



# the **Parish Magazine**

of LUDLOW ST LAURENCE

**Trigger happy**

Pg5

**Not a ghost but a gift**

Pg11

**Heading home**

Pg15

**Steeplechasing**

Pg29

MAY 2024

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For many Easter is a day, be that Easter Sunday or the bank holiday Monday. For Christians, however, Easter is not a day but a season. Definitions of Eastertide have varied over the years but for Anglicans today it runs from Easter Sunday to Pentecost, which we used to know as Whitsun. This month we look at the end of Eastertide, Pentecost (p11), and we consider a novel approach (p7) to a key principle of Christian faith – the Trinity - celebrated on the following Sunday.

Our eco-worrier is also concerned with seasons as she ponders the modern unwillingness to wait for fresh produce to be in season (p33). Before the pandemic the arrival on the doormat of a small red envelope was as sure a sign of the spring season as the first cuckoo. Christian Aid Week has changed (p24) but its purpose is as important as ever.

And if your response to the arrival of spring is to plan a new health and fitness regime you may want to think again about the form it takes (p37).

*Lesley Harling (Editor)*  
01584 318309

## **This month's cover:**

**Photograph: Dick Franks**  
Sunset from Angel Bank

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Nickyluck@nannolica.co.uk

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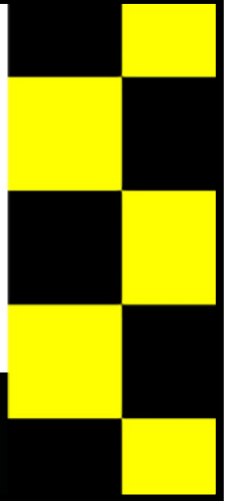
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*Opinions expressed in contributed articles in this magazine are those of the contributor and do not necessarily represent the position or opinions of the PCC or Editorial Committee.*



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# TRIGGER HAPPY?



There is scarcely a TV drama which isn't prefaced by so-called 'trigger warnings' telling us we may be disturbed by what we hear and see. Often the programme ends with the offer of a help line for those who despite the warnings have been foolish enough to continue watching. Of course some warnings are important – flashing lights can be devastating for people with epilepsy, for example. But really!



I discovered a website which you can consult before embarking on a book, to check it will be 'safe' for you to read. So you might want to avoid a book which contains 'classism, misogyny and alcohol consumption' – that is *Pride and Prejudice*, by the way. *Treasure Island* and *The Lion the Witch and the Wardrobe* are among the children's books which are listed with danger signals. The Globe Theatre has issued trigger warnings about *A Midsummer Nights Dream* – it contains violence, sexual references, misogyny and racism. *The Sound of Music* is potentially dangerous because of references of Nazism. The Old Vic warned before a production of *Pygmalion* that it 'portrays abusive language and coercive control'. So I guess that makes *My Fair Lady* dangerous territory as well. I had never realised how perilous my reading and film-going has been. I think I have just about survived.



What amazed me on that website is that it didn't mention the Bible. Looking down their list of triggers, I reckon more than half can be found in the Bible. But although there are things in the Bible which genuinely might upset us, and indeed *should* upset us – not least the story of the Crucifixion – generations have come and gone without people needing counselling after hearing the Bible read in church. It isn't straightforward, of course. People reading the Bible and putting a particular interpretation on it has led to so-called Biblical justification for apartheid, corporal punishment and homophobia among many other things. But either we censor everything, as the Church did when it was thought that the Bible was too difficult for ordinary people to read, or we take the risk of misinterpretation. But as when Bowdler produced a censored version of Shakespeare, people didn't have the benefit of the real thing, and were much the poorer for it.

So what trigger warnings might we want to put on the church door? '*Coming in here may change your life for ever.*' That would seem to be quite a reasonable thing to say. '*What happens here may expose you to ideas which may radically alter the way you think, and speak and behave.*' That is reasonable too. Mind you, after reading the church press some weeks I think maybe we could also put on a church door '*May contain nuts!*'

And if any of you have been affected by what you have just read, remember that the clergy and others are always available to help and support you.

Andrew Body

# EXTRA SUNDAY SERVICES THIS MONTH

*First Sunday*

## MAY FAIR SERVICE



**11.30am in  
Market Square  
Sunday 5 May**

*Third Sunday*

## CHORAL MATINS



**11.30am  
In the chancel  
Sunday 19 May**

*Third Sunday*

## Celtic Prayer

An Evening Liturgy  
St Laurence's Church, Ludlow  
Fourth Sunday of the month  
**6pm**



A simple service in a style used  
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**Sunday 19 May**

*note change from normal pattern*

## MONTHLY PRAYER GROUP



The group meets on the fourth Thursday of the month (apart from December) for half an hour at 10.30am, usually in the Lady Chapel.

We are primarily an intercessory group, praying about requests that people leave, or that members of the group know of. The group is open to all who feel called to this ministry, so do join us, or just come and try it out. To learn more or pass on a prayer request do contact Sandi Burley - 01584 873155.

# WHY THE TRINITY IS LIKE YOUR TELEVISION

*Trinity Sunday is on 26 May. Many of us find it hard to grasp the concept of a God who is Three in One. In this article Revd Michael Harding seeks to shed some light on the Trinity.*

Here is a trick question: How many colours does your television set use?

Answer: Just three- red, green and blue.

And in that order, just like a rainbow (where reds are at one side, blues at the opposite side, green in the middle). This is known as 'RGB'.

These are television's three primary colours and when their luminescence is fired at your eyes they give all the colours of the visible spectrum. They are all 'additive' colours. Mix the three together in different proportions, and your screen can offer you 16 million colours.

You thought the sequence was red/ yellow/blue? No, that's for painted or printed colours. A TV set positively gives out light in three different colours, whereas paint on paper absorbs and removes some colours, to reflect back just a small part of the light falling on it - the colour that you see.

You'll soon call out the repair man if your television loses one of its three colours and all the presenters look as though they came from Mars. But change the intensity of any one colour (red, green or blue) even slightly and you change the overall colour.

Switch them all off, and you are left with black. Let all three of them shine at full brightness, at the same point – and then as if by magic you have a totally different colour - WHITE!

It's a parable which illustrates the Holy Trinity. Three completely distinct persons (Father, Son and Holy Spirit), just as your TV set has three quite separate colours - red, green, blue.

Take away any One member of the Trinity, and you slip into theological error; take away any one of the three colours, and you call out the TV repair engineer!



So -

It does matter that God is our Creator and Father - otherwise our whole life is merely a meaningless illusion.

It does matter that Jesus is God the Son, for otherwise His death is simply a human tragedy, with no promise of salvation or eternal life.

It does matter that the Holy Spirit is with us here and now, otherwise we are disconnected from God.

