

BISHOP'S HULL PARISH MAGAZINE

JUNE 2020



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

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

Please help to make the magazine interesting by contributing material.

Magazines are delivered monthly to subscribers at a cost of £6.00 per annum.

(Please note: Individual copies are now priced at 60p)

Copies posted will attract a stamp fee (2nd class large) per copy .

Our magazine year starts on **June 1st**. Annual subscriptions are due on this date or may be prepaid **following delivery of the May magazine**.

Complimentary copies are sent to the LMG, Hospices and the local nursing and residential homes.

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

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 (except first Monday in the month)

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Every Thursday Bridge Club 10.00-12.00
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 Croquet 2.00-4.00pm

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This is the second copy of the Parish Magazine which we have not been permitted to print. Thankfully many of our regular subscribers are able to read it on line either on the church or village websites. If you are reading it here would you kindly spread the news that it is online as usual - thank you.

Although the media is absolutely bursting with data I have been unable to find much of interest happening in the village. No doubt there is a lot of news but as Margaret and I are in 'lockdown' (we haven't been shopping since 20th February) our social contacts have been minimal. Like any publication we do rely heavily on you to let us know what is happening round and about so, as only one person has sent me anything for publication, where do I go to get my news? I'm afraid this situation is not new to me - the TV and Radio stations are so lucky as they constantly appeal for the public to contact them with news and views - which, of course, they do. Why, I wonder, do so few people contact the editor of their Parish Magazine? Answers on a postcard please.

However, by the 'magic' of the Internet, I am daily flooded with videos, jokes, pictures, advertisements and, thankfully, some news from family and friends. [If this is happening to you no doubt you will have to start deleting and defragging, etc. before you have no computer memory left.]

In many ways I have found that being listed as 'most vulnerable' hasn't in some ways changed the way Margaret and I are coping. Yes, coping. I muddle along in the garden, wash the car and have my computer to help out if and when I may need a replacement or advice. On the other hand not being able to go to even the supermarket to choose one's food is totally frustrating for Margaret. [We are eternally grateful for those who are able to do this for us week after week - thank you.] As every housewife knows there is a limit on just how much washing, dusting and ironing one can put up with without a decent break. If only we could travel up to Yorkshire to see our grandchildren soon.

I am optimistic that we will be able to return to some sort of normality sometime in the future. The covid19 virus will eventually join the list of viruses that the world has to live with and defend itself against. How **we** will change is something unknown but I hope and pray it will be for the better.

N.B. Glass half full please and a stiff upper lip. After all we are British.

The Vicar writes



*Dear Brothers and Sisters in Christ,
One of the things that has changed for me, and probably for a lot of others, since we have been staying at and working from home is the amount we need to use our diaries – and our watches! There are a lot of jokes circulating about the way in which we are losing track of time – is it Wednesday or Thursday? What exactly is a ‘Bank Holiday’? Has March/April been extended indefinitely?*

It’s a reminder perhaps of what life would have been like in the days before ordinary people wore watches or had diaries; when the high spots of the Church Year – the literal ‘Red Letter days’ marked in Red on the calendar would have been all the more important as landmarks in our lives.

As I write this letter (on May 8th) I notice that there is a reminder about Julian of Norwich – yes, I know this is for the June magazine but bear with me...

Julian of Norwich, a wise and holy woman from the 14th century, should perhaps be regarded as the Patron Saint of Lockdown! She wrote the first known book in English written by a woman, called ‘Revelations of Divine Love’. Like us at the moment, she was an expert in ‘staying at home’. She was an Anchorite, which meant that she took a solemn vow never to leave her little cell attached to St Julian’s Church in Norwich.

Her book is memorable for its gentle cheerfulness and calm trust in the goodness of God, despite the fact that she also lived in the time of a pandemic - the Black Death was rife and had hit Norwich particularly badly.

Probably her most famous words are these, in which she sees a vision of the whole of creation, held in safety by God’s love:

“And in this Our Lord showed me a little thing, the size of a hazel nut, lying in the palm of my hand. And I thought, ‘What may this be?’ The answer came, ‘It is everything that is made.’ I marvelled how it might last, for I thought it might suddenly have fallen to nothing, it was so small. And I was answered in my understanding: ‘It lasts and ever shall, for God loves it. And so have all things their beginning by the love of God.’ In this little thing I saw three properties. The first is that God made it. The second that God loves it. And the third, that God keeps it.”

So, what have we learned? Yes, it is June already! And yes, God made us, and loves us, and keeps us – and our world. May we know both these truths in our time as clearly, and joyfully, as Julian did in hers.

PS – if you use the Internet, why not check out ‘The UK Blessing’ on Youtube - it is phenomenal!

*Your brother in Christ
Rev Phil Hughes*

CAR BOOT SALES

Unfortunately, all car boot sales are suspended until further notice due to coronavirus.

DATES for 2020

All suspended until further notice due to coronavirus

Bank Holiday Monday 25 May
Sunday 14 June
Sunday 28 June
Sunday 12 July
Sunday 26 July
Sunday 9 August
Bank Holiday Monday 31 August
Sunday 13 September
Sunday 27 September
Sunday 11 October

Keep an eye out for the elderly

When did you last see your elderly neighbour? Seriously: are they okay?

During this time of social distancing, it is all too easy to assume that the elderly person you never see is simply safe indoors. But are they?

Isolation can be dangerous: it is too easy for them to have had an accident and be unable to call for help.

Why not arrange a system with them whereby you agree that you will give them a quick ring once a day, or even stand outside their house and wave? It only takes a few seconds to make sure they are still on their feet, and that all is well.

If you have several elderly neighbours, why not ask a few of your local friends to help you keep in brief touch with them each day?

Remember traffic jams?

One good thing about the lockdown is that you'll have spent less hours stuck in traffic this Spring.

Recent research has found that in 2019, car-using commuters lost an average of 115 hours stuck in traffic. No surprises that London was the most congested, with people losing 149 hours over the year. After all, London comes 8th in the world for bad traffic jams.

Belfast was the next worst, with 112 hours lost per commuter. That is closely followed by Bristol (103 hours), Edinburgh (98 hours), and Manchester (92 hours).

London and Edinburgh have tied for the title of UK's slowest-moving city centre, with the average speed being about 10mph.

Nature out and about

The lockdown this Spring at least gave Nature a brief respite. Wild goats, herds of deer, sparrowhawks, stoats, snakes, badgers, spawning toads and songbirds all seemed to have enjoyed the peace and quiet.

We, in turn, have enjoyed watching them from our windows. As Mark Thompson, a presenter on Stargazing Life, said, "This lockdown is giving people a chance not just to connect with our families, but also to connect with Nature around us. It has given us the change to recalibrate."

We begin an occasional series on different common flowers. By Kirsty Steele, a retired teacher and active church organist.

Dandelions!



Many of us actually like dandelions. Their amazingly cheerful colour always brings a smile to our faces. The not-so-neat-and-tidy gardeners among us can simply enjoy flowers where they grow. The name 'dandelion' apparently derives from 'dent de lion' – lions' teeth, owing to the tooth-like shape of its leaves. There are many different varieties of dandelion, but they all have the toothed leaves arranged

in a rosette around the single flowers, each one made up of up to two hundred [yes, really!] tiny florets on a smooth stem, that when picked, releases a milky substance known as latex.

The golden heads, which close up at night, in wet weather, or if picked to go in a vase, give way to the seed-heads we all know as clocks. Who cannot remember proclaiming the time as a child, having blown the seeds away, counting each breath as an hour? And who, if this happened in the garden, remembers the reaction of a parent, or grandparent, to the efficient dispersal of the seeds all over the vegetable patch or flower bed!

In the past, dandelion drinks and concoctions have been valued for their medicinal powers in combating a variety of complaints, and the Victorians used to cultivate them in order to fill sandwiches with the young leaves. Fizzy drinks manufacturers still produce a variety known as Dandelion and Burdock, and intrepid wine-makers can use the flowers to concoct a heady brew.

The roots, some say, can be dried and ground up for use as a coffee substitute. It is those same roots, long and strong, that our grandmothers would water carefully, to the amusement of onlookers, in order to pull them up completely. To many of us, dandelions are one of Nature's joys.

AVON AND SOMERSET POLICE REPORT

12/05/20 9788 AWO47 Theft from a Garden Shed.

A garden shed has been broken into in Hilly Park, Norton Fitzwarren between the 5th and 7th May. It is possible that the offender/s may have climbed the garden fence in order to gain access to the garden and upon arrival at the shed have entered and stolen 2 garden power tools, 1 Husquavana Strimmer and a Hedge Trimmer before making their departure.

If you contact the Police about this incident, please call 101 & quote Reference number: 5220099345 or Call Crimestoppers on 0800 555111, thank you.

MEMORIES

A conversation between a child and their Grandad in 2095...

