

THE RADNOR

APRIL 2019



The Resurrection: Brecon Cathedral

The Magazine of the East Radnor Ministry Area

Beguildy & Felindre | Bleddfa | Heyope & Knucklas | Llangunllo

Knighton | Norton | Whitton | Pilleth | Cascob

New Radnor | Gladestry | Colva | Evancoyd | Llanfihangel Nant Melan

Price £1.10



Bleddfa - The Place of the Wolf

Bleddfa is one of many Welsh locations, perhaps in myth or reality, to identify with Wales' last wild wolf. Surrounded by the Radnor Forest it nestles amongst hills and valleys and consists of some 37 homes, many some distance from the centre.

In 2006 Bleddfa won the Calor Village of the Year competition for Mid Wales and adopted the title of "Small Village with a Big Heart," reflecting the strength of community support and spirit. The award recognised the diversity of activities and the contributions of village groups and enterprises, the contributions of the Bleddfa Centre, the Church and the Village Pub.

The Church is dedicated to Saint Mary Magdalene and is essentially

Norman. Early church history is hazy but the site was probably occupied by an earlier Celtic Church. It was almost certainly damaged substantially in the time of Owain Glyndwr. The substantial west tower remains are a mystery but are probably Norman, and although now roofless, are substantial enough to have supported a building of some height.

The Bleddfa Centre occupies the old school building and the refurbished Hall Barn was dedicated by the generosity of Wendy Hall. It has been active for forty years as a charitable trust and promotes all forms of art, craft, music and literature. Regular events and exhibitions promote and explore the creativity of the human spirit. The Centre has a shop and serves delicious food in the café and

opens again on the 19th April.

The millenium statue outside Hall Barn is of Tobias with his dog and the Angel Raphael, sculpted by Ken Thompson. It was dedicated by Rowan Williams, when he was Archbishop of Wales. The wonderful story of the journey of Tobias with his

dog and guided by the angel is told in The Book of Tobit, in the Apocrypha in the Bible. It is available online.

There is a tradition of an annual Bleddfa walk in the spring; a moderately-challenging circular walk starting at the Centre, following footpaths to explore the local countryside, and ending up back at the Centre

No report on Bleddfa would be complete without a special thanks to Reverend James Roose Evans for his tireless work and dedication to the church and the Bleddfa Centre. Also to Albert Thomas who quietly and generously gives his time, keeping the village in good shape, alongside the many village green keepers and mowers. Finally to Graham George, our church organist and organiser of Bleddfa's Christmas concerts.

At the present time the Hundred House Public House, formerly the courtroom for the village Hundred communities, is closed and up for sale. Hopefully it will soon re-open and resume as a thriving centre for village life and visitors.

*Marcolm Forbes
former Churchwarden*



Tobias and the Angel



Village of the Year: 2006

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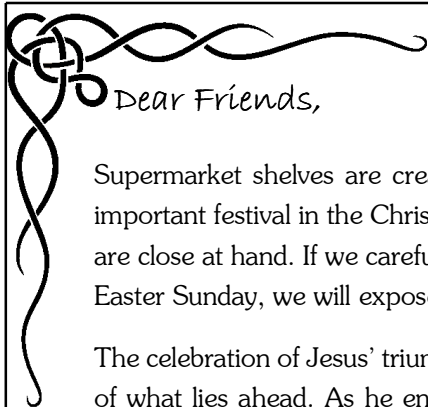


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Dear Friends,

Supermarket shelves are creaking under the weight of Easter eggs and our preparation for the most important festival in the Christian calendar is in full swing. All the events of Palm Sunday and Holy Week are close at hand. If we carefully follow Jesus and his disciples in the days leading up to Good Friday and Easter Sunday, we will expose ourselves to the full range of human emotions.