Yes, it really does matter! Just as it is essential that a TV set can produce white by the equal intensity of all of its three colours. The more you think about it, the more it seems that the doctrine of the Trinity is far from being a complicated bit of theological nonsense, but is a sort of theological test-card, to make sure that we've got the right picture of God, without distortion.

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# INTRODUCING ...

## **Please tell us a bit about yourself.**

I am Yvonne Parker. I was born one of girl twins and we grew up in Kent, attending a 'pilot' Technical High school where I learned shorthand/typing and bookkeeping as well as the Grammar School academic subjects. I spent most of my working life as a solicitor's clerk/personal assistant in Kent, London, Berkshire and Wales dealing mostly with conveyancing, probate/wills and county court work. My final job in 1987 was as the first administrator of the newly-formed Radnorshire Wildlife Trust in mid Wales. For the past 30 years I lived on a registered smallholding in rural mid-Wales where we kept milking goats and rare-breed hens and ducks.

In 1998 I was licensed in the Church in Wales to administer the chalice at Holy Communion and take reserved sacrament to the sick and housebound and was later licensed as a Reader. I have a daughter, four granddaughters and two great-grandsons.

## **What brought you to Ludlow?**

I was widowed over four years ago and my back problems meant I was no longer able to do all the outside work on our smallholding so I needed to move to a town. My daughter lives near Clun and works one day a week in Ludlow so I moved here in early 2023.

## **How have you found the move?**

I love Ludlow but unfortunately soon after arriving I lost most of my remaining hearing which makes life challenging and isolating, especially in a new place.

## **What was your first impression of St Laurence's?**

Despite its vast size, I felt surrounded and wrapped in a spiritual warmth from the outset.



## **What is your role at St Laurence's?**

I read at the 10am Eucharist, serve coffee after services and act as a Server.

## **How do you spend any spare time?**

I hold a certificate in herbal medicine, I have tried many crafts including patchwork, quilting, cross stitch and basket making and I am interested in many aspects of natural history. But my two main passions now are egg tempera painting (as used over the centuries by church iconographers) and gardening.

## **Most memorable holiday experience?**

Walking with my late husband in Tuscany in May 2000 up a disused WWII military track, surrounded by meadows of countless wildflowers, prolific birdsong, numerous butterflies including Camberwell Beauty and several snakes, and no buildings or human beings whatsoever all day long. Fabulous!

## **What might we be surprised to know about you?**

I witnessed the will of Sir Arthur Travers Harris, Marshall of the Royal Air Force and Commander-in-Chief of Bomber Command during WWII (commonly known as 'Bomber Harris').

# Arts@St Laurence – May 2024

Further information: [Recitals and Concerts – St Laurence \(stlaurences.org.uk\)](http://stlaurences.org.uk)



## Organ Recital

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A poster for the Ludlow Piano Festival. It features a photograph of a person's hands playing a piano. The text on the poster includes the festival name, dates, and website.

**Ludlow Piano Festival**  
**22 – 26 May 2024**

[www.ludlowpianofestival.com](http://www.ludlowpianofestival.com)

Note for your Diary – Saturday 1 June 1.00pm, Organist Emma Gibbins (Newport Cathedral)

# NOT A GHOST BUT A GIFT

We used to call it Whitsun - 'White Sunday' - because long ago children marched to church in white on that day. There are no processions nowadays, and we've even changed its name. It's now 'Pentecost', which is more accurate but needs explaining.

Pentecost marks a vital event in Christian history. It is celebrated 50 days after Easter. The year Jesus was crucified (which took place at the Passover), the remnant of His followers, just 120 of them, were together in an upper room in Jerusalem. They were afraid to show their faces in case the authorities arrested them. But on the day of Passover, they had an amazing collective experience.

They described it in terms of wind and fire, a great surge of spiritual energy and confidence. Afraid no longer, they burst out on to the streets where crowds were gathering for the festival; led by



Peter they began to tell them about Jesus and His resurrection.

As they did so, although many of the people in the crowd were foreigners who spoke other languages, everyone heard them in their own tongue. Peter told them that what they were seeing was the fulfilment of an old prophecy when God would pour out His Spirit on the human race, men and women, young and old.

As a result of His words and the extraordinary spectacle, 3,000 people believed and were baptised in the name of Jesus. They were the nucleus of what

in 100 years would be a Church that would turn history upside down. For Christians Pentecost is in effect the birthday of the Church.

Many people find the whole idea of the Holy Spirit mysterious and elusive. It wasn't helped by the earlier title 'Holy Ghost'. The spirit is not spiritually a 'ghost' but a precious gift.

countries worldwide and has spread to 85 different denominations and traditions.

Thy Kingdom Come encourages 'Every person, household, and church to pray that those who have not yet heard the Good News of Jesus Christ and His love for the world, will hear it for themselves and respond and follow Him.

Find out how to take part this year at:

[www.thykingdomcome.global](http://www.thykingdomcome.global)



THY KINGDOM COME

This year more than a million Christians worldwide will be joining in long-distance prayer from Ascension Day to Pentecost (9–19 May).

In 2016 the Archbishops of Canterbury and York invited the CofE to pray that more people will come to know Jesus. The movement is now in nearly 90% of



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# NEWS FROM ST JOHN'S

## MOTHERING SUNDAY



### FROM THE REGISTERS



#### Baptism

24 March Olivia Roe

#### Funeral

12 April Sheila French



## TEA SERVICE

Sunday 2<sup>nd</sup> June 2.30 pm

St John's Church, Gravel Hill

A short service of Holy Communion  
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# HEADING HOME

My mother died at the beginning of February, aged 95. She had been ill for three and a half years. For three of those years she was very fortunate, not in great pain but just gradually becoming more frail. She was cared for with attention and commitment by paid carers, practice nurses, district nurses, GPs and hospital staff. No complaints.

But the last six months ....

Since humans ever were, we have developed knowledge and skills for our healing and survival. Scientists, pharmacists, doctors ensured that children survived and once-killer diseases are now routinely treated and patients cured. So, from childhood we are offered pills and potions and we take them largely without question, trusting in their efficacy. My mother, like many elderly people was, in the end, taking perhaps ten different drugs every day, trusting in their efficacy. But neither science nor the commitment of medics to the sanctity of life could change the fact that old age is an incurable condition. In those last six months we came to recognise a pattern: a health scare; an ambulance called; tests in hospital; the drugs tweaked; and home - but now more frail. Each time the pattern repeated the decline continued and accelerated and it seemed that the doctor's room for manoeuvre was smaller, tighter, the outcome less fruitful. Ma dreaded the trip in an ambulance, the exhaustion of the unknown in hospital.



There was an inevitability about the outcome. She was tired, wanted to die, wished she had gone when she was ninety and enjoying life. In the week before she died, we sat at her dining room table. She posed the question - what did I think would happen if she stopped taking the pills? I had no idea. Her face had an expression I had never seen before and will never forget; it was utterly desolate, despairing, powerless.

