

BISHOP'S HULL PARISH MAGAZINE
JULY 2026

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 please remember to support the
free 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.*



Cafe & Bar

Now serving Coffees,
Hot Drinks & Breakfasts from
8.30am Tues-Sat
Lunches, Dinners & Sunday Roasts
£5.50 Senior Citizen Meals
Tribute Acts and Events
at the Weekends
Ask us about Functions & Wakes

01823 802877

Bell Ringing

We 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 Sunday (usually ringing starts at 09.15am and rings until the service starts at 10am). Practice night is Wednesday at 7.30pm. Quarter peals (50 minutes) may be attempted up to twice a month at 11.30am, usually on Tuesday or Wednesday. Our Tower Captain is Giles Morley and he can be contacted on 01823 430710

BISHOPS HULL BUTCHERS, POST OFFICE AND STORES

BISHOPS HULL, TAUNTON



**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 – Wednesday 8.00am – 3pm

Thursday – Friday 8.00am – 4pm

Saturday 7.00am – 2pm

Sunday and Monday Closed

Tel – 01823 337497

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 FBC Coffee morning 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 1.30-4:00

Wednesday – Flexercise & Tai Chi 10:00-12:00

Thursday - Bridge club 10:00-12:00-Beginners

welcome,

Croquet 2:00-4:00

Friday - Pétanque 10:00-12:00,

Friday - The FBC Coffee morning 10:00-12:00

Monthly Activities:

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

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

3rd Wednesday in month Games 2.00-4.00

4th Wednesday in month Music Appreciation 2.00-4.00

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

NO MONTHLY LUNCHES

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

BISHOP'S HULL CAR BOOT SALES 2026

REFRESHMENTS AVAILABLE

Sunday 28th JUNE

Sunday 12th JULY

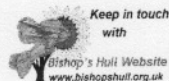
Sunday 26th JULY

Sunday 9th AUGUST

Bank Holiday Monday 31st AUGUST

Sunday 13th SEPTEMBER

Sunday 27th SEPTEMBER



Start Time 7a.m.

Bishop's Hull Playing Field TA1 5EB

///rocket.force.monday

Sellers £7 Buyer Parking £1

Cars Parked at Owners' Risk

The money raised supports the running and maintenance of the playing field facilities for the benefit of users and community

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.

Prescription Time Frame



To help us provide an efficient, safe and effective service to our patients, we ask that you follow the guidance below:

- Use the table below to work out when your prescription will be ready for collection,

- Order early for bank holidays, or if you are going on holiday,
- Let us know in advance, if you require our prescription delivery service

Due to permanent closures of some pharmacies in the area we are experiencing high volumes of prescriptions. We offer text message and a phone call service to let our patients know when their medications are ready. Please ask a member of staff about details.

We are a small but very busy pharmacy, so be prepared to queue. Please sign the back of your green paper prescription on arrival and tick the exemption box if it applies to you (there are pens available on the counter). Our waiting time for a walk-in prescription is usually up to 20 minutes, but it can reach to one hour depending on how busy we are. We are always extremely busy before bank holidays, so please order your prescriptions earlier and be prepared to queue.

Prescription Ordered	We normally receive	Ready for collection
Monday	Thursday	Monday
Tuesday	Friday	Tuesday
Wednesday	Monday	Wednesday
Thursday	Tuesday	Thursday
Friday	Wednesday	Friday
Weekend	Thursday	Monday

When you enter the pharmacy please turn right in order to join a queue or otherwise feel free to browse the shop. Whilst waiting for your prescription to be prepared please wait in the pharmacy, if you leave at any point, please queue again on arrival and ask the member of staff if your medications are ready. We apologise for any inconvenience and thank you for your understanding.

These are the expected days when your prescription will be ready, however sometimes delays occur due to medication queries, items out of stock and increased workload. Please be aware that this guidance is for regular repeat medication. Please collect your medications after receiving your text message or phone call. Prescriptions that are urgent from the GP surgery can be dispensed when needed.

Opening hours: Monday- Friday: 9:00- Saturday: 9:00-13:00

Sunday: Closed. Bank Holiday: Closed Tel. 01823 256 056

Address: 2 The Comeytrove Centre, Pitts Close, Taunton, TA1 4TN

theWI
INSPIRING WOMEN

Bishop's Hull Belles WI

Bishop's Hull Belles is a group of friendly women with meetings held on the 4th Thursday of the month (except August) at 7.30pm 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 monthly meetings where you will be warmly welcomed. The cost is £4 per visit (up to 3 meetings) which is then deducted from the annual subscription upon joining.
- Further information can be obtained from Heather Blackmore the group's secretary. Tel:01823-283884 mob 07963834365

Next Meeting.
Thursday 23rd July at 7.30pm
Speaker - Mickey Little (Horticulturist)
'Smoke that Thunders'

Vicar:

Reverend Philip Hughes , The Vicarage, Bishop's Hull Hill, Bishop's Hull, TA1 5EB 01823-336102	Tim Venn (Church Warden) John Perry (Church Warden)
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Feeling somewhat under the weather at the moment and as I approach my ninetieth birthday I have been looking for good advice. Here is some I found on line:

Understanding Graceful Aging

Growing old gracefully involves embracing the aging process positively. It means focusing on health, well-being, and enjoying life rather than resisting the changes that come with age.

Regular Exercise: Aim for at least 150 minutes of movement each week. Activities can include walking, resistance training, or yoga to maintain strength and balance.

Balanced Diet: Incorporate a diet rich in fruits, vegetables, whole grains, and healthy fats. This supports overall health and helps maintain a healthy weight.

Hydration: Drink plenty of water daily. A good rule of thumb is to drink half your body weight in ounces. For example, a 180-pound person should aim for 90 ounces of water.

Mental and Social Well-being

Stay Socially Active: Engage with friends and family. Social connections can improve mental health and reduce feelings of loneliness.

Mental Stimulation: Keep your mind active through puzzles, reading, or learning new skills. This can help maintain cognitive function.

Self-Care Practices

Skin Care: Protect your skin from sun damage and keep it moisturized. Regular check-ups with a dermatologist can help monitor skin health.

Sleep Hygiene: Aim for 7-8 hours of quality sleep. Create a restful environment and establish a bedtime routine to improve sleep quality.

Conclusion

Aging gracefully is about adopting a positive mindset and making healthy lifestyle choices. By focusing on physical health, mental well-being, and social connections, you can enjoy the later years of life fully and vibrantly.

Do I really want to live to be 100?

THE VICAR WRITES



Dear Brothers and Sisters in Christ,

What a spectacular month of summer drama lies ahead! This July, our screens and radios will be filled with the roars of the crowd. From the gripping final stages of the World Cup to the elegant grass courts of Wimbledon, we will witness athletes who have dedicated their lives to a single purpose. They have

trained through exhaustion, fixing their eyes entirely on the prize.

This intensity reminds me of Saint Paul's wonderful imagery in his letter to the Corinthians, where he compares the spiritual life to an athletic race.

Paul writes, "Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever." Like those sportsmen and women, our faith requires perseverance, focus, and dedication. Happily, our journey is one we share as a community, and we have wonderful reasons to celebrate together this month. On Saturday 18th July, our church will overflow with joy as we celebrate a beautiful wedding service. It is a marvellous opportunity to rejoice with the happy couple as they begin their lifelong team journey together under God's blessing.

*We also have a unique opportunity to put our faith into physical motion on **Sunday 12th July**. Taunton Deanery is inviting us on a Pilgrimage to Taunton Minster for the Diocesan Year of Prayer. You can travel from our parish on foot, by car, or whatever suits your spirit—alone for personal reflection or in group fellowship. If you are walking, we are leaving from this church at 3:15pm, arriving for refreshments at 4pm, and a special service follows at 5pm.*

Whether you are running a race, starting a marriage, or walking in prayer, remember that God is your ultimate strength. I warmly invite you to join us in worship and celebration this month. Let us keep our eyes on the goal and encourage one another every step of the way!

God bless you,

Rev Phil Hughes, Vicar, Chaplain and armchair sportsman!

St Peter's & St Paul's Church

Bridge Coffee Mornings

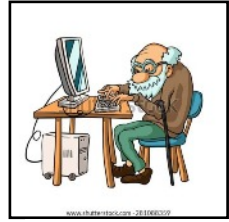
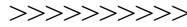
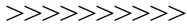
The **Bridge** is what we have called the Welcome Area.

The Church has opened **the Bridge** for the return of the Monthly Coffee Mornings to be held on the last Saturday of each month. We would like to extend a warm welcome to all at the next coffee

morning on **Saturday 25 July 2026** From 10am till 12noon. Come along to have a Coffee/Tea and cakes, with a friendly chat **and SWAP** a book.



THOUGHT FOR THE DAY



Editor Bob

LETTERS TO THE EDITOR

I know how expensive it is to send a letter so I would be happy to receive an email instead.

NOTE. Magazine hard copies are no longer available but you have permission to print your own single copy, (if you have the necessary software and hardware), from the monthly emailed .pdf

Editor Bob.

Bishop's Hull Parish Council News

The May meeting started with the Annual Parish meeting and was followed by the Annual Parish Council meeting.