Child - *How old are you Grandad?*

Grandad - *I'm 81 son.*

Child - *So does that mean you were alive during the Coronavirus?*

Grandad - *Yes son I was.*

Child - *Wow. That must have been horrible Grandad. We were learning about that at school this week.*

They told us about how all the schools had closed. And mums and dads couldn't go to work so didn't have as much money to do nice things. They said that you weren't allowed to go and visit your friends and family and couldn't go out anywhere. They told us that the shops ran out of lots of things so you didn't have much bread, and flour, and toilet rolls. They said that summer holidays were cancelled. And they told us about all those thousands of people that got very poorly and who died. They explained about the NHS and how hard all the doctors and nurses and all NHS workers worked, and that lots of them died too. That must have been so horrible Grandad.

Grandad - *Well son, that is all correct. And I know that because I read about it when I was older. But to tell you the truth I remember it differently...*

I remember playing in the garden for hours with mum and dad and having picnics outside and lots of barbeques. I remember making things with my Dad and baking with my Mum. I remember making dens with my little brother and teaching him how to do hand stands and back flips. I remember having quality time with my family. I remember mum's favourite words becoming 'Hey, I've got an idea...' Rather than 'Maybe later or tomorrow - I'm a bit busy'. I remember making our own bread and pastry. I remember having film night 3 or 4 times a week instead of just one. It was a horrible time for lots of people, you are right. But I remember it differently.

Remember how our children will remember these times. Be in control of the memories they are creating right now, so that through all the awful headlines and emotional stories for so many that they will come to read in future years, they can remember the happy times.

Letter from the Right Reverend Ruth Worsley, Bishop of Taunton
For Parish Newsletters – June 2020

Recognise the one who stands beside you



‘Stay alert’ is the message as we ‘ease out of **S**lockdown’. We know that for some there is little ease as we begin to re-engage with a world that is still fearful of Covid-19 and uncertain about its future. The requirement to ‘stay alert’ is to encourage us to watch out for signs of the virus and protect ourselves and others as necessary.

We’ve just celebrated Pentecost, often recognised as the birthday of the Church. Jesus’ message to his followers as he left them to return to his Father was that they were to ‘stay alert’, not to guard against something fearful to come but rather to be watchful for the Spirit that would free them from fear. It didn’t mean that there weren’t still physical dangers to face but rather that their spiritual lives should grow in boldness.

We have seen much courage exhibited throughout this crisis to date. Key workers who have continued to serve us day by day even whilst most of us have remained at home. The NHS has quite rightly been applauded and appreciated at this time and there are so many more.

I’ve been especially impressed by our schools and their teams who have largely been open throughout this period to provide care for key worker families and vulnerable children. Even at weekends and during this past half term holiday they have been tirelessly supporting their local communities. Staying alert to the needs of our young, they have shown their commitment and care. I want to express my huge gratitude to them!

As we move into June we may be seeing more children returning to schools having been home-schooled for a time. This will not be without fear for some and a need to be especially alert to physical dangers. Whatever the situation we find ourselves to be in at this point, we are reminded that we have a Comforter, an Advocate, the Holy Spirit, who strengthens and encourages our faith even at times of doubt and anxiety.

Whether still at home and isolated or beginning a return to wider community life, may you find yourself being alert for and recognising the one who stands alongside you, the Spirit, who is friend, guardian and comforter.

With every good wish

Bishop Ruth

BISHOP'S HULL IN TIMES PAST

100 years ago



Sanger's Circus came to Taunton, bringing with it clowns, performers, musicians and animals. The circus field was at Jarvis' field, later occupied by the livestock market. They arrived in town amid great fanfare and at one of the afternoon performances around 1,400 people, mainly women and children, had made their way to the big top and were watching a boxing bout between Pimpo the clown and a pseudo-army sergeant played by Leslie Sanger. As the audience laughed at the antics of the performers, a scream of 'fire!' cut through the air. The

big top had only two entrances, and the crowds flocked to them. Confused, early reports spoke of 'panic' and a wild stampede towards safety that saw several people injured, crushed and burned. As news of the fire spread, the people of Taunton flocked to the circus field to help. Four people perished in the flames and a fifth person died at a later date from his burns in hospital. About 20 people were injured, some seriously. One of those who died was 12 year old Arthur George Gray from Bishop's Hull. Other boys from Bishop's Hull escaped without any injury. The outbreak is believed to be due to a lighted match or cigarette being dropped against the side canvas.

Arthur was the son of Henry and Sarah Gray. The first part of his funeral service was held at Bishop's Hull parish church, where Arthur had been a member of the choir. The people of Bishop's Hull attended in large numbers, whilst the children of the Council School, where he had been a scholar, lined up in the road to salute the cortege. Bishop's Hull residents showed their sympathy in a most practical manner by starting a public subscription in the parish for the bereaved family. The headmaster of the Council School handed in money contributed by scholars and parents. The school decided to spend no money on wreaths, but the children brought flowers from their own gardens, and three beautiful wreaths were made by the headmaster's daughters. As a contribution to the parish fund, new resident Mr Jenks of Bishop's Hull House generously arranged to pay the whole of the funeral expenses. The service at Bishop's Hull Church and at the cemetery was conducted by the vicar, the Rev George Raban, who was a witness of the circus fire and escaped by crawling under the seats and beneath the canvas. One of the bearers, Mr Maurice Bruford, was the young man who brought out Arthur from the blazing tent and drove him to the hospital. The Mayor of Taunton was represented at the funeral by Councillor WM Turner, Deputy Mayor.



BELFRY NEWS June 2020

The belfry is feeling very lonely and neglected at the moment! No ringing since the middle of March and I fear no prospect of any for a good few months to come. I have been up the tower twice since the lockdown; once at Easter and then for the 75th anniversary of V.E. Day, to raise the flag. Actually, I have been up there four times, twice to raise the flag and another twice to lower it again!

Country-wide, indeed, world-wide, there had been plans for ringing bells for the V.E. Day celebrations, but, like everything else, they had to be abandoned.

Radio and television interviews asked people about their memories of V.E. Day in 1945, and the overwhelming memory is that of the sound of church bells. At the outbreak of war in 1939 the ringing of bells was forbidden, but was allowed again in 1943 (the year of my birth!) once the threat of invasion had passed.

As in 1939, we look forward to the time when ringing resumes, but until then it's gardening, painting and decorating, and jigsaw puzzles!!

Giles Morley

Tim Lenton looks back on the power of Churchill's speeches.

JUNE 1940 – a month to remember

June 1940 – 80 years ago – was a dramatic month in the Second World War, and one which saw two of the most memorable speeches in English.

As the evacuation of Allied Forces from Dunkirk was completed, recently appointed Prime Minister. Winston Churchill told the House of Commons on 4th June: *“We shall fight on the beaches, we shall fight on the landing grounds, we shall fight in the fields and in the streets, we shall fight in the hills; we shall never surrender.”*



Surprisingly he did not broadcast it to the nation: it was not recorded until 1949, “for posterity.” When he spoke, the French had not surrendered, and the idea that “in God’s good time” the USA might conceivably have to ride to the aid of a ‘subjugated’ England actually depressed as many people as it invigorated.

Two weeks later, on the 18th June, with the battle in France lost, Churchill did address the country directly with a rallying call in what must indeed have seemed a very dark hour. “The Battle of Britain,” he said, “is about to begin. Upon this battle depends the survival of Christian civilisation.” He concluded by saying that if Britain were to last a thousand years, people would still say, “This was their finest hour.”

'The Old Greenhouse' by Alan Avery

Bert was a small wiry man who was nut brown in complexion from the many years spent working outdoors in gardens. I say nut brown but it was only his arms and face, for he would never take off his shirt, the rest of him was as white as alabaster as no matter how hot the day he would never be seen exposing his body to the sun.

After leaving school at the age of fifteen he started working in the gardens as a boy in the big house in the village, His uncle worked there as a maintenance man and it was he who vouched to the colonel whose house and gardens it was, as to his nephew's reliability and honesty.

Fifty five years later, long after the old colonel and Bert's uncle had died, Bert retired at the age seventy after completing nearly fifty-five years in gardening. Not quite all in gardening. Three of those years were spent in India and Burma fighting the Japanese after His Majesty King George VI asked him to stop the Japs trying to steal India and Burma from him. For this he was awarded the Burma star medal.

After the war he returned to take over the running of the gardens and there he stayed working in the gardens and living in the small cottage within the grounds which came with the job. On retirement the colonel's grandson who now owned the property allowed Bert to remain in the cottage rent free, and if he felt up to it, to do a few hours on the vegetable garden which was Bert's real passion, especially working in the old wooden greenhouse.

Bert and the greenhouse were approximately the same age and both had seen better days. Both were bent and faded with slipped joints and yet between them both were still able to produce excellent crops especially cucumbers another of Bert's passions. The variety name of the cucumber had been lost with time as for many years Bert had saved the seed from one year to the next, drying off the seed and then storing them in an envelope until the next spring. Bert had a secret formula which he watered on to his cucumbers to make them grow lush and green which festooned the vines with long straight fruits that would beat any other cues on the flower show bench. I say secret but it was not really a secret for it was the reason no one would visit Bert in his greenhouse "The Smell".

