



The Wye Dore Parishes

Tyberton, Vowchurch, Madley, Peterchurch, Turnastone.

News and Notices for the weeks:

Sunday 10th February 2019, 4th Sunday before Lent

Sunday 17th February 2019, 3rd Sunday before Lent

If you are a visitor to our church, welcome, and may the Peace of Our Lord Jesus Christ be with you. If you are reading this at one of our services, please speak to us after the service finishes. If you are reading it on our website, please get in touch – see the contacts section. We would like very much to get to know you better. Please pray for us and our ministry.

Sunday Services 10th February 2019

Peterchurch	9:30am	Holy Communion
Tyberton	11:00am	Informal Family Service

Sunday Services 17th February 2019

Vowchurch	10:30am	Holy Communion
Madley	12:30pm	Holy Baptism

Collect for 10th February

O God,
you know us to be set
in the midst of so many and great dangers,
that by reason of the frailty of our nature
we cannot always stand upright:
grant to us such strength and protection
as may support us in all dangers
and carry us through all temptations;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen**

Collect for 17th February

Almighty God,
who alone can bring order
to the unruly wills and passions of sinful humanity:
give your people grace
so to love what you command
and to desire what you promise,
that, among the many changes of this world,
our hearts may surely there be fixed
where true joys are to be found;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. **Amen**

Weekly Activities at St Peter's Centre

Monday	10-11am	Kundalini Yoga: Breath, movement and mantra to bring wellbeing.
	12 -12.45pm	Chair Based Yoga: A more gentle approach to yoga.
	2pm - 3pm	Pilates Improve strength, flexibility, coordination and balance. Emma Towersey 07702 241725.
	7pm – 8.30pm	Peterchurch Community Choir Open up those vocal cords and sing wonderful songs. joyrickwood3@yahoo.co.uk
Tuesday	11am-2pm	The Hub Cafe Great coffee, yummy cakes, lovely light lunches.
	6.45pm – 8.00pm	Yoga Stretch out and learn how to create a good space that nourishes and rejuvenates you. www.yogaskies.co.uk
Wednesday	11am- 2pm	The Hub Cafe Great coffee, yummy cakes, lovely light lunches.
	1pm – 5pm	Peterchurch Library Borrow great books, discover new worlds!
Thursday	9.30am – 11am	Kids Play Cafe Fun and play time for under 5's with exclusive use of the cafe.
	11am - 5pm	Peterchurch Library Borrow great books, discover new worlds!
	11am - 2pm	The Hub Cafe Great coffee, yummy cakes, lovely light lunches.
Friday	11am - 2pm	The Hub Cafe Great coffee, yummy cakes, lovely light lunches.
Saturday	10am – 12noon	Peterchurch Library Borrow great books, discover new worlds!

MOB (Men Only BreakFast) At The Stables, Madley Church

The next meeting will be on Saturday 2nd March at 8am until 10ish

For further information please contact Simon Locket on 01981 250245 **All welcome**

Prayer Theme - Small Acts of Kindness

With the marking of 100 years since the signing of the armistice, I have listened to quite a few programs where recordings have been played or interviews aired of former service personnel. For all the momentous events of those two world wars, the stories related were overwhelmingly of acts of kindness performed by supposed enemies. One in particular was recounted by two fleeing POWs in Italy. They were cold and hungry and were brought food by an old woman who forged a river to get to them - an act of kindness that had never been forgotten. After the war the men returned and found her.

When we were studying Ruth ch1, I was again struck by the enormity of her kind and selfless act towards her mother in law; seemingly inconsequential, yet all important in the grand scheme. Loving our neighbour is all about those small acts of kindness.

Stillpoint

Still point is now only in Peterchurch but is still on the 1st Wednesday of each month.

A monthly session led by Simon Locket to explore a meditation technique to ease stress, anxiety and inspire awareness and attentiveness. Just bring yourself and an open mind.

