

THE RADNOR

MAY 2017



The Magazine of the East Radnor Ministry Area
Incorporating The Beacon, The Messenger, Meeting Point
Beguildy | Bleddfa | Heyope | Llangunllo
Knighton | Norton | Whitton | Pilleth | Cascob
New Radnor | Gladestry | Colva | Evancoyd | Llanfihangel Nant Melan

Price £1



St Mary's, Pilleth



**North chancel window with
outward tilt**

St Mary's Pilleth

St Mary's Church, Pilleth is a grade 2* listed building standing on the slopes of Bryn Glas Hill. It watches over the beautiful Lugg valley and is a typical Celtic site, remote, wild, with a Holy Well behind the church.

St. Mary's has had a turbulent past. It was first burned in 1403 during the iconic Battle of Pilleth, the last major Welsh victory over the English, when Owen Glyndwr defeated the English under Edmond Mortimer.

St. Mary's was burned again at the end of the 19th century when a newly installed heater caught fire. Some years later a local benefactor commissioned architect, Sir Walter Tapper, to restore it. The stone steps are part of his work.

However the money ran out before the roof could be renewed, leaving a temporary roof for the next 100 years! By the end of the last century, the roof and much of the structure was in dire straits. A 75% grant from the Welsh Lottery Fund and a lot of hard work from the local community followed. The restoration was completed and the church rededicated on 23rd May 2004.

Simon Jenkins writes in his forward to **England's 1000 Best Churches**, "I see my churches as bonds that have brought . . . us together in village and town through a thousand years of history. They are memories in stone. . . It is through (our) churches that we learn who we were and thus who we are and might become. Lose that learning and we lose the collective memory that is the essence of human society."

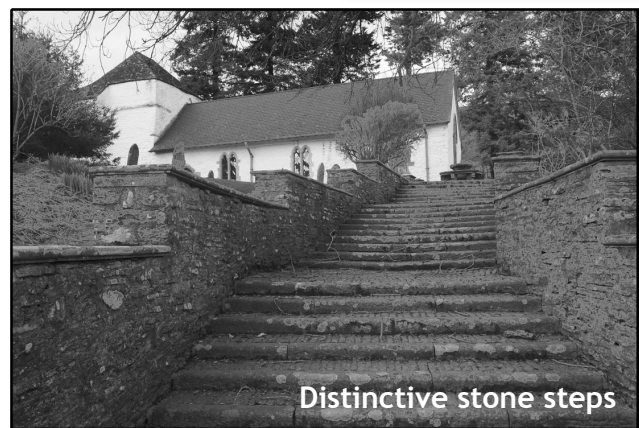
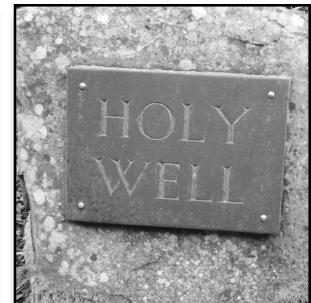
Services are held once a month through the summer on every 4th Sunday and a Remembrance Service at the end of June for the people who died in the Battle of Pilleth, this year on 25th June.

Juliet Boobbyer

Photoos by Phil Fourie and Laura



Sconces for lights



Distinctive stone steps

Services at St Mary's Pilleth Begin this Month - all at 3.00 pm

Here are the dates of the first two:

May 28th (Evening Prayer)

June 25th (Battle of Pilleth Sunday)

Next Edition of The Radnor

The **deadline** for submitting all material is the 15th of each month. The June edition will be collected on 26th May from the printer. It will be in churches and delivered to those who receive through their letterbox within a short time.

It is also available on-line at www.beaconhillbenefice.org.uk

Confirmation

We are delighted to announce that there is to be a Confirmation Service on 11th June at 10.30am at St Edward's, Knighton, when Bishop John will come to our area to confirm candidates.

Do come to support and cheer on those taking this important step of faith.

"The Radnor" Gets Around

"The Radnor" has reached Jersey! Many of you will remember Rev'd Chris Buckley, who was vicar of the East Radnor Benefice a few years ago. He is downloading our magazine from the website so that he can keep in touch with what is going on and he sends his best wishes to us all.

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Dear Friends,

Easter has come and gone – or has it? What does Easter mean for you once the day, or the Easter weekend has passed? Do you keep, or recycle your lovely Easter cards?

Easter cards don't change much – crosses and churches, but also daffodils, lambs and chicks – symbols of new life and all those lovely things we enjoy about Spring.

Too easily though, the new life that Easter celebrates can become thought of in the same way as the greening of nature and the beauty of spring flowers, the sound of birdsong, the warming air – lovely things which raise the spirit, but change quickly: those flowers will pass over soon and all the things we enjoy have their natural life-cycle, as we do.

The New Life that Jesus's resurrection came to bring us is of a different order entirely. The new life his resurrection achieved for us gives us hope for our living and enables us to face life, whatever its challenges. It is to live in the faith that 'nothing will be able to separate us from the love of God – neither death, nor life, nor things present, nor things to come . . . nor anything else in all creation will be able to separate us from the love of God in Christ Jesus our Lord'. It is that faith which enabled the mother in Egypt, coming to church with her two young daughters soon after two churches had been bombed, say that she was 'not afraid – God is with us'.

May that Easter faith carry us through all the challenges which we face.

Every blessing,

Melía Cope



About the Cover

The Ascension: This fine window at St Michael's Beguildy is a companion window to last month's picture of the Resurrection.

The Ascension of Jesus occurs forty days after his Resurrection, so it is fitting that the two should stand side-by-side next to the pulpit. Christ is again dressed in red for martyrdom with a white cloak edged in gold for saintliness and kingship. His hands are lifted in blessing to the disciples gazing on below as he ascends to heaven. He has just given them the charge to go into all the world with the gospel message. The window was dedicated along with several others on 14th October 1950.

Ascension Day this year is on Thursday, 25th May. It is traditionally a time when village wells have been decorated and blessed. Our Minisry Area Service is at 10.30am at St Edward's, Knighton.

A thought for Ascension Day (May 25th) when we celebrate Christ's return to Heaven:

Our home is - Heaven. On earth we are like travellers staying at a hotel. When one is away, one is always thinking of going home.

- John Vianney (1786 - 1859)

Glyn Griffiths



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Evancoyd with New Radnor Mothers' Union News

Just before Mothering Sunday some of the Young Mums gathered at the Rectory for an evening of pampering. It was a lovely relaxing time enjoyed by all. Special thanks go to Mrs Helen

Hamer and Mrs Hermione Evans for their sensitive and caring therapies.

At the time of writing we are looking forward to the Diocesan Festival at Brecon Cathedral, Thursday April 27th 2 pm. The speaker will be Mrs Beverley Jullien, Chief Executive of The Mothers' Union. Places are limited, so

please let me know if you would like to attend this special event and we will provide lifts.

Later on the evening of the 27th at 7:30pm MU Young Mums will meet at The Rectory, New Radnor to continue their discussion on how to keep children safe on the internet.

Next meeting: Thursday 25th May 2:30pm Evenjobb Village Hall. We are keen to welcome new members, both younger and older, if you are interested in learning more please speak to Kit Beaton, or any member for further information. KB (01544) 350342.

Kit Beaton

Midweek Holy Communions

Wednesday 10th May 11 am

New Radnor Community Centre

followed by Lunch at 12.15ish

All Welcome

.....

Wednesday, 10th May 10.30 am

at St Edward's, Knighton

All are welcome

The time of the monthly, mid-week Holy Communion service is changing from this month to 10.30am.

Welcome to Worship

We shall be having a break from Welcome to Worship in May owing to other commitments.

We shall start again on Pentecost Sunday, 4th June

6 pm in St Edward's Church Hall, Knighton.

For further information contact Rev'd John Hanna on 01547 529296

Learning to Forgive

Continued from Lent series last month.

7. Expect that it will take time to forgive. Quick fixes are not appropriate when it comes to forgiveness.
8. Examine your heart. How do you behave towards others? Are you totally innocent of ever having hurt someone?
9. Let forgiveness become an everyday practice. Focus on what you can do for others rather than dwelling on the hurt and anger you feel because of an injustice.
10. Ask God for guidance. *Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother who sins against me? Up to seven times?" Jesus answered "I tell you, not seven times, but seventy-seven times".* Matthew 18.21



Ever wondered what it would have been like to meet Jesus face to face?

- What would you say to him?
- What would you ask him?
- What might he say to you?

This summer listen to face to face encounters Jesus had with some very different people.

Knucklas Chapel, 6pm on Sunday, May 14

The Respectable Man

Ask questions and share your point of view.
Refreshments.

Hazel Gwatkin, LRPS

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Our Adventures Captured on Camera

All walks start at 10am.

Everyone is welcome on these walks.

Enquiries: 01547 520266

Wed May 3. Wye River, Arthurs Stone, Merbach Hill (1 climb). Moderate 7.5 miles. Start at Exp 201 SO 338447, Layby near Bredwardine Bridge.

Sat May 6. Cefn Bach, Lower Chapel, Upper Chapel. Moderate 10 miles. Car share Llanellwedd Ind. Est. Exp 188 SO 055517 at 9.30 or Upper Chapel Village Hall Exp 188 SO 007 405 at 10am (Four Wells Walk).

Wed May 10. Pembridge Apple Blossom (hopefully). Moderate 7.5 miles. Start at Exp 201 SO 378578, Pembridge Village Hall.

Sat May 13. Linear walk from Llanstephan bridge, Wye Valley path, Builth Wells, includes several ascents.

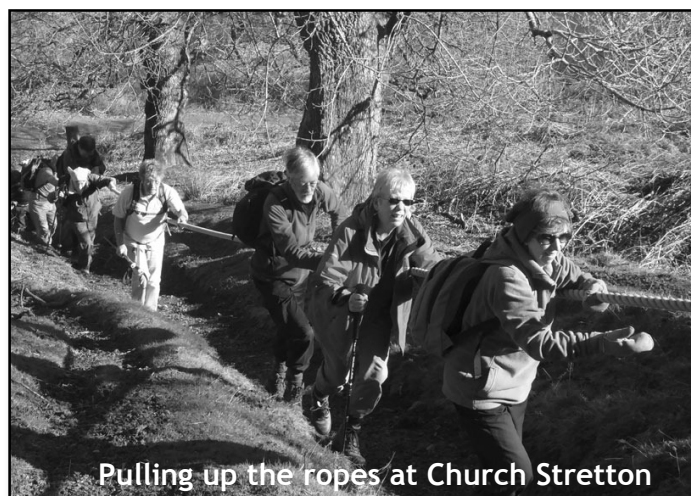
Moderate 10 miles. Start at Builth Wells Groe carpark (charge) for bus at 9.46am, Exp 188 SO 042511.