Bert's special formula was made in a large water butt outside the green house from which hung in water hessian bags filled with Bert's wanderings across the farmland, namely cow pats and sheep droppings. To add extra zing he would mash in the large leaves of the Comfrey plant and a really special touch, the contents of the lemonade bottle in which he would relieve himself in the greenhouse. It was a real potent brew, which he used to stir every day with a large stick leaning against the butt left there for that purpose, and as I remarked the smell was appalling.

This special mixture was watered on to the cues each day, only adding to the toxic smell. Strangely Bert seemed oblivious to the smell and even had a chair



at the end of the greenhouse where he would spend a lot of time, just sitting and reading his newspaper because it was warm and no one bothered him .No one but Bert could face the appalling smell so his days were spent in quiet contemplation.

Bert lived on his own these days as after over forty years of being happily married to his wife Ethel; she had passed away, leaving Bert and Susan, their only child. Bert liked routine so his life followed the same pattern. Down to the greenhouse after breakfast, to check and water the cues, with which he was especially pleased this year. The greenhouse was two walls of lush green vines with an abundance of yellow flowers and straight green cucumbers.

After checking all was well Bert would, as he did every morning, walk to the village shop to buy his paper and as a treat sometimes, a chocolate bar. Bert and the lady who owned the shop always had a bit of a natter. Put the world to rights as they had done for the past few years even though the world problems never seemed to diminish. This morning though was the last time they would enjoy their morning chat. Even as the years passed, the lady shop keeper would admit to still greatly missing Bert and their talks .

On arriving home Bert would head for the warm greenhouse and sit in his chair reading the newspaper, sometimes dozing, sometimes awake, surrounded by the warm foetal smell of his special brew, thinking about his life, which in its own way was a hard life, well lived.

The next day Bert never went to the shop to get his newspaper or chat to the shopkeeper, nor the next day or the day after. In fact Bert never went again to get a newspaper. At first the shop keeper thought that Bert must be poorly but after a week and no Bert she went to the big house expressing her concerns to the Colonels grandson.

"I'll go and check on him, I expect he`s not feeling too good and staying indoors he said . On arriving at Bert's cottage, and with a degree of anxiety he knocked on the door but there was no answer. On trying the door he found it unlocked and went indoors calling out as he did so. The house was silent but not dark as all the curtains had been pulled open but he was still concerned as he mounted the steps to the bedroom as to what he would find. What he found was not what he was afraid he might find but a bed which had been made .Looking still further around the house he found that in the kitchen the washed plates from breakfast were stacked to dry on the draining board. On the morning of that breakfast it was obvious that Bert expected to be back home.

Deciding that Bert must be in the garden he wandered down the path to the garden, calling out Bert, Bert where are you. The sound seemed to hang in the air but there was no reply. In fact everything seemed unnaturally quiet; a sort of hush hung in the air. On arriving at the greenhouse where the smell was unbearable he covered his face with his handkerchief and opened the door and looked in, nothing. Nothing but an empty chair at the far end of the green house with a folded newspaper on the seat

Walking the length of the greenhouse all that was to be seen apart from walls of green cucumbers either side of the path was the empty chair. If he knew anything

about gardening he would have noticed that the plants were looking a bit limp and had not been watered for some days.

Now thoroughly concerned, the Colonel's grandson phoned the police who sent a police car with two policemen or should I say a policeman and policewoman, who searched the house and gardens and like the grandson drew a blank.

Enquiring about the smell the grandson points out to them the tub of liquid manure, which now had a topping of green scum.

A year passed and despite extensive investigations by the police, Bert's whereabouts remain a mystery. His daughter is distraught and unable to give the police any leads to follow only to say that he was in good spirits when talking on the phone a few days before his disappearance and she was unaware of any one who would want to do him harm.

The police were unable to cast any light on his disappearance. The only clue being the folded up newspaper on the chair, dated approximately a week previously to his disappearance and a chocolate wrapper on the floor which looked like the mice had torn it apart to get to the chocolate.

Eighteen months after Bert's disappearance the Colonel's grandson decided to sell the old house and gardens having been more upset than he would like to admit by the disappearance of Bert, someone he had known since he was a child. The garden was in an overgrown state and the greenhouse was now getting decidedly dangerous and on the point of falling down with no one to care for it.

It was decided to get the gardens tidied up so as to make the place more desirable to clients when selling. Also to pull the greenhouse down as it was becoming unsafe after being neglected these past two years, which is why one day a chap with a mini digger arrives along with his mate to demolish the greenhouse.

On looking through the greenhouse door all that can be seen on either side of the path are piles of rotting vegetation and weeds framing a seat at the end. Right said the digger driver one shove with the bucket on the side here and this lot's just going to fall over, positioning the bucket against the eaves the digger give a push as his mate stands to one side. Much to the surprise of the driver the whole greenhouse falls to one side with a crash and a smashing of glass.

The surprise to the driver as to how easily the greenhouse came down was as nothing as to the surprise of his mate who was suddenly staring at the remains of Bert laid out on the ground, still clutching his watering can. Bert's body was laid out between the side of the greenhouse and the once curtain of cues which now clothed his body in brown streamers. It would seem Bert ever diligent had gone between the cucumbers plants and the side of the greenhouse to water those difficult to get to plants

Bert had been found, much to the relief of his daughter and officially it was concluded that he died suddenly from a heart attack His death being masked over time by the smell of his special brew but it was generally agreed that sad as Bert's death was he died tending his beloved plants and within the sanctuary of his beloved greenhouse.

As was said "A life well Lived"



Wrinkly Ramblers

DAY 63 KIMMERIDGE to SWANAGE 20th July 2017

SEVERE / MODERATE	This leg	Total
Distance	13.5 miles	624.5 miles
Ascent	687m	34,874 m

Well the excitement was mounting as I prepared for my penultimate walk, and the last long, difficult one. I had seemed fine with the recent steep climbs so decided not to split this one, as it's such a pain of a journey now, usually two hours each way. Ruth was to join me part way along, with Mike and Carole tagging on at the end.

We were the only ones in the Kimmeridge Bay car park at 08.50 on a cloudy blustery morning – no surprise there. What was a surprise was that we hadn't evaded the charge – gosh you'd have to be really early to get in free! The sign at the bottom of the path warned me of the Dangerous Cliffs – did I really want to go up there? But I did. The steps to Clavel Tower were enclosed by brambles and hawthorn, so I was quite grateful for my cagoule that I was wearing for the first time in months. From the top I waved at Sam and admired the Tower, which is rented out as holiday accommodation for two people. As I emerged around the headland I was greeted by the sound of skylarks. I looked back towards Portland and the white cliffs in between, which give way to the Kimmeridge clay. I felt proud that I had walked all along there and had very little left to complete. Down below, the wind was whipping up white tips on the waves, with just one ship bobbing along.

From here it was level all along Hen Cliff (and Cuddle, but I didn't quite work out when I was there). Roland had warned me to be particularly aware of crumbling cliffs along this section. He wasn't wrong. The dark soil was very cracked, and over the side I could see signs of very recent landslides. I was a little wary to say the least. The pathway was abundant with grasses, achillea, thistles, sea cabbages and plantain, such that one had to swish through them, and I ensured that my trousers were pulled in at the ankles to stop biting things getting in!

The sun was warm now, and coat removed. Clouds were scudding across the sky, the sun making their shadows on the fields of barley flowing in the wind like waves on the water.

I knelt down to photograph one of the myriad of snails (live ones today) and could hear a stonechat to my right, a cricket to my left, flies on the achillea, skylarks up above, the waves on the ledges below, and the rustle of grasses in the breeze. I wondered why there were quite so many snails, whether the presence of sea cabbages encouraged them. But they were there at every step. Indeed, I had a hard time to avoid crushing them at times. And as a gentle reminder that this was a moving landscape, my feet just slid on the slippery path and I needed to scramble to get back onto the grass. Shortly after, I met

my first dog walkers of the day. Oh, and I thought I had the place to myself today.

Houns-tout Cliff wasn't as bad as I thought. I must be getting hill fit - though I did take time at the top to sit on Michael Byrne's bench to have a breather! The signage seemed a little out here, as Chapmans Pool was signed 1 mile, and Kimmeridge 3. A little while back, Chapmans Pool was 1½ but Kimmeridge was still only 3. Ah well. Another path joined the coastal path here, and seems popular, as I was now sharing with quite a few people out for a morning blow. Along the top a bit and then I spotted the steps down ... I didn't count them, I was too busy trying not to be blown off them, but there were a lot, believe me. The photograph of the hill from the other side of the valley indicated that this must be at least a 1:3 slope, as it looked at about 45-degree angle.



I joined with a couple who had walked down in front of me and we ambled along the diversion (the original path to Chapmans Pool is now unsafe). They were heading for The Square and Compass in Worth Matravers for lunch, “or possibly just a cider. They do exceedingly good ciders”, I was informed. That sounded very nice. We parted at Hill Bottom cottages, where I headed up the other side of the valley once more, towards West Hill.