The celebration of Jesus' triumphal entry into Jerusalem on Palm Sunday will be muted by our knowledge of what lies ahead. As he enters the city astride a donkey, announcing a unique form of kingship, we remember the cruel crown that he will be wearing in under a week. The cries of 'Hosanna to the Son of David' soon turn to 'Crucify him! Crucify him!' After their final meal in the upper room, as Jesus offers comfort to his disciples, saying 'Do not let your hearts be troubled. Trust in God, trust also in me' we remember that later that same night Jesus himself will be in anguish in the garden of Gethsemane.

Then comes Friday and the cross. Our sins have placed him there and held him there. All is desolation and despair, and yet!

Then comes Easter day. Hope is reborn, that sin that caused Christ his pain, is gone. Christ through his giving of himself has purchased our freedom, we have been redeemed, our sins have been washed away.

All is joy, but only because of the grief that has gone before. The richness of the experience emerges from the starkness of the contrast. Good Friday and Easter Sunday must be inextricably linked in our hearts and minds. This Eastertide embrace both the agony and the ecstasy as we walk the journey of Holy Week together.

Mark Beaton

The Cover - The Risen Christ

This powerful Resurrection window shows Christ emerging from the tomb in splendour. The background sky of yellow, pink and blue represents dawn, and the purples, pinks and golds below are our many coloured earth.

The angel with magnificent gold wings holds a firey sword which slashed through the grave to lift Christ from the stones tumbled about. The

angel at the grave is usually male, but this female angel robed in elegant decorative clothing has her own clear-eyed power.

Jesus is powerful, muscular. draped with luscious red and gold fabric, the red symbolising martyrdom and the gold and purple his kingship over all. With hands bearing the marks of the nails, he points heavenward, leading us all, commanding us to follow!

The window is in the southwest corner of Brecon Cathedral. It is a triptych; the left window shows the women arriving with spices, and the right shows the Roman soldiers in mayhem at Christ's disappearance.

A nearby window using similar motifs (not shown here) is dated 1887.

Deadline

The deadline for submitting material for the May edition is

15th April 2019

Please keep your submissions to under 200 words.

Payment for 2019

£10 for the year (10 issues)

£1.10 for individual copies.

Online

The Radnor is also available at www.beaconhillbenefice.org.uk

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Holy Week Services

Tuesday April 16th	Wednesday April 17th	Maundy Thursday April 18th	Good Friday April 19th
<p>12:00 Noon Brecon Cathedral Service of Chrism Eucharist</p> <p>Early evening worship at Community Centre in New Radnor with our annual visiting pilgrims</p>	<p>7pm St Mary Magdalene Bleddfa - Worship drawing together the themes of our Lent gatherings</p>	<p>7pm Informal "Last Supper" Communion at The Hub New Radnor</p> <p>7pm St Edward's Knighton Holy Communion</p> <p>7pm Norton Street Baptist Church</p>	<p>10:30am Walk of Witness. Start at Brookside Square in Knighton (Knighton Silver Band, Readings)</p> <p>2pm Stations of the Cross - with art exhibition St Peter's Evancoyd</p> <p>2pm St Edward's Knighton, Meditation on the Cross</p> <p>2:30pm Norton St Baptist Church, Meditation</p>

Midweek Holy Communion

New Radnor

**Wednesday, April 10th
11am**

at New Radnor Community Centre
Followed by Lunch

Everyone is most welcome to attend
either or both and there is no need
to book ahead - we have never yet
run out of food and sent anyone
home hungry!!! Oh yes and I should
mention that our puddings are
legendary!!

Midweek Morning Prayer St Edward's, Knighton

April

Wed 10 Morning Prayer, 9.15am

Wed 24 Morning Prayer 9.15am

May

Wed 1 Morning Prayer 9.15am

Bishop's Lent Appeal 2019

The four chosen charities for this year's Bishop's Lent Appeal are:

USPG, commended by Sue King our Diocesan Rep;

Faith in Families, committed to by the Bishop;

Nordoff Robbins, commended by Canon Alison Jones;

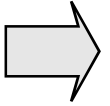
Jeel al-Amal Orphanage, Bethany, commended by Fr Nigel Doyle.