The truth was that in those six months I had come to feel that the attempt to keep her going was cruel. She hated living without any dignity in conditions which, despite everyone's efforts, were increasingly squalid and alien to her. No one wanted to be cruel, but the pattern had evolved, become set. Even if the body could be helped, the spirit, the soul, suffered intensely. But the suffering soul required different patterns of thought, not science but thoughts of compassion for the individual human being, to be allowed to go in peace, not to be forced to repeat the round of hospital - drug tweaking - home, only to face the same round again and again.

(cont on p17)

Ludlow Photographic Club  
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June 10th - 23rd  
 St Laurence's Church, Ludlow

<https://www.ludlow-photographic-club.org.uk>

Image © Titterstone Clew Hill, Sue Edwards

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## HEADING HOME (cont from p15)

At Ma's funeral I read a poem by Wendell Berry call A Parting. It is the story of a working farmer who in old age goes into hospital. The middle section is this:

Arthur Rowanberry comes in his old age  
Into the care of doctors, into the prison  
of technical mercy, disease  
and hectic skill making their way into his body ....  
strangers touching him, calling his name,  
and so he lies down at last  
in a bare room far from home.

In the end Arthur Rowanberry  
is off in the places of his life  
Now only places in his mind ....  
... heading home

In the end he finds peace, as did my mother.

*Sylvia Turner*

## LUDLOW FOOD BANK

In the first three months of 2024 Ludlow Food Bank gave out 151 food parcels to 299 different individuals and 26 households, some of them large families, received repeat parcels. The numbers are slightly lower than last year.

Where does all the food come from? A lot comes from collection points in Tesco, Aldi and Sainsburys, brought into the food bank by a team of volunteers. A good number of individuals give



**Ludlow Food Bank**  
Showing God's love to people in crisis

money regularly via direct debit so that we can go shopping for other items. The food bank is now very much a community asset.

There have been five notable local initiatives raising funds for the food bank

- ◇ Craven Arms Big Band raised over £1,500 with a performance at Ludlow Assembly Rooms
- ◇ Ludlow Runners ran to the food bank with rucksacks full of food donations
- ◇ Ludlow Rugby Club donated £450
- ◇ Ludlow Art Society donated a proportion of the proceeds from an exhibition at Ludlow Library
- ◇ The Squirrel is passing on some of the entry money for its weekly quiz nights

Ludlow Food Bank is very grateful to everyone who helps in any way. The work would be impossible without the support it receives from so many groups and people in the town.

# SUNDAY SERVICES IN LUDLOW

## Anglican

### St Laurence, College Street

8.15am Holy Communion (BCP)

10am Parish Eucharist

For livestream/recording - link at  
<https://stlaurences.org.uk/live-stream>

11.30am Choral Matins

3rd Sunday *none this month*

3.30pm Choral Evensong

1st Sunday *3rd Sunday this month*

6pm Celtic Prayer - evening liturgy

4th Sunday *3rd Sunday this month*

5th Sun Joint benefice service  
with St John's

### Contact

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01584 872073

### St John, Gravel Hill

10am 1st, 3rd & 5th Sundays

Holy Communion

2nd & 4th Sundays

Morning Worship

5th Sun Joint benefice service  
with St Laurence's

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[wayne.davies@stlaurences.org.uk](mailto:wayne.davies@stlaurences.org.uk)  
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### St Giles, Ludford

11.15am 1st Sunday

Family Worship

2nd & 4th Sundays

CW Holy Communion

3rd Sunday

Lay-led Worship

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## Ludlow Baptist Church

10.30am Sunday worship

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## Ludlow Elim

10.30am Service at Elim

11.30am Online

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## Ludlow Methodist Church

10.30am Sunday worship

### Contact

[Ludlowmethodist@outlook.com](mailto:Ludlowmethodist@outlook.com)

## Ludlow Quakers

10.30am Meeting for worship

### Contact

Cynthia Prior 01584 831855

## St Peter's Roman Catholic Church

Mass 11.00am Sunday

9.30pm Monday-Friday

6.00pm Saturday (Sunday Vigil)

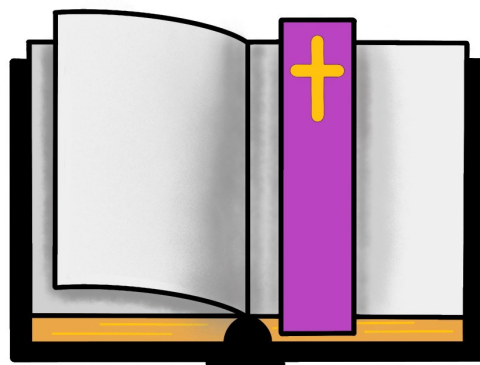
Morning prayer

9.15am Monday-Friday

9.45am Saturday

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# ST JOHN - THE BELOVED DISCIPLE

St John was the disciple closest to Jesus. He was there at his baptism, when John the Baptist pronounced him *the Lamb of God*. When things turned nasty for Jesus, John was the only disciple known to have been supporting him at his trial before Caiaphas. And finally, from the Cross, Jesus entrusted Mary to his care saying *Behold your mother*.



The poisoned chalice can be seen in St Laurence's in windows in the chancel and in St John's chapel, as well as in a carving above the misericords.

St John the Evangelist is shown quite differently. The four gospel writers each have their own identifying attribute and John's is an eagle. The eagle can be seen in a carving behind the high

altar. Still bare-faced, John is seen writing his gospel, the eagle helping him by holding the inkwell in its beak! In later life John was banished to the island of Patmos where he wrote the book of Revelation. He is shown in a 20th century window in the north aisle gazing up to heaven.

As with most saints, his story is a mixture of fact and legend. Was St John the apostle the same person as St John the Evangelist who wrote the fourth gospel? What about the epistles and the strange book of Revelation? He is thought to be the youngest of the apostles, and he can easily be recognised as he's the only one without a beard. He later made his way to Ephesus and lived to a great age, the only apostle not to be martyred. In the apocryphal *Acts of John* it is said that he brought his landlady Drusiana back to life. He was then challenged by the High Priest of Diana to prove his faith by drinking from a poisoned chalice, which he did. Representations of St John the Apostle

usually show him holding this chalice, the poison being represented by a small dragon emerging from the cup.

*Hugh Wood*



usually show him holding this chalice, the poison being represented by a small dragon emerging from the cup.



# LUDLOW LOCAL LISTING

## Artwork

### Ludlow Castle Gallery

Quality affordable picture framing and artwork. Fast friendly service. Unusual gifts and cards. Find us just before the Castle Cafe or contact on 01584 878527

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Ludlow's widest range of organic produce: fruit & veg, wholefoods, groceries, meat & dairy, vegan & vegetarian, natural cleaning products, bodycare & cosmetics. Waste-free shopping options & refills for cleaning products. Local delivery and our popular organic box scheme.

