07473119425**  
[cjellis1968@googlemail.com](mailto:cjellis1968@googlemail.com)

John Hunt (Independent)  
07880 794554  
[john@johnhunt.me.uk](mailto:john@johnhunt.me.uk)

**Your Member of Parliament**

Rebecca Pow MP  
443062 [office@rebeccapow.org.uk](mailto:office@rebeccapow.org.uk)

**BISHOP'S HULL FACILITIES**

BH Parish Council  
Helen McGladdery 07518  
[bishopshullparishclerk@gmail.com](mailto:bishopshullparishclerk@gmail.com)  
BH Pre School 07928 950230  
BH Primary School 331624  
Castle School 274073  
Community Room & School Hall  
Rick Moon 354908  
Frank Bond Centre  
Nadia 07958 246046

**Neighbourhood Beat Team**

PCSO Lyndsay Smith  
[lyndsay.smith@avonandsomerset.police.uk](mailto:lyndsay.smith@avonandsomerset.police.uk) or call 101  
PCSO Marshall Bernhardt  
[marshall.bernhardt@avonandsomerset.police.uk](mailto:marshall.bernhardt@avonandsomerset.police.uk) or call 101  
PCSO Simon Parry

Robin Close Hall 356389  
[deanehelplineadmin@tauntondeane.gov](mailto:deanehelplineadmin@tauntondeane.gov)

St Peter & St Paul Parish Church  
Rev. Phil Hughes 336102

**BISHOP'S HULL ORGANISATIONS**

Access Group (Fledgling Centre)  
Kelly Enfield 333363  
BH Flower, Fruit & Vegetable Show  
Amanda Gallacher 337720  
Bishops Hull HUB

07500 748 609, booking:  
[bhhubbookings@gmail.com](mailto:bhhubbookings@gmail.com)

General enquiries and events:  
[bishopshullhub@gmail.com](mailto:bishopshullhub@gmail.com)

BH Short Mat Bowls  
Alan Chapman 710938  
[bhsmbc@yahoo.com](mailto:bhsmbc@yahoo.com)

BH VH & PF Trust  
Paul Bulbeck 283941  
BH WI

Margaret Lomax 412218  
Brownies Sheena Grinter 331184  
Community Woodland Volunteer  
David 272415

FBC Activities Carolyn 283941  
Golden Group Keep Fit Session  
Karie at Castle Sports Centre 322934  
[orkcrane@1610.org.uk](mailto:orkcrane@1610.org.uk) Jon 07736  
714370 [jonakcc@hotmail.co.uk](mailto:jonakcc@hotmail.co.uk)

Pilates Liz Grant 338409  
Slimming World

Judy 256010 / 07939 431264  
Sheena 07517 441766

Somerset Hills Chorus  
Brenda Palfrey 07857 244272  
Tae Kwon Do  
Sebastian Morey-Weale 07900 517767  
Wed Art Group  
Rose Humphreys 277633

Zumba / Zumba Gold  
**Felicity Ovando** 07939 580327

## SERVICES AT ST PETER & ST PAUL APRIL 2024

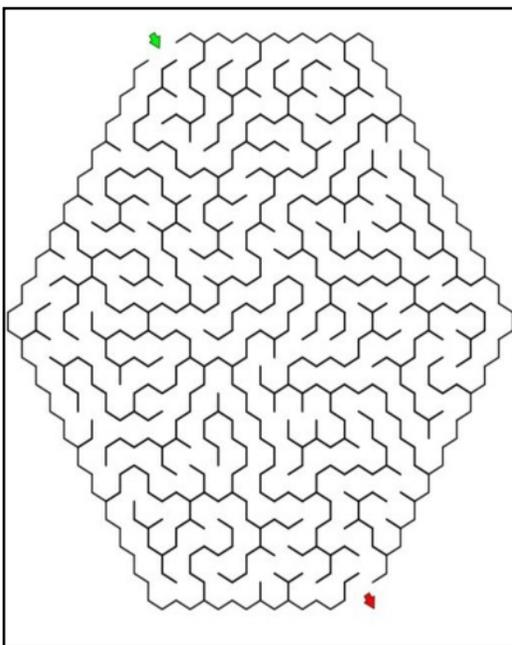
<b>Wednesday 3 April</b>	<b>Holy Communion</b>	10.00 a.m.		
<b>Sunday 7 April Easter 2</b>	<b>Holy Communion Holy Communion</b>	08:00 a.m. 10.00 a.m.	Acts 4:32-35; I John 1:1-2:2; John 20:19-31	Christabel Ager
<b>Wednesday 10 April</b>	<b>Holy Communion</b>	10.00 a.m.		
<b>Sunday 14 April Easter 3</b>	<b>Holy Communion Holy Communion</b>	08:00 a.m. 10.00 a.m. ..	Acts 3:12-19; I John 3:1-7; Luke 24:36b- 48	Rosemary Lockley
<b>Wednesday 17 April</b>	<b>Holy Communion</b>	10.00 a.m.		
<b>Sunday 21 April Easter 4</b>	<b>Holy Communion Holy Communion</b>	8:00 a.m. 10.00 a.m.	Acts 4:5-12; I John 3:16-24; John 10:11-18	Shirley Stapleton
<b>Wednesday 24 April</b>	<b>Holy Communion</b>	10.00 a.m.		
<b>Sunday 28 April Easter 5</b>	<b>Holy Communion Holy Communion</b>	08:00 a.m. 10.00 a.m.	Acts 8:26-40; I John 4:7-21; John 15:1-8	Dee Willis



### GRASS CUTTING

**31 March Will Osmond  
14 April David Ager  
28 April Paul Curry**

**These are now all full cuts and we will need to agree in the spring what degree of “no mow” we are going to adopt for May to August.**



## CHURCH DIRECTORY (01823)

**Church web site:** [www.stpeterandstpaul.org.uk](http://www.stpeterandstpaul.org.uk)

**Vicar:** **Rev. Philip Hughes**  
336102  
(Usual day off - Friday)  
[phil2overflowing@gmail.com](mailto:phil2overflowing@gmail.com)



Rev Philip Hughes

**Church Warden:** **Mr Will Osmond**  
461820

**Treasurer** **Rachel Horder**

**Electoral Roll Officer** **Mrs Shirley Stapleton**

**Safeguarding Officer:** **Mrs Sally Adams**  
254413

**Other PCC Members -** **Mark Dakin, Helen Pearce, Susan Martin**

**Tower Secretary:** **Giles Morley 430710**



**Your  
PCC  
2023/24**



The PCC is a great team to belong to and is there to assist the Vicar in the Mission and function of the church.

If you would like to serve in this way there are lots of **opportunities**, so do have a chat to one of the fab team!