For more information please email distill8@zoho.eu

1st Wednesday of each month, 7.30 - 8.30pm, Peterchurch Hub Café

The Wye Dore Parishes

Mid-week Celtic Prayer Services - All are welcome

9:00am Wednesdays at Peterchurch

9:00am Thursdays in Madley Crypt

Other Gatherings

Bread Making at Madley Stables, 10:00am Monday 11th February

Jungle Club at Madley Stables, 6:15pm Monday 11th February

Messy Planning Meeting at Peterchurch, 7:30pm Thursday 14th February

Bread Making at Madley Stables, 10:00am Monday 18th February

Holy Communion at Sheila Winney's House, 2:30pm Tuesday 19th February

Messy Church at Peterchurch, 3:30pm Wednesday 20th February

Bread Making at Madley Stables, 10:00am Monday 25th February

Messy Church at Madley, 3:30pm Monday 25th February

Holy Communion at Maureen Bowran's House, 2:00pm Wednesday 27th February

Food For Thought – I AM NOT RACIST!

We may say we're not racist but to what level can we claim this in the deepness of our hearts? We were without choice of what colour eyes, hair or skin... we were born with. Since then, like our choice in believing in God, we have freewill no matter how prejudiced our upbringing or culture. Desiring a good tan or wanting to whiten dark skin shows racism or prejudice has no logic. Are we not one body if we are in unity with God?

*Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and **purify your hearts, you***

double-minded. Jam 4:8.

If anyone says "I love God" yet hates his brother, he is a liar. For anyone who does not love his brother, whom he has seen, cannot love God, whom he has not seen. And he has given us this command: Whoever loves God must also love his brother. **1John4:20.** *And you are to love those who are foreigners, for you yourselves were foreigners in Egypt.* Deut 10:19.



at *St Peter's Centre*

Email: sara@hubcommunity.org

Tel: 01981 551143.

Website www.stpeterscentre.org

Could you give two hours a month to volunteer at The Hub?

The Hub is looking for volunteers to help with, the Café, the Library, the grounds, administration and cleaning. Volunteering is a great way to meet people, make new friends, and be happier and healthier! The Hub team is a fun and vibrant group of people who enjoy making their community a great place to be. To get involved or find out more please call 01981551143, email sara@hubcommunity.org or pop into The Hub and speak to Sue or Sara

Drop-in Physiotherapy and Occupational. First Tuesday of each month, 12.30pm to 1pm. The team can offer advice to people currently under treatment, carers, or anyone else. Help on: equipment adaption in the home, memory concerns and strategies, exercises reminders, fall prevention, managing everyday tasks and routines, how to keep active, fatigue and pain management, advice on walking aids and mobility.

Hay Camera Club Exhibition. We have got another wonderful exhibition of photographs by Hay Camera club. Come and enjoy these fabulous images by talented local people. For further information on the club, visit their website www.haycameraclub.co.uk

Makers Group. Thursday 7th February 7-9 pm. Come and learn a new craft, meet up with a great group of people and enjoy being creative! There will be a new and exciting project on offer each month and all materials are provided. This month it will be button art. £5/ sessions. Please call Caroline on 01981 550043 or caroline@clan-cic.org for more info.

Golden Valley Extinction Rebellion. Sunday 10th February 5pm.

A meeting that is open to all to talk about tackling the issues of climate change.

inSPIRE Lunch Club. Tuesday 19th February 12.30pm. The choices for the main course are shepherds pie (with mint sauce) or fish pie served with carrots and peas. Dessert choices are fruit pavlova or lemon sponge. To book please contact Pam on 01981 550669 or Claire on 01981 550462. £8 for 2 courses plus tea and coffee, order by 12th February.

Creative Ageing Workshop. Friday 1st March 10am to 12pm

Do you enjoy learning new crafts? Are you over 55? This is the first of three workshops that The Courtyard are running at The Hub as part of their Creative Ageing Project. The first craft being taught will be Stenciling. These are FREE workshops but places are limited. Please call Sara on 01981 551143 to book your place.

