

# The Beacon

February 2015

*Llangunllo*

*Beguildy*

*Heyope*

*Bleddfa*



Hezekiah

Canterbury Cathedral

Price: £6 for the year or 60p per copy



**Knucklas Viaduct**



**St David's**

## **Signs of Winter**

**14<sup>th</sup> January**



**Top of Knucklas Castle**



**Knucklas Castle**

## **Priest**

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Flowers & Cleaning: 2-15 Feb, Carol  
& Jean. 16 Feb - 1 Mar Lyndsey &  
Caroline.

## **Website**

[www.thebeaconbenefice.org.uk](http://www.thebeaconbenefice.org.uk)

Note: The full Beacon is on  
our website



*Cover:* The medieval (1207-1213) stained glass panel of Hezekiah (here Ezekias), is now in the crypt of Canterbury Cathedral. Hezekiah was King of Judah 715-686 BC. You may still visit the tunnel he built to bring water to the City of David during the siege of Sennacharib. He is portrayed as a great and good king who repaired the Temple and restored proper worship of God. When the prophet Samuel predicts Hezekiah's imminent death, he prays to God and is miraculously healed. The story is told in the portable sundial he holds in the image. The shadow on this sundial is turned backwards by 10 degrees to signify that God had healed his sickness and granted him fifteen additional years of life.



**craven** design and print

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## **Whose shoulders will our young people stand on?**

As parents you might long for the good old days to return, especially for your children. If only there was somewhere for them to go, to enjoy activities and that sense of coming into contact with good moral and ethical influences; for instance, children being exposed to honesty and truth, making judgements which will not harm or injure their peer group; and generally moulding the younger generation into grown up citizens of good character and behaviour.

Well, the good old days may not have been so good for some, but nevertheless we still consider something is missing for our children that we found stabilising and healthy. Sunday schools provided a start towards respecting others and doing good to our neighbours. They put politeness and courtesy on the agenda of young people's lives. Like the good old days, Sunday school days have gone also.

Do you remember how the uniformed organisations prepared children to deal with the outside world, to cope with the practical things of every day life, making fires, finding wood, cooking, first aid, tying knots, identifying trees and birds, and a whole host of interesting things; plus how to behave and live to make the world a better place? Like the good old days and Sunday school, uniformed organisations are struggling to survive. Their influence, which moulded our children into decent citizens, no longer has the same impact on our younger generation.

You may be wondering where I am going with these thoughts. We can't recreate the past because our children live in a technological and digital new world. But nevertheless they still should not be disadvantaged when it comes to moral and ethical thinking and behaviour, if we want a better world to look forward to. We as parents and older people have stood on the shoulders of those who set us good examples, but whose shoulders will our young people stand on!

If we, in our Benefice, can touch the lives of our younger generation, does it not fall on us to be proactive and creative. I would like to think the church can give a lead. If there are enough parents out there who are willing to get involved and wish their children to come under some kind of a "Churches Together" umbrella, to facilitate activities and an ethos of Christian and moral influence, we would be doing our part in giving our children a healthy start in a modern and demanding world. Please make contact on 01547 529296 or [rojohanna@waitrose.com](mailto:rojohanna@waitrose.com) or Victoria House, Victoria Road, Knighton LD7 1BD.





## Fairtrade Fortnight (23 Feb - 8 March)



**Bananas**

One in three bananas bought in the UK is Fairtrade.



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**Cotton**

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**Flowers**

Choosing Fairtrade flowers helps thousands of farmers and workers get a better deal.



**Sugar**

Fairtrade sugar sent more than £5 million in Fairtrade premiums back to smallholders last year.

## Welsh Names

**Cadfael** - 'battle prince' from Welsh 'cad' for *battle* and 'mael' for *prince*.

**Cadwalader** - 'leader of the battle' from Welsh 'cad' for *battle* and 'gwaladr' for *leader*. Cadwalader was a Welsh saint of the 7th century.

**Bronwen** - from 'bron' for *breast* and 'gwen' for *white, fair blessed*.

**Ceinwen** - from 'cain' for *lovely* and 'gwen' for *white, fair blessed*.

**Delwyn** - from 'del' for *pretty and white* combined with 'gwyn' for *white, fair blessed*.

**Carys** - from 'caru' meaning *love*. Since the middle of the 20th century Carys has been a modern Welsh name.

**Dylan** - from 'dy' meaning *great* and 'llainw' for *tide, flow*. Dylan was a god associated with the sea.



## Important Notice

### Electoral Roll

The Church in Wales revises the Electoral Roll every 5 years. This year, 2015, everyone comes off the current Electoral Roll and, to reapply, they have to fill in a new Electoral Roll form, which you can obtain from your church wardens.

The new Electoral Roll needs to be displayed on the church notice board before Easter Sunday, 5th April. So, if you wish to be included on the Electoral Roll, please return your Electoral Roll form to your church warden by the end of March. Thank you.

Rev'd John Hanna

### Ash Wednesday – Feb 18

Ash Wednesday, a day of fasting, is the first day of Lent in Western Christianity. It occurs 46 days (40 weekdays plus 6 Sundays) before Easter.

According to the gospels Jesus spent 40 days fasting in the desert, where he endured temptation by Satan. Lent originated as a mirroring of this, fasting 40 days as preparation for Easter. Every Sunday was seen as a celebration of Christ's resurrection, a feast day when fasting was inappropriate.

