

Winterbourne Churches' Newsletter

www.fromsidechurches.org.uk

www.salemchurch.org.uk



March 2025

ST MICHAEL'S CHURCH

Church Lane, Winterbourne, BS36 1SE

Rector: Rev Malcolm Strange, 70 High Street, Winterbourne
Phone: 01454 775529
Email: m.strange@fromesidechurches.org.uk

Associate Priest Rev Joanne Hodge Phone: 07758 648264
Email: j.hodge@fromesidechurches.org.uk

Associate Priest Rev Julia Chard Phone: 07811 524533

Churchwardens Chris Greef 01454 774479
Derek Andow 01454 775024

BENEFICE AND PARISH OFFICE

95 High Street, Winterbourne, BRISTOL, BS36 1RD

Administrator Nessa Jarman Phone: 01454 776518
Email: office@fromesidechurches.org.uk

Opening hours Monday, Wednesday & Friday 9am-1pm

WEDDINGS/BAPTISMS/CONFIRMATION/FUNERALS

Enquires should be made to the Benefice Office - 01454 776518

PASTORAL VISITING

If you need a pastoral visit or know someone who does, please contact Jo on 01454 775529 or Pearl on 01454 314184

St Michael's Community Centre Bookings Contact the Benefice Office

SALEM METHODIST CHURCH

Factory Road, Winterbourne, BS36 1QL

Minister Rev Leigh Maydew, 31 Quedgeley, Yate, Bristol, BS37.4JJ
Phone: 07388 083488
Email: leigh.maydew@methodist.org.uk

To whom enquiries for Weddings, Baptisms, or Funerals should be made.

Senior Steward Margaret Johnston Phone: 01454 773626
Email: 123margaretjohnston@gmail.com

Hall Bookings Jayne Glass Phone: 07935 377790
Email: jaglass103@gmail.com

A message from Revd. David Jones

Are you ready for pancakes?

Tuesday 4th March is Shrove Tuesday, more commonly known as pancake day. A day when we treat ourselves to all the stuff we know is no good for us before a period of fasting. Have we ever stopped to think why?

There is a pagan tradition of feasting and fasting before and after the spring equinox. The Hindus celebrate Holi and various other faiths have festivals of celebration with feasting before a time of fasting and reflection.



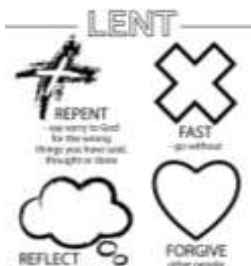
Shrove Tuesday is often seen as the true start to spring, a time when we use up the fatty winter foods we needed for warmth over the coldest months and a time when the spring produce appears for the next season.



Shrove comes from the practice of shriving, an ancient catholic practice of confessing sin and seeking forgiveness from God.

I am sure many of us will be celebrating, perhaps not as enthusiastically as they do in other parts of world. We will no doubt try to consume our weight in fat and **sugar before regretting our excess over the next day or so, or maybe that's just me!**

How many of us will use this as a period of change, self-reflection, seeking forgiveness, or marking the start of a period of intentional change? Will we reflect on the excess of the one day, or will we see this as the start of living less excessively and a chance to see how our living in excess is damaging both to us and to those around us? Perhaps we did this at new year, decided what we would lay aside and what we would begin. Perhaps we have stuck with those commitments or perhaps, two months in, they have long since been forgotten. Did we make commitments that benefit us? Our families? What



about our neighbours? What about those on the far side of the globe? What about those who are yet to come?

The idea of self-reflection and confessing our thoughtlessness and our mistakes is so that we are released from our burdens and that we may turn towards doing good and not harm.



As a follower of Christ, I believe it is about turning away from sin and toward God, as is the belief of most major faiths. But even if you are without a faith, should we not all be seeking the flourishing of all? So, I encourage you to use this spring to consider how you might have a positive impact on the well-being of yourself, your family, your neighbours, on strangers and on those who are yet to be born.

Blessings



SAVE THE DATE

St Michael's Church
SUMMER CONCERT

in aid of church charities

Saturday 10 May



7pm

SUNDAY WORSHIP IN OUR CHURCHES

ST MICHAEL'S CHURCH

1st Sunday 4pm St Michael's Community Centre

ST MICHAEL'S PRAISE

2nd Sunday 10.30

St Michael's Church
PARISH COMMUNION



3rd Sunday 10.30

St Michael's Community Centre
CELTIC WORSHIP

4th Sunday 10.30

St Michael's Church
PARISH COMMUNION



Also in St Michael's Church

2nd Sunday at 4pm - Pause for Thought or Healing Service

1st & 3rd Sunday at 8am - Holy Communion

See page 17 for details of special events
www.fromesidechurches.org.uk

Recorded services are available on 2nd & 4th Sundays
on the Benefice website
www.fromesidechurches.org.uk
where details of all services in the Benefice can be found.