Here a dry-stone wall was being renovated. At intervals were large stones with words etched: “Stones lean together”; “Between turf and sky”; “held by earth”; “dark brought to light” – and then the wall was tumbledown, so I assume that's as far as they have got at the moment. And a little further on, on Emmetts Hill, was a small memorial garden to our Armed Forces killed in action since 1945, with stone table and benches.

Roland tells me to keep to the cliff top all the way to Pier Bottom, where ‘there is a dip and a rise’ before you come back on the top of the plateau. By ‘dip and rise’ I think he means the 181 steps down, and 215 steps up to St Aldhelm's Head! Here I chatted to the Coastwatch men Patrick and Geoff who explained about the commemorative sculpture to radar research by the look-out point, and warned me to be careful at Dancing Ledge because the path was very close to the cliff and people had been blown off. I thanked them and set on my way, arriving at Winspit quarry shortly before one o'clock. I was due to meet with Ruth but could see no sign. After waiting for 25 minutes I decided to leave a pre-arranged sign that I had gone on (no phone signal when you need one) and

sadly continued up the hill again alone. Across the top I had guilt feelings and several times started to return but realised that they would have seen my sign and gone back to Worth Matravers, so I carried on in the hope that I would find a signal. I didn't. What I did find was Sam – I was supposed to meet them at Seacombe, not Winspit and they'd been waiting for me!! Still, I was happy to have Ruth walking with me for the next few miles.

We chatted as we ambled along, watching children in the water, presumably coastering, at what we later realised was Dancing Ledge. Well, the path wasn't that close – I'd been a great deal closer earlier in the day.

A few miles on as we rounded a corner, we were surprised by a call from a couple sitting on the grass, and saw our very dear Carole and Mike, who had walked out from Swanage to meet us. They filled us in with local knowledge about various points, such as Tilly Whin Caves. They're now shut, but Carole remembers going in them as a child and standing on the ledge that we could see. Mike accompanied me up the steps to look more closely at the amazing limestone globe put there by Mr Burt, the same man who had built the folly that is Durston Castle. Ruth sat at the bottom eating her lunch: "Why would you want to go up even more steps?" was her comment. Carole was with her on that one.

And so we drew near to Swanage, from where I could see PAST my finish point to Bournemouth, with the Isle of Wight on the horizon. Mike pointed out their lunch stop, which he thought Ian would approve of, since it was shady, with a view and a bench. Well done Mike. In Swanage once we met Sam, we decided a cup of tea was in order, so found a tea room that was still open (it was only 4.15, but they shut early there). As Mike and Carole set off for their caravan, we headed to Forte ice cream shop, where I indulged in Ferrero Rocher, Ruth had Apple Crumble and Sam mint choc chip. All made on the premises, and delicious. Just a shame it was such a tedious journey home, but we were rewarded by Ruth cooking us a most delicious meal.

Church pot £20. Total £745 +Sponsorship £305 = £1050. Thank you God.

St Sofa's

We worship at St Sofa's now
Since Covid came to stay
We don't dress up or do our hair
But still we come to pray!

Our Vicar is a clever chap
A Zoom with his IT
And so we sit down ev'ry week
And meet up virtually!

Our Parish Church stands empty
With praise she does not ring;
But still her people gather round
To pray, and praise, and sing!

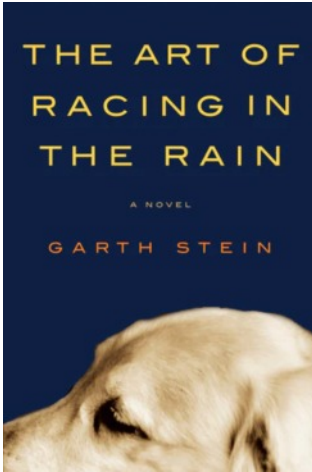
The virus is a nasty thing
Yet it has helped us see
The church is NOT a building
But folk like you and me!

By Nigel and Carol Beeton

BOOK REVIEWS

The Art of Racing in the Rain

by Garth Stein



Enzo knows he is different from other dogs: a philosopher with a nearly human soul (and an obsession with opposable thumbs), he has educated himself by watching television extensively, and by listening very closely to the words of his master, Denny Swift, an up-and-coming race car driver.

Through Denny, Enzo has gained tremendous insight into the human condition, and he sees that life, like racing, isn't simply about going fast. On the eve of his death, Enzo takes stock of his life, recalling all that he and his family have been through.

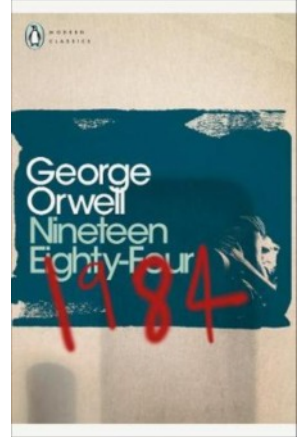
A heart-wrenching but deeply funny and ultimately uplifting story of family, love, loyalty, and hope, *The Art of Racing in the Rain* is a beautifully crafted and captivating look at the wonders and absurdities of human life ... as only a dog could tell it.

##

Nineteen Eighty-Four

By George Orwell

1984 is the story of one man, who could be everyman, Winston Smith. Hidden away in the Record Department of the sprawling



Ministry of Truth, Winston skillfully rewrites the past to suit the needs of the Party. Yet he inwardly rebels against the totalitarian world he lives in, which demands absolute obedience and controls him through the all-seeing telescreens and the watchful eye of Big Brother, symbolic head of the Party. In his longing for truth and liberty, Smith begins a secret love affair with a fellow-worker Julia, but soon discovers the true price of freedom is betrayal.

You can find many of the sites that inspired the works of George Orwell on a modern map, including the original inspiration for *Animal Farm* nestling up a quiet East Sussex road. These days known primarily for his disturbing and influential dystopian works, most notably *1984*, Orwell was best regarded for most of his career as a journalist and critic and his fiction and many essays, are equally rooted in a very real-world view.

^^^ ^^

EAT WELL FOR LESS

Crispy topped Cumberland pie

Ingredients

2 celery sticks, sliced into 1cm pieces
1 onion, chopped
2 really big carrots, halved
lengthways then chunkily sliced
5 bay leaves
3 thyme sprigs
2 tbsp vegetable oil
1 tbsp butter
2 tbsp each plain flour, tomato
purée and Worcestershire sauce
2 beef stock cubes, crumbled
850g feather blade beef, or other
braising cut, cut into large
chunks
850g large potato
25g each mature cheddar and
parmesan, finely grated

Method

Heat oven to 160C/140C fan/gas 3.
Soften the celery, onion, carrots, bay and
1 thyme sprig in a casserole with 1 tbsp
oil and the butter for 10 mins. Stir in the
flour, followed by the purée,
Worcestershire sauce and stock cubes.

Gradually stir in 600ml hot water,
then tip in the beef and bring to a gentle
simmer. Cover and cook in the oven for
2 hrs 30 mins, then uncover and cook
for 30 mins -1 hr more until the meat is
really tender and sauce thickened.

Meanwhile, cook potatoes in a pan of
boiling water until they're not done but
about ¾ of the way there.

Transfer meat to a baking dish. Slice
spuds into 1cm thick rounds and gently
toss with seasoning, the remaining oil
and thyme leaves. Layer on the beef,
scattering with the cheese as you layer.
You can cover and chill the pie now for 1
day, or freeze for up to 3 months.

Increase oven to 200C/180C fan/gas 6
and bake for 30-40 mins until golden
and crispy, and sauce bubbling if the
dish went in cold. Serve with peas. #

Cherry & almond tarts

Ingredients

375g pack all-butter puff pastry
75g self-raising flour, plus extra for
dusting
12 rounded tsp morello cherry jam
75g plain sponge or madeira cake
100g butter, softened
75g ground almond
75g golden caster sugar
2 medium eggs
½ tsp almond extract
25g flaked almond
100g icing sugar, sieved to decorate

Method

Very thinly roll out the pastry on a
lightly floured surface. Stamp out 12 x
9cm circles with a fluted cutter, if you
have one, and use to line a bun tin.
Spread 1 rounded tsp of the cherry jam
in the bottom of each tart.

Whizz the cake to crumbs in a food
processor, then tip into a mixing bowl
and add the flour, butter, ground
almonds, caster sugar, eggs and almond
extract. Beat together until smooth, then
divide between the tarts, spreading a
little with the back of a teaspoon to cover
the jam. Scatter over the flaked almonds
and openfreeze for 2 hrs, then wrap well
in cling film and freeze for up to 2
months.

Heat oven to 180C/160C fan/gas 4 with
a baking sheet in it. Unwrap the tarts
from the freezer and loosely top with a
sheet of foil. Bake on the heated baking
sheet for 30-40 mins until golden,
removing the foil halfway. Cool the tarts
a little, then add a splash of water into
the icing sugar to make a runny icing.
Drizzle over the tarts and leave to set.

A HYMN FOR GARDENERS

All things bright and beautiful
All creatures great and small,
All things wise and wonderful
The Lord God made them all.