At the Annual meeting local groups were invited to give a presentation about their activities from over the last year. We were delighted that so many organisations attended or submitted a report. The minutes can be found on the PC website. <https://bishopshullparishcouncil.gov.uk/>

At the Annual Parish Council meeting the first item was to elect a Chair and Vice Chair. Mr Tony Taylor was re-elected as Chair and Mr John Hunt was re-elected as Vice Chair. A summary of the rest of the meeting is below:

Kinglake — transfer paperwork has been signed by Chair, Vice Chair and Clerk and PC solicitor is waiting for final information from Persimmon and then the land will transfer to the PC. The Clerk will contact Persimmon who are still responsible for the area to challenge the lack of grass cutting since 1st April. .

Bishop's Hull Play Park — The Land transfer of the playing fields from Somerset Council to the Playing Fields Trust is imminent and then the transfer of the play park from SC to PC can take place.

Insurance and Finance — The insurance quote renewal (1st June) was approved at a cost of £632.43 to include the Kinglake area and play equipment. All invoices were approved and it was agreed to renew SALC membership at a cost of £1354.27 and SLCC membership at a cost of £150.

Policies — The IT policy, data audit and vexatious complaints policies were approved

Maintenance — Safety inspections and general maintenance of all PC benches was approved.

Next meeting date: Thursday 4th June, 7pm at the Hub

Note from the Chairman

“We'd like to take a moment to gently remind everyone that your Parish Council is made up entirely of volunteers. Councillors give their time alongside jobs, families and other commitments because they care deeply about our community and want to do the very best for it. We are committed to working openly and transparently, and to listening and responding to the needs and views of the parish wherever we can. While we may not always be able to meet every expectation, every decision is made with the wider interests of the community in mind.

*We would also like to highlight the role of the Parish Clerk, who is a paid employee of the council. The Clerk plays a vital part in ensuring the smooth running of council business and supporting the delivery of services for the parish. Persistent unreasonable or vexatious behaviour not only impacts individuals but also takes up a significant amount of the Clerk's working time, reducing capacity to carry out other important duties. This ultimately affects the efficient use of parish funds. **

We want to be clear that respectful communication is essential. Abuse, intimidation or vexatious actions towards councillors or staff will not be tolerated. As highlighted by recent events, such behaviour will be addressed in line with our Vexatious Complaints Policy.

We truly value the support, understanding and constructive engagement of our community—it makes all the difference and helps us continue to serve the parish positively and effectively.

Kindest regards Tony Taylor - Chairman

Annual Meeting

At the Annual Parish Meeting held on May 7th, I was pleased to have the opportunity to thank some of those I have been fortunate enough to work with over the past year. Through this article, I would like to thank them once again, starting with:

Tony Taylor — Parish Council Chair

Helen McGladdery — Parish Council Responsible Financial Officer and Clerk

My fellow Parish Councillors, and, in alphabetical order:

Marshall Bernhardt — Police Community Support Officer

Carolyn Bulbeck — Chair of the Frank Bond, Centre

Paul Bulbeck — Chair of the Playing Field Trust

Kerry Exon — Head Teacher at our Primary School, along with the staff, PTA and my fellow governors

David Gurr — Chair of the Netherclay Community Woodland and Village Flower Show, Hub Gardening Club lead, and, alongside Richard Holland, planning the proposed Sensory Trail

Rev Phil Hughes — Vicar of St Peter & St Paul's Church

Jon Lee — Chair of the Bishop's Hull Hub

Tom Parker — Butchers, Shop and Post Office

At the time of writing, I have just arrived home after spending a lovely Saturday morning strolling through the village, chatting with lots of people enjoying the sunshine. I also had time to pop into the Gardener's Hub Café for a cuppa and a slice of ginger cake. On my way home, I walked through Bishop's Mead and met a lady walking her dog who said to me, "Aren't we lucky to live in such a lovely village?" a wonderful thing to say. Much of the reason for this is down to the amazing volunteers, trustees and committee members of the organisations mentioned above, who selflessly give their valuable time to make our village such a wonderful place to live. Well done everyone,

John Hunt



Bishop's Hull Flower Show . Sunday 11th August



Schedules are available from the Post Office with classes ranging from vegetables, flowers and fruit to home-craft and handicrafts, art and photography, and children's classes with different age ranges.

There are also free classes to enter so please ensure they are visible from the road within Bishop's Hull. i.e.

The **Scarecrow** theme will be 'Nursery Rhymes'.

The first prize is £10 and second prize is £5.

Hanging Basket - with the £5 prize kindly donated by Avery's Garden Centre.

Bishop's Hull Youth Club

The Youth Club is a valuable resource for young people in Bishop's Hull. At the Annual meeting one young person wrote a letter stating how much they enjoy the club, it's a safe place to relax and everyone is friendly.

The Club is currently run by Claire Plumbly however, if she is unable to attend, then the youth club cannot take place, so if anyone is able to offer help with running the club, please make contact with Claire so this wonderful club can continue running for the benefit of local children.

Please email: claire.plumbly@hotmail.co.uk

Bishops Hull youth Club

For kids aged 11-17 who live in Bishops Hull (& their mates).

New Dates

15 May
20 June
18 July
No August date
19 Sept
7:15pm - 9:15pm

£1 entry

Illustration of three children sitting at a table.

Looking After Yourself and Your Neighbours in Hot Weather

At the time of writing, we are just a week on from the unexpected May heat wave, during which temperatures across Somerset widely exceeded 30°C and approached 34°C. With the midsummer months of July and August still to come, it is reasonable to expect similar, if not even higher, temperatures. While many people enjoy warm weather, prolonged periods of heat can present significant health risks, particularly for vulnerable members of our community.



One of the most important things we can do during hot weather is stay hydrated. Drinking plenty of water throughout the day helps the body regulate its temperature and reduces the risk of dehydration. It is also wise to limit alcohol and caffeinated drinks, which can contribute to fluid loss. Wearing loose-fitting, light-coloured clothing and applying sunscreen can help protect against sunburn and heat-related illness.

When possible, avoid strenuous outdoor activities during the hottest part of the day, usually between 11.00 am and 3.00 pm. If you are spending time outside, seek shade regularly and take frequent breaks. At home, keep curtains or blinds closed during the day to reduce indoor temperatures, and open windows in the evening when the air becomes cooler.

Hot weather can be particularly difficult for older people, young children, and those with underlying health conditions. Checking in on neighbours, friends, and relatives can make a real difference. A quick phone call, a knock on the door, or an offer to collect shopping may help someone who is struggling with the heat.

It is also important to recognise the signs of heat exhaustion, which can include dizziness, headaches, excessive sweating, and weakness. If symptoms worsen or do not improve, medical advice should be sought promptly.

By taking sensible precautions and looking out for one another, we can all enjoy the summer months more safely. A little care, preparation, and community spirit can go a long way during periods of extreme heat.

Take care, John Hunt

BISHOPS HULL NEIGHBOURHOOD BEAT TEAM (from village WEB site)

PCSO Tony Wearmouth 8413 - 07889 655312
tony.wearmouth@avonandsomerset.police.uk

PCSO Catharine Richards - 07710 026191
catherine.richards@avonandsomerset.police.uk
PCSO Catharine Richards - 07710 026191

A home sustained damage in Smithy, Bishops Hull, at some point prior to 1pm on the 14th. A downstairs bathroom window was smashed with a rock.

If you have any information or CCTV footage that may assist, please contact the Police on 101, quoting reference 5226133140 and stating Neighbourhood Watch.

Alternatively, you can contact Crimestoppers anonymously on 0800 555 111.

A residential property on Wellington Road, Taunton, sustained damage during the evening of the 17th.

The resident contacted police after discovering that a garden statue had been used to smash a kitchen window. The circumstances suggest deliberate criminal damage.

If you have any information or CCTV footage that may assist, please contact the Police on 101, quoting reference 5226136963 and stating Neighbourhood Watch.

Alternatively, you can contact Crimestoppers anonymously on 0800 555 111.

This month, our Fraud Protect Officers are warning residents about the risks of Phishing texts and emails, as thieves try to steal your money.

Attachments:

beware-of-phishing-texts-and-emails.pdf

A man who risked driving the short distance home from a pub he had been drinking in has been sentenced.

B. T, from Pucklechurch, South Gloucestershire, pleaded guilty to driving a vehicle while over the alcohol limit at Bristol Magistrates' Court on Tuesday 26 May.

He was disqualified from driving for 18 months, fined £1,850 and must pay court costs and a victim surcharge totalling £825.

Officers involved in drink drive patrols followed Trent in a Land Rover before he was stopped outside his home at around 7pm on 15 April. He was the sole occupant of the vehicle and failed a roadside breath test before he was taken into custody.

He was subsequently charged with the offence on Thursday 16 April.

PC Edward Walsh, officer in the case, said: "Drink driving puts lives at risk and will not be tolerated.

"In this case, the pub was less than 300 metres from the defendant's home, yet they chose to drive while over the legal limit, therefore placing themselves and others in danger.

"Even short journeys under the influence of alcohol significantly increases the risk of collision and serious harm. Police will continue to take robust action against anyone who breaks the law and puts other road users at risk."