Launching his appeal, Archbishop John said: "Among the sayings attributed to David is an encouragement to 'do the little things'. This was not an encouragement to grand gestures or the pursuit of grand designs, but rather it was an encouragement to recognise that the small details matter.

"The Lent Appeal encourages us, as a diocesan family, to recognise that our individual small efforts, when combined with those of our brothers and sisters, matter enormously because they enable us to become collective Good News to the needy.

"Whatever you may have contributed to past appeals may not, you might think, amount to much; but combined with the contributions of others, we have been able to give away to worthy causes over £100,000.

"Every penny or pound on its own may seem 'a little thing'. Put together with all of the others they become the means of relieving suffering and need experienced by others. Each charity to have benefited in the past has expressed enormous gratitude for what we have done, and lives have been changed for the better."



A Celtic St David's Day

St David's Heyope celebrated St David's Day on Sunday March 3rd. Iris Greaves led the Celtic worship.

Our speaker, Meinir Ronicle, a native Welsh speaker who is training for ordination, told of the legends and way of life of 6th Century St David and his monks. They lived a simple life of hard farming work, a daily round of prayers and a simple diet of bread, water, and herbs (watercress). They invoked blessings for simple tasks like washing the face, milking the cow or ploughing the field.

The home was an important place of worship to our Welsh forbears because of the lack of parish churches and clergy and the remoteness of rural communities. They worshipped simply, often outdoors; the Roman style of worship only came with the Normans.

St David, born and bred in Wales, was probably a tall and handsome man, much loved, who cared tirelessly for all people: the monks, the pilgrims, the poor. His last words, "Remember the simple things" are still a powerful message today

St David's lovely church was filled with daffodils. Welsh poems spoke of their simple beauty. The Celtic style of liturgy praised God and all creation. Our hymns were led by our organist, Judy North, and the Llanfair Singers conducted by Graham Trew. They sang Welsh songs, including *St David of the White Rock*. A flute solo by Chris Martin, *All Through the Night* rounded off the contemplation on simplicity.

The congregation de-camped to Knucklas Community Hall where we enjoyed a fine roast lunch with homemade puddings galore.

The Radnor

We have a good team working on The Radnor: advertising, distributing, editing, financing. Plus many of you submit articles.

But we could always use more help. Could you find stories about:

Farming

History (events, places, people)

People (someone interesting today or from the past)

Events today

Could you take photos of local people/events?

Could you work on the layout of The Radnor itself?

Could you collect the magazine from Craven Arms?

Could you distribute magazines locally?

Could you encourage new arrivals to take The Radnor?

Ring or email the editor if anything takes your fancy.

The Band Played for St. David's Day, Colva

A celebration Service for St. David took place on March 3rd with the return of the Radnor Band accompanying the singing of Welsh hymn tunes.

Following the Service tea and welsh cakes were enjoyed.

Thank you to the ladies of the Parish for preparing the church and the lovely refreshments and also special mention to the members of the band - their range of instruments enhancing the afternoon's worship.

Knucklas and District Notes

Around the Region:

Facilities seem to be improving in the wider area with the 3-4mile Newtown by-pass now open, a 'drive-thru' fast food outlet being planned for Builth Wells and plans to renovate the Wyeside Arts Centre in the town.

Also, a Park-Run has now been set up in Builth, to add to those already in operation in Newtown, Shrewsbury, Telford etc. These Saturday morning get togethers are designed to make keeping fit enjoyable for all age-groups and competitive only against one's own 'personal best'. A large number of volunteers enable it all to happen.

And in Knucklas and District:

But our own immediate area is not without encouraging opportunities too, with a fine library service in Knighton and monthly visits of the mobile library to Knucklas. Add to this 'Flicks in the Sticks' in surrounding towns and villages (specially good in March) and the remarkably good transport links which we enjoy, not to mention our fine Community Centre and organisations that meet there.