## Gardening

### Dan Pritchard Garden Services

Fully insured - reliable - experienced - competitive. Lawn mowing / hedge cutting / tree surgery / pruning / turfing / planting / landscaping. Call Dan on 07779182636. Covers Ludlow and surrounding areas.

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[enquiries@temevalleyinsurance.co.uk](mailto:enquiries@temevalleyinsurance.co.uk)

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# WHAT'S ON AT ST LAURENCE'S



## IN MAY

### Wednesday 1

Holy Communion 6.00pm

### Saturday 4

Organ Recital - Paul Carr 1.00pm

### Sunday 5

May Fair service 11.30am

### Monday 6

Open tea 3.00pm

### Thursday 9

Solemn Eucharist 7.00pm  
for Ascension Day (with incense)

### Saturday 18

Annual Parish & Annual 9.30am  
Parochial Church Meetings

Ludlow Orchestra Concert 7.30pm

### Sunday 19

Choral Matins 11.30am

Celtic Prayer 6.00pm

### Monday 20 – Sunday 2 June

Beatrix Potter display 10-5pm

### Thursday 23

Intercessory Prayer Group 10.30pm

### Thursday 30

Solemn Eucharist 7.00pm  
for Corpus Christi (with incense)

## MIDWEEK

### Daily prayer

Mondays 9.30am

### Holy Communion

First Wednesday in month 6.00pm

### Intercessory Prayers

Fourth Thursday in month 10.30am

### Tower bells practice

Mondays 7.30-9.00pm

### Handbells practice

Tuesdays 6.00-7.15pm

### Choir practice

Thursdays 6.00-8.30pm

## AND AT ST JOHN'S

### Daily prayer

Wednesdays 9.30am

### Tea and toast

Wednesdays 10.00am

### Holy Communion

Wednesdays 11.30am

For the latest news about services and events go to

<https://stlaurencesg.org.uk/google-calendar/>

### Wednesday 22 - Sunday 26 Ludlow Piano Festival

#### Wednesday 22

Celebrity Concert 7.00pm

#### Thursday 23

Concert - Charles Owen 7.30pm

#### Friday 24

Better than Beethoven - Tyler Hay 7.30pm

#### Saturday 25

Strictly Piano - Viv McLean 7.00pm

#### Lie Down & Listen

- Christina McMaster 10.00pm

#### Sunday 26

Baroque and Roll – Scipione Sangiovanni 6.30pm



# CHANCEL CONCERT PROGRAMME 2024

Our very popular summer series of free lunchtime concerts of early music will be back on Wednesdays in June and July at 1pm.

All are welcome to come and sit in the chancel to listen or enjoy the music as you walk round the church. Each concert lasts about 50 minutes but you can come and go (quietly) as you please and even bring your lunch or a hot drink from Icon Coffee.

There will be more details in the next issues of the Tower but here are the dates for your diary:

## JUNE

- 12 June Licensed to Trill**  
a recorder consort based in Ludlow
- 19 June French Horn ConneXion**  
a quartet of French horns
- 26 June Ypotryll** music from the Middle Ages  
and the Renaissance

## JULY

- 3 July The Northwick Consort** a recorder consort from Worcester
- 10 July Claire Horacek and Simon Pickard**  
(viol)  
(harpsichord)
- 17 July Jane Warren and Michael Oakley**  
(solo recorders)  
(harpsichord)
- 24 July St Laurence's Handbell Ringers**



*Michael Oakley at the harpsichord*



*Ypotryll*



# SEASONS? WHAT SEASONS?

## NOTES FROM AN ECO-WORRIER

A number of years ago it was brought to my attention how out of touch I was with the seasonality of food. It was too easy to walk into a supermarket and buy any fruit or vegetable at any time of year. I can remember when I was a child looking forward to the start of the strawberry season, marked in our household not by the start of Wimbledon, but by the 'Pick your own' notices that went up in the village. When my children were young we used to go fruit picking at a local farm. We would pick strawberries, raspberries, blackcurrants and gooseberries, then dine richly off crumbles, pies and even homemade jam as well as the raw fruit. Now it is possible to buy strawberries at any time of year, but I feel they have lost their excitement along with their taste.



I decided to reconnect with the seasonal availability of fruit and veg by ordering a delivery box from Riverford (many other companies, including some local to Ludlow, also deliver boxes). The food was organic, fresh and mainly from local growers. Unfortunately I also decided to grow a few easy fruit and veg in the very limited collection of pots which I

optimistically call my garden. I was more successful than I thought I would be and ended up with a glut of seasonal fruit and vegetables. Although it was better for the planet, and our health, that we were eating seasonally, it also led to a waste of produce as fruit and veg withered in my pots. This year I plan to be wiser.

The point of this little wander through my fruit and veg plot is that I have been encouraged to think about the good gifts that God gives us, including the seasons and the abundance of food available at different points in the year. Why do we always feel the need to manipulate things to suit our whims? Do we really need strawberries at Christmas or can we hold out until June to enjoy their wonderful flavour?

One final thought: when we are tending to our fruitful gardens let's not forget that we can use kitchen waste to enrich the soil. Icon Coffee has plenty of used coffee grounds which are great for the soil. If anyone would like some just let the staff know and they will pack some for you free of charge.

*Hilary Walters*

# LUDLOW SPRING FESTIVAL

10<sup>th</sup> 11<sup>th</sup> & 12<sup>th</sup>  
May 2024

Barrels of fun,  
feasting,  
live music  
and motors

[ludlowspringfestival.co.uk](http://ludlowspringfestival.co.uk)



# LUDLOW MAGNALONGA

Sunday 11<sup>th</sup> August 2024

A ramble & feast in the  
Marches countryside

[magnalonga.co.uk](http://magnalonga.co.uk)

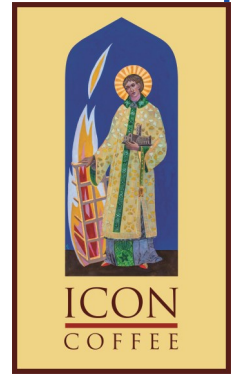


13<sup>th</sup> 14<sup>th</sup> & 15<sup>th</sup>  
September 2024

The original  
festival for  
food & drink lovers

[ludlowfoodfestival.co.uk](http://ludlowfoodfestival.co.uk)

## SUMMER IS ICUMEN IN



And when it finally does arrive Melanie and the team at Icon Coffee will be flinging open the west doors of St Laurence's and serving customers at the outside tables again.