But what He never mentions
Though gardeners know it's true,
Is when he made the goodies
He made the baddies too!

*All things spray and swattable
Diseases great and small,
All things paraquatable, the
Lord God made them all.*

The greenfly on the roses,
The maggots on the peas,
Manure that fills our noses
He also gave us these.

All things spray and swattable.....

The fungus on the goosegogs,
The clubroot on the greens,
The slugs that eat the lettuce
And chew the aubergines.

All things spray and swattable.....

The drought that kills the fuchsias,
The frost that nips the buds,
The rain that drowns the seedlings,
The blight that hits the spuds.

All things spray and swattable.....
The midges and mosquitoes,
The nettles and the weeds,
The pigeons on the green stuff,
The sparrows in the seeds.

All things spray and swattable.....

The fly that gets the carrots,
The wasps that eat the plums,
How black the gardener's outlook
Though green may be his thumbs.

All things spray and swattable....

But still we gardeners labour,
Midst vegetables and flowers,
And pray that what hits our
neighbours
Will somehow pass by ours!

All things bright and beautiful,
All creatures great and small,
All things wise and wonderful,
The Lord God made them all. ##

A mass of
Cow Parsley
in flower
on the bank
of the
River Tone
Beside the
water flow
measuring
station at
Bishop's Hull

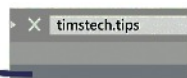




Tim's Tech Tips

Taunton Deane's Own
Tech Tips Column

Combat Covid! 19 Tips for Tech when at home!



On the **VERY** top bar of your Google / Internet screen, type *timstech.tips* and press Return / Go

Viruses! We've all heard enough about them - both computer and now human ones. So this time I thought it would be good to look at ways to use your tech to good effect - if you're at home for a long period during Coronavirus.

Here are 19 tips on what you could use your iPad, computer or phone for - that maybe you haven't done before. To expand upon this article, I have created a web page that gives more details on the ideas shared here. On your Google / browser screen, erase what's on the **very** top line and type in **timstech.tips** & press Return, or tap Go. All the ideas below are on the web page with links to further information to help you. Now before listing the tips, some of the options below involve paying online for services. Some people are happier with this than others. If you are new to paying online my first tips below are about safer ways to pay online. It really is now quite normal to buy things online, so if you haven't before, follow a few simple steps to help protect yourself. Other ideas below require you to create an 'account'. This doesn't mean money payment, it means to create an 'identity' - so that the website knows who you are. 'Accounts' on a website usually means you typing in your email address and inventing a password to go with it, for that site. So here are the tips. (1) When buying online, **use a credit card**, not debit card. When paying direct by Credit Card you get much more protection, as a consumer (2) Consider setting up a **PayPal** account for online buying. You link your PayPal account to your card or bank account. Then you pay online for something by choosing PayPal option. The retailer doesn't get any of your banking details in the transaction (3) Learn a new language! **Duolingo** is a very popular website / tablet app to help you start or expand your knowledge of another language. (4/5) Listen to music! **Spotify** allows you to look up nearly every LP ever produced and play it. Alternatively, try **Primephonic** for classical music. (6-12) Catch up on TV and watch films. This is a great time to check-out **Netflix**, **Prime Video**, **Google Play Movies**, as well as archived classic box sets from **BBC**, **ITV** & **Channel 4**, all on their respective websites. (13) Listen to the radio. **BBC Sounds** has an incredible array of past and recent radio programmes. (14-16) Keep in touch with family and friends. Consider having tea and cake whilst doing a long video chat with other friends stuck at home via **Skype**, **Facetime** or **WhatsApp** (17) Play multi player games, like **Scrabble**, with others online (18) Shop online for groceries - all the big supermarkets make it really easy to get items delivered. Finally (19) Get creative! Play with digital art apps or start composing music with **Garageband**. Hope these ideas help during this season!



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

SPRING MIGRATION OF SWALLOWS IN SOUTH WEST ENGLAND

Dr. Eagle Clarke, in his *Studies in Bird Migration* writes that migrant birds after they reach our shores follow a multiplicity of routes in seeking and returning from their inland seasonal haunts. He adds that the majority of these are mere by-paths which can be known in any district only to naturalists who have long resided in it and have paid close attention to the comings and goings of the migrating species which visit their countryside. The members of the Bird Watching and Preservation Societies of Devon and Cornwall respectively have, with the valuable co operation of the *Western Morning News*, for some years past paid special attention to the spring migration in their districts of certain specified species. One of these is the swallow; as a result of these investigations it has been possible to discover and map out many of these by-paths in Cornwall, Devon and west Somerset. As I have been responsible for co-ordinating the records of the arrival of this species, a summary of the results from 1934. to 1942 is of some importance and perhaps of more than local interest. A comparison of the movements observed during this series of years gives a good idea of the general trend of the spring swallow migration in South-West England. The major factors in migration are the meteorological conditions where the flight begins; if birds arrive when circumstances here are adverse it is probable that the flight started when conditions were favourable but deteriorated *en route*. The information available as to continental weather conditions when compared with the arrival of swallows in the South West showed that though these birds generally take advantage of favourable weather, they sometimes cross the Channel when meteorological factors are adverse. High winds are unsuitable, but a light or moderate wind, even if contrary, does not seem to hinder their passage if other circumstances are propitious. Swallows are strong fliers. It must also be remembered that much migration takes place at a great height, and at these higher altitudes bird travellers may reach favouring air currents.

A flying man once told me that at 4,800 feet he met a skylark ascending: he added that aeronauts, when they see birds, often ascend into the following air currents in which the birds are flying. Coward wrote that a bird can be and is carried on a moving current of air, and any exertion that it makes speeds it up, and helps it to travel faster than the current that bears it. He believed that when migrants are seen coming from the sea flying against the wind we see them because the wind is contrary; during the crossing they have met with adverse winds and have dropped to a lower altitude to avoid trouble. We do not know the nature of the wind and weather at the starting point.

First, as to the duration of swallow migration: this shows a rather surprising uniformity, for in each of the nine years it has lasted practically two months. The respective dates are: 1934., March 29th to May 27th; 1935, March 29th to May 28th; 1936, March 22nd to May 31st; 1937, March 19th to May 19th;

1938, March 19th to May 21st; 1939, March 18th to May 30th; 1940, March 11th to May 15th; 1941, March 27th to May 27th; 1942, March 14th to May 31st. A single 'freak' swallow seen on March 4th, 1935, near Torquay, may be disregarded and another on June 10th, 1939, flying north north west near Exmouth, is exceptional. Generally, swallow migration in the west extends from the 3rd or 4th week in March till the 3rd or 4th week in May. Each year the early arrivals of swallows are few; it is only later on that there are especially active periods, during which the birds come in waves or rushes. Some ornithologists hold that birds follow definite fly-lines or routes: others believe that they travel on a broad front over all the country lying between their breeding and winter quarters. I do not see why both theories should not be correct. But the nine-year records show that in the western peninsula many swallows take well- defined routes.

The main routes present some interesting problems. The 'West Coast Route', which probably begins at the Isles of Scilly, passes along the north-west and north coasts of Cornwall, Devon and west Somerset. In most years there are accounts of swallows arriving as far south as the Isles of Scilly; in every year they have passed along the greater part of this route to the north-east or east. But there are deviations; in 1934. eleven swallows departed from Tresco, Isles of Scilly, in a south-easterly direction, a course which would take them to Ushant on the Breton coast. Did they there join the continental migration route which skirts the western coast of France, and proceed northward? Again, in 1936 some swallows departed north-west from the Isles of Scilly, a direction which would lead them to Ireland. Also, in 1934., a swallow flew north-west from St. Agnes, on the north-west Cornish coast: the nearest land in that quarter is Ireland. In 1935 and 1936 on the west coast of Cornwall, north of Land's End, swallows were seen flying in a southerly or south-easterly direction: these birds may, on reaching the shores of southern Cornwall, travel northwards along that coastline.

In several years there were records of swallows turning south or southeast from various places on the north-west Cornish and north Devon coast, and from the directions taken it is probable that some of these travelled up the valleys of Taw and Torridge. In May 1938 and in April 1939 at Widemouth, south of Bude, some swallows turned inland to north-east, away from the migration route northwards along the coast. Evidently some swallows follow the West Coast Route so far and then leave it, presumably for their breeding places. Some swallows turn away from the north Devon and west Somerset coasts in a north or north-westerly direction, a course which would bring them either to Ireland or the south coast of Wales. Thence they may join the well-known migration routes along the western shores of Wales or the east and west coasts of Ireland. Others leave the West Coast Route at various points on the north Devon coast and fly westward to Lundy, where they have been seen arriving. In 1935 and in 1938 most swallows reached Lundy Island from the south-west and left to the east or north-east; those flying east might join up with the easterly route along the south side of the Bristol Channel; the others would reach South Wales. (To be continued)

29th June Feast of SS Peter & Paul, the two most famous apostles

St Peter, 'the Rock'

The two most famous apostles are remembered this month, for they share a feast day. St Peter (d. c. 64AD), originally called Simon, was a married fisherman from Bethsaida, near the Sea of Galilee. He met Jesus through his brother, Andrew. Jesus gave him the name of Cephas (Peter) which means rock. Peter is always named first in the list of apostles. He was one of the three apostles who were privileged to witness the Transfiguration, the raising of the daughter of Jairus, and the Agony in the Garden.