SALEM METHODIST CHURCH

SUNDAY SERVICES at 10.30

2nd March

9th March Rev Leigh Maydew (Holy Communion)

16th March Mrs Jenny Clark

23rd March LA - Love Feast

30th March Mrs Joy Harris



Further details on the website www.salemchurch.org.uk

Many of us carry around a small bottle of water because of the health benefits of avoiding dehydration. Any liquid helps to maintain body hydration but some are better than others – apparently milk is particularly good, even better than water. Carrying a bottle around also has the benefit of avoiding the cost of a cup of coffee or tea when out and about.



The problem arises when all this water is in single use plastic bottles. It is estimated that 1 million bottles are bought every minute around the globe and this figure is rising. Some 2 billion people around the world with limited or no access to safe drinking water rely on bottled water. But for the rest of us including the UK, it's largely a matter of convenience and the belief - aided and abetted by industry marketing - that bottled water is safer and often healthier than tap water.

So what does the evidence say?

- In the UK at least, both tap and bottled water has to meet stringent standards for contaminants including bacteria, so both are safe to drink.
- The mineral content of bottled waters is supposed to confer health benefits. However, the evidence is that a good healthy diet with plenty of fruit and vegetables provides all the minerals we need without the addition of bottled water.
- If cost is your concern, then tap water is definitely the better option. At well under 1p per litre it is vastly cheaper than even everyday branded water at typically 50p to £2 per litre.
- Most plastic water bottles are made of PET which is very recyclable and some manufacturers do use recycled plastic. The problem is that a lot of this **material ends up in landfill and doesn't get recycled in spite of the recycling facilities now available to us.** It is estimated that something like half of all the plastic water bottles in the UK end up in landfill.
- There are health concerns about the degradation products as plastics slowly break down. Water stored in plastic bottles for long periods may leach out harmful chemicals and the breakdown of plastic produces tiny pieces

commonly known as microplastics, which are now found **everywhere including most parts of the human body**. We don't understand the long-term health effects of these pollutants.



The solution is simple of course. Get a reusable bottle and fill it with tap water when you go out. If you go to a restaurant, opt for the tap water – it is encouraging to see that an increasing number of places provide this option more readily now.



And while you are thinking about it, why not support WaterAid, a charity dedicated to getting safe drinking water to all parts of the world? Their work helps provide a water supply infrastructure that avoids the need for people to drink bottled water in countries without effective recycling facilities

Chris Greef



2025 – time for a new Church Electoral Roll

This is the year when EVERYONE gets dumped off the Electoral Roll – and needs to make a definite decision to come back on again.

It happens in the Church of England every six years. Whereas for five years, the Electoral Roll is revised annually our Electoral Roll Officer, in this sixth year, the roll is dissolved, and we must all re-apply and re-commit ourselves.

That's the quick way of explaining it. If you want a detailed and clear legal break down of how exactly it works, you can find it at
<https://www.churchofengland.org/about/leadership-and-governance/legal-resources/church-representation-rules>

If you manage to wade through all the details of the process, and understand them, it will leave you with admiration for the person in your church who has been brave enough to become the Electoral Roll Officer!