Design a Flag for Hereford Workshop. Friday 8th March 10.30am - 1.30pm. Herefordshire is one of just three counties in the country that doesn't have an official registered flag, so a community competition is being launched to put Hereford on the map! Free workshops for all ages are being run across the county by selected high-quality artists to give people a chance to get creative and get involved! Alex Allpress Ceramics will be coming to The Hub to make coil-decorated clay pots and slab plaque flags to help inspire ideas. There will be three workshops taking place between 10.30am and 1.30pm, the first starting at 10.30am, the second at 11.30am and the third at 12.30pm, each will last 50 minutes. Booking is advisable but drop-ins are welcome on a first come basis if spaces are still available. It is advisable to wear protective clothing. To book a place or for more information please contact Ignite 07983 495892 and herefordshireflag@gmail.com

Memory Morning. Tuesday 17th July 11am – 2pm

The Community Memory Service welcomes you to a drop in session for a friendly chat to discuss any questions you have about your memory or that of a loved one. The memory team will be able to give advise on carer support, coping strategies, referrals to community services as well as general information and advice

Thank You!

Thanks for the thanks from Judy

Thank you so much for my retirement bash last week. It was lovely to see so many people there. Thank you too for all your messages and the generous gifts. With the monies that were part of it I hope to buy something really special.

So thank you again. I shall still be around and from July will be involved in our parishes as a minister with Permission To Officiate. (like Bob had). See you around,

With my love and thanks, Rev Judy



If you would like people to pray for something or someone in complete confidence please contact Jean Bufton on 550480.

We are also looking for new volunteers to be part of the prayer tree.

Simon

Dates for your Diary: Tyberton Talks 2019

At the current time, in the public sphere, we see so much separation and polarisation. We experience this between ourselves and the sacred in a secular society, we hear it within religious and political discourse and even existence is threatened by the tension between capitalism, globalisation and the call to care for the earth. As a result, the Tyberton Talks for 2019 will, I pray, create a space for seeking common ground between faiths. As such I hope to have in place speakers from the Bhuddist, Hindu and Jewish communities.

As a platform to help us think about a shared vision for our world I would encourage you to read the following essay by Richard Rohr, a Franciscan monk, and the passage from the Gospel of Luke.

Loving the Presence in the Present by Richard Rohr

A human being is a part of the whole, called by us "Universe," a part limited in time and space. [One] experiences [oneself] . . . as something separated from the rest—a kind of optical delusion of [one's] consciousness. . . . Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. —Albert Einstein [1]

We cannot *attain* the presence of God because we're already *in* the presence of God. What's absent is awareness. Little do we realize that God's love is maintaining us in existence with every breath we take. As we take another, it means that God is choosing us now and now and now and now. We have nothing to attain or even learn. We do, however, need to unlearn some things.

To become aware of God's loving presence in our lives, we must accept that human culture is in a mass hypnotic trance. We're sleepwalkers. All great religious teachers have recognized that we human beings do not naturally see; we have to be taught how to see. Jesus says further, "If your eye is healthy, your whole body is full of light" (Luke 11:34). Religion is meant to teach us how to see and be present to reality. That's why the Buddha and Jesus say with one voice, "Be awake." Jesus talks about "staying watchful" (Matthew 25:13; Luke 12:37; Mark 13: 33-37), and "Buddha" means "I am awake" in Sanskrit.

Prayer is not primarily saying words or thinking thoughts. It is, rather, a stance. It's a way of living in the Presence, living in awareness of the Presence, and even enjoying the Presence. The contemplative is not just aware of God's Loving Presence, but trusts, allows, and delights in it.

Faith in God is not just faith to believe in spiritual ideas. It's to have confidence in Love itself. It's to have confidence in reality itself. At its core, reality is okay. God is in it. God is revealed in all things, even through the tragic and sad, as the revolutionary doctrine of the cross reveals!

All spiritual disciplines have one purpose: to get rid of illusions so we can be more fully present to what is. These disciplines exist so that we can see what is, see who we are, and see what is happening. What *is* is love, so much so that *even the tragic will be used for purposes of transformation into love*. It is God, who is love, giving away God every moment as the reality of our life. Who we are is love, because we are created in God's image. What is happening is God living in us, with us, and through us as our unique manifestation of love. And each one of us is a bit different because the forms of love are infinite.