Ash Wednesday derives its name from the practice of blessing ashes made from palm branches blessed on the previous year Palm Sunday, and placing them on the heads of participants with the words "Repent, and believe in the Gospel" or "Remember that you are dust, and to dust you shall return".

Flicks in the Sticks  
Knighton Community Centre

**Tracks (12A)**

Feb 6<sup>th</sup> 7.30

Tickets £4



## Charity Pedal Power

A whopping £11,782.54 was raised by 7 local men who cycled 484 miles from Antwerp, Belgium to Llanbadarn Fynydd, over 6 days last May. The total was split between Macmillan and Severn Hospice. A further £3122 was donated to Severn Hospice by Gareth Williams on behalf of Santander Banking Group.

The idea was developed by Jack Barrett and Neil Mitchell in late 2013 when the two boys wanted to raise more money for the two charities, which they had previously undertaken charity events for, which are close to both of their hearts. With the development of their plans, 5 other men chose to support them in raising even more money. The group initially had a target of £7000 in total, equating to £1000 each.

The group want to thank many people who helped in the preparation and the organising of the ride. Thanks go to Gareth, Tracey, Helen and Steve for being the support crew for the 484 mile trip from Antwerp; Santander Banking Group; Family members of all the group; Joff Rogers; Gareth Evans; Anthemic Live Band; Brooks Cycles; Constructiv Clothing; Cefn Coch Inn; Harry Tuffins; Morrisons; The New Inn, Llanbadarn; Radnor Hills; Bluefox UK; The Wharf, Felindre; Danny Lydiate. A special thank you goes to Linda Edwards, Severn Hospice and Alun Tandy, Macmillan for attending a presentation night on 21st November 2014. Finally, the group want to thank everybody who supported all the fundraising events held around the county and for all the sponsorship, which helped them surpass their original target.

Michelle Hughes



Back: Jack Barrett, Neil Mitchell, Graham Garlinge, James Akehurst,  
Front: Vaughn Humphries, Stephen Peitre, Andrew Woodward





**Start of the ride at Antwerp**



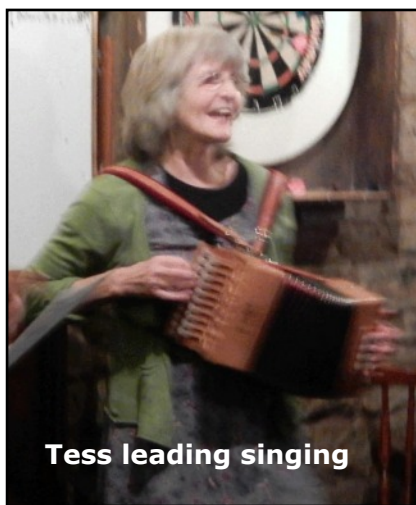
**Almost home at Knighton**



**Celebrating the achievement**



**Will**



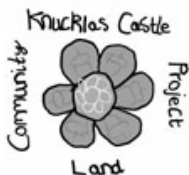
**Tess leading singing**



Llanbister School  
Pupils comparing  
new and old clothes.



Knighton School  
Jonah story



## Wassail!

It was too b-r-r-r cold and wet, so Knucklas wisely wassailed at the Castle Inn. We marched to the Inn banging noisemakers and singing.

There we all sang wassailing songs and cheered “Wassail” loudly. ‘Wassail’ is old Norse for ‘good health’. Will poured cider over the token tree in a bucket and we all hung bits of toast on it. Young and old danced around the tree, soon to be planted in our community orchard. Grant Jesse raced to the orchard bearing our good wassailing wishes for a good harvest!

## School Page

Children in our Benefice go to several schools. Here are reports from two of them.

### Knighton School: Open the Book

‘Churches Together’ team – Pauline, Sue, Rob and Laura – tell Knighton School children the story of Jonah and the whale. Jonah is spat up on the coast of Nineveh where God sent him in the first place.

### Llanbister School

POP-UP CHARITY SHOP IN MIDDLETON STREET, LLANDRINDOD WELLS – from Saturday 7th February for a week (jointly with Nantmel Primary School).

In December, the whole school was involved in the Christmas Nativity and we found out what the animals would have thought about the birth of Jesus who was “Born in a Barn”.

Class One is finding out about clothes this term and is enjoying time in their own classroom “Clothes Shop” as well as looking at materials and how clothes are made.

Class Two is looking into Native American culture and the Solar System. Over Christmas they excelled themselves by making moving models of their own design, canvas bags and individual clay fridge magnets. They put on a varied and enjoyable “Class Two’s Talent” Concert in December. In between all this, they are managing to compete in Spelling Bee Competitions, Number Bond & Times Tables challenges as well as building an igloo in the snow!

Kym Berry

**Where words fail, music speaks. - Hans Christian Andersen**

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## Charity Fund Raising

### Knighton Food Bank

On behalf of all the families & individuals who received food parcels over Christmas, thank you for giving the wonderful food, cash, cosy blankets, Christmas trees & beautiful presents for children.

As a result of your kindness, for example, we supported one family of 2 adults and 4 young children, who faced a bleak Christmas as a result of illness, trips to hospital for chemotherapy and benefits not being in place. They had lovely food, gifts for all the children, Christmas goodies, plus a real Christmas tree (& decorations). All provided by people like you.

Another family, with a young mum, a toddler and a 9 month old baby, faced a worrying time, due to having been moved following domestic violence. We provided hand knitted cosy blankets, a real Christmas tree and decorations, plus gifts for the children and lovely warming food. Also, as a result of having cash donated, we bought fresh food and fruit, plus baby formula and nappies.