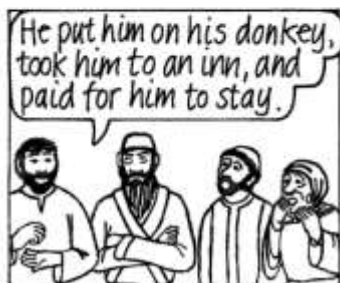
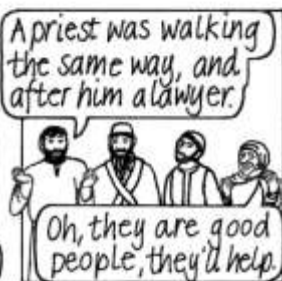
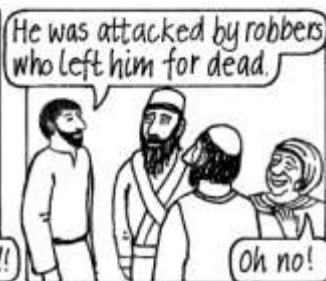
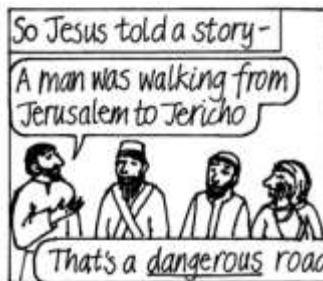
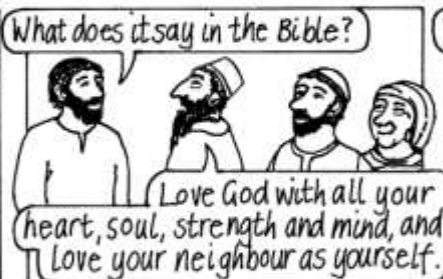
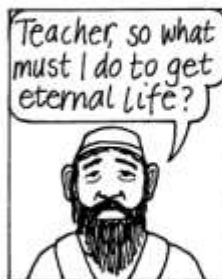
*Look out for details of how to apply next month (and in our weekly news sheet)
Editor (and Electoral Roll Officer)*

Bible Bite

A short story from the Bible

It can be read in the Bible in
Luke 10:25-37

An expert in the Law of Moses wanted to test Jesus' knowledge of the laws in the Bible, so he asked Jesus a question.



A Lent Reflection

Somebody asked a Christian friend why he was eating iced buns, when he had given them up for Lent! He answered, **'At the bakers I told God, that if He wanted me to buy iced buns, He should provide a parking space in front. On the eighth time around, there it was!'** Rather than seeing Lent simply as a time to give things up, **let's use it intentionally for self-examination, reading Scripture, penitence, fasting and prayer.**



At Jesus' baptism, God's voice says, 'You are My Son, whom I love; with You I am well pleased.' (Luke 3:22). The Holy Spirit then leads Jesus into the wilderness, **where we find Him coming to terms with who He is. Satan's temptations** challenge Jesus in key three areas of His identity: His divine sonship, political power and Messianic role (Luke 4: 1-13). It is as though Jesus was looking into the mirror at Himself to discern what kind of Saviour He should be.



For us, Lent is an opportunity to hold up a mirror to ourselves and ask the question, **'who am I?'** **It's a season of honest encounter with who we are, what we've done, and how we should live. What will we see** when we hold up the mirror to ourselves? Keeping Lent, the 40 days running up to Easter, could mean taking time to read Scripture, studying a Christian book or spending five minutes each day in silence! We might fast by missing one or two meals, refraining from TV, alcohol, social media, or scrolling on our phones. All of these can help us to give more attention to God in our lives.



Whatever we do, Lent is a season for self-reflection, as we put ourselves in a position to receive afresh the forgiveness and healing that God offers.

Editor: you might think about joining one of our Lent groups - see page 13

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After the session, sit and chat over a cup of tea or coffee.

When: Every Friday 9.30-10.30

Where: Fromside Gymnastics Club,

Watleys End Road, Winterbourne, BS36 1PW

Telephone: 01454 776873

Email: office@fromsidegym.co.uk

Everyday Faith

Monday

10:30 Fromeside Rectory

19:30 St. Saviour's Bell Tower

Tuesday

14:00 St. Peter's

19:30 Zion

Wednesday

11:15 St. James, Iron Acton

14:00 Margaret McWhinnie's home (contact the Fromeside office for address)

All Lent courses start w/c 10th March 2025 and run for 5 weeks



COME & ENJOY A QUIET SPACE

in

St Michael's Community Centre

Winterbourne High Street, BS36 1RD

on

Saturday 22nd March 10am-midday

Free coffee and cake

ALL WELCOME



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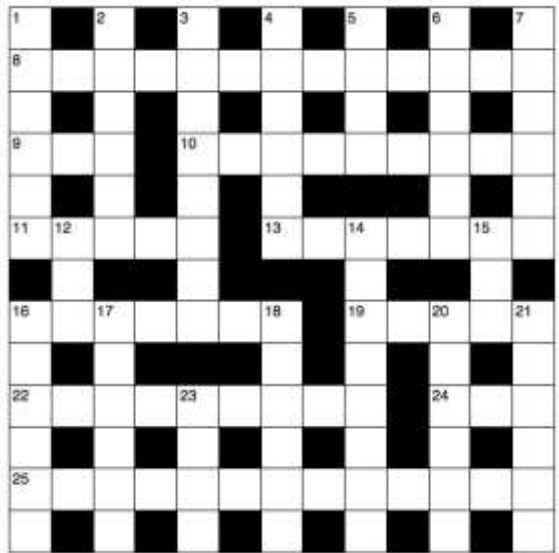
CROSSWORD