Wed May 17. Snailbeach, Devil's Chair & Crowsnest. Moderate 7 miles, some steep climbs. Start at Exp 216 SJ 373022, Snailbeach carpark.

Wed May 24. Brown Clee. Moderate 7 miles. Start at Exp 217 SO 607871, Cleobury North picnic site carpark.

Sat May 27. Discoed, Offa's Dyke Path, North Wood. Moderate 10 miles. Start at Exp 210 SO 315635, Presteigne Forestry carpark (off Broadaxe Road).

Wed May 31. Beacon Hill from the south. Moderate 7.5 miles. Start at Exp 214 SO 185724, Gravel chapel.



Pulling up the ropes at Church Stretton



Peter Cope pulling Diane out of a stream

New Radnor Children's Playground

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2nd Val Lloyd

3rd Liz Taylor

IT IS NOT TOO LATE TO JOIN FOR THIS YEAR
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From Gail Venables

Two Kinds of Hot Dog

On Saturday 13th May the annual Sheep Dog Trials will be held at Pantycaragle Farm, Beguildy. They start very early at 7am and continue through the day. Pantycaragle is along the B4355, just east of the village centre.



Please come along to watch skilful dogs in action, have a chat with friends and enjoy a tasty hotdog, bacon bap or a homemade cake. All proceeds from the catering will go to Cancer Care Charities.

Progress is man's ability to complicate simplicity.

- Thor Heyerdahl



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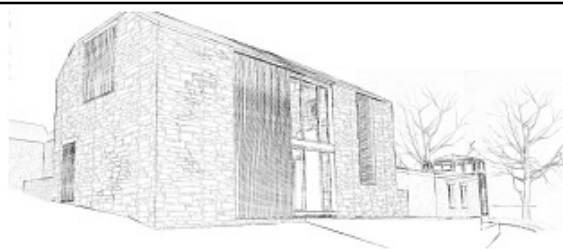
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Saint of the Month - Brendan of Clonfert (or the Navigator) - 16th May

If ever you are in the west of Ireland you must visit the Dingle Peninsula. Take a day's trip around the coast and you will see not only amazing scenery, but also fascinating remains of early Christian monastic communities. Brendan was contemporary with David and Columba and he is the third patron saint of Ireland, after Patrick and Brigit. He was born in County Kerry and he founded a number of monastic settlements in that area, but nowadays he is most famous for his mythical voyage, which is why he is also known as Brendan the Navigator. If you have time, climb Mount Brandon (Brandon is another spelling of Brendan) from where you will see an expansive view over the Atlantic Ocean. Like Brendan you will be able to imagine other lands lying out there beyond the horizon. Below on the coast is Brandon Creek, from where he would have set out in his curragh.

"The Voyage of Saint Brendan", written in the 9th century, is a fascinating account of Brendan's search for the Land of Promise, encountering marvellous islands on the way. This account is more allegorical than factual, though some of the descriptions are recognisable as perhaps the Faroes, Iceland etc. If you want to read a

modern interpretation, C.S. Lewis's "Voyage of the Dawn Treader", one of the Narnia books, is based on the Voyage of Brendan.

The illustration is a 15th century woodcut showing Brendan encountering an island that turned out to be a sea monster.

Rosemary Hanna



Beating the Bounds of New Radnor

On Saturday 27th, Sunday 28th and Monday 29th May we are planning to walk the 1901 bounds of the parish of New Radnor over 3 days along public rights of way.

The walks range from 4 to 8 miles and include some ascents and descents. You will need to bring a packed lunch and something to drink. It may be possible to do shortened parts of the walks, and we will try to arrange pick-ups. We have been advised not to bring dogs.

Each walk starts at 10.30 am, on Saturday and Monday from outside the shop in Broad Street, New Radnor. On Sunday we will start from the car park at the top of Mutton Dingle; let us know if you need a lift up to the car park.

We would like to have an idea of how many would be on each walk, so please contact us on 07786194852 or drop

a note to Clawdd Cottage, Clawdd Lane, New Radnor, LD8 2TU.

We would like to celebrate the completion of the walks at the Fforest Inn, Llanfihangel-Nant-Melan from 7pm on Monday 29th. Please let us know if you intend coming for food.

Peter Barker and Margaret Vallance



You can live to be a hundred if you give up all the things that make you want to live to be a hundred.

Mothering Sunday Brings Painful Decisions



At Llangunllo's Mothering Sunday Service, using a mixture of reading, music and drama, we examined maternal sacrifice.

The story of Moses in the bullrushes whose mother took a risk so he might survive was read by our 'Moses's' Mum who had some difficulty persuading him to play the part!

WWII Kinder Transport continued this theme, highlighted by the imagined words of a mother putting her children on the train.

Then Hannah paid the price of God granting her a son, Samuel, by giving him back to serve the church. Solomon judged between two mothers, each claiming the same baby. Threatening to cut it in half, Solomon knew the real mother would be prepared to let the child go rather than have that happen.

We paused for thought during a moving song about an evacuee child. Then more imagined words from a mother – this time waiting for the train to return at the end of the war bringing her little girl home; two sisters rushed forward from the back of the church into their mother's enveloping arms, making it all very real.

The joyful mood was echoed by the blessing and distribution of posies and a rousing hymn.

Refreshments followed and a chance to catch up with news. Many remarked how lucky we are not to have to face such harrowing decisions.

As ever we are most grateful to those who helped bring the service to life and to all those who came and shared it with us.

Pam Livingstone-Lawn

They're in Stitches in Bleddfa

Members of the Bleddfa Embroidery Group met last week to hand over to Michael Callaghan a tapestry picture of his house. He had commissioned this after seeing the church kneelers which the embroidery group had produced a few years ago.

As the group has now embarked on a new project to embroider 8 panels depicting the history of Bleddfa, funds

are needed to mount the panels to conserve them for the future.

To this end, Helen produced a beautiful tapestry of Michael's house in return for a donation to the History of Bleddfa fund.

Helen Pilling



Gladestry W.I. Is Boxed In

Creating small decorative boxes was the order of the day at a workshop organised on Saturday, April 1st at Gladestry Village Hall.

The ten participants, some from Gladestry and others from Chatterbrook, and Staunton-on-Arrow W.I's, as well as a visitor, had a very busy and productive day building a personal set of some very pretty boxes.

Marilyn Thomas, a Radnorshire WI advisor, was the tutor and brought with her a fascinating collection of materials to develop the participants' imaginations and creativity. After a whole day's concentration on the task, the participants went home with five pretty boxes each. Marilyn had carefully placed a mini-chocolate Easter egg in one of their boxes as a surprise!

Joan Hughes, a long-standing member of Gladestry WI said, 'It was a very enjoyable and entertaining day. It was lovely meeting new people and we all learned a new skill.' The event was organised by Gladestry WI.

New members and visitors always welcome.

For more information about Gladestry WI, please contact the Secretary, Marlene Evans on 01544 370646.

Heather Barwick, Press Officer, Gladestry WI





Lisbeth Hodnett & Son



Refugee in Moses Basket

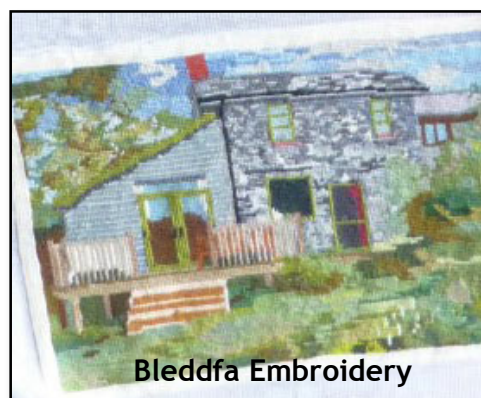


**Katie & Isabel Morris in
'Painful Decisions'**

Photos by Bob Williams & Michael Brown



**Pat Crewe, Corinne Rigby, Shirley Elwell,
Michael Callaghan and Helen Pilling**



Bleddfa Embroidery

Photos by Lorraine Slaney



Joan Hughes shows her handiwork



Some of the decorative boxes

Photos by Heather Berwick

Choir Concert



Enjoying the interval



Youngest choir member



Rhayader and District Male Voice Choir



Ffrindiau Ladies Choir



Stabat Mater

Michael Neville, Organist



Penny Nicholson & Tom Cunningham,
Orchestra Leader



The New Titley Philharmonic



Amanda Simpson-Atkins

Bluesy Bleddfa



Two For the Price of One at Bleddfa

A concert on Saturday, March 25th in Bleddfa Church featured two choirs. The Rhayader and District Male Voice Choir were conducted by Jonathan Pearce with Bethan Rees as accompanist. But the audience got two for the price of one as the Ffrindiau Ladies Choir (choir leader and accompanist Kaye Rees) also sang.

An appreciative audience enjoyed the wonderful harmonious singing by both choirs. They sang a wide range of songs in English and Welsh and included some traditional, modern and choral pieces.

The event was organised by the Bleddfa and Monaughty Events Committee.

*Info & photos
Lorraine
Slaney*



Tony Durrant and Alan Rigby

Beat the Bank Holiday Blues

Bleddfa Village Walk – Bank Holiday Monday, May 29th. We are re-instating the annual village walk this late May Bank Holiday Monday. It is open (and free!*) to anyone. But in particular we would love as many residents of Bleddfa and the nearby area as possible (but we will always welcome new friends from elsewhere). Any walk around here brings some physical challenges due to the terrain. However, the walk is intended to be a leisurely, sociable amble rather than a serious hike. The occasional steep ascent will be taken at a pace that keeps the walk as inclusive as possible. It will be about 8 miles.

We will gather in the Bleddfa Centre car park ready for a 9.30am start. Come prepared for any Welsh weather, with good walking shoes and warm, waterproof clothing. Bring

a packed lunch, but you won't have to carry it, as we will be met half-way by Albert, who will collect the lunches at the start and will drive to meet us at midday. We expect to be back in Bleddfa for around 3pm for tea/coffee and cakes either in the Hall Barn or, weather permitting, in the garden of the Bleddfa Centre.