Recent fires are a stern reminder to recycle dangerous items correctly



Recent fires in Somerset are a reminder to dispose of batteries, vapes and gas canisters safely. These items can cause serious fires if they are put in the wrong bin or mixed in with recycling. Batteries and vapes should never go in the rubbish bin. Instead, they should be placed separately in small, clear tied plastic bags and left on top of a recycling box for collection. Gas canisters should not be put in household bins or recycling and should be taken to a Somerset recycling site for safe disposal.

At the Taunton recycling facility, SUEZ staff responded quickly to a fire involving a skip, using a forklift truck to move it into the open so that fire crews could deal with it safely. Their prompt action helped reduce the risk to people on site and limit damage.

In a separate incident, a collection crew noticed smoke coming from the rear of their vehicle. After calling emergency services, they safely tipped the burning load onto the roadside, where it was extinguished and cleared. Their quick response helped prevent the situation from becoming more serious. Well done to our quick-responding teams.

BISHOP'S HULL IN TIMES PAST



1 00 years ago

The Congregational School Anniversary was celebrated, when the services were conducted by the pastor and there were large congregations throughout the day. The singing of the special hymns was greatly appreciated. At the afternoon service, presided over by F Bond, superintendent, addresses were given by Mr H Jones, of Barnstaple and a former teacher, and Mr Eubulus Williams, of Taunton and a former superintendent. Recitations, solos, etc were rendered by the scholars. During the service, a tablet was unveiled to the memory

of Mr FC Davis, the late superintendent. Mr Jones impressively conducted the unveiling, the congregation standing. On a subsequent day, a tea was held, to which a large number sat down, followed by a public meeting, over which Mr Jones presided.

Appropriate addresses were given by Messrs Deverell and Gibbs, of Norton Fitzwarren. The superintendent submitted the reports and stated the anniversary had been a great success, the finances showing a substantial increase over former years. Prizes were presented to the scholars by Mrs W Williams, wife of the pastor. Mr G Lewis presided at the organ and the pianists were Mrs Lewis and Mr Crocker.

The Empire Day celebration took place at the school, when Admiral Serb W Nicholson attended to address the children. Others present were Miss Lythall and the Rev G Rabin (managers) and a good number of parents. The proceedings opened with the singing of Kipling's Recessional. Admiral Nicholson, who gave a very appropriate and inspiring address, enlarged on the importance of duty, character, perseverance in work and consideration for others and their opinions. He urged upon the children the necessity of ambition and the importance of every boy and girl doing their utmost to advance in the world. He also emphasised the need for children to get to know one another as much as possible, so that when called

upon to lead they would better understand those who were under them. In a manner which gripped the attention of the children, Admiral Nicholson showed how important the cultivation of all these qualities were in children of today in order that the British Empire might continue and prosper. Concluding, he appealed to the children to each day do something to make the world better. The Rev G Raban proposed a hearty vote of thanks to him for his inspiring address. This was seconded by Mr RW Quick (headmaster) and cordially adopted, Admiral Nicholson suitably replying. During the proceedings, the following items were rendered by the children: "I vow to thee my country", "Heart of Oak", "England" (Parry); playlet, "Mary's Garden"; recitation Grace Pyne and Fred Rosewarn; "My native land" Marie Skelcher; "The sea is England's glory"; "Land of hope and glory" Dorcas Pocock, Violet Hunt, Nesta Birch and Muriel Pratt; and "Land of my fathers". The proceedings terminated with the singing of the National Anthem.

50 years

The monthly meeting of Bishops Hull women's branch of Taunton Conservative Club was chaired by the president, Mrs Eills. Major John Fortune gave a talk on local government, enlightening members on the recent boundary changes as they affected Taunton.

The funeral took place of Mr Reginald Clapperton of Northfields, a railway permanent-way worker, who had served in the Somerset Light Infantry in Burma and India. Mr Clapperton, aged 56, was born in Taunton and had lived in Bishops Hill for 27 years. In his youth he was a member of Temple Boys' Brigade and he had been secretary of Galmington Boys' Football Club. The service at Taunton Deane crematorium was conducted by the Rev EJ Okell. Messrs Leonard E Smith of Haydon Road, Taunton, made the funeral arrangements.

At their meeting, 20 members of the Good Companions enjoyed a demonstration of flower arranging by Mrs Rose and Mrs Bellamy. Miss Newcombe listed those wishing to go on a mystery trip. In a competition for a flower arrangement in an egg-cup, Mrs Hussy was awarded first prize and Mrs Farmer second.

important to me and always seemed to know the right thing to say.” So – does this matter? Yes, says psychology experts. They are concerned at this blurring of fantasy and reality.

As one children’s psychotherapist point out, a boy’s relationship to an AI companion is not a “congruent human relationship.” And she warns that to have children “designing” the appearance of their romantic partner could cause them to have “a very warped idea of what a body or sex looks like.”

Also, the chatbots’ agreeableness – or lack of challenge – is worrying. “Their whole engagement model is telling a user what they want to hear, and that’s hugely gratifying for a teen. So why would they spend time enduring the reciprocity or the difficulties of a real relationship? But ‘frictionless’ relationships aren’t what life is about.”

Male Allies UK is concerned to where this may lead. “We have heard of situations where, when a boy has tried out his online chat in the real world, he’s been rejected. Feeling humiliated, he has lost his temper and lashed out. So, there’s a chance we’ll see more of that frustration being expressed, when instantly gratifying online behaviours don’t translate in real life.”

In the meantime, there is currently no UK law setting a minimum age for using an AI companion, including the relationship-style chats.

Why our ‘crumbling infrastructure’ is hurting older people

Poorly paved roads, unsafe crossings and poor public toilets are slowing people down. Especially older people. Rather than getting out and about in their communities, they tend to feel safer staying inside. But the lack of regular, positive exercise is a danger for them. Such is the verdict of a recent report from



MPs serving on the Health and Social Care Select Committee.

The MPs stress that what they call Britain’s ‘crumbling infrastructure’ is leading to many preventable health conditions, ranging from obesity, type 2 diabetes, heart disease, cancer, the onset of frailty, dementia and disability.

Figures suggest that 44 per cent of people aged 75 or older are doing less than 30 minutes of moderate physical activity per week. In the UK, lack of activity is associated with a staggering one in six deaths and is estimated to cost £7.4bn a year. So, the MPs are calling for local action to fix streets and crossings, and to put in more toilets and public seating, as well as better national transport.

Layla Moran, the chairman of the health select committee, said: “Staying physically active can help older people to live not just longer, but healthier, happier, more sociable lives.”

EAT WELL FOR LESS DURING JULY

If you are struggling to afford food and would like support, these are organisations that can help:

- Citizen's Advice can help you understand what support you may be entitled to and make the most of your money
- Food banks supply free food to people that are struggling financially
- Search the Trussell Trust website for your closest food bank. Usually, you need a referral for a Trussell Trust food bank (for example from a social worker, health care professional or school).
- To find a local independent food bank you can search/contact ifanconnect@gmail.com for local information. Some independent food banks require a referral.
- To find a local Salvation Army food bank go to:
 - *Taunton Church South Street, Taunton, TA1 3AA Phone: 01823 284 291*
- If you are pregnant or have young children, you may be eligible for Healthy Start Vouchers and can apply online or by post.
- Healthy eating is important and doesn't need to be expensive.

This Food Fact Sheet will give you some ideas to help you to eat well and keep costs down. www.bda.uk.com/foodfacts

Top tips to save money when shopping

Follow these tips when you go shopping to help you spend less:

- Make a meal plan, particularly for your main meals.
- Write a shopping list and check what food you already have at home to avoid buying things you don't need.
- Select a time to shop in the week when you are not in a rush.
- If you can, avoid shopping on an empty stomach as it may affect what and how much you buy. Consider shopping after you have eaten.
- Be aware that special offers are not always the cheapest option
- Ask a member of staff at your supermarket for fresh food reduction times and try to shop then for reduced priced items. Avoid purchasing more than you need or can store. Use within the specified date or freeze for later.
- Value brands often taste just as good for a lower price.
- Local food markets offer locally-sourced foods which are usually good value for money.
- Cheaper products are not always at eye level or positioned obviously. Check out all the shelves (including top and bottom).
- Larger supermarkets offer a better range of produce, often at a cheaper cost, so do your main shop there if you can.

PEA SOUP WITHOUT MEAT

1 pint dried whole peas.
4 onions.
3 quarts water.
4 carrots.
3 medium-sized turnips.
Oatmeal.
Pepper and salt.



SOAK the peas all night; next day put them into 3 quarts of boiling water, boiling them till tender. Take them out, mash them together so as to form a paste, put them back into the water with the turnips and carrots (cut into dice) and the sliced onions. Let the soup simmer gently for 2 hours, then thicken with oatmeal and season with pepper and salt.

From Mrs. S. A. Ladd,
Pembrokeshire.

BACON AND EGG PIE

Cooked ham or bacon.
Flaky pastry.
Eggs.



LINE a shallow dish with flaky pastry. Spread a layer of cooked ham or bacon on it, and then break the eggs over the meat, so that the whites of the eggs run together, and the yolks are placed evenly apart. Cover the whole with another thin layer of pastry, and bake in a moderate oven for about ½ hour.

From Marjorie H. Bosley, Berkshire.