By the time you read this Jane's delicious home-made quiches and salads will be back on the menu, along with ice creams, affogato coffee and iced tea, as well as the large selection of cakes including gluten-free and vegan options.



This should help ease the pressure on the tables inside the church, which are often fully occupied. With more tables outside this year there should be space for everyone.

**Open: 10am to 4.30pm**  
**Monday - Saturday**



**Advertise your business in our award-winning magazine**

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- ◆ Contact 01584 872073 or [office@stlaurences.co.uk](mailto:office@stlaurences.co.uk)

## FROM THE REGISTERS



### Baptisms

- 31 March Anna Zimmerman
- 14 April Lily-Faith Jill Arrowsmith

### Memorial service

- 5 April Chris Potter

# LUDLOW ROTARY LAUNCHES DUCK RACE

From 11am on Bank Holiday Monday, 27 May, some 2,000 bright yellow plastic ducks will be launched from Dinham Bridge to race down the River Teme. This fun event is being arranged by Ludlow Rotary Club to raise funds for Ludlow Rotary Cares, the club's community grants scheme.

There will be four races. Everyone who sponsors a duck for £2 will have the chance of winning £100 if theirs is the first across the winning line.

There will be plenty of opportunity to cheer on the ducks from the banks of the river on the day. The races will also be filmed to watch afterwards on the Ludlow Rotary Club website.



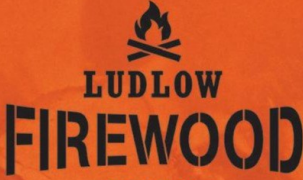
Speaking about the event, Adrian Carter of Ludlow Rotary explained, "Planning a duck race is no mean feat. The ducks have to be corralled into pens of 500 then decanted into boxes of 100. Each box of 100 ducks is then put into numbered bags, checked and double-checked to make sure each ticket we


sell is allocated to a duck. When all the ducks are sorted, they are stored in bags ready for the big day. We also have to ensure that all the ducks are collected at the end of each race. During this process we expect there to be a lot of cleaning of ducks, laughing and counting."

Ducks are available to sponsor online at [www.ludlowrotaryclub.org.uk](http://www.ludlowrotaryclub.org.uk)

using the QR code on the posters displayed around the town, or from the Rotary stall in the market place on Sunday 26 May.






  
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 ~ Est 2019 ~





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**ST LAURENCE'S CHURCH, LUDLOW**


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**Suitable for all ages**  
**Pick up your sheet in the Shop and start spotting.**  
**Suggested donation £1**  
**10am - 5pm every day**  
**Half Term 25 May — 1 June**



  
**LUDLOW SALVAGE**
  
 ~ Est 2017 ~



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# STEEPLE CHASING AROUND BRITAIN BY CHURCH

**Peter Ross** **Headline Publishing Group, 432 pages** **£10.99**

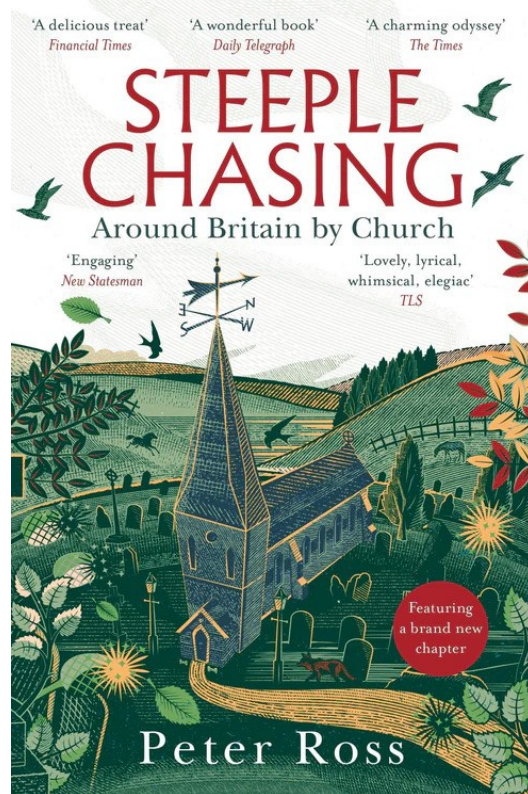
This month we review another pilgrimage book available in The Shop at St Laurence, this time from a prolific Scottish author and journalist, Peter Ross. *Steeple Chasing* is a book about ‘church crawling’ which John Betjeman said, “leads you to the remotest and quietest country ... [and] introduces you to the history of England in stone, wood and glass”. Reading this book tells you that Peter Ross feels this very strongly. It’s not a book describing a single journey. Instead, Ross makes trips the length and breadth of the UK, visiting churches and holy sites – very large and very small. There he meets the people attached to the places from monks, locals and parishioners to crafts people, archaeologists and academics.

Peter Ross started his journey in a small Benedictine monastery – Pluscarden Abbey – in Morayshire, listening to Gregorian chants. One of the 18 monks, Father Giles, showed him to his room where the headboard of the IKEA-looking bed had a plaque on it saying the bed had been donated by a Knight Templar.

As he travels he records conversations with the people involved in the places, from the parents of a baby being christened in the North Yorkshire parish church of North Grimston and Pascal the stonemason at Gloucester Cathedral to the churchwarden at Kilpeck, Herefordshire. He visits an unassuming Norfolk church that contains a disturbing secret (read the book and you will find it) as well as all of London's mighty cathedrals.

It’s a great book that celebrates churches for their beauty and meaning, and for the tales they tell now. Did you know Church of England disposed of 2013 churches between 1969 and 2021 – around 500 were demolished – and more will follow.

His book was first published in 2022, this 2023 paperback includes an extra chapter on Westminster Cathedral. Our own St Laurence’s doesn’t feature in the book, so maybe a new edition is needed for that as well. But he does include some very special places so think of it as a travel book to read as you travel around the UK.



*Jemima Lord*

# CHRISTIAN AID WEEK 12 – 18 MAY

## Pushing back against poverty

Christian Aid is urging its supporters to 'push back against poverty' this Christian Aid Week bearing in mind the coming general election. The charity says that people hoping to represent us in the next UK Parliament will soon be on our doorsteps, 'vying for our vote'.

Christian Aid says that these would-be MPs will be in listening mode, keen to hear what makes the voters in their community tick. And so, urges the charity, Christians can use this opportunity to 'show them that your church cares about poverty, and tell them that you expect them to act on poverty too, if they are elected'.



## Move 70k in May

Christian Aid's 70K Challenge for May is encouraging us all to move 70k (that's just over 43 miles) this month. Walk, run, cycle - how you move is up to you.

Your sponsored 70k will help more people around the world to push back against the inhumanity of poverty, and build safer, happier futures for their families and communities.