*A small donation to help with the cost of refreshments would be welcome but not required.

*Michael Callaghan
(01547 550273/07714215722
john.michael.callaghan@gmail.com)
On behalf of the Bleddfa Events Committee*



Stabat Mater with The Titled Philharmonic

Imagine playing in an orchestra just for the fun of it! Not to perform, just to get together every week and play music you love. That is the case for the New Titled Philharmonic Orchestra. They enjoy exploring music from the 17th and 18th centuries.

For only the third time in ten years this small baroque orchestra performed, treating a good audience at Bleddfa to a lovely production of Pergolesi's (1710-1736) *Stabat Mater*. Fittingly they came during Holy Week.

Directed by David Hatcher, the eleven piece orchestra accompanied Amanda Simpson-Atkins (soprano) and

Penny Nicholson (contralto) in the telling of Mary, Mother in Sorrow, weeping at the cross. It is a compassionate piece with the two women's voices interweaving beautifully in lamentation.

The concert began with four pieces played by Michael Neville on the beautiful Bleddfa organ. He included Bach's 'Adagio from Toccata in C Major' and 'A Quiet Voluntary after Evensong' (Basic Harwood). The Bleddfa Centre kindly opened for refreshments beforehand.

For your June Diary: The Bleddfa and Monaughty Events Committee are holding a **Ceilidh** on Saturday 17th June, Hall Barn, Bleddfa, 7.30pm. Live music with the Silver Branch Band. Barbeque, and Bar, £5. entrance.



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MENTAL HEALTH AWARENESS WEEK 8 - 14 May
DEMENTIA AWARENESS WEEK 15 - 21 May



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KINDA



WHAT'S ON IN KNIGHTON AND DISTRICT

FRIDAY 12 MAY - Knighton Scouts are walking from Knighton to Presteigne in aid of the Alzheimer's Society and KINDA. Come and wave them off!

SATURDAY 13 MAY - The Barebacks at THE HORSE & JOCKEY. 10.00pm to 12.00am.

TUESDAY 16 MAY - Coffee Morning at TOWER HOUSE GALLERY - 10.30am to 12.30pm with KNIGHTON PRIMARY SCHOOL CHOIR singing at THE CLOCK TOWER.

TUESDAY 16 MAY Dementia Friends Awareness session at LITTLE BLACK SHEEP CAFÉ - 6.30pm to 7.30pm. Booking essential.

WEDNESDAY, 17 MAY - Invest in Your Health - free 6 week programme starts from 10.00am to 12.30pm at PRESTEIGNE SURGERY. (And from 13 June, 10.00am to 12.30pm at KNIGHTON HOSPITAL)

Dementia Friends Awareness session at THE BLEDDFA CENTRE - Booking essential.

SATURDAY 20th MAY - KNIGHTON MEN'S SHED Open Day. 10.00am to 4.00pm at Teme Mill, Station Yard.

Knighton and Presteigne Leg Club

Every Thursday morning 9am -12 noon

Drop-in clinic

Whitton Community Hall

District Nurses treat your leg problems.



Faith in Families

Beacon Hill Benefice

It's nearly Ascension, so time to give your collecting box to Kath Harris. Either bring it to church or take it to Beguildy Shop.

If you would like to have a collecting box for the coming year to support families across our diocese contact Kath on 01547 510258.

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Defibrillators

Defibrillators In New Radnor

There are now two functioning defibrillators in New Radnor, one in the former phone kiosk on High Street, and one outside Radnor Valley Primary School.

Both are accessible 24 hours and do not require any access code. The units will not work unless a shock is needed and will talk users through the process.

The Community Council has held one general training session, attended by 34 residents and several other sessions for example for school staff. If there is sufficient interest then a further general session may be held.

If anyone is interested in attending a training session please contact: Tracey Price, Clerk and Responsible Financial

Officer for New Radnor Community Council
Telephone: 01547 528575 07866 815622

Defibrillator In Evenjobb

Cariad (the supplier of the defibrillator we received via the application from the Community Council to the 'Big Lottery Fund') are offering training on Tuesday 9th May @ 7pm in Evenjobb Village Hall. It will be an event covering Walton, Kinnerton & Evenjobb.

It would help us, if you could confirm if you're coming along, and how many from your household would like to attend. Please contact Ray Smith:

lazy_sod@btinternet.com

Charity Shop Results

St Peter's Church Evancoyd are delighted to report an excellent week in the Kington Community Charity Shop.

Thanks go to all who contributed items for sale, all those who helped to staff the shop and those who did the ferrying of items. Plus an enormous special thank you to Olwen Morris for getting us all organised one more time.

We shall, after expenses, have made well over £1700. Well done everyone.

- Mark Beaton

Prayers at . . .

There will be three Prayer Meetings across the southern half of our Ministry Area in May.

St Peter's Church Evancoyd
Thursday May 4th 7pm

St Mary's Church, New Radnor
Tuesday May 9th 7pm

Church Barn, Gladestry
Wednesday May 17th 7pm

CONCERT

**In aid of St Peter's Church
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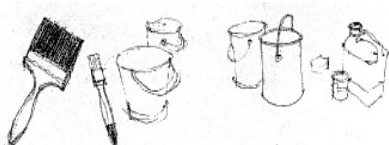
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Churches Together in Knighton and District

Churches Together is ecumenical: Methodists, Baptists, Anglicans, Roman Catholics.

Christian Aid Week, 14-20 May



During Christian Aid Week Churches Together will collect at Tuffins and the Clock Tower on Saturday, 20th May between 10am and 3pm.

If you would like to help for an hour please contact Rob Fountain on 01547 550412. The proceeds will go to work with refugees here and abroad.



Shopping List

knightonfoodbank

Tinned carrots, sweet corn and other veg

Tinned Irish Stew & Stewing Steak

Tinned Cold Meat | Tinned Spaghetti

Tinned Fruit | Tinned Rice Pudding | Tinned Custard

Jam | Sugar | Instant Coffee

Washing Powder & Washing Up Liquid

Toilet Rolls | Shampoo | Shower Gel |

Shaving Foam | Razors | Dog Food

We are well stocked with soups and cereal, thank you.

If you would prefer to give a small cash donation, this will enable us to purchase fresh milk, bread, cheese and eggs, to include with individual food parcels.

Please note we can only accept food items that are well within their use-by date.

Thank you for supporting our Food Bank.

Baptist Church, Norton Street, Knighton

Manager: Helen Anderson Tel: 07731 524 058

helen@knightonfoodbank.co.uk

www.knightonfoodbank.co.uk

Lunch Club for Seniors

Mondays in the Methodist Church, Victoria Road,

12.30-2.00 (except bank holidays).

If you are over 60 and would like some company and a good meal at a reasonable price, you are most welcome.

More volunteers are needed beforehand for helping with food preparation.
Contact Margaret Davis on 01547 528 154.

Bible Study Group

Wednesdays, 10.30 am,

17 Millfield Close, Knighton,

home of David Hinton 01547 528984

All are welcome from any church or none.

A Quiet Hour of Contemplation

1 Ystrad House, 1 Church Road, Knighton

10-11 am and 4-5 pm, Thursday 4th May

All are welcome to come and share in a Quiet Space to reflect and find renewal.

Margaret Davis

Some Open Gardens to Visit in Knighton

1 Ystrad House, Knighton LD7 1EB

Part of the National Open Gardens Scheme

27th and 28th May :: 24th and 25th June

2 pm - 5 pm

Admission £4 - Children Free

Delicious Homemade Teas

2017 is the 90th anniversary of the NGS and the first garden was opened to the public on 27th May.

All proceeds go to the NGS Charities.

59 Rockes Meadow & Neighbours

25th June

All welcome: Adults £2.50 Children Free

1.30pm - 6pm

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Tea Coffee & a Selection of Cakes

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Our Stories

Farm Focus: The Greening of Home Farm

Home Farm, Norton has been home to the Lloyd family since Tony and David Lloyd's grandfather bought the farm in 1923. Home Farm is well-known in the area for hosting the Norton Show on the farm every August. It is a mixed farm with about 300 Suffolk Cross ewes, 50 cows and arable crops of wheat and barley.

Tony Lloyd is always a smiling and cheery farmer and well-respected in the area. Tony told me that lambing in February had gone quite well with about 1.75 lambs per ewe, about 470 lambs in all. He says that they have to manage typical lamb birthing complications such as two legs being presented but no head; so he has to get stuck in "to get the head round". The younger ewes (hoggets) are less experienced and sometimes get frightened during the birth process and run off so Tony and his colleagues are very watchful. Once lambs are born they iodise the lambs' navels and place them in pens with their mother.

In June Tony will take the lambs to market at Builth or Rhayader and then a livestock dealer like Peter Badger will buy on behalf of retailers.

Tony along with his niece, Katie, and brother, David, have developed a new business in biomass wood pellets, which is compressed ground sawdust. They import the pellets and supply them to customers with biomass boilers as a biofuel, either on the lorry which is blown in to a silo at the customers premises, or in small bags. They also supply wood pellets for animal bedding, primarily horses. All you need is 7 or 8 bags of pellets and add water and it turns in to wonderful horse bedding, with so many benefits. "The horses love it, as do the owners, it's so easy to muck out! It's proving to be very popular," he says. They are highly absorbent, and the production process involves very high temperatures, therefore meaning any bacteria are killed. Plus it is 100% organic and environmentally friendly, as well as being more cost effective in many cases than the existing bedding methods. With three biomass driers of their own, they no longer need oil and can run the farm workshops, two houses and a log drying kiln all on biomass fuels.

Mike Thompson



This New Radnor photo, is probably by Billy McKaig, restored by Laurence Smith. A caption reads: "Can you spot Jean?" (third from the right, back row.) A copy is stored in the Radnorshire Museum in Llandrindod Wells.



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KINDA Mental Health Awareness Week 8 - 14 May
Dementia Awareness Week 15 - 21 May



TUESDAY 16 MAY - Coffee Morning at Tower House
Gallery - 10.30am to 12.30pm with Knighton Primary
School CHOIR singing at the Clock Tower.

More events - see page 17

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Knighton Pilgrimage of Song Weekend 2017

Once again a group of singers from across the country are forming a choir under the directorship of Geoff Weaver to present a series of informal services in rural churches, led by Rev Anne Ballard.