BLACKBERRY SPONGE

4 ozs. flour.
2 tablespoonfuls sugar.
Teacupful blackberry jam.
3 ozs. shredded suet.
Pinch salt. Little milk.



MIX the flour together with the suet, add the sugar, the salt, and the milk. Stir well. Now add the blackberry jam and stir again. Pour the mixture into a buttered pudding-basin, cover with a greaseproof paper and steam for 2 hours.

Serve with a sweetened white sauce.

From Mrs. E. Isaac, Carmarthenshire

GOOSEBERRY FLUMMERY

6 ozs. Rice.
2 pints milk.
2 ozs. Sugar.
2 cupfuls gooseberries.



WASH the rice and place in a pan with milk. Allow to cook slowly till soft and thick. Add sugar and stir well, then allow to cool. Grease a mould and cover the inside with a layer of rice about an inch thick, leaving the inside of the mould empty until the rice sets. Fill up with gooseberries stewed until soft, and sweetened to taste. Stand until the mould firms and becomes cold, then turn out, being careful not to break it. If preferred, the flummery can be steamed after the fruit is added and served with custard sauce.

From Miss Christian Milne,
Aberdeenshire.

Gardening in July

Summer is progressing

This is often one of the hottest months of the year and a great time to sit out and enjoy your garden. Keep plants looking good by regularly deadheading, and you'll enjoy a longer display of blooms. Make sure you keep new plants watered, using grey water where possible.

1. Deadhead bedding plants and repeat-flowering perennials, to ensure continuous flowering.

Keep plants looking attractive and encourage more blooms, whether in beds and borders, containers or hanging baskets.

Encourage more blooms.

2. Care for houseplants while on holiday

Most houseplants will tolerate a few days' absence without suffering, but longer absences call for some creative measures to provide the right amount of moisture.

Look after plants while away.

3. Water tubs and new plants if dry, but be water-wise

Watering is one of the most important jobs when growing plants in containers. If your water butt is running dry, don't forget you can use grey water you collect in the house.

More jobs for this month

- Check clematis for signs of clematis wilt
- Pick courgettes before they become marrows
- Start picking tomatoes as they ripen, continuing to remove sideshoots and feed and water the plants
- Clear algae, blanket weeds and debris from ponds, and keep them topped up

- Deadhead, feed and water for a long-lasting show. Put a saucer under containers to reduce watering
- Don't worry if your lawn goes brown, as it will soon bounce back when we have rain
- Harvest apricots, peaches and nectarines.

Fruit and vegetables

- Check crops such as runner beans regularly for aphids, and rub or wash them off straight away, before they multiply
- Water thirsty plants such as celery, beans, peas, courgettes, pumpkins and tomatoes regularly
- Make the last pickings of rhubarb and remove any flower spikes that start to form, cutting right down at the base
- Thin out heavy crops of apples, pears and plums, and remove any malformed, damaged or undersized fruits
- Prune plum trees in dry weather, when silver leaf fungal disease is less prevalent
- Sow a last batch of peas and dwarf beans before mid-July for an autumn crop
- Shorten side shoots growing from the framework of trained fruit trees, reducing to about five leaves from their base

- Water fruit trees and bushes, then lay a thick mulch of garden compost around their base to hold in moisture
- Cover brassicas with fine netting to prevent cabbage white butterflies laying their eggs on the leaves
- Peg down strawberry runners into pots of compost to root new plants
- Pick courgettes regularly so they don't turn into marrows
- Sow small batches of fast-maturing salad leaves, rocket and radishes every few weeks for continuous pickings
- Cut down broad beans after harvesting, but leave the roots in the soil to release nitrogen as they decompose.

Flowers

- Cut lavender for drying, choosing newly opened flowers for the best fragrance, then hang up in a cool, dark place
- Give dahlias a liquid feed, keep them well watered and tie the shoots of tall varieties to sturdy stakes as they grow
- Hoe and hand-weed borders often, so weeds don't have time to set seed
- Water and feed sweet peas regularly, pick the flowers every few days, and remove seed pods to prolong flowering
- Plant autumn bulbs, including nerines, colchicums and sternbergia, in pots and borders
- Feed, water and deadhead summer bedding regularly, in pots, borders and hanging baskets

- Cut back early summer perennials, such as hardy geraniums and delphiniums, after flowering for a second flush
- Take softwood cuttings from shrubs such as pyracantha, cotinus, hydrangeas and spiraea
- Feed and deadhead roses to keep them flowering strongly
- Keep watch for pests such as lily beetles, snails, aphids and vine weevils, and remove before they do too much harm
- Pick off flowers on coleus plants to maintain their colourful leaves
- Sow biennials, such as foxgloves, honesty, forget-me-nots and wallflowers, for blooms next year
- Cut back geraniums and other summer perennials.

Greenhouse

- Open greenhouse vents and doors on warm days to improve air circulation
- Continue pinching out any side shoots growing from the leaf joints of cordon tomatoes
- Order cold-stored potato tubers for planting in a greenhouse or cool porch next month, to harvest at Christmas
- Be vigilant for aphids, vine weevils and other pests, and treat immediately
- Feed tomatoes, chillies and cucumbers with high-potash tomato fertiliser every week to encourage fruiting
- Train the main stem of cucumbers up supports and pinch out. Side shoots two leaves after a flower or fruit. #####

Here are some tips for a cooler house

If the summer heat is getting to you, you might consider the following: Close your curtains and blinds during the day. Block out the sunlight. That may be hard to do in a country where we don't see the sun as often as we'd like, but sadly that sunlight pouring through your windows will not only brighten but also heat up your house. At night, aim to create a breeze that flows through your house. This is easy to do - simply open windows on opposite walls or at opposite sides of your home. Let the air circulate as much as possible.

Try to reduce heat from your appliances. Your stove, television, dishwasher, hairdryer, fridge and freezer all generate some heat. Can you do without any of these during the daytime?

Aim for cool flooring. Try and use wood flooring and ceramic or porcelain tiles in that is why we like them in the winter.

Consider using breathable fabrics over your sofa and chairs. Sitting on natural fabrics such as cotton or linen throws is cooler than sitting on man-made fabrics.

If all else fails, try an electric fan, placed on the floor in front of a bowl of ice water, and aimed at the opposite wall of your room. But they are expensive to run, and do not cool the air. They merely increase the velocity of it, so that it feels cooler.

**

Is danger lurking in your fridge?

When you look in your fridge, what do you see? Milk, butter, vegetables and last night's leftovers? So far, so good. But what about the things that you don't see? A recent

survey of people's fridges found that more than half of them were harbouring dangerous bacteria such as E. coli, salmonella and listeria. So, it seems that unless we take care of our fridges, they can become playgrounds for germs.

Veggie drawers with bits of slimy carrots or liquefying greens have been found to harbour more bacteria per square centimetre than a toilet seat. Plates of raw meat can be a bacterial timebomb. Even door seals and fridge handles can be a germ hotspot.

The key thing is to regularly wipe shelves and drawers down with a mild disinfectant, remove stale food, and to keep the temperature of the fridge at five degrees. Don't overcrowd your fridge (which can block air circulation) and don't engage in the classic 'fridge food linger,' staring into the open fridge while deciding what you want to eat. Warm air will be rushing in.

Your fridge is the hardest working appliance in your kitchen, but it needs your help.

**

Holiday soothies

For dealing with motion sickness, ginger capsules are your new friend. Available from any health store, they do a wonderful job in calming upset tummies.

For fever or frayed tempers, take some camomile tea bags with you.

Camomile tea doesn't just calm your nerves; cooled down, the tea also soothes sunburn.

For banning mosquitoes & insomnia, take some essential oil of lavender. Mosquitoes hate the smell, so if you put a few drops around your pillow at night, you can help keep them at bay – and help yourself drift off to sleep.

6th July - Thomas More, Reformation martyr



These days, lawyers and politicians are held in the lowest esteem by the public, along with tabloid journalists and estate agents. St Thomas More was both a lawyer and politician, who is today much admired for holding steadfastly to his faith-based principles. He lived in dangerous times, when anyone, even queens, who displeased King Henry VIII could find themselves in a condemned cell in The Tower of London.

Sir Thomas More held the office of Lord High Chancellor and at one time was the king's most trusted adviser. But when King Henry took personal control of the Church in England in order to divorce his first wife, Thomas More courageously opposed him.

Thomas More was a social philosopher and the author of 'Utopia'. This book described an imaginary republic governed by an educated elite who employed reason rather than self-interest for the general good of everyone. He was himself one of the pre-eminent scholars of his age.

As a Christian theologian he supported orthodox doctrine, vigorously opposed heresy and argued strongly against the new Protestant ideas taking hold in Europe. Although holding the highest political and legal office he was far from being a pragmatic politician and opportunist lawyer. In every matter he was a man who held firmly to what he believed was right in God's eyes.

When Thomas More fell from favour with the king, as a result of his unflinching views, he was falsely accused of taking bribes. When this charge failed, his enemies accused him of supporting a celebrated seer of the times who was strongly critical of the king. This too failed. He was then required to swear to the Oath of Supremacy, acknowledging Henry's position as head of the Church of England. This he could not do in conscience.