St. David's Church Heyope are celebrating their patron saint on the first week-end in March, whilst the Castle Hill Community Land Project has another cabaret, this time over in Llanfair.

Robert Forbath

St David's Day Celebrations



The Llanfair Singers



Meinir Ronicle preaching



Hannah Lewis reading



Iris Greaves leading service



Ruth Watson and Sarah Green, our cooks



Matthew O'Rourke

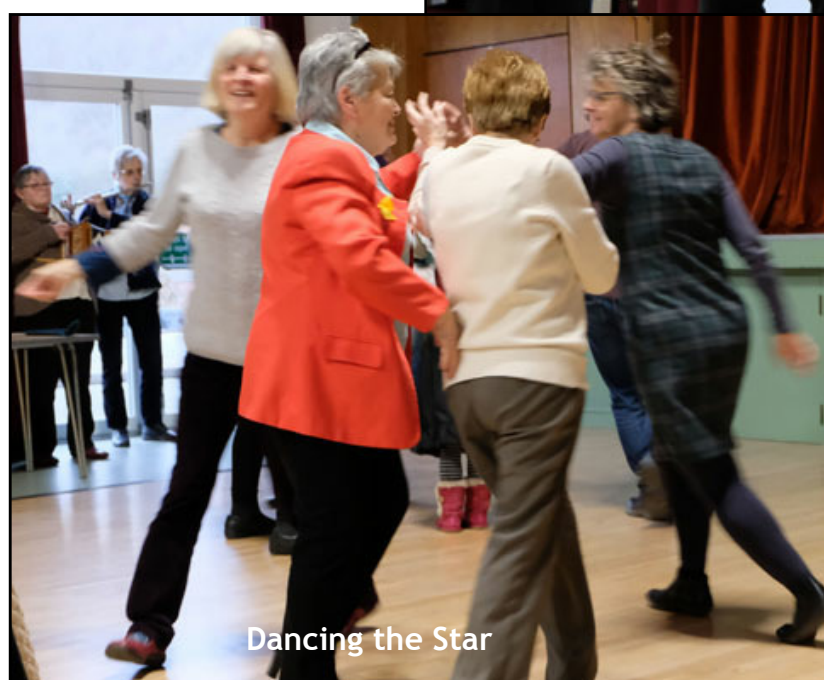
St David's Day at Knighton Comm

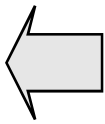


Old Welsh Saying:

Me gerddaf gyda thi
dros lwybrau maith.

(I'll walk beside you
over many paths.)





St David's Day at the Knighton Comm

Knighnton Comm celebrated St David's Day on Saturday, March 2nd. Rev Kevin Dare, the compère, threaded each act together, and gave us a quick sketch of our patron saint. The bar and the cafe were open all afternoon and we sat in cabaret style to enjoy music, dance, poetry.

The folk instruments of the Castle Band warmed up the festivities. Sarah Graham gave us an entertaining Welsh lesson where we learned pleasantries like *Good morning, Good evening, How Are you?* The audience had some hilarious fun doing country dancing called by Matt Clarke: they soon learned the difference between clockwise and anticlockwise!

Ruth Forrester devised a Welsh quiz: sports, politics, culture. For instance did you know that Hergst Court was associated with the *Mabinogian*? Or which village in Wales means the "place of the wolf"? Bleddfa!

A mini eisteddfod attracted individuals and Sarah's classes to recite poetry in Welsh – very impressive!

Finally, the Llanfair Singers sang *Myfanwy, David of the White Rock* (David asks for his harp before he dies) and the *Lords Prayer*. We concluded a Welsh afternoon with the Welsh National Anthem.



Wed April 10. Clun Memorial Hall. "Bohemian Rhapsody (12a)" Adult: £6. Child: £4. 7.30pm.

Fri April 12. Knighton Comm. "Widows (15)" Adult: £4.50. 7.30pm.