Across

- 8 Interrogated (Acts 12:19) (5-8)
 9 'Burn it in a wood fire on the — heap' (Leviticus 4:12) (3)
 10 Tobit, Judith, Baruch and the books of Esdras and the Maccabees are part of it (9)
 11 Science fiction (abbrev.) (3-2)
 13 Clay pit (anag.) (7)
 16 Went to (John 4:46) (7)
 19 'Therefore, I urge you, brothers, in view of God's mercy, to — your bodies as living sacrifices' (Romans 12:1) (5)
 22 David's plea to God concerning those referred to in 14 Down: 'On — — let them escape' (Psalm 56:7) (2,7)
 24 Royal Automobile Club (1,1,1) 25 How the book of Ezekiel refers to God more than 200 times (Ezekiel 2:4) (9,4)

Down

- 1 Seas (Proverbs 8:24) (6)
 2 One of the sons of Eli the priest, killed in battle by the Philistines (1 Samuel 4:11) (6)
 3 Specialist in the study of the Muslim religion (8)
 4 'Do not rebuke an older man harshly, but — him as if he were your father' (1 Timothy 5:1) (6)
 5 One of Esau's grandsons (Genesis 36:11) (4)
 6 Taking a chance (colloq.) (2,4)
 7 God's instructions to the Israelites concerning grain offerings: ' — salt to — your offerings' (Leviticus 2:13) (3,3)
 12 Confederation of British Industry (1,1,1)
 14 'All day long they twist my words; they are always — to harm me' (Psalm 56:5) (8)
 15 The crowd's reaction to Jesus bringing back to life a widow's son in Nain (Luke 7:16) (3)
 16 Disappear (Psalm 104:35) (6)
 17 How Jeremiah was likely to die if he wasn't rescued from the cistern where he was imprisoned (Jeremiah 38:9) (6)
 18 What the prophets do to a wall, with whitewash (Ezekiel 13:10, RSV) (4,2)
 20 Made by a plough (Job 39:10) (6)
 21 Noah was relieved when the flood waters continued to — (Genesis 8:5) (6)
 23 Jesus gave the Twelve the power and authority to do this to diseases (Luke 9:1) (4)



Answers on page 18

SALEM PAGE FOR MARCH

Although Easter is late this year, Lent is almost upon us. As we move towards the events of Easter we are encouraged to look at ourselves and the life that we lead, - to consider, by Bible study and prayer how we can come closer to God and receive his love and blessing



With this in mind we begin with a joint Ash Wednesday service at Badminton Road Methodist Church on March 5th and we will be holding a Lent Study course starting on Tuesday March 11th. For

further details contact Margaret Johnston

The general Church meeting will be held on Sunday March 23rd at 4 pm. It is a meeting when the whole church can come together to consider the life of the church. We will celebrate Holy Communion and end with a church tea. All members are encouraged to attend

Our regular events continue with our monthly Coffee morning on Wednesday March 5th from 10 a.m.



The Film afternoons are proving to be popular with free parking, refreshments and a warm welcome. The film on March 11th at 2 p.m features child holocaust survivors, brought from Poland to Lake Windermere at the end of the war. It is a moving film, based on a true story - very emotional.



It is good to gather together and enjoy “brunch” - a bacon butty or toasted teacake on a Saturday morning. You are welcome to join with on Saturday March 15th, from 10 a.m.



On Tuesday March 25th at 2.30 pm the ladies group will meet for an hour of fellowship together. We are small in number, but always welcome new friends

Special events in & around St Michael's

Sunday 2nd March
at 4pm
in St Michael's Community Centre
with activities for children



Friday 7th March at 11am
WORLD DAY OF PRAYER
in St Michael's Community Centre
followed by Lent Lunch for Christian Aid



Sunday 9th March at 4pm
PRAYER FOR HEALING
in St Michael's Church



Saturday 15th March from 3.30-5
MESSY CHURCH
in St Saviour's Church Hall



Saturday 22nd March from 10-12
COME & ENJOY A QUIET SPACE
in St Michael's Community Centre
see page 13



Sunday 23rd March
at 10am BENEFICE COMMUNION
at St Saviour's, Coalpit Heath
at 6pm CHORAL EVENSONG
at St Michael's Church



Sunday 30th March at 10.30
Celebrate
MOTHERING SUNDAY
in St Michael's Church





WORLD DAY OF PRAYER 2025
Cook Islands

"I made you wonderful"

Friday 7th March at 11am

St Michael's Community Centre
High Street, Winterbourne, BS36 1RD



St Michael's Church
SUMMER CONCERT

**Can you sing, dance, recite,
play an instrument - entertain!**

Would you like to take part in our concert?