In just 3 hours Christmas week, we supported a total of 14 adults and 11 children. **(See page 27 for a current list.)**

For more information about donations or making a confidential referral to the Food Bank or the Cold Weather Project, contact Helen on: 07731 524 058



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**St David's Heyope** give a big THANK YOU to generous Knucklas residents who gave to the carollers. Between **carolling** around the village and the Carol Concert at church, £200 was raised for the East Radnorshire Day Centre. They are most grateful.

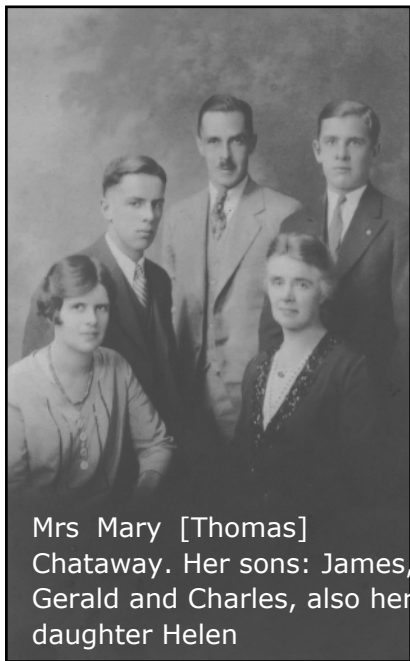
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The **Moonshine Walkers** wish to thank all the people who made donations, gave raffle prizes and attended a very successful and enjoyable Quiz Evening at the Lloyney Inn on Saturday 20th December. The winning team "Strictly Come Quizzing" consisted of Beryl and Gwyn Evans, Vi and Bernard Dodd. Thanks also to Mr Adams, the Quiz Master, and a very special thank you to Shirley and Tom who hosted the event. A grand total of over £200 was raised for Cancer Care.



## It's All in the Family

*Margaret Harris continues her tale of Revd Abraham Thomas. After building Beguildy Vicarage and School and Crug-y-Byddar Church and School he died in 1893. The story continues with the family.*



Mrs Mary [Thomas]  
Chataway. Her sons: James,  
Gerald and Charles, also her  
daughter Helen

The family had no money, Mrs Thomas' dowry of £5000 at her marriage had long since gone, and the Vicar had been made bankrupt in September just before he died. Mrs Thomas, after her husband's death, turned to her cousins at Pantycaragle, who had moved there in 1893, after her brother's death and subsequent sale in 1892. It was at Pantycaragle she lived on and off until 1913, when she went to visit her youngest daughter in Russia.

Rev and Mrs Thomas' eldest daughter Mary, took a teaching post in Canada, met and married Mr Clifton Chataway, who she met on the ship. They made their home in Winnipeg and had 4 children, 3 sons and 1 daughter. The eldest son James fudged his age to fight in the war, he then came to

London to train to be a Doctor, and returned with his family to practise medicine on Vancouver Island. Gerald became an accountant, and Charles a geologist, their daughter Professor Helen Chataway lived in Vancouver. Sir Christopher Chataway was of the same family.

Rev and Mrs Thomas' second daughter, Gertrude was born in 1875, and was a Head Mistress. She married Captain Anscombe in 1914. He was awarded the Military Cross in the First World War while serving with The Royal Welsh Fusiliers, for saving several men under fire. They had twin sons and a daughter. The Captain died in 1940 when the sons were at Oxford and Cambridge respectively. One son Tom became a clergyman, the other John, was a lecturer in history. He left to join the Army and was sent to Burma where he died. His mother never recovered from the shock, spending the rest of her life in a home, reliving her childhood in Beguildy. Their daughter Elizabeth became a lecturer in philosophy at Oxford.

Rev and Mrs Thomas' only son, Harold, became a Vicar in Lancashire, and had 3 daughters. His wife gave Crugybyddar Church their new Lectern in 1966.

Rev and Mrs Thomas' youngest daughter Dora, who was around ten years old when her father died, qualified as a language teacher and she married a Frenchman also a language teacher, and together they ran a school of languages in Russia. It was while Mrs Abraham Thomas was visiting them that she died and was buried on Russian soil. She had hoped to return home to Beguildy but was unable to because of the war.



Mrs Abraham Thomas. Her 3 daughters Mary, Gertrude and Dora. Her son, Rev Harold August Thomas and a grandchild.

## **YORK** COURSES



**Join our Lent Course at John's home, Victoria Road, for five sessions.**

The course was written by Dr Paula Gooder.

There will be input from Archbishop Justin Welby, Sister Wendy Beckett, actor David Suchet and Methodist Moira Sleight.

Our first session on Feb 26 at 7pm.

The theme for our first meeting will be Gratitude, looking at Ephesians 1.3-14



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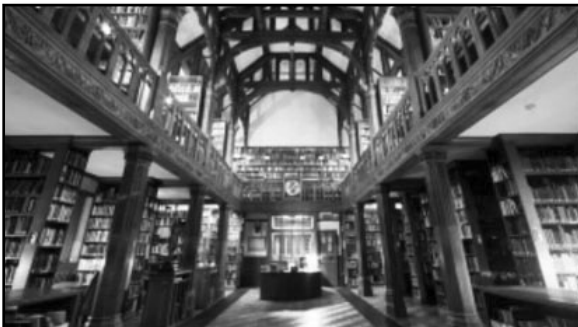
## Thoughts on Life and Faith

According to The Guardian, Gladstone's Library in Hawarden (near Chester) is the best in the world for a "well-being retreat". John and I spent a few days there after Christmas. Gladstone lived in Hawarden Castle, just across the road and in his 80s he decided that his library should become available to the general public, so he wheeled barrow loads of his books to the tithe barn next to St Deiniol's Church. His dream was to build a residential library, where people could come to stay and read. After his death his children built St Deiniol's Library in his memory and it came to be used by clergy for retreats, holidays, conferences, by authors needing some peace to write and by students finishing their theses.