Find out how to get involved by visiting

**[fundraise.christianaid.org.uk/  
70k-in-May](https://fundraise.christianaid.org.uk/70k-in-May)**

**Aline is pushing back against poverty.**

Abused, homeless and hungry, Aline was on the brink of survival in Burundi. But she transformed her life with a little help from Christian Aid, and secured a vital income and a home for her and her children. Push back against the inhumanity of poverty this Christian Aid Week. **Donate today.**

Join us this Christian Aid Week **12-18 May**  
Please donate at [caweek.org](https://caweek.org) or contact:

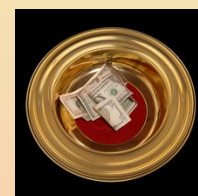
**christian aid**

Christian Aid is a member of ACT (Action, Training and Education) Ltd, a charity registered in England and Wales (1042917). Christian Aid is a member of the Christian Aid Network, a charity registered in England and Wales (1042917). Christian Aid is a member of the Christian Aid Network, a charity registered in England and Wales (1042917). Christian Aid is a member of the Christian Aid Network, a charity registered in England and Wales (1042917).

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## Retiring collection for Christian Aid in St Laurence's Sunday 12 May



The collection for Christian Aid in St Laurence's on the Sunday in Christian Aid Week is more important than ever since the end of house-to-house collections.

Please give generously.

# BEEKEEPING IN HONDURAS IN THE FACE OF A CLIMATE CRISIS

Maria is an inspiring beekeeper against all the odds. Farmers battle against the harsh realities of climate change, violence and economic instability in the 'dry corridor' of western Honduras. Deforestation is a huge issue and forest burning to make space for farming land is common. Then there is the annual hurricane season: in 2020 hurricanes Eta and Iota hit Honduras. The Covid pandemic also made an impact. Maria was determined to break through barriers in a culture where women face high rates of gender-based violence and lack economic opportunities or a voice in the public and domestic spheres.

She and her husband, José, work together in the dry corridor, as an entrepreneurial beekeeping team. In the first year they harvested four hives. With coffee and maize farming increasingly difficult due to the climate crisis, diversifying income streams and farming methods has been vital for Maria and Jose – "before the honey there was nothing to sell".

They were supported by the Comisión de Acción Social Menonita (CASM), Christian Aid's local partners, who provided beekeeping equipment, such as protective suits, as well as provided training and technical assistance to support honey production, coffee farming and fruit production. They also grow their own vegetables and their new cookstove means they use less wood and there is less smoke in the kitchen.



Maria made the leap embarking on a journey that has transformed her life and inspired others. It has ignited a spark of entrepreneurship among other women in her community, thanks to Christian Aid's support through their local partners. Other women now want to follow her example.

Maria remains steadfast in her commitment to the environment and her family's future.

This may all seem a long way from our Lent lunch and retiring collections, but our donations contribute to helping millions of Marias transform their environments and hence their lives.

*Claire Wilcox*





We were set up in 1946 to share and promote visual arts to fellow artists and the general public. We welcome artists of all levels and skills and those

interested in the arts, over the age of 16, to join us and share our ideals. Also by collaboration and friendship with other art societies, organisations and groups we help others and share opportunities. We aim to enable members to exhibit their work to the public, encourage interest in the visual arts, organise lectures, workshops and other similar activities, socialise with each other and arrange social events. Full details can be found at [www.ludlowartsociety.org.uk](http://www.ludlowartsociety.org.uk).

## **LUDLOW ART SOCIETY**

**Thursday 2 May  
7.30pm**

**Talk by Sam Waters  
on  
Sketchbooks  
Ludlow Assembly  
Rooms**

Members free, guests £3.



## **VISIT OUR CHURCH TO DISCOVER ITS TREASURES**

- ◆ Mediaeval stained glass
- ◆ Mediaeval misericords
- ◆ View from the Tower
- ◆ Housman memorial
- ◆ Bells and carillon
- ◆ Comper banner
- ◆ Snetzler organ
- ◆ Baldacchino
- ◆ Icon Coffee
- ◆ Gift shop



## **OPEN TEA AT ST LAURENCE**

3.00pm First Monday in the month  
All are welcome.

**Monday 6 May**



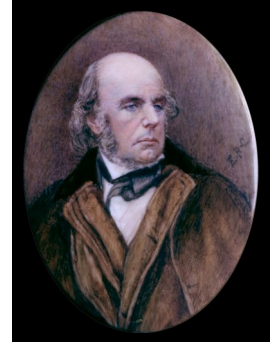
# POETS' CORNER



Omar  
Khayyám

## The Rubáiyát of Omar Khayyám

Lo! some we loved, the loveliest and best  
That Time and Fate of all their Vintage prest,  
Have drunk their Cup a Round or two before,  
And one by one crept silently to Rest.



Edward  
FitzGerald

The Rubáiyát of Omar Khayyám is one of the best known poems of all time, translated into over 70 languages, featuring in countless anthologies and dictionaries of quotations and providing book titles for authors as varied as Agatha Christie, Eugene O'Neill and Nevil Shute. Yet it brought no fame to either of the two men responsible for it, who lived eight centuries apart.

Omar Khayyám (1048-1131) was a renowned Persian mathematician, astronomer and philosopher who devised a calendar more accurate than our own Gregorian calendar. Little more is known about Khayyám and it is not even certain that he wrote the collection of verses named after him.

Edward FitzGerald (1809-1883) was into a very wealthy family, an unassuming man with no great ambitions and no need to work. After graduating from Cambridge he went home to Suffolk and lived as a country gentleman indulging his interest

in flowers, music and literature. He was married, very briefly and unhappily, published a few books to no great acclaim and became latterly fascinated by the sea, owning a yacht and a share in a herring lugger. He learned Persian and in 1859 published a, very loose, translation of the Rubáiyát anonymously. It too went unnoticed for years and FitzGerald only acknowledged his authorship in 1876.

The poem is made up of four-line verses (ruba'i in Persian) which can each stand alone. The original may have had either 200 or 600 verses while FitzGerald's translation appeared in five different versions of between 75 and 110 verses.

At times philosophical, at times hedonistic, the poem is an elegy to the transience and uncertainty of life and human frailty as well as a joyful appreciation of the sensuous beauty of life, love, wine and God.

This poem was recommended by Peter Pardoe. If you have a favourite (short) poem which you would like to share please send it to the Parish Office and tell us why it is important to you: [office@stlaurences.org.uk](mailto:office@stlaurences.org.uk)

# ON THE PERILS OF BUILDING A KITCHEN IN CHURCH

*Revd Dr Gary Bowness's Uncle Eustace writes to his low-church curate nephew ...*

The Rectory  
St James the Least

My dear Nephew Darren

I never fails to amaze me how, in church life, an issue can suddenly become an Issue. In the last month, we have acquired an Issue: a proposal to convert a space at the back of church into a kitchen. Inevitably, battle lines have been drawn and trenches dug. Attendance at PCC meetings has soared and unofficial sub-committees meet in the car park after services. It's obvious that feelings are running high, because people have become remarkably polite to one another.