If so, contact 07725 954639

CROSSWORD ANSWERS

ACROSS: 8, Cross-examined. 9, Ash. 10, Apocrypha. 11, Sci-fi. 13, Typical. 16, Visited. 19, Offer. 22, No account. 24, RAC. 25, Sovereign Lord.

DOWN:

1, Oceans. 2, Hophni. 3, Islamist. 4, Exhort. 5, Omar. 6, On spec. 7, Add all. 12, CBI. 14, Plotting. 15, Awe. 16, Vanish. 17, Starve. 18, Daub it. 20, Furrow. 21, Recede. 23, Cure.

Reflecting Faith: Church Buildings

We have been thinking about different aspects of church buildings. **But what about ‘the whole thing’?** - the impression you have when you first see a church building?

Most of us have visited many church buildings, either to worship or as a tourist: to enjoy the splendour, the colours, the style and the architecture, with or without necessarily a time of prayer or worship.



There are some amazingly staggering designs around the world – one only has to think of the complex and intricate stone carving of **Gaudi’s catholic basilica in Barcelona, Spain** (due to be completed next year!) and then compare that to the sleekness of the Lutheran (Church of Iceland) parish church in Reykjavík, Iceland.

How about the grandeur of St Peter’s in Rome, full of baroque gold and rich colours? Or what about **St Basil’s Cathedral in Red Square, Moscow** – now a museum but topped with amazingly coloured onion domes?



Just looking at the outside of a building tells you a lot about what it is likely to be like inside, the purpose of the building and the style of worship to expect there.

It’s not just about the condition of the fabric, or the tidiness of the grounds but rather the architecture itself.

When we see a contemporary modern building, we will expect the worship to match it: whether that is Protestant, Catholic or any other denomination.

This month

If you were designing a brand-new church building today, what would you put into it and therefore what would the exterior look like? What would you want on the outside, to express your faith? Would you include any specific Christian symbols, or be more all-encompassing?



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All events can be booked online at Ticketsource or via the Barn website www.winterbournebarn.org.uk. If you want to book in person at the Barn please ring 0117 403 1536 to arrange a time (office is open part-time).

Thursday 20th March at 7.30pm - A Brief History of Music
Chris Green and Sophie Matthews return to the Barn with their entertaining show A Brief History of Music. These amazing musicians will whisk you from medieval tunes to 20th century hits, with everything in between, played on a bewildering array of instruments along with plenty of humour. An evening not to be missed!

Thursday 27th March at 7.00pm - Gloucestershire Gardens Great & Small
As part of the Green Pledge Project at Gloucestershire Archives, Marion Hill gives this illustrated talk about gardens in Gloucestershire (including South Glos). From the first time a garden is mentioned in historical records, this talk will travel through time and look at a wonderful variety of gardens, from medicinal and culinary, to therapeutic and educational, as well as beautiful gardens made simply to enjoy.

Friday 4th April at 7.30 pm - Sisters of Swing Big Band
We are delighted to welcome back Sisters of Swing to the Barn for another fantastic evening of live music with their 20+ piece swing band! Their varied up-tempo repertoire includes vocal and instrumental big band and swing classics with a sprinkling of more modern songs and tunes. Bar from 7pm. Seating is unreserved. Free parking at the Barn.

Winterbourne Medieval Barn, Church Lane, Winterbourne BS36 1SE
For further details about Winterbourne Medieval Barn Trust
see www.WinterbourneBarn.org.uk
and [facebook.com/winterbournemedievalbarn](https://www.facebook.com/winterbournemedievalbarn)
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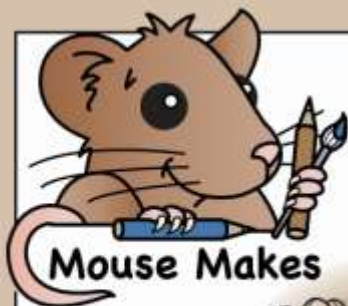
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THE TEMPTATION OF JESUS
After Jesus was baptised who led him into the wilderness?