The first few times we visited it was still called St Deiniol's. Everyone sat round one huge table in the dining room and the study bedrooms were delightful. Many of the rooms had been sponsored by friends and were given special names, chosen by the sponsors, who provided books, pictures etc to follow the theme of the name. Each room also had a visitors' book with extensive comments, which you could look through to see if you knew anyone who had stayed there before.

But of course there were financial difficulties. The Library needed to be opened up to a wider clientele in order to make ends meet. There were a lot of unhappy people who didn't like the idea of change in the place they loved so much. The bedrooms, the dining room, even the name have all been changed. We old timers may not like some of the changes, but it is now a bright and vibrant establishment, with lots of visitors and activities and it is financially viable and looking with confidence to the future. And according to Guardian readers "the best in the world". What can our churches learn from this?

Rosemary Hanna



Gladstone Library



Gladstone Statue

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## Holy Days in February

- 1 Presentation of Christ in the Temple (Candlemas)
- 2 Seiriol (6th century), Abbot
- 3 Manche Mesemola (1928) Martyr
- 5 Bride or Bridget (6th century), Abbess
- 9 Teilo (6th century), Bishop
- 14 Cyril (869), Monk and Missionary
- 18 Ash Wednesday – beginning of Lent
- 19 Thomas Burgess (1837) Bishop & Teacher
- 20 The Saints, Martyrs & Missionaries of Africa
- 23 Polycarp (c 155), Bishop & Martyr
- 27 George Herbert (1633), Priest & Poet

described as a person of charity, a love of traditional, time-honoured worship, church music and ceremonies, and a master of "modest, grave, and Christian reproof."



George Herbert (1593 – 1633) was a Welsh-born English poet, orator and Anglican priest. He is

## Recipe – Coconut Haystacks

(makes 12) This is very simple.

### Ingredients:

- 225 g (8 oz) dessicated coconut
- 100g (4 oz) caster sugar
- 2 large beaten eggs
- 30g (1.5 oz) plain chocolate + 1 teaspoon oil
- 6-7 glaze cherries, halved

### Method:

Line a baking tray with baking parchment and pre-heat oven to 180°C.

Mix coconut, sugar and beaten eggs.

Rinse an egg cup (or dariole mould) in cold water. Dry the cup and pack the mixture into it. Turn out onto the baking paper and continue to create each 'haystack'.

Bake for 20 minutes until golden brown. Remove from oven.

Melt the chocolate with a small amount of oil and pour over the haystacks while they are still warm. Top with a halved cherry.



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**A good laugh is sunshine in the house.** - William Makepeace Thackeray



Consecration of the Shell Lane Burial Ground at Llangunllo.  
When the Churchyard was full, a new burial ground on Shell Lane was consecrated in 1930. *(From the collection of Caroline Breeze.)*

## February Flower – Violet

The violet appears in folklore and myth. Violets grow where Greek Ajax killed himself in shame over an act of cowardice. The Greek dramatist Aristophanes used the phrase “violet-crowned city” to describe Athens in one of his plays, and English historian Macauley did the same.

As the flower symbolizes love of truth, or the truth of love, the tomb of Roman tyrant Nero was said to be decorated with violets each spring by someone who had secretly admired or loved him.

In Shakespeare’s Hamlet, violets are used to convey constancy and devotion and appear in lyrics to a song sung in Act IV, Scene 5 that states, “I would give some violets, but they withered all when my father died.”

Violets were apparently used as a food source for the Tartars having been cooked down into a soup. In the Middle Ages, Monks called them the Herb of the Trinity and favoured the violet for its scent. Medieval herbalists believed violets had antiseptic properties and claim they soothed pain and also stopped the growth of malignant tumours.

From [www.whatsmybirthflower.com](http://www.whatsmybirthflower.com)



## **Knucklas & District Notes**

The stresses and strains of the Festive Season combined with the changeable weather of our winter so far, and a generally aging population, seem to have resulted in quite a lot of illness in this area, with ailments ranging from shingles, one of three different strains of influenza, to nasty colds. This has affected participation in church and social life for a while, although planning for future activities is still taking place and local churches are still holding services whilst regular community events, from folk-singing, 'making and crafting', to short-mat bowls, still continue to happen. However compared with the Ebola epidemic in West Africa, H.I.V./Aids in Southern Africa or the outbreak of polio in Pakistan, these illnesses could be seen as little more than unpleasant inconveniences.

In February, along with other regular organizations clicking back into gear, the Gardeners' Club resumes its monthly meetings. St David's Church, Heyope: The church continues to offer a variety of services, although still operating a winter timetable with evening services at 3p.m. But it is always there to help meet any special needs. A very well-attended funeral was held at the church in memory of Joan Marion Davies, once of Pentrusco but latterly of Presteigne Road, Knighton. She passed away at the age of 86 years. All sympathies are with her family and many friends.

Lent begins on Ash Wednesday, February 18th., with Lent Groups meeting weekly at the Vicarage in Knighton from Thursday 26th., starting at 7p.m. Local Anglican churches are renewing their Electoral Rolls of active members.