Those wildly in favour see it as an opportunity to leave the pews ten minutes early, to get prepare for the rush for weak coffee and damp biscuits. I can already hear in my mind the final hymn being drowned by kettles being filled, biscuit tins opened, cups thunderingly placed on saucers, while the volunteers discuss the dress sense of others in the congregation in deafening whispers.

I was a little surprised to hear that Colonel Wainwright was all in favour – until I realised that it would give him a place to totter into to read his newspaper once he got bored with my

sermon, which usually happens in the first minute. Naturally, smaller turf wars have broken out alongside the major battle - should we get new crockery, what colour carpeting tiles would look right and, most importantly of all, who will take charge of the coffee rota.

Others are totally opposed: the treasurer dreads signing yet more cheques; the churchwardens worry about moving pews which have quietly hidden the dry rot; and the theologically angst-ridden agonise that St Paul never mentioned coffee after Sabbath worship.

Naturally, I encourage all sides, in the hope that the project might collapse. I proposed bringing in flasks of coffee, to stop anyone escaping before the end of the service. I suggested bringing drinks to people in the pews, ruining the Colonel's hopes of finding a safe haven. I organised a

group to study high priestly attitudes to refreshments in the Temple in Jerusalem in Leviticus.

I am sure that by the time all these groups have come up with their conclusions, we will have safely moved on to fight the next Issue.

Your loving uncle,

*Eustace*



# THE FAIR IS COMING TO TOWN

*There were, of course, bobby horses for the amusement of 'young England', shooting galleries, the usual amount of dynamic chairs, lung and strength testers, photographic establishments, peep shows, mountains of oranges, nuts, gingerbread and sugar candy, stalls containing trinkets, mock jewellery and wares of all kinds ...'* so reads a report of a visit to Ludlow Fair in May 1868 from the Eddowe's Shropshire Gazette. The sights and sounds of the Fair have evolved over the years - the dynamic chairs replaced by the adrenaline-fueled delights of Venom, and the mountains of oranges etc by hot doughnuts and bags of candyfloss.



The first official record of a Fair in Ludlow is a royal charter granted in the 1460s. For the last 50 years the Wynn family has overseen the Fair, but this year will be bittersweet without the presence of David Wynn, who sadly passed away last summer. Still, people will gather to watch the fair wagons navigate the narrow streets of Ludlow; by the next day the rides are built and come the evening it is all go! Neon lights illuminate the sky and music fills the air, a tad noisier than in 1868!

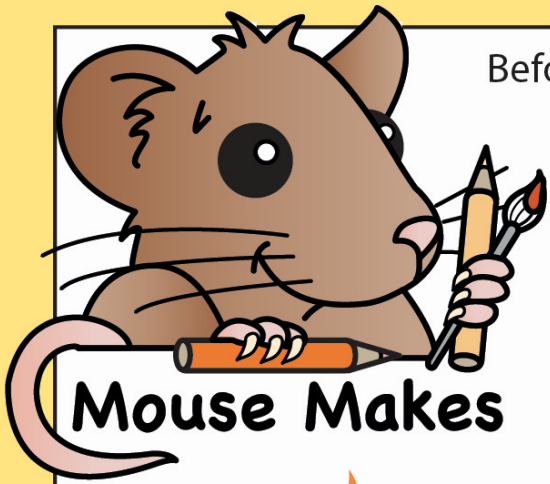
Many towns still hold a May Fair but Ludlow is unique with the Dodgems Service on the Sunday with the congregation sitting in the bumper cars



during the service and the choir and clergy taking the first ride of the day in their robes. Other May Day traditions involve maypole dancing, cheese rolling and of course Morris dancing - with sides gathering to dance at dawn on May Day, when they might also partake of another ritual - washing your face in the May Day morning dew!

There are Morris dancers in the Shop at St Laurence, on a range of greetings cards by a local artist. Marion Elliot is inspired by a rather wonderful mix of folk art, shop fronts, tattoos, religious iconography and she loves a fairground! She creates textured, printed paper, then cuts it to make intricate collages featuring the aforementioned Morris dancers, monks, clowns and cats! Pop in to have a look as you walk through town on your way to ride the waltzers!





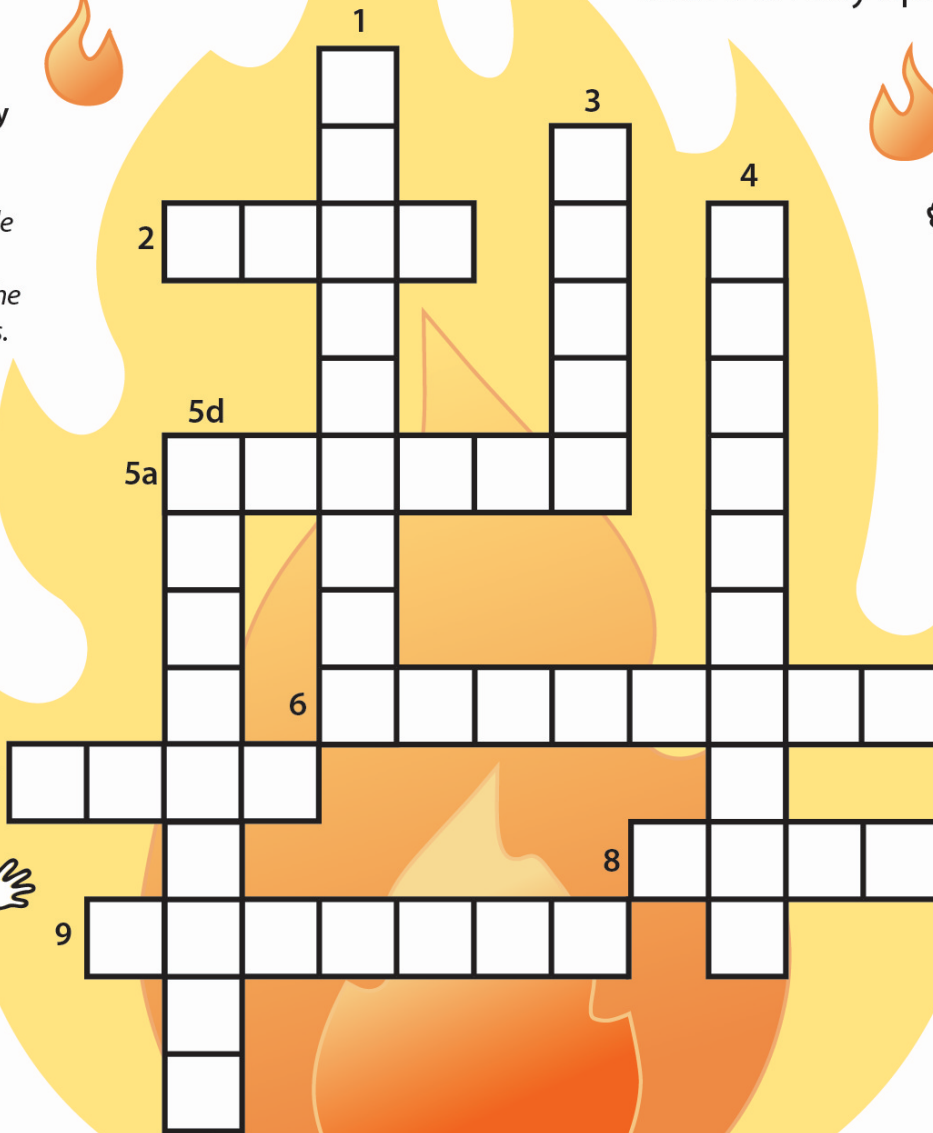
Before Jesus ascended to heaven he told his disciples  
 "You will receive power when the Holy Spirit  
 has come upon you, and you will be my  
 witness in Jerusalem and in all Judea  
 and Samaria, and to the end of the earth"...