He was put on trial and condemned to be hung, drawn and quartered for his treason, a punishment later changed to beheading. He died in 1535 and on the scaffold his final words were: "I die the King's good servant, but God's first." He has been officially declared a martyr saint by the Roman Catholic Church.

G M TREVELYAN's - English Social History -
A SURVEY OF SIX CENTURIES Chaucer to Queen Victoria

Politically, the Restoration of 1660 restored, King, Parliament, and law in place of the 'forced power' of military dictatorship. Ecclesiastically it restored the bishops and Prayer Book and the Anglican attitude to religion, in place of Puritanism. But socially — and its social aspect concerns us most in this work — the Restoration restored the nobles and the gentry to their hereditary place as the acknowledged leaders of local and national life; The Englishman's proverbial "love of a lord", his respectful and admiring interest in 'the squire and his relations', again had full play. Indeed, as events were to prove, the social importance of the peer and the squire, of the gentleman and his lady, was much more completely 'restored' than the power of the King. The Englishman was, at bottom, something of a snob but very little of a courtier.

Under the Commonwealth, with its democratic ideals and its military realities, the majority of the hereditary 'upper class', being Cavaliers, had suffered an eclipse without parallel in our social history. They had not been destroyed as a class, but had been put into cold storage. They had not lost their lands or more than a certain proportion of their wealth by fines. But their place in national and local government and in social importance had for a while been usurped by successful soldiers, or by politicians who could adapt themselves to the rapid changes of a revolutionary era. Some of these, Algernon Sidney and Ashley Cooper, had been men of good family; others, like Colonels Pride and Birch, had been such 'plain russet-coated captains' as Cromwell loved, whom he had raised up with him to rule the land. At the Restoration many of the Roundhead leaders disappeared into obscurity or exile; but others, like Monk, Ashley Cooper, Colonel Birch, and Andrew Marvell, retained their status in the parliamentary or governmental ranks. Once the Regicides had been disposed of, there was no proscription of former Roundheads, except only of such as obstinately continued to attend 'conventicles', as the places of Puritan worship were now called.

Throughout the reign of Charles II, religious nonconformists suffered severe though intermittent persecution, under the laws of the 'Clarendon Code'. The victims were members of the middle and lower classes, chiefly residing in the towns. Many of them were Wealthy merchants, more were industrious artisans; and statesmen were soon complaining that religious persecution interfered seriously with trade. Very few of those who suffered belonged to the landowning gentry: among the squires, the Roundhead spirit suffered change into the Whig, which refused to hamper its worldly ambitions by too scrupulous an adherence to the proscribed Puritan religion. A common Whig type was that of the sceptical Shaftesbury or the blasphemous Wharton, although these attitudes were no less fashionable among Cavalier courtiers and Tory leaders of Parliament. There were, however, plenty of Whigs who were good Christians, though never High Churchmen; the Russells and other Whig families attended the Anglican worship with sincere piety, while they engaged silenced Puritan

clergymen as private chaplains and tutors for their children. The distinction between the two Protestant religions was by no means absolute for all men.

After the Restoration, the members of the landowning class who attended conventicles and suffered persecution as non-conformists were a mere handful. Anglicanism became distinctively the upper-class religion, far more completely than it had been in the days of Elizabeth or of Laud. There were indeed still a certain number of Roman Catholic country gentlemen, especially in Lancashire and Northumberland; they were shut out from all participation in local and national government by laws which the King was occasionally able to break for their benefit. Otherwise the upper class, the gentlemen of England, were socially united by common conformity to the Anglican worship. Henceforth the services of the parish church were under the special patronage of the ladies and gentlemen in the family pew; the great body of the congregation were their dependants, the farmers and labourers of the village. Addison's Sir Roger de Coverley in church affords a pleasant example of the social side of rural worship as it remained for many generations to come:

My friend Sir Roger, being a good Church-man, has beautified the inside of his Church with several texts of his own choosing. He has likewise given a handsome pulpit cloth and railed in the communion table at his own expense." He has often told me that at his coming to his estate he found the Parishioners very irregular; and in order to make them kneel and join in the responses, he gave every one of them a hassock and a Common-Prayer book; and at the same time employed an itinerant singing-master, who goes about the country for that purpose, to instruct them rightly in the tunes of the Psalms. As Sir Roger is landlord to the whole congregation, he keeps them in very good order, and suffers no body to sleep in it besides himself; for if by chance he has been surprised into a short nap at sermon, upon recovering out of it he stands up and looks about him, and if he sees anyone else nodding, either wakes them himself or sends his servants to them.

The dissenting congregations, on the other hand, alike in times of persecution and toleration, were made up of men who prided themselves on their independence, and who liked to feel that the chapel and its minister belonged to themselves. Socially at least they were 'at ease in Zion', safe from the inquisitorial eye of the squire and his lady. Until the Wesleyan movement, dissenting congregations and meetings were almost confined to cities, market towns, and industrial districts, though many villages had isolated families of Quakers and Baptists. Some of the Dissenters were poor artisans like John Bunyan; others, especially in London and Bristol, were wealthy merchants who could have bought up the squires who persecuted them. And often such merchants did in fact buy out needy gentlemen, after accumulating mortgages on their land. In the next generation the dissenting merchant's son would be a squire and a churchman. Yet another generation, and the ladies of the family would be talking with contempt of all who attended meeting-houses or engaged in trade!

Thus the social character of English religious divisions was stereotyped at the Restoration and continued with little change until the Victorian era.

BOOK REVIEWS



Borderlines by Lewis Baston

Europe's internal borders have rarely been 'natural'; they have more often been created by accident or force.

In *Borderlines*, political historian Lewis Baston journeys along twenty-nine key borders from west to east Europe, examining how the map of our continent has been redrawn over the last century, with varying degrees of success. The fingerprints of Napoleon, Alexander I, Castlereagh, Napoleon III and Bismarck are all there, but today's map of Europe is mostly the work of the Allies in 1919 and Stalin in 1945.

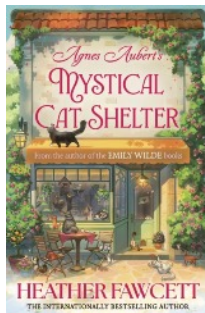
To journey to the centre of the story of Europe, Baston takes us right to its edges, bringing to life the fascinating and often bizarre histories of these border zones. We visit Baarle, the town broken into thirty fragments by the Netherland-Belgium border, and stop in Ostritz, the eastern German town where Nazis held a rock festival. We meander the back lanes of rural Ireland, and soak up the atmosphere in the Viennese-style coffee houses of Chernivtsi. Through these borderlands, Baston explores how places and people heal from the scars left by a Europe of ethnic cleansing and barbed wire fences, and he searches for a better European future - finding it in unexpected places.##

Agnes Aubert's Mystical Cat Shelter by Heather Fawcett

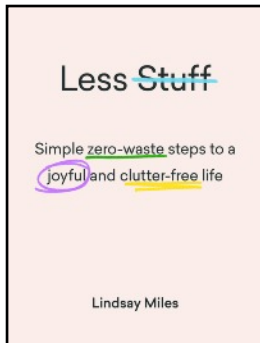
Agnes Aubert leads a meticulously organized life—and she likes it that way. As the proudly type-A manager of a much-needed cat rescue charity, she has devoted her life to finding forever homes for lost cats.

But after she is forced to move the cat shelter, Agnes learns that her new landlord is using her charity as a front—for an internationally renowned and thoroughly disreputable magic shop. Owned by the disorganized—not to mention self-absorbed, irritating, but also decidedly handsome—Havelock Renard, magician and failed Dark Lord, the shop draws magical clientele from around the world, partly due to the quality of Havelock's illicit goods as well as their curiosity about his shadowy past and rumors of his incredible powers. Agnes's charity offers the perfect cover for illegal magics.

Agnes couldn't care less about the shop—magical intrigue or not, there are cats to be rescued. But when an enemy from Havelock's past surfaces, the magic shop—and more importantly, the cat shelter—are suddenly in jeopardy. To save the shelter, will Agnes have to set aside her social conscience and protect the man who once tried to bring about the apocalypse—and is now trying to steal her heart?

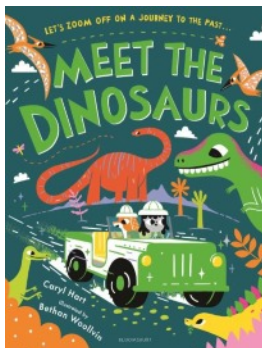


Less Stuff by Lindsay Miles



Clutter impacts on our productivity, stresses us out and keeps us stuck. Why do we let our stuff stand in the way of the lives we dream about?

Less Stuff is a guide for people who find it difficult to declutter and who don't want to see things go to waste. The result is a planet with less strain, a home with more peace and a life with more meaning.



Meet the Dinosaurs

by Caryl Hart
illustrated by
Bethan Woolvin

We're off on an exciting journey into

the past to meet the amazing dinosaurs that once roamed Earth. Join in with the rhymes and get ready to spot all the friendly (and not so friendly!) dinosaurs, from the huge Brontosaurus and amazing Diplodocus to the speedy Velociraptor and scary T-Rex. Little ones will have an action-packed time (and be back in time for bed!) in this fun and fact-packed picture book.