Sat April 20. Llanfair Waterdine, Everest Hall, "Widows (15)" Adult: £4.50 Child: £2.50. 7.30pm.

Fri April 26. Knighton Comm. "Stan And Ollie (12a)" Adult: £4.50. 7.30pm.

Sat April 27. Chapel Lawn Vill Hall. "Bohemian Rhapsody (12a)" Adult: £12, Child: £7. 6pm.

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(South Wales)



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Get Inspired by a Sculpture

During Lent a sculpture entitled *Jesus carries the Cross* by Lottie O'Leary was exhibited in the south transept of HEREFORD Cathedral.

Lottie lives and works in Knucklas. She carves memorials, works on sculpture commissions, has work in exhibitions and also runs stone carving classes.

The sculpture was carved for the *40 days, 40 artists*, Lent exhibition at St Michael's Discoed in 2017.

Lottie decided she wanted to carve two different views of the same subject, carving in shallow relief. She was asked to do Jesus carrying the Cross. She took inspiration from the paintings by Italian renaissance artist Lorenzo Lotto on the front, and by the Dutch artist Hieronymus Bosch on the back. The carving is for sale.

You may come along anytime to view the sculpture. Each Tuesday at 6.45pm a member of the

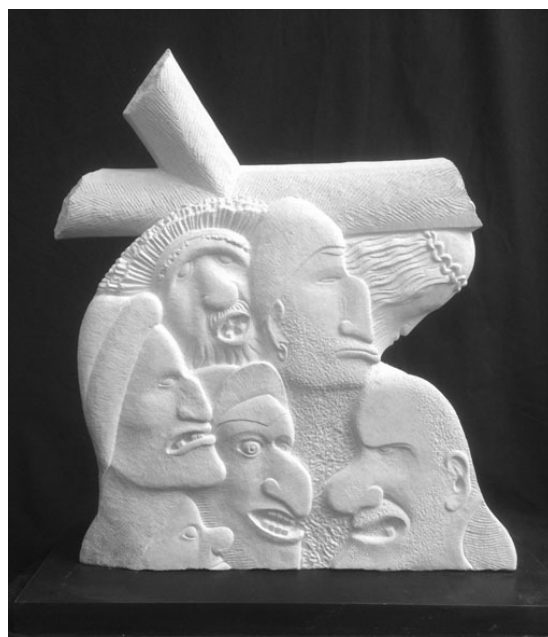
cathedral community will focus on a different interpretation of the sculpture for 15 minutes followed by Compline. During March there were three sessions. In April:

2 April Dr Maureen Palmer

9 April Revd Nick Bury



Front: *Jesus carries the Cross*



Back

St Mary's, Llanfair Waterdine

19th April at 6.00pm

A Meditation for Good Friday

with Llanfair Singers and
Sean Farrell - Organ



You are all invited to the induction of
Revd Petra Beresford-Webb

As Priest-in-Charge of
St Edward's Knighton
St David's Whitton
St Michael's Cascob
St Andrew's Norton
St Mary's Pilleth
St Michael's Beguildy
St David's Heyope

at St Edward's Knighton
Tuesday May 7th, 6.30pm

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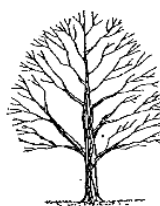
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New Radnor Over 60's Club

The New Radnor over 60's club recently held their A.G.M. by kind permission of Jennifer Oldridge.

Harvey Jones was re-elected Chairman, Pat Griffiths was re-elected as Treasurer and Marjorie Robinson was elected Secretary.

The club voiced its thanks to Marilyn for her many years serving as Secretary.

The club has arranged an interesting year of outings and social get togethers for the coming year. We welcome new members from the

surrounding area. Although our official title is 'Over 60's' we are open to anyone who is over 50.

During the next year we expect to go bowling, enjoy a film show, visit local gardens and try out the Heart of Wales Railway. Our April trip will be visiting the indoor market in Carmarthen on the bus.