An earlier edition of the Swansea and Brecon Diocesan Newsletter has in it an article, addressed to Christians, entitled Spring into New Growth. This is an excerpt from Canon Janet Russell's (Diocesan Missioner) article: 'Our roots must deepen so that we can grow in health and stature. We need the daily warmth of the love of God and we need the blessing and grace of the Holy Spirit to guide and strengthen us. We have Jesus as our loving gardener - - - holding a vision for the whole garden - - -but we also need to nurture one another.' In the same edition, our Archdeacon, Alan Jevons, writes that 'the mission of the Church is not served by concentration on itself and self survival but by looking outwards and being involved in issues of community and justice.'

**The Wider Community:** The present worldwide glut of crude oil means that the cost (in American dollars) has been halved from the price of a few years ago. Of course, the current strength of the U.S. dollar, along with taxation and the cost of refining and transporting the finished product, means that the consumer

does not reap all the benefits of this quite astonishing bonanza, but nevertheless, the significant reduction in the price of petrol, diesel and heating oil is extremely welcome in these parts. Understandably, this situation is not good for everybody worldwide, or even in the parts of Scotland geared to oil extraction and production. It cannot be expected to last for ever, but it gives the economy around here a welcome boost and, along with wages increasing above the rate of inflation, enhances the 'feel good factor'. However, life is still hard for farmers, with problems ranging from the predominantly wet weather again this winter, low prices being offered for milk and other products, along the with ever-changing rules for ecology, subsidies etc. and an ever-increasing tide of advice coming their way.

By the time that you read this lambing will be seriously in progress.

Local residents have been doing well from public services recently with a much-improved road between here and Knighton, significant improvements to council-owned properties in Knucklas and Lloyney, the new recycling scheme fully activated. The Heart of Wales Line along with Arriva Trains Wales are planning to improve their services with a raised platform at Knucklas Station and an extra morning train due to run in May. I believe that the current rather splendid bus service which we receive is under review.

In addition to all that, our own recycling site at the community centre accepts, and earns some money from, most types of materials. Whilst local banks and building societies continue to cut back in Knighton and other small towns, Knucklas retains some 'localism' with our home-produced (and much - appreciated) monthly magazine, our community centre and our allotments, not neglected no matter what the weather. And the mobile library still visits the local area fortnightly, on Tuesdays.

On a clear late winter's night, one can marvel at the immensity of the universe and at the continuing achievements of mankind in landing a spacecraft on Mars and, later, on the furthest of the (mini-) planets, Pluto; yet this is barely scratching the surface of what is 'out there'.

Well done to Jean Huckfield of Heyope Road; so good to see her around and about again after difficult complications following a knee operation.

Robert Forbath

**Marriage requires falling in love many times – always with the same person.**  
**- Anon**

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## **New Year Meeting of Llangunllo WI**

On 6th January President Isabel Morris welcomed everyone to her home, Mal y Goed, for the first meeting of 2015, a very important year for the WI movement as we shall all be celebrating the centenary of the formation in 1915 in Llanfair PG, Anglesey of the first WI in Britain.

In a packed business meeting many exciting projects were announced both nationally and locally for 2015. This year Llangunllo will be sending a delegate to the Annual General Meeting in the Royal Albert Hall in June. As the meeting is taking place in London there will be a live link up at the Pavilion, Llandrindod Wells for Powys Radnor members to view the event on screen as it happens. Other plans are being drawn up for local and Welsh celebratory occasions so there is a lot to look forward to.

Of special interest to Llangunllo members at the moment is that we have several new members this year and the President gave them a special welcome. Plans were made for members to attend various meetings and workshops in our Federation as we like to be represented at these events as much as possible. We passed on unwanted Christmas gifts and ended a very successful evening with the usual good supper which was accompanied with a lot of laughter as we caught up on news. Before we went home after a most enjoyable and relaxed meeting Isabel was thanked for making everyone so welcome at her home.

Our next meeting will be on 3rd February when we shall visit the glass workshop at the Old Smithy in the village for a demonstration of his art by Chris Fox-James. For details of our meetings please contact our Secretary on 01547 550 555.

Carwen Maggs

## **Felindre W.I.**

Felindre W.I. held their meeting on Wednesday 3rd December. After the minutes were read and approved we welcomed Karon Duggan from Llangunllo. Karon arranged three Christmas flower arrangements quickly and beautifully. These arrangements were then raffled, the winners being Carol Peregrine 1st, Margaret Harris 2nd and Rebe Brick 3rd.

A vote of thanks was made by Frances Morris and the evening was rounded off by the serving of a lovely supper prepared by the outgoing committee. Our next meeting was lunch at the Castle Inn Knucklas on January 7th 2015.

Pat Buckley

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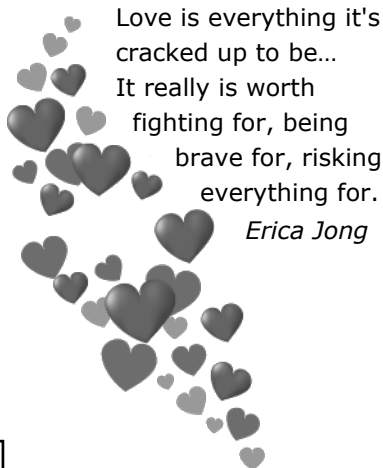
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Love is everything it's cracked up to be...

It really is worth fighting for, being brave for, risking everything for.