When Peter made his famous confession of faith, that Jesus was the Christ, Jesus recognised it as being the result of a revelation from the Father. He in turn told Peter that he would be the rock on which His Church would be built, that the 'gates of hell' would never prevail against it. Peter and the apostles would have the power of 'binding and loosing', but Peter would be personally given 'the keys of the kingdom of heaven'. Jesus also forewarned Peter of his betrayal and subsequent strengthening of the other apostles. After His Resurrection, Jesus appeared to Peter before the other apostles, and later entrusted him with the mission to feed both the lambs and the sheep of Christ's flock.

Peter played a big part in the early Church, and he is mentioned many times in the Book of Acts, where in the early chapters he organised the choice of Judas' successor, preached with stirring authority at Pentecost; and was the very first apostle to work a miracle. Peter went on to defend the apostles' right to teach at the Sanhedrin, and to condemn Ananias and Sapphira. It was Peter who first realised that Christianity was also for the Gentiles, after his meeting with Cornelius. Later he took a prominent part in the council at Jerusalem and went on to clash with St Paul at Antioch for hesitating about eating with Gentiles.

Early tradition links Peter with an apostolate and martyrdom at Rome. The New Testament does not tell us either way, but Peter being in Rome would make sense, especially as Peter's first epistle refers to 'Babylon', which was usually identified with Rome. Peter's presence in Rome is mentioned by early church fathers such as Clement of Rome and Irenaeus. Tradition also tells us that Peter suffered under Nero and was crucified head-downwards. There is no conclusive proof either way that St Peter's relics are at the Vatican, but it is significant that Rome is the only city that ever claimed to be Peter's place of death.

St Peter was a major influence on Mark when writing his gospel, and the First Epistle of Peter was very probably his. (Many scholars believe that the Second Epistle was written at a later date.) From very early times Peter was invoked by Christians as a universal saint. He was the heavenly door-keeper, the patron of the Church and the papacy, a saint both powerful and accessible.

In England there were important dedications to Peter from early times: monasteries such as Canterbury, Glastonbury, Malmesbury, Peterborough, Lindisfarne, Whitby, Wearmouth, and especially Westminster. Cathedrals were named after him, too: York, Lichfield, Worcester and Selsey. In all, it has been calculated that 1,129 pre-Reformation churches were dedicated to St Peter, and another 283 to SS Peter and Paul together. Images of Peter are innumerable, but his portraiture remains curiously the same: a man with a square face, a bald or tonsured head, and a short square, curly beard. Not surprisingly, his chief emblem is a set of keys, sometimes along with a ship or fish.

St Paul, apostle to the Gentiles

Like Peter, Paul (d. c. 65) also started life with another name: Saul. This great Apostle to the Gentiles was a Jew born in Tarsus and brought up by Gamaliel as a Pharisee. So keen was he to defend the god of his fathers that he became a persecutor of Christianity, and even took part in the stoning of Stephen. He hunted Christians down and imprisoned them, and it was while on his way to persecute more Christians in Damascus that he was suddenly given his vision of Christ. It was the decisive moment of Paul's life – Paul suddenly realised that Jesus was truly the Messiah, and the Son of God, and that He was calling Paul to bring the Christian faith to the Gentiles. Paul was then healed of his temporary blindness, baptised, and retired to Arabia for about three years of prayer and solitude, before returning to Damascus.

From then on Paul seems to have lived a life full of hazard and hardship. He made many Jewish enemies, who stoned him, and wanted to kill him. Nevertheless, Paul made three great missionary journeys, first to Cyprus, then to Asia Minor and eastern Greece, and lastly to Ephesus, where he wrote 1 Corinthians, then to Macedonia and Achaia, where he wrote Romans, before returning to Jerusalem. After stonings, beatings and imprisonment in Jerusalem he was sent to Rome for trial as a Roman citizen. On the way he was shipwrecked at Malta; when he finally reached Rome he was put under house-arrest for two years, during which time he wrote the four 'captivity' epistles. Later Paul may have revisited Ephesus and even have reached Spain. Tradition tells he was eventually martyred at Rome during the persecution of Nero, being beheaded (as a Roman citizen) at Tre Fontane and buried where the basilica of St Paul 'outside the walls' now stands.

The belief that Peter and Paul died on the same day was caused by their sharing the same feast day.

Paul was not only a tireless missionary, but a great thinker. His epistles played a major part in the later development of Christian theology. Paul's key ideas include that Redemption is only through faith in Christ, who abrogated the old Law and began the era of the Spirit; that Christ is not just the Messiah, but the eternal, pre-existent Son of God, exalted after the Resurrection to God's right-hand; that the Church is the (mystical) body of Christ; that the believers live in Christ and will eventually be transformed by the final resurrection.

It is difficult to overemphasise the influence of Paul on Christian thought and history: he had a major effect on Augustine, Thomas Aquinas, Luther, Calvin and others. In art, Paul is depicted as small in stature, bald and bandy-legged, with a long face, long nose and eyebrows meeting over deep-set eyes. His usual emblems are a sword and a book. In England he was never as popular as St Peter, and ancient English churches dedicated to him alone number only 43.

The history of the relics of Peter and Paul is not very clear. Tradition says that Peter was buried at the Vatican and Paul on the Ostian Way under his basilica. Certainly, both apostles were venerated from very early times both in the Liturgy and in private prayers, as testified by Greek and Latin graffiti in the catacombs of the early 3rd century

The Ven John Barton looks back on the courage of Christians during the Great Plague of London in 1665

Christians and the bubonic plague of London

The Reverend Richard Peirson was one of the exceptions. Most of the other clergy in the City of London had fled the Great Plague in 1665, but Peirson stayed behind to look after the parishioners of St Bride's Church, Fleet Street, where he was Rector. The parish was densely populated and the pandemic was catastrophic. The church's register records 636 burials that year in the month of September alone, with 43 interred in one day.

Houses of infected people were marked with a red cross on the door, with occupants kept inside for 40 days. Handcarts were pulled along the city streets to cart away the bodies; the drivers' cries of "Bring out your dead", became etched in the memories of subsequent generations. Relatives were banned from attending funerals.

The official count numbered 68,596 deaths in London alone, but other estimates suggested two or three times that number. Bubonic plague – for that is what it was – was incurable. Poor people were fatalistic about it but complained that even their 'spiritual physicians' had abandoned them. Clergy of the Church of England were often supplanted by non-conformist preachers.

It wasn't just the St Bride's Rector who put his life in jeopardy by staying at his post. While most wealthy people, along with King Charles II and his court, escaped the plague-ridden city, Churchwarden Henry Clarke also chose to remain at the church. When he succumbed to the illness, his brother William took over. William survived for a fortnight.

Plague cases continued to occur sporadically at a modest rate until mid-1666. That year the Great Fire of London destroyed St Bride's Church and much of the City of London. It was rebuilt to a design by Christopher Wren, but almost obliterated once more in 1940 during World War II before being restored yet again.

Today's Rector, Canon Alison Joyce, says that compared with her predecessor Richard Peirson, she has it easy. Like everyone else, she is confined by the lockdown rules to her Rectory next to the church. But her pastoral work continues, and she collates sermons and archive music to create a Sunday webcast service. Alison writes, "these days it is a ministry of telephone calls, emails and Facetime. I offer such practical help and support to the vulnerable as I can . . . I keep a candle burning before our main altar and continue a ministry of prayer." Alison says she is surprised when people regard the faith as a kind of celestial insurance policy against bad things happening to them. The first followers of Jesus knew that in dedicating their lives to following the crucified and risen Christ, their discipleship would take them into the very heart of darkness, not away from it.

She adds, "Hope is no hope at all unless it can engage with utter despair and meaninglessness."

POINTS TO PONDER

How do you feel about your health?

Having a religious faith may well make you feel better about your health, according to recent government figures.

The Office for National Statistics (ONS) has published data linking religious belief and health in an effort to “understand the circumstances of people of different religious identities.”

It found that 66 per cent of Muslims, 68 per cent of Christians, 69 per cent of Sikhs, 71 per cent of Buddhists, 72 per cent of Hindus and 77 per cent of Jews were satisfied with their health between 2016 and 2018.

In contrast, only 64 per cent of non-religious people reported being satisfied with their health during that time.

Michael Wakelin, chair of the Religious Media Centre, said: “I guess this has something to do with an attitude of gratitude. If you are of the opinion that God loves you and He created you, you are more likely to be grateful for what you have.

“Also, if you have a faith you are more likely to be hopeful for a better future, so that even if things are a bit tough now, they will improve in God’s time.”

What kind of stress do you have?