Please feel free to join us.

CONTACTS:

Harvey Jones 01544 231185

Pat Griffiths 01544 350247

Marjorie Robinson 01544 350413

Our next outing is to Carmarthen Market (By Bus)
On Friday April 12th 2019

Meet at the Eagle at
8:45am to travel to Builth
by car

Please remember your Bus
Pass

For more information ring
Marjorie on 01544 350413
or Pat on 01544 350247

New members are always
welcome.



Quiz Night

The next quiz is on **Friday 19 April (Good Friday)** in the New Radnor Community Hall. Doors open at 7pm for a prompt start at 7:30pm. Teams of up to 6 players, £2 a head entry fee.

Refreshments available, bring your own bottle.

Everybody welcome to this fun and friendly quiz.

New Radnor - The HUB

ART GROUP

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The Hub, School Lane,
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on

each Wed. from 2-4 pm

For more information contact:

Jenny Burton: 01544-350242

Susan Davies: 01544-350616

Can you help? Beacon Hill Benefice

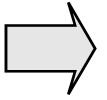
Beguildy | Heyope
Llangunllo | Bleddfa

1. Secretary to the Benefice
2. Treasurer to the Benefice

No church membership
required, just an interest in either
area.



*They could have either a procession of crosses,
or a donkey. But not both.*



Mock Wedding

Brides get younger all the time! Knighton School held a 'mock wedding' in St Edward's church for the infant classes. The nervous groom arrived in top hat; the bride was beautiful in white. Four bridesmaids processed with bouquets and the two best men held the ring for the big moment. All ninety or so children in

the congregation were dressed in their finery, as were the teachers in fascinators and high vis vests for the walk up to the school.

Reverend John Hanna and his curate from the school conducted a moving ceremony witnessed by at least 30 parents. The bride, groom and

witness solemnly signed the register and then processed triumphantly down the aisle.

It was a great event organised by teacher, Jess Morris, for learning the customs of church and great fun besides!

Mobile Library

The county mobile library visits the following places on the fourth Tuesday in the month.

Bleddfa	10.30 - 10.45
Knighton, the Cottage Hospital	11.00 - 11.10
Knighton, Cottage Flats	11.15 - 11.30
Knucklas, Glyndwr	11.45 - 12.00
Knucklas, Bridge House	12.05 - 12.25
Presteigne, Bedddoes View	4.15 - 14.20

If we don't use it we'll lose it!



The Samaritans are having a selection event in Llandrindod Wells on the evening of 3rd April. To find out more email:

volunteer@powyssamaritans.org.uk

Or call 01597 822911

The MANY Friends of the Library

Our readers probably know that ten of our rural libraries in Powys were recently threatened with closure, including Knighton in our Ministry Area! They were only given three weeks notice of the impending cuts to funding by Powys County Council.

The people in Knighton put on their skates, and formed the Friends of the Library. It has about 25 members, with six on the committee. Their initial goal was to protest and lobby against the decision to withdraw funding. Within one week they had lobbied all 70 Powys councillors by email and telephone!! It worked. Today we learn that Powys County Council has rescinded its proposed funding cuts – at least for this year! The actual saving to the Welsh Government for each rural library is only £20,000; a tiny amount in their

entire budget. The local Community Centre has picked up the tab for many of the library's costs.

The Friends have other goals: to promote and protect the Library not only for this year but for years to come. They will help expand the range of services the Library offers and campaign to increase the number of members. They will look at other funding opportunities and work closely with the local Knighton community to identify solutions.

On April 1, the Friends will be holding an open meeting in the Knighton Community Centre to explain to everyone how they can play their part



Annie England, chair of the Knighton Library Friends

in saving the library and also to recruit volunteers to support Library activities.