Heather by Caitlin Mullen

1994.

In the myth-riddled woods of the New Jersey Pine Barrens, sixteen-year-old Annabelle Riley's twin sister, Sabrina, has been having an affair with a mysterious



older man, and Annabelle is determined to uncover what's going on. Then, inexplicably, both sisters disappear.

In this same town years later, newly instated Police Chief Callie Hauser makes an arrest that unexpectedly resurrects details from a heartbreaking cold case. As she digs deeper, the past and the present collide, challenging everything Callie believes about right and wrong, about who she is, and about the town she's always called home.

A propulsive mystery as incisive as it is forgiving, Heather bears a visceral reminder that the truth of a woman's life is often complicated and unknowable—to those on the outside, and sometimes even to herself.





Mouse Makes

1. What bird makes its nest on high?
Job 39:27
2. What ate the seeds along the path?
Matthew 13:4
3. The hair of which animal was used to make curtains?
Exodus 36:14
4. What insect can we learn from?
Proverbs 6:6
5. What plague came out of the River Nile?
Exodus 8:6

7. Which animal was Jesus compared to?
John 1:29

8. What bird did Noah release from the ark first?
Genesis 8:7

- 9 across. In what creature's mouth was a coin found?
Matthew 17:27

- 9 down. What lives in holes?
Matthew 8:20

12. Which bird did the Holy Spirit appear as?
Luke 3:22

15. What insects did John eat in the wilderness?
Matthew 3:4

6. What animal would go through the eye of a needle easier than a rich person?
Luke 18:25

10. What insect would God send to destroy the enemy?
Deut 7:20

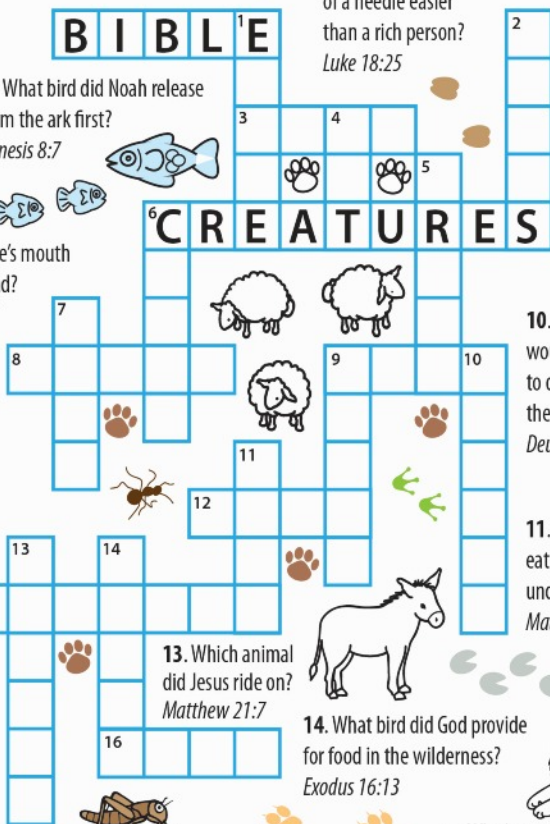
11. What animals eat crumbs from under the table?
Matthew 15:27

14. What bird did God provide for food in the wilderness?
Exodus 16:13

16. Which animal is the "mightiest among beasts"?
Proverbs 30:30

B I B L E

C R E A T U R E S





Human flourishing for all

By Michael Beasley, Bishop of Bath and Wells

‘Tell me about your school days’ is a deeply illuminating question to ask. Our experience of school shapes us deeply our whole lives long. Schools mould our character and values. They develop our skills and expectations. They influence our relationships and our life chances. Rooted in our understanding of the Bible, Christians have been involved in schooling for many centuries. In the nineteenth century, the Church of England’s National Society set up thousands of schools all around our country, established principally for the benefit of the poor. It is largely out of this heritage that our Diocese of Bath and Wells continues to have a stake in so many of Somerset’s schools today. We have 180 Church Schools, the majority of which are for primary aged children, with nine middle, upper or secondary schools and one specialist provision. Big and small, and found in all kinds of communities, our schools educate around 60% of Somerset’s primary school children.

Our schools are Church Schools, they are not faith schools. We are open to everyone, of all faiths and none. Our schools are guided by our Christian ethos, manifested in their engagement with the Bible and worship, in prayer and Christian ethics. More recently, this is expressed most fully in the Church of England’s Vision for Education. This understands our schools’ mission to be ‘deeply Christian, serving the Common Good’. Our vision embraces the spiritual, physical, intellectual, emotional, moral and social development of children and young people. Our vision is of human flourishing for all.

As bishop, I am privileged to spend lots of time in our Church Schools. The most fun I have is being grilled by young people who pose me questions about ethics and doctrine, our Church’s life and faith. I’m certainly kept on my toes! What I value most is seeing played out in our young people the four main elements of our Church’s vision - wisdom, hope, community and dignity. These commitments are reflected in the stories told in this edition of Manna. I hope you’ll enjoy reading them as they illustrate our vision for education in the schools of our diocese.

15th July - St Swithun (or Swithin), saint for a rainy day



St Swithun is apparently the saint you can blame for rainy summers. It is said that if it rains on his special day, 15th July, it will then rain for 40 days after that. It all began when Swithun was made Bishop of Winchester in 852 by King Ethelwulf of Wessex. It was an important posting: Winchester was the capital of Wessex, and during the 10 years Swithun was there, Wessex became the most important kingdom of England.

During his life, instead of washing out people's summer holidays and damping down their spirits, Swithun seems to have done a lot of good. He was famous for his charitable gifts and for his energy in getting churches built. When he was dying in 862, he asked that he be buried in the cemetery of the Old Minster, just outside the west door.

If he had been left there in peace, who knows how many rainy summers the English may have been spared over the last 1000 years. But, no, it was decided to move Swithun. By now, the 960s, Winchester had become the first monastic cathedral chapter in England, and the newly installed monks wanted Swithun in the cathedral with them. So finally, on 15 July 971, his bones were dug up and Swithun was translated into the cathedral.

That same day many people claimed to have had miraculous cures. Certainly everyone got wet, for the heavens opened. The unusually heavy rain that day, and on the days following, was attributed to the power of St Swithun. Swithun was moved again in 1093, into the new Winchester cathedral. His shrine was a popular place of pilgrimage throughout the Middle Ages. The shrine was destroyed during the Reformation and restored in 1962. There are 58 ancient dedications to Swithun in England.

The 16th century Bible that may have saved the Welsh language

The Spanish Armada may have indirectly helped save the Welsh language.

For at the time when the Spanish were threatening England, Queen Elizabeth 1 decided to commission a Welsh Bible, to help to secure the Church of England's diocese in Wales.



She chose to ask William Morgan, Bishop of Llandaff in 1595 and then of St Asaph in 1601.

He spent ten years at the task, and in the end one thousand copies were printed, and then distributed to every church in Wales.

Nowadays Bishop William Morgan's 16th-century Welsh-language Bible, Y Beibl Cyssegr-lan, can be found in a farmhouse at Ty Mawr Wybrnant, near Penmachno, in north Wales. The copy at Ty Mawr attracts hundreds of visitors every year, and has now been featured in a BBC series Hidden Treasures of the National Trust.

Fflur Medi Owen, programming and partnership officer for the National Trust, says that the translation of the Welsh Bible was pivotal for the preservation of the Welsh language. Not only that, but the timing of the translation was significant, because the language had become "very dialect-heavy".

"I do think we would have been able to understand each other, but things were falling out of shape," says Ms Owen. "The green light to commission the Bible into Welsh by William Morgan came at a time that meant the language could be given a form and structure."

She goes on: "Welsh is an old, old Brittonic language – it's like an umbilical cord. Had it not been for William Morgan, our Welsh language would have gone like Manx and Cornish."

Loads of Jokes

A doctor was going into hospital when he passed Mother Angelica walking very briskly while saying her rosary nineteen to the dozen. Just then he saw his associate, a Psychiatrist, come round the corner so he asks if she's alright."

"Oh, I just told her she was pregnant." the psychiatrist answered "My God, is she?"

"No, of course not, but it finally cured her hiccups!"

The Church elders decided to invite their woman minister to go fishing with them. They were fifty yards or so from the shore when she said, apologetically, 'I'm sorry - I've forgotten my fishing rod!'

So she hopped out of the boat, walked across the water to the bank and picked up her rod. As she strolled back one elder was heard to mutter, 'Typical of a woman - always forgetting things!'

A Methodist minister was walking through his town the other day when he spotted a rather unusual funeral procession. Behind the hearse walked the local vicar holding his very large dog on a lead. Behind the vicar came a multitude of other clergymen of all denominations. This intrigued the minister who approached the vicar and asked what was going on.

"It's like this," the vicar explained, "Two weeks ago I met with our Treasurer and asked for a few extra pounds, just for heating, lighting and a drop of Communion wine but as usual their discussion got a little heated and my dog, suspecting the

Treasurer was about to attack me, leaped over the table and got him by the throat. Before I could do anything the poor man was dead. As you will imagine, I was mortified."

The minister, a little shocked by this sad tale stopped, said a few prayers and watched as the procession continued along the road.