These are stressful days. The towering storm clouds of coronavirus and financial trouble are casting a long shadow over all of us. Many of us deal with our stress by expressing it. Loudly! We lose our

temper, swear, shout and even throw things at our loved ones. We over-react to various personal setbacks because we can’t retaliate against the virus or the stock market.

But some of us do the opposite: we under-react. We display ‘quiet stress’. “We quietly hold our stress within: we don’t speak up about how we feel. And crucially, we become inert. We don’t act on situations that require action.” So warns Jillian Lavender of the London Meditation Centre.

“We stay in unhappy relationships and unfulfilling jobs. We feel overwhelmed, yet we ignore important admin tasks. We procrastinate. Quiet stress creates an emotional paralysis that keeps us ‘stuck’ in unhappy situations.

Inaction is just as much of an inappropriate response to stress as over-reaction is”

A further danger of ‘quiet stress’ is that instead of taking positive action, people can withdraw into themselves, and turn to comfort eating or drinking too much. This further lowers their immune system.

Sweet dreams?

From large pink hamsters that smile and wave at you, to cars that can’t get off roundabouts, a lot of us are reporting weird, vivid, and intense dreams just now.

Experts say that financial worries, cabin fever and boredom may all be factors. But – on the plus side, there is also the fact that many of us are finally catching up on our sleep. And by waking up without an alarm, we will have better recall of our dreams.

Upset? Chill out...

A recent survey carried out by YouGov, on behalf of the Mental Health Foundation, found that more than one in five adults in the UK had felt panicked by the coronavirus, three in 10 had felt afraid, and more than six in 10 had felt anxious. And that was even before lockdown. One therapist suggests that if you are suffering high anxiety, then turn off the news and social media for a while. Dig out those old films you've always loved, cook a favourite recipe, and get some exercise, to help you relieve the tension in your body.

In danger from domestic abuse?

Domestic abuse is soaring just now. Even as far back as early April, it was up by 30 per cent. No wonder, then, that charities are urging us to keep an eye out for anyone in danger. The warning signs include bruising, repeated shouting and all types of controlling behaviour. If someone is in immediate danger, call 999 and ask for the police. If you dare not even speak, then use the silent solutions service by dialling 999 and press 55. If there is no immediate danger, you can still contact the 24-hour confidential National Domestic Abuse helpline on 0808 2000 247. Refuge, the national domestic abuse charity, estimates about 1.6 million women already experienced domestic abuse last year, and that "self-isolation has the potential to aggravate pre-existing abusive behaviours."

Mend and make do

According to handicraft expert Kirstie Allsopp, a missing button was the number one reason why 350,000 tonnes of wearable clothing may end up in UK landfill this year. But that was before lockdown. Now you have time to make do – and mend! Rescue and reuse your clothes. After all, it saves money and the planet.

Terry Waite - on coping with lockdown

Terry Waite spent four years in solitary confinement in Beirut. He says: "In isolation, it is easy to become introspective and depressed. All of us, when we are honest and examine ourselves critically, will discover things about ourselves of which we are not especially proud. I had to learn how to grow a greater acceptance of myself and work towards a deeper inner harmony. "... Today in lockdown, it's important to keep yourself well. Don't slob around all day in pyjamas and a dressing gown. Dress properly and develop a routine. It's important to have a structure – get up at a certain time, eat regular meals and so on. "If you have faith, then that will give you resources to draw on", especially if you know some hymns, psalms and prayers by heart. "When I was captured, they were there to call on."

Don't overdo the exercise

During this period of staying so much at home, how much exercise is good?

According to immunologists, regular bouts of moderate-intensity exercise can help build our resistance to infection. "Regular moderate exercise ensures that our lymph, which is the circulatory system of our immune cells, keeps flowing," says Dr Jenna Macciochi, of the University of Sussex.

Regular moderate exercise can also improve our sleep, help control weight, and prevent muscle loss. Some experts suggest that mild to moderate is for 20 – 45 minutes up to three times a week. However, avoid exerting to exhaustion, which decreases your immunity.

Crime up and down

There are four crimes on the rise during lockdown: domestic abuse, the online grooming of children, commercial property theft and coronavirus-related frauds. Nearly all other offences have declined, including murders, robberies, domestic burglaries and assaults.

Keep calm – and don't wash your hands raw

The British are good at keeping calm in a crisis. But for those of us who suffer from a mental health condition such as obsessive-compulsive disorder (OCD), the coronavirus pandemic can be a nightmare.

Around 50 percent of OCD sufferers have a fear of contamination from dirt, and so the constant advice to wash your hands may send them into complete overdrive. So one good

piece of advice is for those with OCD to follow the guidelines only, and do not go beyond them.

The charity AnxietyUK may be able to help you. Go to:

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

Just a pint of social media for me, please

Even before the lockdown, social media seems to have been replacing the role of pubs in socialising, as far as young people are concerned.

In 2005, an estimated 18 per cent of young people aged 16 to 24 were non-drinkers. According to one study, that has now risen to 29 per cent.

"Online technology has made friends and family instantly accessible and the role of pubs and clubs for initiating and consolidating social networks appears to have changed." So says Dr Dominic Conroy, a psychologist at the University of East London.

Dr Conroy adds: "With the internet being used to initiate and maintain social relationships, both romantic and otherwise, the use of alcohol as a social lubricant may be less necessary."

He co-authored a recent study on the subject with Prof Fiona Measham, a criminology expert at Liverpool University.

Run run run!

Do you think of yourself as a runner? If not, now may be the time to consider taking it up. According to the NHS, running burns more calories than any other



mainstream sport, which is perfect if you want to shed a few pounds. Running is a cardio exercise, which means it gets your heart rate up and your blood pumping. That not only improves your general fitness, but it is also great for protecting you from heart disease, type 2 diabetes and stroke. Running also improves your sense of well-being because it releases natural endorphins, which are your mood-boosting hormones. And if you want

maximum benefit, try running in green spaces – being out in nature has a measurable positive impact on your psychological health.

Don't be afraid to start slow. Remember that ANY fitness activity which raises your heart rate and gets you a bit out of breath is good for you. One excellent way to begin is to try alternating a few steps of running with a few steps of walking. That will help build your fitness levels in record time!

Go to <https://www.nhs.uk/live-well/exercise/running-tips-for-beginners/> for the best way to get started.



The M5 Motorway at Taunton on Sunday 10th May 2020.

An ideal opportunity for Highways to fill in some of the potholes whilst we all sit at home wishing we could go and see our family and friends.

Discovering the Great Barrier Reef - the hard way!

It was 250 years ago, on 11th June 1770, that English explorer Captain James Cook discovered the Great Barrier Reef off Australia, when his ship ran aground on it.

While the aborigines and the Chinese may have found the Reef – the largest structure in the world made of living organisms – before him, Cook made more of an impact. His ship, the Endeavour, unloaded ballast and was re-floated at high tide, but extensive repairs were necessary, as well as skill at navigating a way out through the labyrinthine coral.

Cook made extensive journeys to unexplored waters, particularly in the Pacific. At an earlier stage, when he was charting Newfoundland, he said he intended to go “not only further than any man has been before me, but as far as I think it is possible for a man to go.”

Born in Yorkshire, he worked for a Quaker ship-owning family at Whitby and started his sea life as a merchant seaman before joining the Royal Navy. Later he attended St Paul's Church, Shadwell, in East London. Although he had six children, he has no direct descendants.

He was killed aged 50 in 1779, during a scuffle with some natives in Hawaii, but left a huge legacy of scientific and geographical knowledge

Christians help by donating to foodbanks

Many churches around the country have responded to the crisis by either running their own foodbank, or helping supply a local one.

The need is all too clear: recent figures from a YouGov poll done for the Food Foundation suggest that since the lockdown began, 1.5 million people in the UK have gone one whole day without eating, and 7.1 million have been forced to skip meals.

The Government has recently given £3.25million to food-redistribution organisations who have been struggling to obtain surplus food, as restaurants and cafes have shut.



SMILES, JOKES & WHATEVER

A Minneapolis couple decided to go to Florida to thaw out during a particularly icy winter and planned to stay in the same hotel where they had spent their honeymoon 30 years earlier. Because of hectic schedules it was difficult to coordinate their travel plans so the husband left Minneapolis and flew down to Florida on Thursday with his wife flying down the following day. The husband checked in to the hotel and found that there was now a computer in his room, so he decided to send a message to his wife. However, he accidentally left out one letter in her email address and, without realizing the error, sent the email.

Meanwhile, somewhere in Houston, a widow had just returned home from her husband's funeral; he was a minister and had been called home to glory following a heart attack. The widow decided to check her emails expecting messages from family and friends. After reading the first message she screamed and fainted.

The widow's son rushed into the room and found his mother on the floor and saw the message on the screen which said:

"To: my loving wife

Subject: I've arrived

I know you're surprised to hear from me but they have computers here now and we are allowed to send emails to loved ones. I've just arrived and checked in and I see that everything has been prepared for your arrival tomorrow. Look forward to seeing you; hope your journey is as uneventful as mine was.