Luke 4:1

For how many days was Jesus tempted by the devil?

Luke 4:2

Who did Jesus say you should ONLY worship and serve?

Luke 4:8



READ
the story in
Luke 4:1-13

Jesus said not to put the Lord your God to the...

Luke 4:12

What did the devil tempt Jesus to turn a stone into?

Luke 4:3

What happened after the temptation of Jesus?
see Luke 4:14-15

JESUS • LED
WILDERNESS
DESERT
TEMPTATIONS
DAYS • DEVIL
HUNGRY • SON
STONE • ROCK
KINGDOMS
WORLD • GLORY
WRITTEN
SCRIPTURE
WORSHIP • ONLY
SERVE • LORD
JERUSALEM
HIGH • TEMPLE
THROW • DOWN
JUMP • ANGELS
HANDS • HOLD
LIFT • FOOT

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O	R	E	J	E	S	U	S	R	Y	O	N	L	Y
R	N	S	S	C	R	I	P	T	U	R	E	U	H
T	E	M	P	T	A	T	I	O	N	S	G	T	S
Y	S	T	D	S	J	E	R	U	S	A	L	E	M
B	S	H	O	E	H	K	I	N	G	D	O	M	S
R	F	R	W	R	I	T	T	E	N	E	R	P	O
E	O	O	N	V	G	G	O	C	E	V	Y	L	N
A	O	W	V	E	H	O	L	D	K	I	W	E	
D	T	E	S	T	V	D	W	O	R	L	D		

Find the words from the questions too!



Bearing fruit takes time

The nine fruits of the Spirit are Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control. **We don't strive for** the fruits of the Spirit, rather we plant ourselves in good soil, allow ourselves to be fed by the Holy Spirit, keep taking in nourishment, turn to face the light of Christ and these fruits will develop and grow in our lives.



Can you tell whether a tree is an apple tree or a pear tree? Not easily for much of the year, but very easily when they bear fruit. Bearing fruit takes time and a lot of planting, preparation, nurture and growth.



March is the time of year when gardeners begin to plant seeds ready for summer, but patience is needed – the seeds will take a while to germinate, and the gardener needs to write the names of seeds on labels and not forget which are fruit, flowers and vegetables. The seeds need to be in the dark, or the light, or the warmth or the cool, depending at what stage of life they are at.

So too, is God with us. God writes our names on His heart; God knows what fruit we can bring forth. God nurtures us and gives us light to grow. But first, we need to be planted and that can be scary.

Maybe you are feeling in a cold dark place this March, maybe it feels as if **you've been buried, maybe you've got a weight above you and you can't see the way out. Just think that maybe you've been buried because you've been planted.**



With patience there will be warmth and light, be like a seed, trust God, and **begin to grow out of the darkness towards God's marvellous light. We won't see fruit immediately; we have to be nourished and mature and ripen. Patience will be given to us, fruit of the seed of the Holy Spirit.**

David Pickup, a solicitor, considers how things work

The remarkable usefulness of Allen keys

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. 2 Timothy 3:16-17

We all need practical skills, and they are not always easily gained.



I seem to spend a lot of time assembling flat pack furniture of one type or another. The trick is to look and sound as though you know what you are doing, even though any skills are gained through trial and error. It is surprising how many household projects require an Allen key, which if you have not seen one, is an L shaped rod with a hexagon end which fits into an identical sized recess in the top of a screw. You can use the longer or shorter arm depending on the job needs extra force or speed.

The idea of a hexagon *socket* screw was probably thought of as early as the 1860s to 1890s, but such screws were not widely manufactured until around 1910. In 1909–1910, William G. Allen also patented a method of screw heads which had a *hexagonal* recessed die. The key that he lent his name to fits nicely into the head of the screw, is cheap and easy to use.



When you are called on to do some DIY, especially after someone has had a go, the best thing is to refer to the instructions and keep all your Allen keys together in one place so you can easily find them. They come in different sizes.

Bibles come in different sizes, languages, modern and old. They also fit into the hand nicely, are easy to use and contain important instructions on how any and all of us should live.





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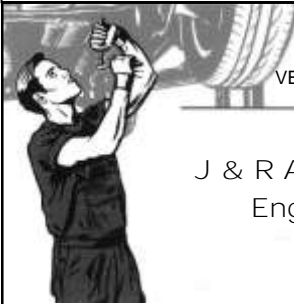
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