*Erica Jong*

### Llangunllo Evening Service

**15 February 6.30pm**

In our Evening Worship we will be celebrating a Golden Wedding Anniversary. If you have a special celebration we would like to share it with you by thanking God and praying his blessing on you.

*John*

Come join "Caring for God's Acre" for a Work Day at Crug-y-Byddar Churchyard. We will be trimming the top of the hedge. Tue, Feb 17, 10am onwards. Come for part or all of the day.

### Knighton Food Bank

#### Shopping List Request

Tinned cold meat	Sugar	Jam, spread & marmalade
Biscuits	Tinned meat pies	Pasta Twirls
Loo Rolls	Coffee	Toiletries (male & female)
Baby wipes & baby shampoo/bath	Tinned potatoes, tomatoes & carrots	
Washing up liquid & washing powder		

Please, **no** baked beans, soup or tea, as we have a healthy surplus!

Alternatively, if you would prefer to give a small cash donation instead of an item of food, we can put it towards buying fresh milk, bread & eggs etc, to add to the food parcels.

KFB is a Knighton & District Churches Together Community Project, also supported by the Churches in Presteigne & District, Llanfair Waterdine & individual, loyal sponsors & supporters. Contact Helen on 07731 524 058

## Lent in Mind – True Fasting

This month sees the beginning of Lent, the 40 days of preparation running up to Easter. Although fasting is one of the neglected disciplines associated with this period, it occupies an important place in the Christian life.



Jesus began his earthly ministry with fasting in the wilderness for 40 days and he also taught his disciples to fast, “when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” (Matthew 6.17-18). We don’t fast to manipulate God into doing what we want or to impress others. It is not a command, but a choice we make to develop our relationship with God.

What is fasting? Fasting is voluntarily abstaining from food etc. to focus on God and give time for prayer. Prayer and fasting usually go hand in hand, as together they glorify God. “So we fasted and petitioned our God about this, and he answered our prayer.” (Ezra 6.23).

What are the benefits of fasting? Fasting gives us space to humbly focus on God for his strength, provision, and wisdom and results in a more intimate relationship with Christ. As Isaiah points out, it’s not self-centred, but part of our care for the poor: “Is not this the kind of fasting I have chosen: to lose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?” (Isaiah 58.6). Fasting enables the Holy Spirit to reveal our true spiritual condition, leading to brokenness, repentance, and a transformed life, with a heart more attentive to God.

How do we fast? Most commonly fasting involves missing one or two meals as part of a day for seeking God. Of course, some can’t abstain from food for medical reasons. Fasting might also include refraining from TV, alcohol, sex (cf 1 Corinthians 7:1-5) or whatever may be getting in the way of us being fully focused on God.

“Jesus takes it for granted that his disciples will observe the pious custom of fasting. Strict exercise of self-control is an essential feature of the Christian's life. Such customs have only one purpose - to make the disciples more ready and cheerful to accomplish those things which God would have done.” (Dietrich Bonhoeffer)

*Paul Hardingham*

## CHILDREN'S PAGE



### SEEING AND UNDERSTANDING

Many people had seen the steam lift the lid of a kettle, but it took a James Watt to see it and go on to think of that power becoming a steam engine. It is all a matter of how we see things. We could see something a thousand times and not make the connection.

Jesus explained why he taught with parables, stories that explain something in simple ways to do with everyday life that people of the time would recognise. He explained that it was because people look without seeing, and listen without understanding (Matthew chapter 13, verses 13-14).

We all do this, and that is why we need other people to help us learn more about what the stories in the Bible mean. People who can explain and help us to see with 'new eyes'.



## SEEING THE WORDS

All the words hidden in this word-search are things you see with or look at:

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

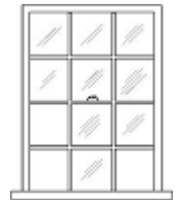
\* clock \* eyes \* game \* glasses \*  
goggles \* lens \* picture \* scene \*  
spectacles \* television \* video \* view  
\* watch



**What gadget do we  
use to see through a  
wall?**

A window.

. . . . .



**Optician:** What can  
you see out of the window?

**Patient:** Only the sun.

**Optician:** How far do you want to  
see, then?

. . . . .

**Optician:** You need glasses.

**Patient:** But I'm wearing glasses.

**Optician:** Then I need glasses.

## Art of Peter Clare



Peter Clare, our featured local artist, has painted the **Stations of the Cross**, which illustrate the story of Jesus' trial and condemnation as told in the four gospels and through Church tradition. Jesus is tried and condemned by the Sanhedrin. He is then mocked and beaten and carries his cross to his crucifixion. The Stations are meant to be a yearly meditation on the suffering servant.

As Lent begins on February 18th, it is appropriate to contemplate some of these agonising images of Christ.

**Jesus is condemned.** Jesus is arrested by the Roman soldiers and taken to the house of the high priest where the chief priests and elders were gathered to condemn him for declaring that he was the Son of God, something they considered heresy.

**Jesus falls the first time** Jesus stumbles under the weight of his own cross and the soldiers enlist a stranger, Simon the Cyrene, to carry it.

**Jesus meets his mother** St John tells us that Mary was at the foot of the cross, so this station shows Jesus encountering her on his arduous walk to crucifixion.

**Veronica wipes the face of Jesus.** Saint Veronica was a pious woman of Jerusalem in the first century AD. According to Catholic tradition, Veronica was moved with pity when she saw Jesus carrying his cross to Golgotha and gave him her veil that he might wipe his forehead. Jesus accepted the offering, held it to his face, and then handed it back to her; the image of his face was miraculously impressed upon it.