This year we are looking at "The Canticle of the Creatures" by St Francis of Assisi.

We extend a warm welcome to anyone who would like to join us for any of these services, our itinerary this year is as follows:

Sarah Green

Friday 2nd June

St Andrew's Norton	1pm
Presteigne Baptist Church	4pm
St Andrew's Presteigne	6.30pm

Saturday 3rd June

St John's Newcastle upon Clun	11.30am
St George's Clun	3.30pm
St Edward's Knighton	6pm

Sunday 4th June

St Cuthbert's Clungunford, Eucharist	11am
--------------------------------------	------

Vocal Masterclass

Elizabeth Ritchie (Prof. RAM) and Graham Trew (Ex -Prof. RAM, TrinityLaban) are holding a vocal masterclass in Llanfair Waterdine from Friday 30th June at 6.00 pm to Sunday 2nd July at 4.00 pm.
£150 (Students £75). Details and application form from 01547 510327 (graham.trew1@btinternet.com).
Numbers limited to 16 singers.

New Radnor Over 60's Club

Next outing on Friday 12th May to Ironbridge Open Air Museum.
Meet at the Eagle at 10.00 am.
Petrol charge applies.
Please phone Marilyn on 350588 or Jenny on 350242 if you wish to come.
New members always welcome.

It does not do to dwell on dreams and forget to live.

- J. K. Rowling

Knighton Community Centre

re-opens

May 20th 10am to 5pm

To be opened by William Watkins, Radnor Hills Water.

Gardeners Question time, talks & presentations, plant sales, stalls, children's workshops, guided walks, cafe and bar.

Special Guest: Stephen Lloyd, Head Gardener, Hergest Croft

£4 entry. Under 16s free.



...and the theme of this morning's service is... 'Preaching a Gospel of Simplicity'...

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What's on at the W.I.s

Buttons at Tref-y-Clawdd W.I.

A Fun Evening with Shirley Moorhouse turned out to be just that, we played Chase the Ace for buttons!! Much to her surprise Jean Parkes ended up with the most buttons. We had an evening with much laughter.

Our next meeting is an outing to Westonbury Water Mill where we will have lunch and a visit to the gardens. This

will be on Tuesday 2nd of May. Our regular meeting on the 3rd will be just to discuss our entry for the County Show. If you would like more details or would like to join us please ring 01547 520 739.

Pauline Parker

African Masks for Llanfair Waterdine W.I.

Members of Llanfair Waterdine WI spent a happy and not too messy evening at their meeting in April. Rob Fountain, who is a professional potter and excellent teacher, brought a ready prepared lump of clay for each member and a lot of information about African tribal passport masks. Everyone was able to develop their own ideas – some stylistic and some more naturalistic. Most people loved handling the clay and were pleased to have created a finished article. It was a very satisfying evening with lots of concentration and laughter.

The members are now busy preparing for the Powys Federation Show, which is in a couple of weeks. They are preparing a discussion on the resolutions for the National Annual Meeting in Liverpool. Our items for consideration

are “Alleviating Loneliness” and “Plastic Soup: Keep microplastic fibres out of our oceans”. If passed, these will generate national campaigns.

In May we are looking at media communications “smart phones, apps and more” with Kirsten Haynes in a member's home. For further information please contact Mary Morgan (01547 528419) or myself on (01547 528477).



Ann Harroway

Bowling Along with Llangunllo W.I.

For the March meeting a group of members and husbands sampled a new experience at Leominster Bowl in a session of Ten Pin Bowling, much enjoyed with varying degrees of success. They completed a pleasant outing with a meal out. The April meeting was the annual Mini Quiz, a curtain raiser for the County Quiz in May, which was held in the Greyhound. Devised and delivered by Quiz Master, Ken Maggs, the quiz was keenly contested and it was a very jolly evening.

At the moment members are busy preparing their entries for three County events in May, the County Show in Presteigne on 13th, the Kurling on 15th and of course the

County Quiz on 17th when Llangunllo's team hope to repeat their success as winners in 2016. Later in the year five Llangunllo members will join a party from the Federation for a course at Denman College.

Our next meeting on 9th May will be at Little Hen Cefn, home of Chris Johnson, who will direct a hands on session of making candles, oils and creams. Members are reminded to bring their purses as there will a charge for materials to create the items. Visitors are always welcome at our meetings. For details contact Secretary, Shirley on 01547 550555.

Shirley Williams

Chatterbrook W.I.

Thursday 11th May, 7.30 pm
in the Presteigne Memorial Hall

Members' Evening

a miscellany of informal entertainment

New members welcome and now pay a reduced subscription. Visitors £2

Information: Phone 01544 267245

More W.I.s on pages 33 and 12-13

**It always seems impossible until it's done.
- Nelson Mandela**

Foot Washing At Colva's Maundy Thursday



Colva's Maundy Thursday service was rich with symbols. *Maundy* is Latin for *commandment*. In Holy Week it refers to the commandment Jesus gave to his disciples while washing their feet to love one another. And so at Colva, Mark washed the feet of modern day disciples. A sign of humility and love.

He lit twelve candles, naming each for an apostle as he lit them. After he washed the disciples feet, Jesus celebrated the Passover meal, and so we too celebrated communion.

After the meal Jesus took the apostles to the Garden to pray, but they slept through Jesus's agonised prayers.

When Jesus was arrested Peter denied ever knowing him. The rest of the apostles were noteworthy for their absence, and so Mark concluded the service by blowing out each candle one-by-one . . . each friend.

"He was arrested and they all forsook him and fled."

Could you volunteer?

Samaritans vision is that fewer people die by suicide. We do this by being available 24 hours a day to provide emotional support for people who are struggling to cope, including those who have had thoughts of suicide.

The local branch in Llandrindod Wells is run by volunteers recruited from all over Powys. We not only provide emotional support for callers but also raise funds and run the branch premises. Last year we answered 6760 phone calls in addition to over 1400 contacts by email and text.

To support this growing need we need more volunteers to help us so we will be holding a selection evening in May followed by a training course in June. If you would like to find out more please call on 01597 822911 or email

volunteer@powyssamaritans.org.uk giving your name & address so we can send you more information and an application form and invite you



to

the selection evening in Llandrindod Wells.

If you know anyone who might need our support then they can call free on 116123, email us on jo@samaritans.org or write to PO Box 9090 Stirling FK8 2SA.

The Suffering Servant at Knighton



Melia lead a thoughtful Good Friday meditation at St Edward's Knighton. The centrepiece was a painting on fabric by Rob Fountain, after 'Obedient Unto Death' by Georges Roualt, placed on the chancel step. The image was lit by the Amnesty candle.

We gazed on media pictures (laid out beneath the crossbar) of suffering Coptic Christians in Egypt. Their church and cathedral were bombed on Palm Sunday, leaving many

dead and injured. One image showed a man carrying a Walk of Witness cross with soldiers guarding him; another a desolate nun after bombings in December.

We were humbled to contemplate both their suffering and Christ's agony, through silence, through image, through poetry and the Gospel. The beautiful Good Friday hymns evoked tears in more than one.

The Outrageous Bulbs at Llangihangel Nantmelan



Mark Beaton led us in a Good Friday evening service of lamentation from the Iona community. That may sound like heavy weather but it was actually a simple service of hope.

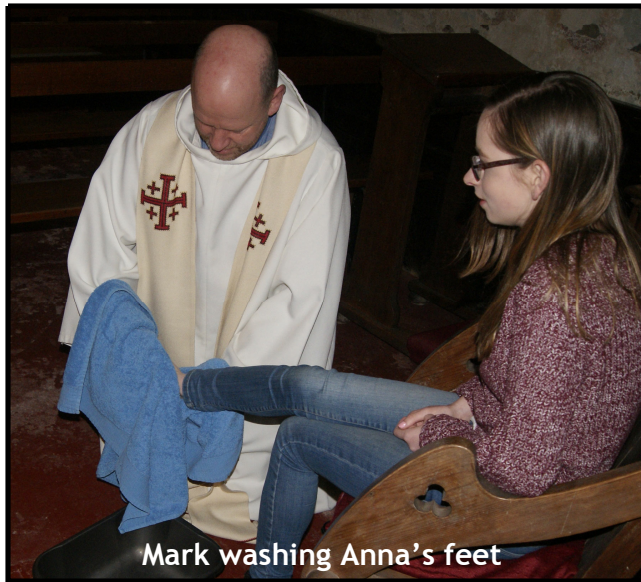
We read about the prophet Jeremiah who bought a field in the very year that the Israelites were conquered and

taken into captivity in Babylon. All was destroyed in the homeland. It was an outrageous sign of hope to buy land, as though they would ever return and plant again.

And so we each planted our outrageous bulb in a pot of new earth as a sign of the hope we are given.

Holy Week

Maundy Thursday Symbols



Mark washing Anna's feet



12 candles for 12 apostles

Good Friday Suffering & Hope



After 'Obedient Unto Death' by Georges Roualt



Planting a bulb as a sign of hope.

Hope is being able to see that there is light despite all of the darkness.

- Desmond Tutu

Good Friday - Walk of Witness in Knighton



Pilgrims from churches and chapels from Felindre to Gladestry gathered in Knighton to carry a large cross, to read the Easter story, to pray and to sing much loved Easter hymns.

We processed from the hospital to St Edward's Close, to the Methodist Church and Clock Tower.

At Brookside Square we re-enacted the Easter story in word, costume and music.

The Knighton Silver Band accompanied us throughout to make it a powerful experience.