After a few moments he rushed along the pavement, caught up with the vicar and said, "Would it be possible to borrow your dog for a few days?" Looking over his shoulder at the procession, the vicar replied, "Of course it would, but you will have to join the queue!!!"

One Sunday morning, the Vicar noticed little Johnnie was staring up at the large memorial plaque that hung just inside the large wooden doors of the church, It was covered with names, and regimental flags were mounted on either side of it. As he'd had been staring at the plaque for some time, the vicar walked up, put his hand on his shoulder, and said quietly, "Good morning Johnnie."

"Good morning father," Johnnie said, not taking his eyes off the plaque.

"What is this?" he asked.

"Well, Johnnie, it's a memorial to all the young men and women who died in the service."

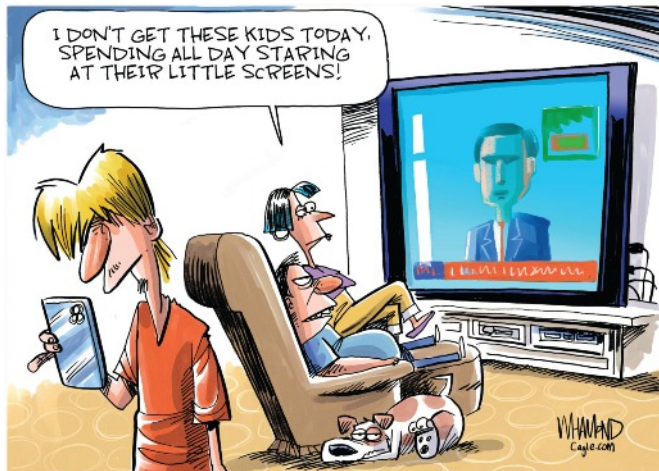
Solemnly, they stood together and stared at the large plaque. Little Johnnie's voice was barely audible when he asked, "Which one, father? The morning or evening service?"

The True Origins of the Internet

An old, bearded shepherd with a crooked staff walked up to a stone pulpit and said, "And lo, it came to pass that the trader by the name of Abraham Com did take unto himself a young wife by the name of Dot. And Dot Com was a comely woman, broad of shoulder and long of leg. Indeed, she had been called Amazon Dot Com. And she said unto Abraham, her husband, "Why doth thou travel far, from town to town, with thy goods when thou can trade without ever leaving thy tent?" And Abraham did look at her as though she were several saddle bags short of a camel load, but simply said, "How, Dear?" And Dot replied, "I will place drums in all the towns and drums in between to send messages saying what you have for sale and they will reply telling you which hath the best price. And the sale can be made on the drums and delivery made by Uriah's Pony Stable (UPS)." Abraham thought long and decided he would let Dot have her way with the drums. And the drums rang out and were an immediate success. Abraham sold all the goods he had, at the top price, without ever moving from his tent. But this success did arouse envy. A man named Maccabia did secret himself inside Abraham's drum and was accused of insider trading. And the young man did take to Dot Com's trading as doth the greedy horsefly take to camel dung. They were called Nomadic Ecclesiastical Rich Dominican Siderites, or NERDS for short. And lo, the land was so feverish with joy at the new riches and the

deafening sound of drums, that no one noticed that the real riches were going to the drum maker, one Brother William of Gates, who bought up every drum company in the land. And indeed did insist on making drums that would work only if you bought Brother Gates' drumsticks. And Dot did say, "Oh, Abraham, what we have started is being taken over by others." And as Abraham looked out over the Bay of Ezekiel, or as it came to be known "eBay," he said, "we need a name that reflects what we are." And Dot replied, "Young Ambitious Hebrew Owner Operators." "Whoopee!" said Abraham. "No, YAHOO!" said Dot Com.....and that is how it all began.

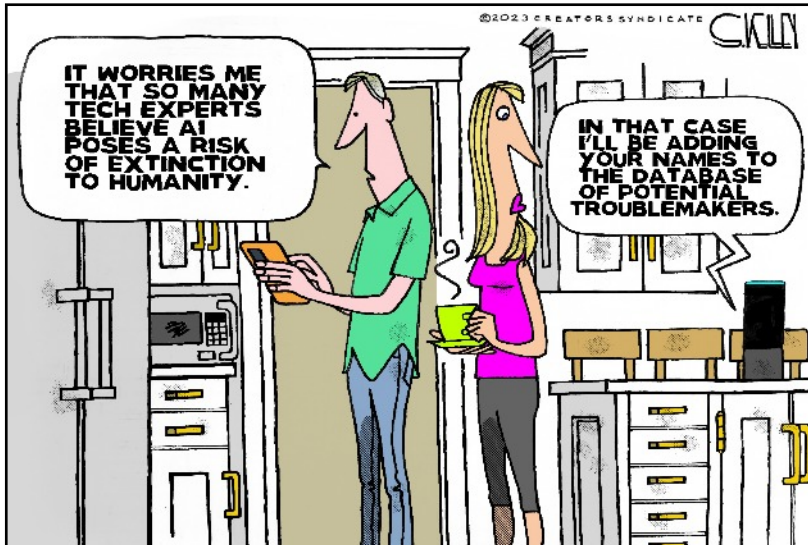
A Scots lady was testing children in her Glasgow Sunday School class to see if they understood the concept of getting into heaven. I asked them, she said, "If I sold my house and my car, had a big jumble sale and gave all my money to the church, would that get me into heaven?" "No!" the children answered. "If I cleaned the church every day, mowed the garden and kept everything tidy, would that get me into heaven?" Again, the answer was "No!" By now I was starting to smile. "Well, then, if I was kind to animals and gave sweets to all the children and loved my husband, would that get me into heaven?" Again, they all answered "No!" I was just bursting with pride for them. I continued, "Then how can I get into heaven?" A six year old boy shouted, "Yuv got tae be deid!"



Poster found in a Church in France... (translated):



"When you enter this church it may be possible that you hear "the call of God". However, it is unlikely that He will call you on your mobile. Thank you for turning off your phones. If you want to talk to God, enter, choose a quiet place and talk to Him. If you want to see Him, send Him a text while driving."



Letter from St James the Least of All

Happily, the Church of England still retains some singular parish clergy. Take the parish of St James-the-Least-of-All, for example. Here the elderly Anglo-Catholic vicar, Eustace, continues his correspondence to Darren, his nephew, a low-church curate recently ordained... by the *Revd Gary Bowness*.

On war between parishes

*The Rectory
St James the Least of All*

My dear Nephew Darren

So, now you have enjoyed your first Summer Fete. Don't say I didn't warn you. It may be small consolation but remember that they only happen once a year - although in your case, you still have another 30 to endure before retirement.

I negotiated our own last week. As usual, the band from our neighbouring parish of St Eusebius played. There has been much bad blood in the past between our two villages. The trouble started on the day that St James the Least of All never told St Eusebius that the Vikings were coming up the river. We may have long since buried the hatchet, but both sides remember where they put it.

Tension between the two communities down the centuries has moved on from occasional slaughter to something a little more refined. Just as I began my opening speech to crown the Rose Queen, the band struck up with the National Anthem. When the hog roast started, they played "smoke gets in your eyes" and when it came to the necessary music for the maypole dancing, they all disappeared into the beer tent.

With great Christian charity, we shall bide our time. In September we have the annual football match between the two churches' Servers. Last year, in addition to winning the match, the St James' boys sent three of their side off with concussion. Naturally, I visited them in hospital.

Miss Prendergast, as always, played Gypsy Rose Lee. If the tall, dark, dear lady tells me one more time that I am about to find romance with a tall dark lady, while she flutters her eyelashes at me, I swear I shall throttle her with a bell rope. Besides, I already have a beautiful dark lady in my life - and my Labrador is devoted to me.

The only real hiccough came when I bought 12 packets of fudge from Mrs Masheder to present to our choirboys. Yet again, she had misread salt for sugar in the recipe. After I presented the packets at Mattins the following day, a formal complaint was rapidly made by a parent to the police that the Rector was attempting to poison their son. But as I explained to the officer, if I had intended to poison anyone, I would have done it far more discreetly - and infinitely more efficiently.