Music in Radnor

**Tarrington Brass  
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**February 14, 7.30**

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**Flicks in the Sticks**  
**Llanfair Waterdine, Everest Hall**

**Pride**

**Feb 21<sup>st</sup>, 7 for 7.30**

**Tickets £4**

**Refreshments and licensed bar**

**Education is the most powerful weapon which you can use  
to change the world.**

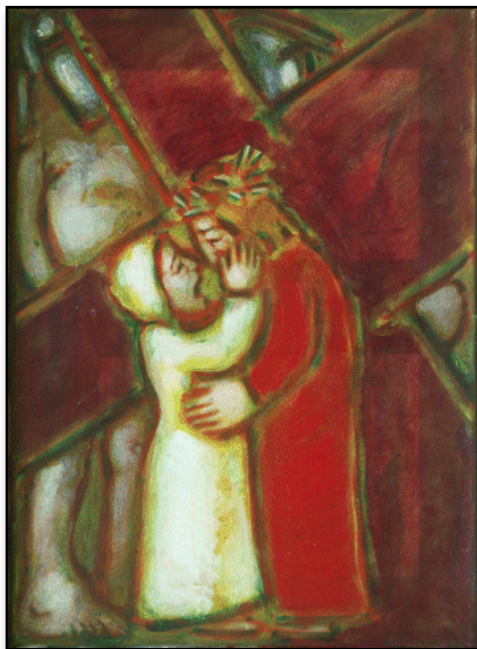
**- Nelson Mandela**



Jesus is condemned



Jesus falls the first time



Jesus meets his mother



Veronica wipes the face of Jesus



## Jesus' Temptation according to Lego Brick New Testament



1) After his baptism the Spirit drives Jesus into the wilderness



2) Jesus responds "Man does not live by bread alone."



3) Jesus responds "You are not to put the Lord your God to the test."



4) Satan took him to a high mountain and showed him all the kingdoms of the world and their splendour. They were his if he worshipped Satan.



5)



6)

From: [www.thebricktestament.com/the\\_gospels/](http://www.thebricktestament.com/the_gospels/)





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## Anything but 'common' land

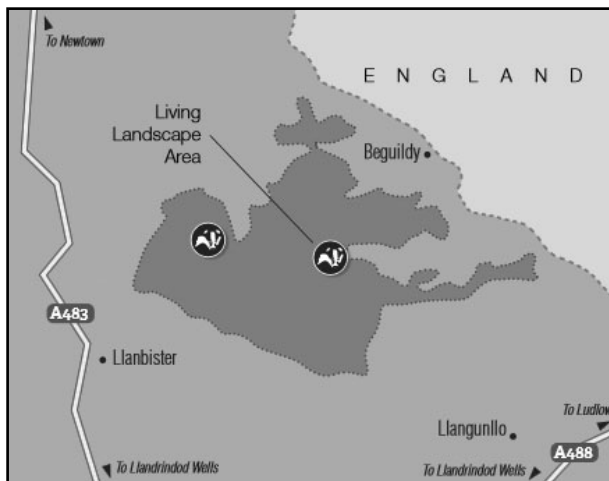
The 'Hills of Radnor Living Landscape', led by **Radnorshire Wildlife Trust (RWT)**, covers 20,000ha of northeast Radnorshire and its key wildlife areas.

It is a landscape that straddles the River Severn and Wye catchments. The hills were cut by deep stream valleys and form the headwaters of the River Teme and Lugg. Beacon Hill is the source of the River Aran (a tributary of the River Ithon) and River Lugg.

This is a vast, contiguous area of semi-natural habitat. It stretches west from Beacon Hill Common to Cwm Marteg, southwest towards the River Ithon and south to Radnor Forest. Beacon Hill Common includes some of the best heather moorland in Radnorshire which is not protected by a nature conservation designation. The area is known for its uncommon plants such as lesser twayblade, pillwort, moonwort, the insectivorous lesser bladderwort as well as rare freshwater algae. The area is also a breeding site for a wide range of birds such as red grouse, wheatear, merlin, hen harrier and red kite.

The common land is extensively grazed by sheep, cattle and ponies. Once home to a massive grouse shoot but now grouse numbers have dwindled to only a few dozen across the moor. Beacon Hill is owned in part by both Crown Estates and RWT. RWT are working closely with Crown Estates to develop a partnership with the 65 graziers to promote wildlife friendly farming on their home farms and also local forestry managers (e.g. Tillhill) whose conifer plantations adjoin the common.

So far, the project has created over 20 ponds, controlled 200ha of bracken, undertaken a wide range of habitat and species surveys, as well as inspired local communities and tourism through guided walks and interpretive material.