...When the day of Pentecost arrived,  
 they were all together in one place,  
 and they were all filled  
 with the Holy Spirit."



READ the story  
 of Pentecost  
 in Acts 1-2  
 Look up the Bible  
 verses to find  
 the answers to the  
 crossword clues.

How many  
 words can you  
 make from  
 the letters of:  
 DAY OF  
 PENTECOST



- 1 After Jesus ascended into heaven, which city did the Apostles return to? Acts 1:12
- 5a What did the Apostles devote themselves to? Acts 1:14
- 6 Who was chosen to replace Judas? Acts 1:26
- 5d Which special day was it? Acts 2:1

- 8 What rushing sound came from heaven? Acts 2:2
- 2 What appeared? Tongues of ...? Acts 2:3
- 4 What were the disciples filled with? Acts 2:4
- 9 What did they start speaking in? Acts 2:4
- 3 Who spoke to the crowd? Acts 2:14
- 7 Who had prophesied this? Acts 2:16

# DEBUNKING POPULAR HEALTH MYTHS

The best ways of staying fit and healthy may not be what you thought. Some widely held beliefs were originally based more on marketing than on science.

## ***Walk 10,000 steps a day***

This has been a popular mantra for years and has even been adopted by the World Health Organisation.

But the number was chosen arbitrarily in a Japanese boardroom in the 1960s. The company, Yamasa, simply dreamt up the figure in its effort to promote the world's first step counter, ahead of the Tokyo 1964 Olympics.

Research suggests it is not a great idea to take fewer than 5,000 steps a day but taking just 6,000 - 8,000 steps a day may be fine. And however few you take just adding an extra 500 steps a day will bring you significant health benefits.

## ***Five a day***

This encouragement to eat daily fruit and veg came from the UK government in the late 1980s, and it is probably the best-known piece of public health advice that we have.

But recent studies suggest that five a day is unlikely to be enough. Scientists at Imperial College London suggest it is more like seven or ten helpings a day, if you are to get all the nutrients and fibre that you need.

## ***You need eight hours sleep***

This notion goes back to Victorian times! During the industrial revolution, it was thought that the best daily regime was eight hours labour, eight hours recreation, and eight hours rest.

But modern studies have found that the amount of sleep you need is highly individualised. Some people get along fine on less than six hours, while others need ten hours.

## ***Two litres of water a day***

For decades, the advice has been to drink two litres of water a day, or about eight glasses.

But our fluid requirements vary, depending on exercise, the weather, climate, and our age. You may need as many as six, or as few as one. In any case a lot of your water comes from the food you eat.

## ***Breakfast is the most important meal of the day***

This advice dates back to the 1920s, when cereal companies were running marketing campaigns to get people to eat their products for breakfast.

But nutrition experts point out that breakfast is only good for you if you eat the right kind of foods. Highly processed foods and a high sugar content are likely to do you more harm than good.

## ***2,000 calories a day***

The NHS recommends a daily calorie intake of 2,000 calories a day for women and 2,500 for men.

But your actual calorie needs depend on your age, gender, height, weight and physical activity levels. Some of us need to eat much less, and some of us need to eat more.

Stay well!

# PARISH DIRECTORY

Ludlow St Laurence Parish Office, 2 College Street, Ludlow, Shropshire. SY8 1AN  
(currently closed for refurbishment)

e-mail: [office@stlaurences.org.uk](mailto:office@stlaurences.org.uk) website: [www.stlaurences.org.uk](http://www.stlaurences.org.uk)

For appointments (Monday or Thursday 9.30am-12.30pm  
at Hands Together Ludlow (Lower Galdeford) call 01584 872073

Rector: Revd Preb Kelvin Price 07799 243867

Pioneer Curate & Intergenerational Missioner: Revd Wayne Davies BEM 07545 438892

## Ludlow St Laurence

<b>Parish Office</b>	<b>01584 872073</b>
Office Administrator	Nicky Luck
Finance & Strategy Director	Peter Nield
Gift Aid Secretary	Michael Hunt
Director of Music	Michael Oakley
Custodian	Matthew Lenthall
Conservation Trust Chair	Ian Marshall

## PCC

Churchwardens	Dick Franks	892019
	Lesley Harling	318309
Assistant	Michael Davies	07970 434822
Churchwarden		
Electoral Roll Officer	Dick Franks	892019
Safeguarding Officer	Dick Franks	892019
PCC Secretary	Lesley Harling	318309
Bible Reading Fellowship	Penelope Bridstrup	876992
Flowers	Sue Thornley	872292
Monthly Prayer Group	Sandi Burley	873155
Tower Captain	Richard Bracher	811514
Ludlow Tower editor	Lesley Harling	318309

Find this and previous issues  
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## Ludlow St John

Parish Office	Nicky Luck	872073
Churchwarden	Mike Beazley	873570
Treasurer	Mike Beazley	873570
PCC Secretary	Mike Beazley	873570
Electoral Roll	Sue Thomas	0792990671

## Ashfords Benefice

Rector	Revd Lynn Money	
Parish Office	Jemma Saer	831203

## Bromfield Benefice

Rector	Revd Justin Parker	
Parish Office	Martin Scott	07493 247184



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**TUESDAY 30 APRIL**

There is no guarantee that material submitted will be included.

Please send articles by email to [office@stlaurences.org.uk](mailto:office@stlaurences.org.uk)

We are happy to receive contributions and suggestions for inclusion in the magazine. Please limit items to **no more than 400 words**, except by prior agreement with the editor.



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