Pilgrims at the Clock Tower



Peter

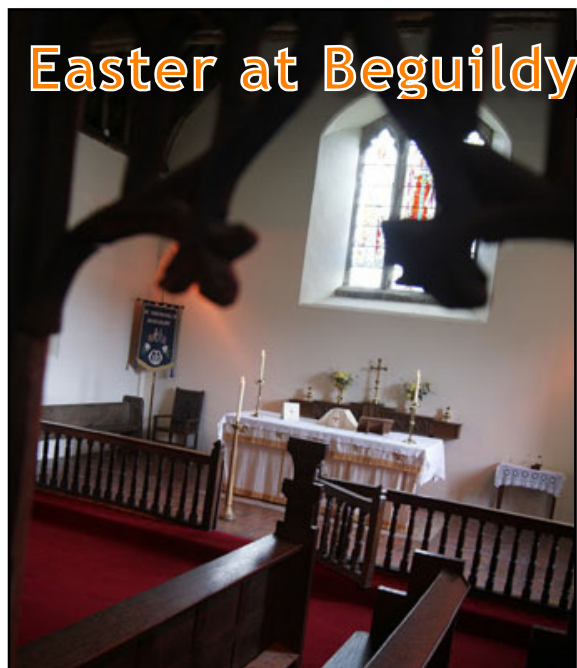


Herod



Diana Hadley
soloing
'My Song is Love
Unknown'







Out of the Frying Pan and into St Cynllo's

Llangunllo was once again unique at Easter. Revd Dr Peter Cope re-told the marvellous Easter Story and we celebrated a reverent Easter Communion. We all sang "Alleluia" over and over.

Then those creative thinkers broke out the eggs to carry on the celebration of new life in Christ.

We had homemade canapés stuffed with scrambled egg and smoked salmon for starters. Then there were biscuits with a white glaze and lemon curd made to look like fried eggs. We washed it all down with not coffee, but Buck's Fizz. Bubbles to celebrate. And, as if that weren't enough, we each had an Easter basket with chocolate eggs. Top ups on all!

From St Cynllo's and into The Greyhound

Do you know what a 'Laxton's Superb' is? Or what about which bear had a friend called Boo-Boo? If not, you're in good company, as neither did many of the forty-two villagers who packed out The Greyhound Inn for their Easter Quiz.

Many wily residents invited family and friends, no doubt to increase their chances of winning the first prize of a gallon

of Ale. An esteemed local gentleman was The (Quiz) Master, whose final decision was not always popular. (You know who you are!). Together we raised £82 towards our Village Hall fund, and all agreed it was a lovely way to round off our Easter festivities.

Oh – by the way, it is an apple and Yogi Bear.

Felindre W.I. Is Gate Crashed

To accommodate the guest speaker, the Felindre WI held their April meeting in the afternoon but before the meeting could get underway they received an unexpected visitor in Rachel Powell from Llanbadarn Fynydd. Rachel is standing as a County Councillor and happened to be in the area canvassing – she was delighted to speak to the members about any concerns they may have and said that this was the first time she had spoken in public during her campaign and a first for her to address a WI.

Rhona introduced the speaker, Martyn Williams, who is the landlord of The Radnorshire Arms, Beguildy. Martyn is a chef by profession, having trained in Cheltenham and

worked all over the world. In his demonstration Martyn prepared avocado & prawn starter with pink grapefruit and mayonnaise, followed by pheasant breasts wrapped in Parma ham, with mushroom risotto, red peppers, asparagus & red wine & meat sauce – the aroma was heavenly and set our taste buds racing. He was thanked by Joyce Matthews and then the members sampled the food which won the approval of everyone.

The competition was won by Jayne Harris, 2nd Sue Woodall & 3rd Rebe Brick. If you are interested in attending a meeting please ring 01547 510077.

Rebe Brick.

Welsh Wild Flower Names

Frank Roper designed these bronze panels at Llandaff Cathedral to decorate the reredos (a panel behind the altar). They are in the Lady Chapel; all of them wild flowers named in honour of Mary.

- Miaren Mair (Mary's Briar) Briar Rose
- Gwniadur Mair (Mary's Thimble) Foxglove
- Esgid Mair (Mary's Slipper) Monkshood
- Chwys Mair (Mary's Sweat) Buttercup
- Llysiau'r Forwyn (The Virgin's Herbs) Meadow Sweet
- Briallu Mair (Mary's Primrose) Cowslip



St Michael's, Beguildy – Mowing Rota for May:

Philip Swancott, David Lloyd, Michael Morgan and Colin Davies

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Radnor Valley Gardening Club

We enjoyed a very good turnout for Marion Stainton's visit and were all well rewarded. The group had set Marion the task of presenting a talk on Companion Planting, so that we could get the most out of our small gardens. This was a new talk for Marion to prepare, and she rose to the challenge admirably, as we knew she would.

For our next meeting on Sat May 13th we have our annual plant sale. This is an important fund raiser and helps us to keep membership fees low, so please everyone, think of potting up a few things that you no longer want, but think someone else might, and come ready to buy, buy, buy! What gardener can resist a purchase?

This will be followed by a flower arranging tutorial. The focus will be on entries for this year's Village Show, so that even novices can have a fighting chance of winning a

certificate or two. For the past two years a gold winner has been a gentleman, so no sexism here. Come on chaps you may find you have a talent. Also we welcome children, so please bring them along to the this free event.

Plant Sale and Flower Arranging Tutorial
Saturday 13th May
Plant Sale 10am - 12 noon
Flower Arranging 2pm -4pm

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and beyond

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Tel: 01544 350 691
Email: hermione.evans46@gmail.com
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Teme Valley Prunes Hard

On 10th April the speaker; Paul Green, of Green's Leaves Nursery, gave a talk on "Leaves" to the Teme Valley Gardeners' Club. This was a return visit to the Club and we sat in two long rows facing a table loaded with plants, which would illustrate what he had to say. Of course they were there for sale too!

Although the plants he chose to include in his talk were flowering plants, we were encouraged when planting borders and flower beds to pay at least as much consideration to the colour and shape of foliage as to the flowers. After all, their contribution covered anything up to the whole year.

His main advice was to prune everything down to a few inches. The new growth would have more vigour and larger leaves.

Most mentions were for the latest varieties of old favourites such as *Bergenia*, *Box*, *Epimedium*, *Eupatoria Honey-*

suckle, *Rudbeckia*. This latter a favourite of mine but his recommendation was for one with furry leaves which the slugs ignore. Sadly, I missed its varietal name.

There was so much detail, the only answer was to have been there and to have noted which should be a most desired plant. A visit to his nursery seems to be the only answer for plantaholics.

Rosemary Naylor

An Invitation: Teme Valley Gardeners' Club would like to invite you to a coffee morning in Knucklas Community Centre on 6th May at 10.00 am. There will be a plant stall, books, cakes and other goodies.

And an AGM: The AGM will take place on 8th May at 7.30 pm at Knucklas, followed by a delicious supper.

Flora and Fauna in May



Certain flowers have been associated with the story and celebrations of Holy Week and Easter in particular, but the most famous is undoubtedly the passion flower (*Passiflora caerulea*). This half hardy climber bears in its fascinating flowers all the instruments of the crucifixion and no account of Good Friday, in floral tradition, would be complete without an account of how the different parts of the flower represent the crown of thorns, the three nails, the five wounds and even the disciples. As for the colours, they represent white for purity and blue for heaven.

The lovely month of May slips in with primroses, bluebells, buttercups and blossom all along the verges. In the garden wallflowers, lily of the valley, bright coloured tulips, forget-me-nots and exquisite limey green of the new foliage as the buds open. It is a month of rapid growth. So many visitors to St Edward's over the Easter holiday were delighted with the beautiful cherry blossom and magnificent carpet of primroses. Thank you to all our flower arrangers who made such lovely displays in church for the Easter festival.

Jean Price

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St Edward's Knighton News

Family News

We are pleased to hear that Phylis Guest is now back home following a long spell in hospital.

Neville Jones is making a good recovery following surgery in Birmingham.

Congratulations to Gareth and Georgie Pugh on the birth of their baby boy, named Harri. A happy time for all at Cwmwhitton.

Roy and Ida Edwards have recently celebrated their diamond wedding anniversary. We send them our congratulations. We are sure they enjoyed their special day with family and friends. The family have been generous supporters of St Edward's, for which we are most appreciative.

Tribute to Donald and Jean

At St Edward's we have in the last month lost two very special people who have contributed so much to our church in past years.

Jean Morgan has been a regular worshipper since childhood, a tower bell ringer for many years, a sidesperson, member of the altar guild and excellent worker at all church events.

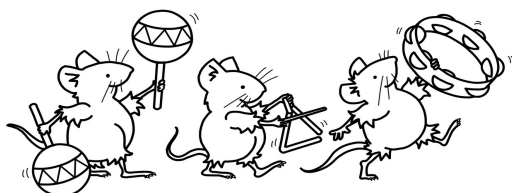
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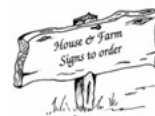


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Well, whatever floats your boat!

This month Moira Hurley gave **The Ladies's Guild** a fascinating talk about her adventures paddling a kayak



around some pretty spectacular coastlines. Her pictures were stunning because the places illustrated can only be viewed from the sea. This sport is not for the faint hearted methinks; the kayak is only inches wide! However we all felt less nervous for her when we learned about the safety measures, gadgets and gizmos carried along on board. Much as we enjoyed it, I for one was pleased to be drinking tea afterwards on solid ground.

Do come and join us we are a very happy group meeting every third Tuesday evening in Knucklas Community Centre for just a couple of hours. For more information contact Maggie 01547 528358

Knighton And District Rotary Club

Last month was unusually quiet one, though we continued to support charities while sharing Rotary friendships. We heard from Sylvia Meredith, during one of our meetings, about her efforts to create a war memorial in the church yard in Bucknell – an important way to support the families of our war heroes in the local community. We also heard the latest news from our favoured “Classrooms in the Clouds” charity and about their project with a school in the Midlands to raise money to build, and visit, classrooms in the Everest region of Nepal. And we looking forward to helping on May 1st with

car parking at Hergest Croft Spring Flower fair, raising money for the Midlands Air Ambulance. Great! You can read more about our work on our website knighton.rotary1150.org and on twitter @knightonrotary. If you would like to possibly get involved in our activities, as well as make new friends, you are very welcome to come along to any of our Wednesday meetings. For more details contact Norman Thorp on (01547) 529666 or Cathy Jones on (07813)733240 email cathleenj2001@yahoo.co.uk



7.30pm Saturday 13th May
St Edward's Church Hall, Knighton

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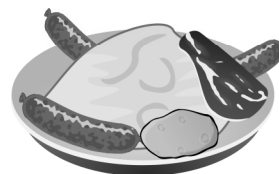
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**I believe that I shall see the goodness of
the Lord
in the land of the living. Psalm 27. 13**

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Gladestry News

**St. Mary's Church Gladestry
will be fund raising
at Mrs Rita Langford's**

Gladestry 49 Club

Winners in March:- Brian Littleworth, Sue Mullin, Chris Smedley, Joan Hughes

Lent Lunch

A Lent Lunch hosted by Ann and Howard Dean at Church Barn Gladestry raised £200 for the Disasters Emergency Committee East Africa Famine Appeal. A huge thank you to Ann and Howard, to all those who helped and those who supported the event.