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## Diary for February 2015

- 1 Work Day at Knucklas Community Orchards, starting at 10.30.
- 2 Beguildy Church Committee meeting and AGM at Margaret Harris, 7pm.  
Felindre Village Hall Committee, 7pm.
- 3 Heyope Church Committee meeting and AGM at Ann Edward's, 2pm.
- 4 Llangunllo Church Committee meeting and AGM at Bob Williams, 7pm.  
Felindre WI, 7.30pm at Felindre Village Hall.
- 5 Bleddfa Church Committee meeting and AGM at the Old Rectory, 7pm.  
Quiet Hour at 1 Ystrad House, Knighton, (Margaret Davis) 4-5pm.
- 6 Knighton Community Centre Flick, 'Tracks', 7.30.
- 9 Teme Valley Gardeners' Club, 7.30pm at Knucklas Community Centre.  
Speaker: Zoe Griffiths 'Lavender in Wales.'
- 12 Makers and Crafters (Craft Club), Knucklas Comm. Centre, 2-4pm.
- 17 Shrove Tuesday - Pancake Day.  
St David's Ladies Guild, Sue Williams 'A Walk to Everest Base Camp.' 7.30,  
Knucklas Community Centre.  
Work Day at Crug-y-Byddar with "Caring for God's Acre." 10am onwards.
- 18 Ash Wednesday.
- 19 Quiet Hour at 1 Ystrad House, Knighton, (Margaret Davis) 10.30-11.30am  
and 4-5pm.  
Folk Down the Track at The Castle Inn, 7pm onwards.
- 21 Llanfair Waterdine Flick, 'Pride', 7 for 7.30pm.
- 23 FairTrade fortnight begins.
- 26 Lent Group, 7pm, Victoria House, Victorial Road, Knighton.  
Makers and Crafters (Craft Club), Knucklas Comm. Centre, 2-4pm.

Services at Haydn's Chapels in February 2015			
Date	Maesyrhelem	Pound	Gravel
<b>Feb 1</b>	6.30 Service	2.30 Communion	11.00 Communion
<b>Feb 8</b>	10.30 Communion		2.30 Family Service
<b>Feb 15</b>		6.30 Service*	
<b>Feb 22</b>	10.30 Service	6.30 Family Service	
<b>* United Service: Pound 15th, 6.30</b>			

<b>Readings</b>		<b>Beguildy</b>	<b>Heyope</b>	<b>Llangunllo</b>	<b>Bleddfa</b>
Feb 1 Education Sun	Isaiah 51. 1-34 Galatians 4.1-11 Psalm 8.1-34	J Sandford J Peregrine			
Feb 8 Creation	Proverbs 8.1, 22-31 Colossians 1.15-20 [John 1.1-14]		Ann Edwards R Forbath		M Forbes H Howcroft
Feb 15 Transfiguration	2 Kings 2.1-12 2 Corinthians 4.3-6 [Mark 9.2-9]	Dunya Hurley Fay Payne		T.B.A.	
Feb 22 Lent 1	Genesis 9.8-17 1 Peter 3.18-22 [Mark 1.9-15]		Mary Wilding Judy North		T.B.A.
March 1 Lent 2	Genesis 17.1-7. 15-16 Romans 4.13-25 [Mark 8.31-38]	M Rickerby C Peregrine			

### **Knucklas Baptist Chapel**

Feb 8 6pm Mrs Sue Wilson & Friends

Feb 22 6pm Rev Michael Humphreys  
(Communion)

### **Women's World Day of Prayer**

March 6 at Knighton Methodist Church,

Victoria Road

Featuring the Women of the Bahamas

- Please come suitably clad with walking boots or stout shoes, warm clothing and waterproofs, according to the weather.
- Bring a packed lunch and a warm drink.
- Everyone welcome, but no dogs please.
- Walkers walk at their own risk, and the leader has the right to alter or postpone a walk if the conditions are unsuitable.

**All walks start at 10am.** Enquiries: 01547 520266

**Wed Feb 4.** Aberedw Rocks, Twm Tobacco's Grave. 6.5 miles moderate, 200m ascent. Start at Exp 188 SO 078474 Park opp URC Church.

**Sat Feb 7.** Bridges, Adstone Hill, Long Mynd. 9.75 miles moderate. Start at Exp 217 SO 393965 Horseshoe Inn Carpark.

**Wed Feb 11.** Herrock Hill, Rushock Hill, Bradnor Hill. 7 miles moderate. Start at Exp 201 SO 295566, Mill St Carpark (charge).

**Wed Feb 18.** Mortimer Forest – following the Climbing Jack Trail to High Vinnalls. 6.5 miles moderate, Forest tracks, woodland paths. Start at Exp 203 SO 497717 Black Pool carpark on B4361, 2m south of Ludow.

**Wed Feb 25.** Titley, Nash, Little Brampton. 7 miles moderate. Exp 201 SO 333599 Titley lay-by.



**Panty-Colly**



**Lunchtime under yew at Colva**

## Signs of Spring



Hellibores appearing at Christmas







Winter aconites, 2nd Jan



First daffodils, 10th Jan  
Eardisland churchyard



First snowdrops nr Colva, 7th Jan

<b>Church Services in February 2015</b>				
<b>Date 2014</b>	<b>Beguildy</b> St Michael's	<b>Heyope</b> St David's	<b>Llangunllo</b> St Cynllo's	<b>Bleddfa</b> M Magdalene's
Feb 1 Education Sun <i>White</i>	11am Morning Worship & Baptism JH			8.30pm Compline LWJ
Feb 8 Creation <i>Green</i>		3pm Evensong JH/LWJ		11am Holy Communion JH
Feb 15 Transfiguration <i>Green</i>	11am Holy Communion JH/LWJ		6.30pm Evening Worship	
Feb 18 Ash Wed. <i>Purple</i>	 St Edward's, Knighton, 11am Communion			
Feb 22 Lent 1 <i>Purple</i>		11am Holy Communion JH	<b>LENT</b>	4.30pm Special Service



From Beguildy  
Community Trail

Please send material for the March Beacon by 20th February.  
Email: [laura\\_woodside\\_jones@hotmail.com](mailto:laura_woodside_jones@hotmail.com)  
Post: 1 Heyope Road, Knucklas, LD7 1PT Tel: 01547 520266