P.S. It sure is hot down here!" ##

Wrong number

Customer: "I've been ringing you on 0700 2300 for two days. Why didn't you answer?"

Travel agent: "Where did you get that number from, sir?"

Customer: "It's there on the door to your Travel Centre."

Operator: "Sir, they are our opening hours."

Other side?

Caller (enquiring about legal requirements while travelling in France): "If I register my car in France, do I have to change the steering wheel to the other side of the car?"

Sure

Then there was the caller who asked for a knitwear company in Woven.

Operator: "Woven? Are you sure?"

Caller: "Yes, of course. That's what it says on the label; Woven in Scotland."

Right-click

Tech Support: "I need you to right-click on the Open Desktop."

Customer: "OK."

Tech Support: "Did you get a pop-up menu?"

Customer: "No."

Tech Support: "OK. Right-click again. Do you see a pop-up menu?"

Customer: "No."

Tech Support: "OK, sir. Can you tell me what you have done up until this point?"

Customer: "Sure. You told me to write 'click' and I wrote 'click'."

How to make your wife more efficient

An efficiency expert was delivering a seminar on time management for a company's junior executives. He concluded the session with a disclaimer: "But whatever you do, do NOT attempt these task-organising tips at home," he said.

When he was asked why not, he explained: "Well, I did a study of my wife's routine of fixing breakfast. I noticed she made a lot of trips between the refrigerator and the stove, the table and the cabinets, each time carrying only one item. So, I told her: 'Darling you are making too many trips back and forth carrying one item at a time. If you would only try carrying several things at once you would be much more efficient.'" He paused.

"Did that save time?" one of the executives asked.

"Actually, yes," the expert answered, "It used to take her 15 minutes to fix my breakfast. Now I get my own in seven minutes."

Makeup

Every morning, a little girl would go in the bathroom to watch her mother as she was putting on her makeup to go to work. But during coronavirus, the mother stopped bothering with makeup, much to her daughter's confusion.

"Mummy," she cried early on in the lockdown: "Come back! You forgot to kiss the toilet paper goodbye!"

Flat

Looking at the report on the financial condition of most nations today, we are inclined to

think the old idea that the world was flat had some merit, after all.

Not a bride

"Something's wrong with me," Sighed a young lady after a wedding. "I've been a bridesmaid twice, I even caught the bouquet, too; but I'm still single."

"Next time," advised her grandmother, "don't reach for the flowers; reach for the best man."

Competitive

A champion athlete in bed with a cold was told that he had a high temperature. "How high is it?" he asked the attending physician.

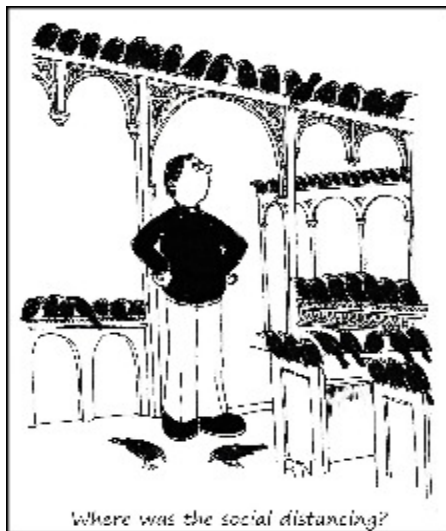
"A hundred and one."

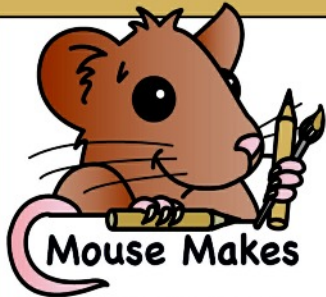
"What's the world record?"

Polite church

"The congregation was wonderful," said the visiting minister after the Zoom service.

"They were so polite that they even covered their mouths when they yawned."





When Nehemiah heard that the walls of Jerusalem were in ruins he sat down and wept. For days he fasted and prayed before God.

Finally the opportunity came for him to return to Jerusalem to rebuild the walls, but it was not going to be easy...

READ Nehemiah's story in the *Old Testament* book of **Nehemiah**, chapters 1-7

Here is Nehemiah's list of all the things that needed to be done to rebuild the walls of Jerusalem. Fill in the missing gaps on the tower to help rebuild the wall.

- | | |
|-------------|------------|
| ○ PRAY | ○ GATE |
| ○ RUBBLE | ○ BEAM |
| ○ REPAIR | ○ BOLT |
| ○ RESTORE | ○ BAR |
| ○ BUILD | ○ STEP |
| ○ WORK | ○ TOWER |
| ○ STONE | ○ HOUSE |
| ○ TIMBER | ○ POOL |
| ○ WALLS | ○ FINISH |
| ○ FLOOR | ○ DEDICATE |
| ○ ROOF | ○ DOOR |
| ○ CELEBRATE | |

How many gates were repaired?
Who re-built them?

How long did it take to finish the walls?

The Revd Dr Gary Bowness continues his tongue-in-cheek letters from 'Uncle Eustace'...

On why holding an Arts Festival in church is not a good idea

*The Rectory
St James the Least*

My dear Nephew Darren

Your decision to hold a Summer weekend Arts Festival in church, bringing culture to your inner-city streets, was most commendable. Pity, how it all turned out.

The Friday evening started well with the concert of Scott Joplin piano music. Obviously knowing that the pieces were originally played in seedy bars on pianos wildly out of tune with several notes missing, your committee must have gone to endless trouble to find precisely the right instrument. Your stage-hands, were, however, less careful and hadn't noticed that the platform had a noticeable list to port. After each piece, the pianist had to relocate the piano stool closer to his nomadic piano, with the last piece being performed with both entirely out of sight behind the pulpit.

It created much innocent entertainment for the audience, but the fault really should have been remedied before the Saturday evening choir concert. Discarded kneelers and rotting hymn books do not form a stable base for a stage supporting an 80-strong choir. So when it came to the enthusiastic rendering of hits from 'Oklahoma', with copious hand movements, it came as something of a relief that the stage took this as the moment to signal defeat, tipping the tenors behind the altar. The audience's thunderous applause, assuming this was a carefully choreographed part of the performance, was quite touching. I am sure all the compensation claims will soon be sorted out.

Your one great mistake was to take on responsibility for organising the refreshments afterwards. Church entertainments committees have centuries of collective experience in judging the numbers of ham sandwiches and bottles of milk required. I am forever proud that our own ladies – through years of experience – can now get five cups of tea from every tea bag and can butter bread so thinly that one pack can last several months.

What you now do with 29 surplus loaves of bread is a problem you have brought upon yourself. You could possibly use them for supporting the stage next year.

Your loving uncle,

Eustace

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Wednesday 3 June	Holy Communion	10.00 a.m.	Mark 12.18-27 Luke 9.37-50	
Sunday 7 June TRINITY	Holy Communion Holy Communion	8.00 a.m. 10.00 a.m.	2 Corinthians 13.11-end Matthew 28.16-20	
Wednesday 10 June	Holy Communion	10.00 a.m.	Matthew 5.17-19 Luke 11.1-13	
Sunday 14 June 1st after Trinity	Holy Communion Holy Communion ABLAZE	8.00 a.m. 10.00 a.m.	Romans 5.1-8 Matthew 9.35-10.8,9-23	Mai Curnow Rosemary Lockley
Wednesday 17 June	Holy Communion	10.00 a.m.	Matthew 6.1-6, 16-18 Luke 12.22-31	
Sunday 21 June 2nd of Trinity	Holy Communion Holy Communion ABLAZE	8.00 a.m. 10.00 a.m.	Romans 6.1b-11 Matthew 10.24-39	Shirley Stapleton Gerald Lush
Wednesday 24 June	Holy Communion	10.00 a.m.	Luke 1.57-66.80 Malachi 3.1-6	
Sunday 28 June 3rd of Trinity	Holy Communion Holy Communion ABLAZE	8.00 a.m. 10.00 a.m.	Romans 6.12-end Matthew 10.40-end	Bob Coombs Sally Adams

Rear cover photo - The Community Woodland beside the River Tone - Spring has arrived.

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CHURCH DIRECTORY (01823)

Church web site: www.stpeterandstpaul.org.uk

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

Reader: **Gerald Lush** 251105

Church Wardens: **Mr Will Osmond** 461820
Mrs Jo George 331432

Treasurer: **Kathy Fear** 0774 811 8124

Gift Aid Co-ordinator: **Pat Barrett** 365811

Safeguarding Officer: **Tim Sutton** 286984

Tower Secretary: **Giles Morley** 430710

PCC Secretary: **Gerald Lush** 251105

**Parish Administrator/
Weekly Notice Sheet** **Jayne White**
jayne.vicarageoffice@gmail.com

Church Flowers: **Belinda Luke** 289537

CHURCH HALL REPRESENTATIVES

Booking Secretary: **Belinda Luke** 289537

belinda.luke@outlook.com

Hall Treasurer: **Bob Coombs** 253697



**Covers designed by Bob Coombs.
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