Church Barn

Church Barn will also be the venue for this month's Prayer Meeting. We gather at 7pm on Wednesday 17th May to share our joys and concerns with God.

Speaking to a group of children at a morning service, the vicar asked them if they ever prayed. One boy said, "I used to pray and I once asked God for a new bicycle but then I remembered you telling us once that God doesn't work that way, so I stole one and asked for His forgiveness."

A young girl once confessed to her priest that she was guilty of a great sin, because she looked in the mirror and said to herself, "I am so beautiful." The priest said, "My dear, that isn't a great sin, it's only a small mistake."

Bara Brith *(like you've never made it before)*

- | | |
|-------------------------|----------------------------|
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| 3/4 cup caster sugar | 1½ oz margarine |
| 1 cup milk | 1½ cups self-raising flour |
| 1 cup mixed dried fruit | |

Preheat oven to 350°F, 180°C (160°C Fan), gas mark 4.

Soak All Bran, sugar, milk, and dried fruit together for at least 1 hour, the longer the better, to allow the fruit to plump up. Rub fat into flour, add egg and the soaked ingredients. Place in a 2 lb loaf tin and bake for 1½ hours.

Note: If you don't have a measuring cup, just use any average size cup.



Emma Bradford

From Mothers' Recipes. Copies of the booklet are available from The Rectory, New Radnor at a cost of £3 or £5 for two. Proceeds go to the Mothers' Union.

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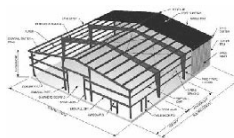
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Notes from Norton

On the evening of Friday 7th April we held a village community meeting at the Church in order to set up a "Friends of St Andrew's" group, ie a small committee to act as a steering group with those able to be "Friends Supporters". A good number attended, approximately 60 – 70.

Our thanks go to the Archdeacon Alan Jevons, Rev Canon Melia Cope, and Rev Canon Mark Beaton and also to Deborah Edwards for taking the minutes, and to all those who contributed constructively to the evening's discussions.

Sophia Thompson spoke of the history of St Andrew's as a place of Christian worship for hundreds of years and the current situation of St Andrew's and the need for help.

Mike Thompson gave a slide presentation and an update on the Church Roof Repairs, the Church adaptations and our current grant applications and fund raising efforts. We have recently had a number of donations for the Church Repairs for which we are very grateful.

The evening finished with response slips being handed out so that those attending would have an opportunity to respond if they so wished. As a result, we had 6 positive responses to being part of a committee and many others who would like to help as supporters. This was a good outcome; however, there was more. One person has offered to be treasurer for both the newly formed "Friends" and the Church.

A sad farewell to Doreen Matthews who will shortly be moving to Leicestershire to be near her family. Doreen is known and loved by many and will be missed. Although she did not attend the services at St Andrew's, she was often hovering in the background supporting, particularly with flowers, displays and raffle prizes.

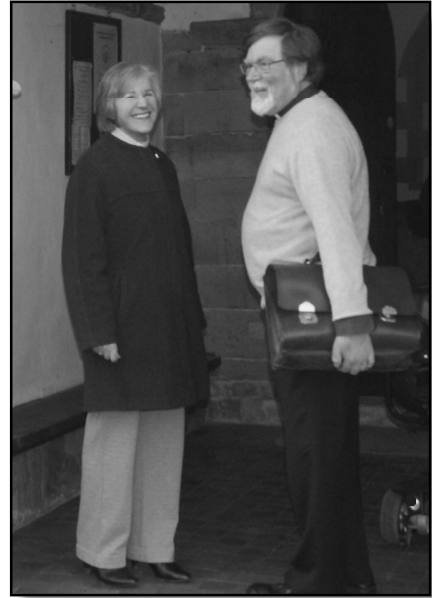
Mothering Sunday at St Andrew's

26th March saw our service at St Andrew's for Mothering Sunday. It was a lovely time to acknowledge the love of mothers both for those with children and those who mother others. My thanks to Helen Gooderham for kindly coming over and helping make the posies. Some were given out by our little friend, Billie, during the service and others given to some in the village and family.



Melia and those on the Church Management Team will be meeting our new Friends Committee within a few days of writing this, to formulate a new model for working together both to save St Andrew's from closure and also on how to use St Andrew's Church building more for the community in Norton. All those

who have already offered to support, such as Church cleaning, flowers, Churchyard maintenance and no doubt, other ways, will be contacted shortly. We hope many others will join in as the "Friends" evolves into an active group. It is still early days but let's pray for a good outcome for all!



Revd Melia and Archdeacon Alan entering Norton Church for the Community Meeting

Two sad deaths in the village have occurred since our last edition: Eileen Muncaster and Alan Jones. Although neither funeral services were held at St Andrew's, (a funeral service for Alan Jones was held at St Edward's, Knighton) they were known and loved in the village and had many friends.

So many changes! Let's move on together in the spirit of love, unity and service. As it says in Scripture:

Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. (2 Cor 9 v7).

With love and appreciation

Sophia

New Date and Help Required
New Norton Show Date
Sunday, 20th August, 2017
If you could help please see
Linda at The Old Post Office, Norton.

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Why do we need an ME Awareness Month/Week/Day?

I expect most of you will know at least one person with ME. You may even have a sufferer in your family. It is quite a common disease, but it is still not known how it is caused or how best to treat it. Research is poorly funded and there are many misconceptions, which is why we need an Awareness Month. Twenty five years ago 12th May was designated as International Awareness Day. This was the birthday of Florence Nightingale, who was largely bedridden for the last 40 years of her life with an ME-like illness. In the UK the ME Association has designated the second week of May as ME Awareness Week. This year it is 8th to 14th May and people are "Going Blue for ME". Action for ME has extended the week to a month and, as well as fundraising, uses the opportunity to raise awareness of the disease by reporting



real-life stories in the local press and on news websites. Look out for them.

Here are some of the most common symptoms:

- Severe fatigue and malaise following mental or physical activity, often manifesting itself a day or two later. Muscle pain and twitching.
- Problems with short-term memory, concentration, clumsiness, disequilibrium and word finding abilities.
- Flu-like symptoms, headaches, sore throats, joint pains.
- Sleep disturbances – either too much or too little.
- Emotional lability, mood swings.
- etc.

Rosemary Hanna

(Please contact me if you wish to donate to ME research.)

GLORIA !

Join us for a feast of glorious choral music
on Saturday 13th May

Kington Choral Choir will perform

Vivaldi's "Gloria"

Haydn's "Harmoniemesse"

"Insanae et Vanae Curae"

at 7.30 pm in St Mary's, Kington.

Earlybird tickets are only £10 (under-18s free)
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Olde Steppes (Pembroke), or you can book online
at www.kingtonchoral.org.uk. For further
information visit the website, text 07908 225610 or
email kingtonchoral@mail.com.

Presteigne & Borders Floral Art Society

Wednesday, May 10th at 7.30 pm

Memorial Hall, Presteigne

A demonstration by Nicky Heal

'Creative Creations'

Annual subscriptions (£25) are now due

New members welcome, visitors £5 per meeting

Phone 01547 529244 for enquiries

Llangunllo's annual

Charity

(Raising funds for
Gravel Chapel &
Llangunllo Church)



Duck Race and Barbecue 2017

3:00 p.m. Saturday 27th May

at Gravel Chapel



A great family event,

(whatever the weather!)



**New games and
attractions
this year.**

Children Express the Emotions of Easter



The 'Open the Book' team got their creative juices going for children from Knighton School who arrived at St Edward's for Easter Experience.

Palm Sunday – Hopes and Dreams

The children waved palm branches like the early Israelites and thought about their own hopes and dreams, sometimes a puppy or peace in our world. They drew their hopes on polished stones, which they placed at the foot of the cross.

Foot Washing – Servant King

As they thought about Jesus washing his disciples' feet, they reflected on how they too might serve others: running errands for a disabled relative, sending a Get Well card, befriending someone who was unhappy at school. They reverently dipped a finger in water and marked their hands with a cross.

Last Supper – Remember Me

Children gathered around a white table and thought about their poignant memories: a grandmother's locket, a photograph of a deceased relative, a football trophy.

Garden of Gethsemane – Alone

A lovely little garden greeted them at the next station where they considered how lonely Jesus must have felt. They modelled in clay images of their alone times: when

a pet or a relative had died, when others were nasty in the playground.

Crucifixion – Sharing our Sorrows

Children gathered at a large cross to consider sadness and suffering. Each held a red ribbon tied to the cross and said their own private prayer for refugees, the homeless, the hungry, someone special.

The Empty Tomb – Jesus is Alive!

The Open the Book team re-enacted Mary discovering the tomb empty, rushing to the disciples, and her joyful encounter with Jesus. Melia noted that every time they break open an Easter egg, it is like breaking open the tomb.

The children were a tribute to the school and to their parents, as they caught the mood, reflected deeply, and responded with a quiet honesty.



Risen Jesus appears to Mary



Melia rolls the stone away

Easter Experience



Garden of Gethsemane when we are alone



Clay Models of 'Alone'



Waving Palms



Hopes on stones



Foot Washing - The Servant



Prayers at the cross

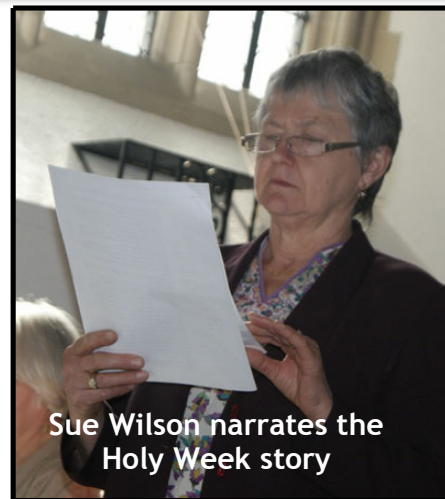
Palm Sunday



Llanfihangel Nantmelan: Dixie, the Donkey, with waving of branches.