*Your loving uncle,
Eustace*

Regular weekly events

MONDAYS

10.00-11am Nia (Dance fitness) HUB
10.00-12noon Painting Group FBC
1.30-4.00pm Whist Club FBC
2.00-4.00pm Bridge (except 1st
Monday) FBC
6.15-7.15pm Zumba HUB
7.30pm Tone Big Band (1st & 3rd
Mon) HUB

TUESDAYS

6.15-7.00am Group Fitness Training
HUB
10.30-11.30am Qigong HUB
1.30-2.30pm Tai Chi HUB
10.00-4.00pm Board Games FBC
7.00-8.00pm Yoga HUB

WEDNESDAYS

10.00-11.00am Pilates for Everyone
HUB
10.00- 11.00am Flexercise FBC
11.00-12noon Mum and Baby Pilates
HUB
2.00- 4.30pm Short Mat Bowls HUB
6.00- 7.00pm Tae Kwon Do HUB

THURS DAYS

6.15-7.00am Group Fitness Training
HUB
10.00-12noon Baby Badgers HUB
10.00-12noon Bridge Club FBC
2.00-4.00pm Croquet FBC

FRIDAYS

8.30-1.00 pm Star Bubs HUB
10.00-12noon Pétanque FBC
10.00-12noon Frank's Café FBC
4.45-8.15pm Martial Arts HUB

SATURDAYS

6.30-7.15am Group Fitness Training
HUB
9.30-11.30am Hub Gardening Club
HUB
9.00pm Bingo Con Club

USEFUL CONTACT NUMBERS

YOUR SOMERSET COUNCIL COUNCILLORS

John Hunt (Independent)
07880 794554
john.hunt@somerset.gov.uk
Cllr Caroline Ellis 07473 119425
cjellis1968@googlemail.com

Your Member of Parliament

Gideon John Amos Lib/Dem

SUPPORT AVAILABLE FOR RESIDENTS

Taunton Citizens advice - 0808 278
7842

Village Agent - 01823 331 222

Mindline, a 24/7 phoneline available
to support people of all ages offering
a listening and advice service for
wellbeing. You can call Mindline on
01823 276 892. Information about
childcare [http://www.
childcarechoices.gov.uk/](http://www.childcarechoices.gov.uk/)

Taunton Foodbank
[https://taunton.foodbank.org.uk/get-
help/](https://taunton.foodbank.org.uk/get-help/)

Free support and advice about:
Money, food, home, health and
wellbeing, domestic abuse, problems
with drugs and alcohol and
parenting visit:

[www.connectsomerset.org.uk/help4
all](http://www.connectsomerset.org.uk/help4all)

BISHOP'S HULL FACILITIES

BH Parish Council - Helen
McGladdery 07518144614
clerk@bishophullparishcouncil.go
v.uk

BH Pre School - 07928 950230
BH Primary School - 331624
Castle School - 274073
Spring Nursery - 793506

Community Room & School Hall
Rick Moon 354908

Frank Bond Centre - Nadia 07958
246046

Neighbourhood Beat Team

PCSO Lyndsay Smith & PCSO
Marshall Bernhardt
Call 101 or 999 in emergency
lyndsay.smith@avonandsomerset.police.uk
marshall.bernhardt@avonandsomerset.police.uk

Robin Close Hall - 356389

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

BISHOP'S HULL ORGANISATIONS

BH Flower, Fruit and Vegetable Show
- Amanda Gallacher 337720

Bishop's Hull HUB -
booking: bhhubbookings@gmail.com
General enquiries and events:
bishopshullhub@gmail.com
Bishops Hull Hub cafe -
bishopshullhubcafe@gmail.com

BH Short Mat Bowls - Alan Chapman
01823 630641
bhsmbc@yahoo.com

BHVH & Playing Fields Trust -
Paul Bulbeck 283941

BH WI — Sue Hazelwood 01823
323986

British Martial Arts and Boxing
Association Tae Kwon Do
alecmhay@aol.com

Brownies - Sheena Grinter 331184

Community Woodland Volunteer -
David 272415

Nia (Dance Fitness) - Jackie
07949735139

FBC Activities - Carolyn 283941

Infinity Martial Academy - Jon 07736
714370

jonakkc@hotmail.co.uk
Pilates - Larissa
lapilates7@gmail.com / larissa@lapilates.com

Somerset Hills Chorus - Brenda
Palfrey 07857 244272

Tae Kwon Do - Sebastian Morey-
Weale 07900 517767

Tai Chi - Bev Fernandes 07880
555984

Zumba - Felicity 07939 580327

REFUSE / RECYCLING
/GARDEN COLLECTIONS

Dates below taken from Somerset
Council Website.

Please note new day for recycling and
refuse collections.

**Recycling: Every Thursday - all
areas**

BISHOP'S HULL, SHUTEWATER,
UPCOTT & BARR

Refuse: Thursday

Garden: Monday

RUMWELL

Refuse: Thursday

Garden: Wednesday

STONEGALLOWS

Refuse: Thursday

Garden: Monday

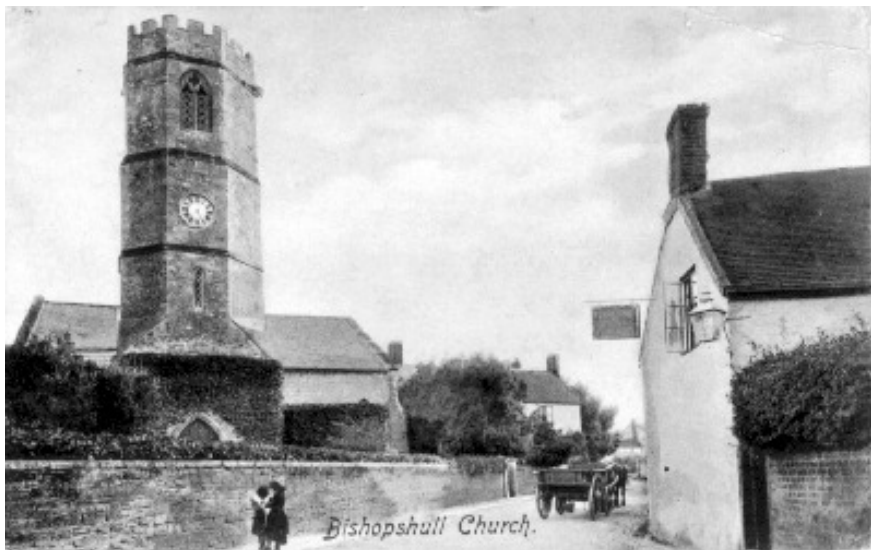
BH COUNCIL PRIVACY
STATEMENT AND POLICY

[http://www.bishopshull.org.uk/
Parish/BHPCprivacyNotice.pdf](http://www.bishopshull.org.uk/Parish/BHPCprivacyNotice.pdf)

[http://www.bishopshull.org.uk/
parish/BHPCprivacyPolicy.pdf](http://www.bishopshull.org.uk/parish/BHPCprivacyPolicy.pdf)

SERVICES AT ST PETER & ST PAUL JULY 2026

Wednesday 1 July	Holy Communion	10.00 a.m.		
Sunday 5 July TRINITY 5	Holy Communion Holy Communion	8:00 a.m. 10.00 a.m.	Will Osmond	Romans 7:15-25a (1134); Matthew 11:25-30 (977)
Wednesday 8 July	Holy Communion	10.00 a.m.		
Sunday 12 July TRINITY 6	Holy Communion Holy Communion	8:00 a.m. 10.00 a.m.	David Ager	Romans 8:1-11 (1134); Matthew 13:1-9, 18-23 (978)
Wednesday 15 July	Holy Communion	10.00 a.m.		
Sunday 19 July TRINITY 7	Holy Communion Holy Communion	8:00 a.m. 10.00 a.m.	Geoff Bowyer	Romans 8:12-25 (1134); Matthew 13:24-30, 36-43 (979)
Wednesday 22 July	Holy Communion	10.00 a.m.		
Sunday 26 July TRINITY 8	Holy Communion Holy Communion	8:00 a.m. 10.00 a.m.	Sue Martin	Romans 8:26-39 (1135); Matthew 13:31-33, 44-52 (979)



CHURCH DIRECTORY (01823)

Church web site: www.stpeterandstpaul.org.uk

Vicar:

Rev. Philip Hughes

336102

(Usual day off - Friday)

phil2overflowing@gmail.com



Rev Philip Hughes

Church Wardens: Tim Venn John Perry

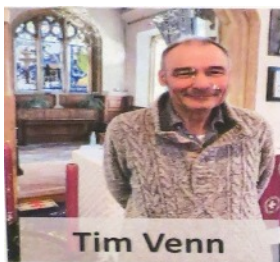
Treasurer Rachel Horder

Electoral Roll Officer Hilary Harper

Safeguarding Officer: Beverley Keitch

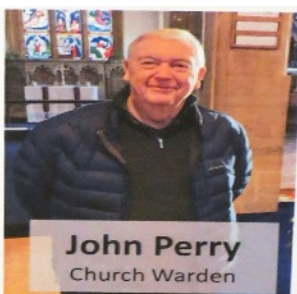
Other PCC Members - Rachel Horder. Mark Dakin

Sue Martin Hilary Harper . Lillian Priest



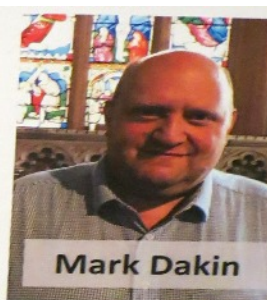
Tim Venn

Church Warden



John Perry

Church Warden



Mark Dakin

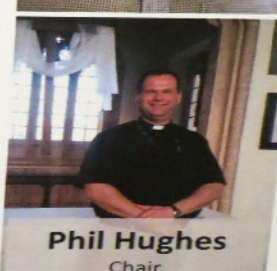


Sue Martin



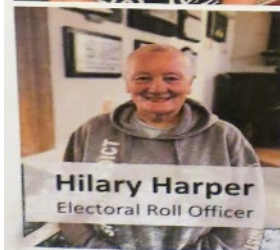
Rachel Horder

PCC Treasurer



Phil Hughes

Chair



Hilary Harper

Electoral Roll Officer



Beverley Keitch

Parish Safeguarding
Officer



Lillian Priest