[1] Albert Einstein, Condolence letter to Norman Salit (March 4, 1950). Reprinted in *The New York Times*, March 29, 1972,

Luke 11:33-36:

'No one lights a lamp and puts it in a place where it will be hidden, or under a bowl. Instead they put it on its stand, so that those who come in may see the light. Your eye is the lamp of your body. When your eyes are healthy, your whole body also is full of light. But when they are unhealthy, your body also is full of darkness. See to it, then, that the light within you is not darkness. Therefore, if your whole body is full of light, and no part of it dark, it will be just as full of light as when a lamp shines its light on you.'

The Dates:

March 6th Revd Simon: Ash Wednesday: Setting the scene

March 13th Imam Sohayb: Craven Arms Mosque

March 20th Speaker to be confirmed

March 27th Mary Bunting: Western Sufism

April 3rd Kirk Brown: Vispassna Meditation Centre, Herefordshire

April 10th Simon Lockett: Reflections



Electoral Roll

It is the 6 year revision of the electoral roll this year. Therefore everyone has to re-apply to be on the electoral roll.

Peterchurch's deadline for applying to be on the roll is 1st March (the APCM is early this year on 28th March). Look forward to hearing from you.

The revision of the electoral roll applies to all the churches but dates will be different for each depending on their AGMs.

Sue Scott

Gospel readings & Psalms from the Lectionary

4th Sunday before Lent (10th February) Psalm 138, Luke 5.1-11

3rd Sunday before Lent (17th February) Psalm 1, Luke 6.17-26

2nd Sunday before Lent (24th February) Psalm 37.1-11,40,41, Luke 6.27-38

Please Pray for:

those preparing for marriage
those preparing for baptism or confirmation
those who have departed
those who are ill or in need
those who need support
those giving thanks

A Week of Accompanied Prayer starting in April 2019: *A week to walk more closely with God*

What?

“*Lord teach us to pray*” the disciples said to Jesus

Prayer can be uplifting, exciting, refreshing. It can also feel hard work, unrewarding or difficult to get down to. We can have periods when prayer is great and other periods when it is very dry or even when we are unsure what prayer is.

A Week of Accompanied Prayer is when we can seek to enrich our prayer life - where in the course of one week particular attention is given to praying, and through sharing with an experienced prayer guide, the nudges of God are noticed and responded to. It's like going on Retreat while staying at home!

Many who have participated in Weeks of Guided Prayer speak of great richness in their praying afterwards.

Who can participate?

NO EXPERIENCE IS NECESSARY. Anyone can participate, Christian or not, praying or not. All you need is a desire to grow closer to God.

How do Weeks of Accompanied Prayer work?

Each day through the week the participant commits to spending half an hour in personal prayer and half an hour meeting to reflect on their experience of praying with their 'companion'. The companion's role is to listen and suggest ways of praying that are creative and life giving. Companions do not direct, but affirm and encourage, seeking to recognise the movements/nudges of the Holy Spirit. This pattern of prayer and reflection can be deeply rewarding, giving attention to God and seeking a deeper experience of God's presence.

The pattern of the week: A team of experienced prayer guides will lead the week.

Opening Session: Sunday 28th April: An introduction to the week including examples of different ways of praying.

Monday 29th April to Friday 3 May: Personal prayer and daily meeting with a prayer guide at a time to suit each individual.

Closing Session: Saturday 4 May: A gathering of everyone involved concluding the week. There will be an opportunity to reflect and share some experiences of the week.

If you are interested please put this in your 2019 diary now. To book a place or for more information or if you'd like to talk it over please speak to Simon Lockett on 01981250245 **There is a charge of £15 towards costs.**



Website: Contact Steve Edwards for any updates to our website – follow the link on www.wyedoreparishes.org.uk. Don't forget to check 'Notices and Events' on the Website to keep up-to-date with what's going on.

Pew Sheet: To receive the Pew Sheet via Email every week, send an email to fiona@iamwatchingyou.co.uk and you will be added to the list. Deadline for articles in the pew sheet is **Wednesday** evening. Email or Tel 01981 250605.