Judy North & Hilary Howcroft processing from Heyope to Knucklas

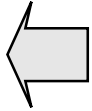


Sue Wilson narrates the Holy Week story



Farewell presentation to David and Brenda.
Painting by Rev Leigh Spicer.

Norton: David and Brenda Lowe attended their last service on Sunday, 9th April, before moving to Tenbury Wells. They were accompanied by their son and his wife, David's brother and his sister from Australia. David has served as Church Warden in the past and Brenda organised flowers, coffee mornings, the annual Christmas Craft Fair as well as being secretary. Between them their support has been invaluable.



Heyope to Knucklas

On Palm Sunday congregations traditionally process with crosses and song around churches, but at **St David's Heyope** we processed from Heyope Church to Knucklas Baptist Chapel, carrying our crosses.

In church we read the moving story of the betrayal of Jesus by Judas, his trial before Pilate, and his crucifixion, as narrated by Sue Wilson. The two congregations joined together to take parts: Jesus, Judas, Pilate, soldiers, bystanders.

At the chapel we enjoyed a fine Welsh tea as prepared and served by the Baptists. Rev Anne Roberts closed our service with an epilogue of music and thought.

Llanfihangel Nantmelan

Another fine Palm Sunday tradition is to add the magic of a donkey to the procession, as Jesus entered Jerusalem on a donkey.

Dixie usually referred to simply as "The Donkey" joined in at Llanfihangel NM on Palm Sunday along with some enthusiastic waving of branches



Messy Church in May and June.

For games and crafts,
for food and worship
and for a certain amount of 'mess'
(well quite a lot really)

Why not join us at New Radnor Community Centre on the first Saturdays in May (6th) and June (3rd). We meet from 11 until 1 always finishing with a meal together.

All families are welcome but children must be accompanied by a parent or carer.

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Knucklas Notes

For our churches and chapels, we are very much into the season of Easter, with implications of the resurrection of Jesus being reflected upon at this time, as well as on every Sunday throughout the year. St. David's church and the nearby group of Baptist chapels had a well-appreciated service in the church at Heyope together before (in many cases) walking down to the Knucklas chapel for a sumptuous tea and an epilogue. This was a very nice way to celebrate Palm Sunday, on a lovely spring afternoon.

Local council elections take place at Knucklas Community centre on Thursday May 4th. Our Community Councillors are effectively communally-minded volunteers from the

Beguildy, Felindre, Heyope and Knucklas areas; it is pleasing to see our end of the valley well-represented at this time. The county councillors who apply pressure at Powys level are also largely unpaid, but there is normally a choice of persons offering themselves to be made, often independent of any political party. County Councillor John Brunt is about to retire after many years of unstinting service to our local communities – his outstanding input will be much missed.

At the end of May we can look forward to another Hay on Wye Literary Festival.

Robert Forbath

QUIZ NIGHT

In aid of Llangunllo Community Hall

On Thursday 18th May

In Llangunllo Hall

Doors open at 7.00, 7.30 start

£10 entry per team, max 4 to a team

Bring your own drinks and snacks

Tea and coffee available

▲ Magical May Musical Weekend

Anna & Elizabeth (Strings and Diaramas)

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Saturday 20th May

Knighton Community Centre 8pm

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Foghorn Stringband

Sunday 21st May

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Bar, Food, Dance, 7.30pm

Tickets £12 per gig/ £22 for both

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QUIZ NIGHT

Friday 2nd June

New Radnor Village Hall

Doors open 7pm for prompt start 7.30pm

Max 6 people per team 2.50 per person

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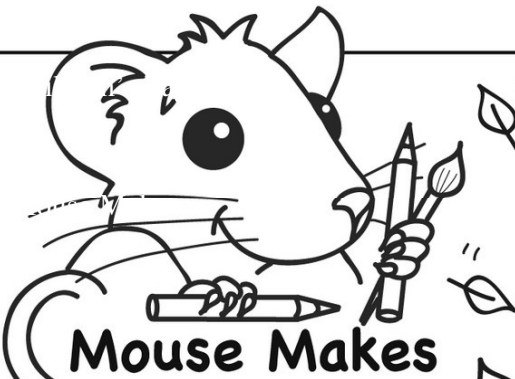
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The Man in the Tree

With Jesus passing through the town
A crowd of people gathered round,
But as Zacchaeus could not see,
He ran ahead and climbed a tree.

Jesus stopped as he passed by,
And saw Zacchaeus there up high,
Said, "Dear Zacchaeus, come with me,
I'm going to your house for tea".

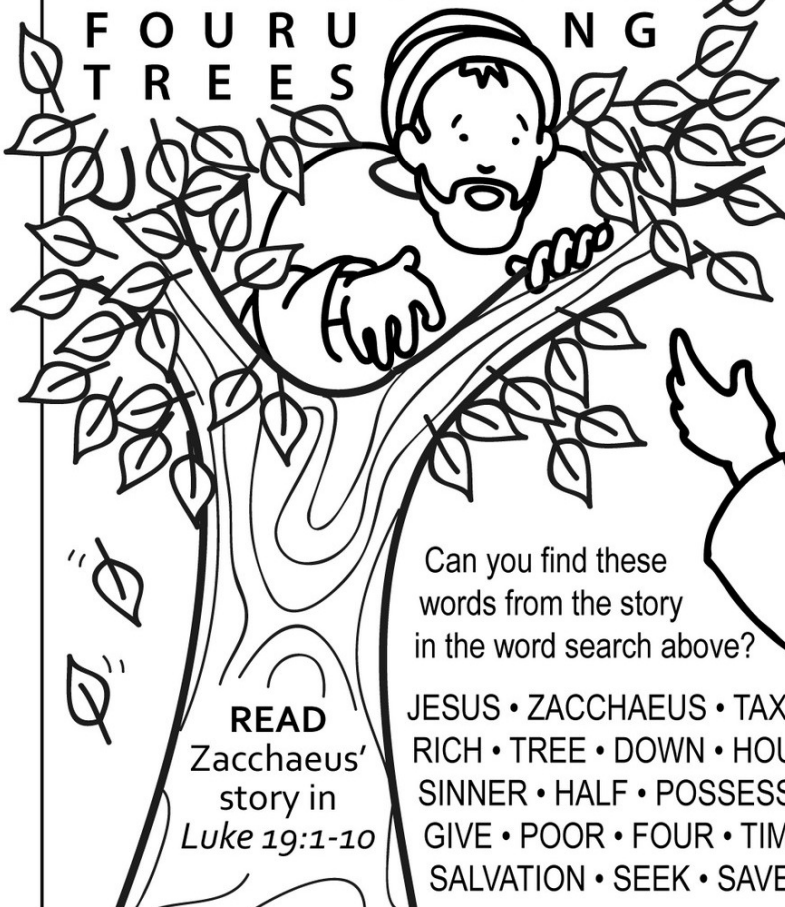
Zacchaeus climbed
down to the floor,
And walked with Jesus
to his door,
Amazed the Lord would
want to be
With such a liar and
cheat as he.

Zacchaeus, sorry for
all he had done,
Said, "Lord, I'll pay
back everyone,
Half I own I give
to the poor,
Those I've cheated get
four times more."

Jesus said,
"Today you're saved!"
Zacchaeus replied,
"May God be praised!"



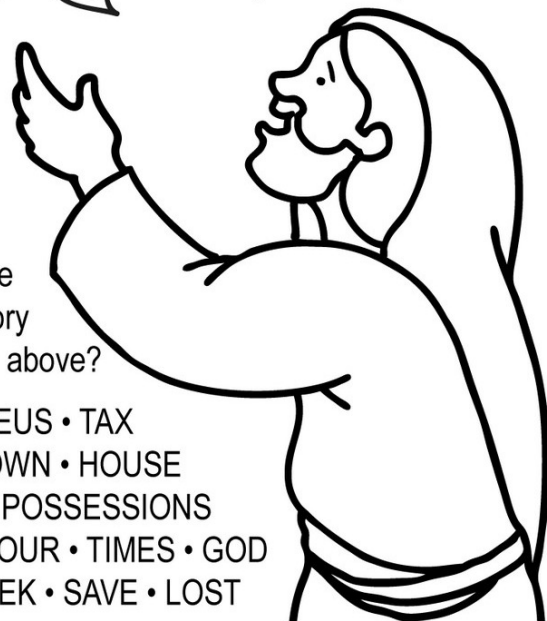
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F O U R U N G
T R E E S



Can you find these
words from the story
in the word search above?

READ
Zacchaeus'
story in
Luke 19:1-10

JESUS • ZACCHAEUS • TAX
RICH • TREE • DOWN • HOUSE
SINNER • HALF • POSSESSIONS
GIVE • POOR • FOUR • TIMES • GOD
SALVATION • SEEK • SAVE • LOST





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The upward course of a nation's history
is due in the long run to the soundness
of heart of its average men and women.
- Queen Elizabeth II

You can chain me, you can torture me,
you can even destroy this body, but you
will never imprison my mind.
- Mahatma Gandhi

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- Miguel de Cervantes**

Grid References and Postcodes for Churches

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Bleddfa	SO 206683	LD7 1PA	Cascob	SO 239664	LD8 2NT
Heyope	SO 239745	LD7 1PY	N Radnor	SO 210609	LD8 2SS
Llangunllo	SO 211712	LD7 1SW	Gladestry	SO 230551	HR5 3NR
Knighton	SO 287724	LD7 1AG	Colva	SO 199531	HR5 3RA
Norton	SO 304672	LD8 2EY	Evancoyd	SO 262627	LD8 2EN
Whitton	SO 270673	LD7 1AG	Llan' l n m	SO 180581	LD8 2TN

Church/Community Halls:

Evenjobb Village Hall	Linda Ellams	01547 560306
Felindre Village Hall	Jess Barrett	01547 510052
	felindrevh@gmail.com	07805 002497
Gladestry Village Hall	Marlene Evans	01544 370646
	marlene.evans@hotmail.co.uk	
Knucklas Comm Centre	John Bowen	01547 520384
	www.knucklascommcentre.org.uk	
Llangunllo Village Hall	Tom Lewis	01547 550639
New Radnor Comm Cent	Carlee Evans	01544 350575
St Edward's Church Hall	Jean Price	01547 528560
Whitton Community Hall	Gill Powell	01547 560367

From the Registers

Baptism:

March 26 Jacques Grainger, Knighton

Funerals:

March 25 Donald Green, aged 86, Knighton
 April 1 Wally Gammon, aged 85, Knighton
 April 6 Jean Morgan, aged 83, Knighton
 April 12 Alan Jones, aged 69, Knighton

Knighton Methodist Church

Every Sunday at 11am

Abbreviations on Back Cover

MC	Melia Cope	JH	John Hanna
MB	Mark Beaton	NO	Norma Olds
MRW	Meinir Ronicle	AG	Audrey Green
CH	Christobel	PJC	Peter Cope
	Hargreaves	JG	John Greaves
LS	Leigh Spicer	IG	Iris Greaves
DY	Donald Yonge	DD	David Davies
LWJ	Laura Woodside-	JW	Jim Walbran
	Jones	MT	Mike Thompson

Knighton Roman Catholic Church

Our Lady of Perpetual Succour and St Nicholas
 Priest: Father Michael

Every Sunday: 11am Holy Communion

Every Thursday: 11.30 Holy Communion

May	Baptist Chapels
7	Norton Street, Café Church, Kevin Dare, Nick & Bridget Andrews
7	Gravel: 2.30 Richard Mansel
7	Pound, 2.30pm, Kym Berry
7	Coxall, 2.30pm, Kevin Dave (Communion)
7	New Radnor, 3pm Rev Andrew Wyton
14	Norton Street, 11am, Kevin Dare
14	Pound, 2.30pm, Family Service
14	Knucklas, 6pm, 'Face to Face' The Respectable Man
21	Pound, 2.30pm, Communion Rev R Thomas
21	Norton St, 11am, Helen Wyton (Communion)
21	Maesyrhelem 6.30pm Rev A Wyton
28	Pound, 6.30pm, with Methodists
28	Knucklas, 6pm Michael Humphreys, (Comm)
28	11an Joint service at Knighton Methodist Church

Norton Street. Services at 11am with coffee from 10.30am.

Advance Notice: July 2nd 7:00pm Anniversary Songs of Praise Rev Geoff Cable at New Radnor Baptist.

Dates For Your Diary

April

29-30 Llangunllo Walking Festival.

May

Tue 2 Knighton W.I. Trip to Westonbury Water Gardens.
Whitton W.I. Community Hall, 7.30.

Wed 3 Ministry Team Meeting, Church Barn, Gladestry,
7.30pm.
Felindre WI, M. Carruthers: 'Life on Oil' 7.30pm.

Thu 4 7pm Prayer Meeting at St Peter's Evancoyd.
Quiet Hr 1 Ystrad House Knighton, 10-11 & 4-5.

Fri 5 Quiz Night at The Fforest Inn in aid of St
Michael's, Llanfihangel Nantmelan

5-12 Kington Charity Shop for St Mary's Gladestry.

Sat 6 Messy Church at New Radnor Community Centre
11am - 1pm.
TVGC Plant Sale, Knucklas Comm Centre 10am.

8-14 Mental Awareness Week.

Sat 6 Teme Valley Gardeners Club, Coffee Morning,
Knucklas Comm Centre. Plants etc. 10am.
Bingo at St Edward's Hall, 7pm.

Sun 7 Annual Vestry Meeting St David's, Colva 3:30pm

Mon 8 Teme Valley Gardeners' Club, AGM and Supper.
Knucklas Comm Centre, 7.30pm
Felindre Village Hall Committee, 8pm.

Tue 9 Communion at St Edward's, Knighton, 11am
Craft Club, Knucklas Community Centre, 2-4pm.
Prayer meeting, St Mary's New Radnor, 7pm.
Llangunllo WI. Resolutions and Craft Activity,
Little Hencefn, 7pm.

Wed 10 Holy Communion (11am) and lunch (12:15ish)
both at New Radnor Comm. Centre.
Holy Communion at St Edward's, 10.30am.

Thu 11 Theology Circle, Methodist Church 11.30, Kevin
Dare, 11.30am.

Fri 12 New Radnor Over 60's, Outing to Ironbridge
Open Air Museum, Eagle at 10am.
Cameo Coffee Morning, Methodist Ch. 10-12

Sat 13 Sheepdog Trials, Beguildy, 7am onwards.
Llanfair Singers, St Edward's Hall, 7.30pm.
Kington Choral, St Mary's, Kington 7.30pm.

15-21 Dementia Awareness Week.

Tue 16 Gladestry W.I. Afternoon outing to Leominster
'Aboutface Theatre Co "Apple Dumpling"
St David's Ladies Guild. Diana Lavers: Training
Dogs/Agility. Knucklas, 7.30pm.

St Mary's New Radnor PCC meeting, Comm
Centre, 7:30pm

Wed 17 Prayer Meeting, Church Barn, Gladestry 7pm.

Thu 18 Knighton Community Centre; public may view
new facilities, 3.30 to 6.30pm.
Folk Night, Castle Inn Knucklas, 7pm.

Sat 20 Re-opening of Knighton Community Centre.
Gardening Theme. 10am-5pm.

Llanfair Comm Breakfast, Everest Hall, 9-11am.

Coffee Morning in St Edward's Hall, 10.30am.

Anna & Elizabeth + Eli West (Folk), Knighton
Community Centre, 8pm.

Sun 21 Cottage Wood, Cascob, Rhayader Male Voice
Choir, 6.30pm (Tea from 4.30).
Foghorn Stringband, Castlering Wood, Beggar's
Bush, 7.30.

Tue 24 Llangunllo Church Committee meeting 7:00pm
in church

Craft Club, Knucklas Community Centre, 2-4pm.

Wed 25 Mothers' Union, Evenjobb Village Hall, 2.30pm
Open Garden, 59 Rockes Meadow, 1.30 - 6pm.

Thu 26 Singing for Fun, St Edward's Hall, 10.30am.

27-29 Beat the Bounds of New Radnor, Celebration at
Fforest Inn on 29th, 7pm.

Sat 27 St Cynllo and Gravel Chapel's Annual Duck
Race at Gravel Chapel, 3pm.

Concert at St Peter's Church Evancoyd 7pm,
Bracken Trust Choir and Titley Ladies Choir.

27-28 Open Garden at 1 Ystrad House, Knighton,
2-5pm.

Mon 29 Bleddfa Village Walk, 9.30am Bleddfa Centre.

June

Thu 1 Ministry Area Team meeting Little HenCefn,
Llangunllo 7:30pm

2-4 Knighton Pilgrimage of Song.

Fri 2 New Radnor Quiz Night in aid of Carnival,
7.30pm.

Sat 3 Messy Pentecost, N R Comm Centre 11am -
1pm.

Sun 11 Confirmation at St Edward's, 10.30am.

Sat 17 Ceilidh at Hall Barn Bleddfa, 7.30pm.

Sat 24 Fashion Show and afternoon tea, St Edward's
Hall, Knighton, details to follow later.

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The celandines at St Mary's, New Radnor made a magnificent display.



New Radnor

Midweek Communion at the Community Centre is followed by delicious Marbella Chicken.

Joan Pound, Liz Taylor, Bette Hamer, Phyllis Daniel and Jennifer Oldridge. Sue Moore rushes by with hot plates in hand.



Ken Moore and Mac Hare tuck in.



Chris Gould, chef extraordinaire.

Photos by Michael Capstick

MAY & June 2017	Churches	May 7 Easter 4 <i>White</i>	May 14 Easter 5 <i>White</i>	May 21 Easter 6 <i>White</i>	Thurs May 25 Ascension <i>White</i>	May 28 Easter 7 <i>White</i>	June 4 Pentecost <i>White</i>
Readings		Genesis 7 Psalm 23 Acts 2.42-4 John 10.1-10	Genesis 8.1-19 Psalm 31.1-5, Acts 7.55-60 John 14.1-14	Genesis 8.20-9.17 Psalm 66.8-20 Acts 17.22-31 John 14.15-21	Daniel 7.9-14 Psalm 47 or 93 Acts 1.1-11 Luke 24.44-53	Ezekiel 36.24-28 Psalm 68.1-10 Acts 1.6-14 John 17.1-11	Numbers 11.24-30 Psalm 104.24-34,35b Acts 2.1-21 John 20.19-23
Beacon Hill Churches	Beguildy St Michaels	11:00am PJC Holy Communion	No Service	11:00am tbc Morning Worship	Ministry Area Holy Communion 10:30am St Edward's Knighton	No Service	11:00am MC Holy Communion
	Bleddfa Mary Magdalene	8:30pm MB Compline	11:00am MB Holy Communion	No Service		No Service	8:30pm MB Compline
	Heyope St David	No Service	4:00pm MC Evensong	No Service		11:00am JG Holy Communion	No Service
	Llangunllo St Cynllo	No Service	No Service	6:30pm MB Evening Worship		No Service	No Service
East Radnor Churches	Cascob St Michael	3:00pm MC Evening Prayer	No Service	No Service		No Service	3:00pm MC Holy Communion
	Knighton St Edward	9:30am MB Morning Worship	9:30am MC Holy Communion	10:30am MC Family Service		9:30am MC Holy Communion	9:30am JG Holy Communion
	Norton St Andrew	11:00am MC Holy Communion	11:00am MC Morning Worship	11:00am tbc Holy Communion		11:00am AG Morning Worship	11:00am PJC Holy Communion
	Pilleth St Mary	No Service	No Service	No Service		3:00pm MC Evening Prayer	No Service
New Radnor Churches	Whitton St David	9:30am MC Holy Communion	9:30am D Davies Morning Worship	9:30am PJC Holy Communion		No Service	9:30am MC Holy Communion
	Colva St David	2:30pm MB Holy Communion	No Service	No Service		No Service	2:30pm MB Evening Prayer
	Evancoyd St Peter	11:00am MB Family Service	No Service	3:00pm MB Holy Communion		11:00am MB Holy Communion	11:00am MB Family Service
	Gladestry St Mary	6:00pm MB Holy Communion	9:15am MB Morning Worship	11:15am MB Holy Communion		6:00pm HC Evening Worship	6:00pm MB Holy Communion
	Llan'il N M St Michael	No Service	11:00am tbc Morning Prayer	No Service		3:00pm MB Evening Worship	No Service
	New Radnor St Mary	9:15am CG Morning Prayer	6:00pm (M Hare) Songs of Praise	9:15am MB Holy Communion		9:15am MB Holy Communion	9:15am MB Holy Communion