Mock Wedding Knighton School at St Edward's



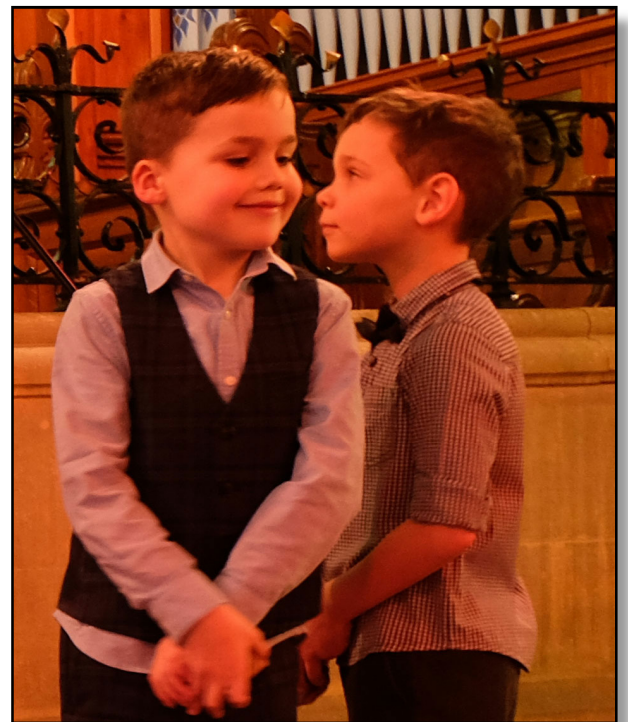
The Ceremony



Bridesmaids



Signing the register with the Curate



Best men

Bob's 80th Birthday Bash



Kath Poole, one of MANY villagers

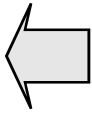


Bob Williams



The 15-piece jazz band

Photos by Michael Brown



Bob's Birthday Bash

Generous as ever Bob Williams had dreamt up a truly magnificent party to celebrate a special birthday. "I'm loving being 80," he said, "I can't think why it took me so long to get here!"

A host of family, friends and neighbours were treated to an evening of fun, food, drinks and dancing. The music was provided by an excellent 14 piece jazz band that quickly ensured a full dance floor that remained that way for the duration.

Energy levels were quickly replenished by an array of delicious food and the wine and beer on offer helped to

make everything go with that extra bit of zing.

Bob's daughter explained that this was his way of thanking the community for their support during a difficult time, but I'm sure I'm not alone in wanting to thank Bob not only for a fantastic party but also for all the work that he does for us. A big thank you as well to the people who set up the hall, did the catering, and generally ensured everything went so well on the night – they know who they are.

Finally – many more happy years, Bob, here in Llangunllo. We love you!

Pam Livingstone-Lawn

Fashion Show

W.E. Price

St Edward's Church Hall,
Knighton

Saturday, 6th April
3pm

£8 admission, includes
refreshments

In aid of
Bracken Trust
After Cancer Care Services



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knucklascastleclt@gmail.com



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Churches Together in Knighton and District



Open the Book

We are continuing to have a great time going into school every week to

present Bible stories at their Thursday assembly (see page 59). The children really look forward to it. If you would like to find out about what it means to be an Open the Book storyteller, please contact Rosemary Hanna on 01547 529296 or rojohanna@waitrose.com

This year is the 20th Anniversary since Open the Book first started in Bedford and now there are at least 16,800 volunteers regularly taking assemblies in 3,099 schools throughout England and Wales. We are hoping to have a special celebration in Knighton later this year – look out for details. There is also a celebration service in Brecon Cathedral on Wednesday 12th June.

Quiet Hour

Thurs 4th April, 10-11am
1 Ystrad House, 1 Church Rd,
Knighton

A time for reflection & meditation



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Knighton Baptist Church:
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Prestegne Baptist Church:
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**Food, to me, is always
about cooking and eating
with those you love and
care for.**

- David Chang

Churches Together AGM

Tuesday 9 April at 7.15pm in
Knighton Methodist Church.

Followed by a General Meeting

Both the AGM and the general meeting are open to everyone from our churches. You are most welcome to join us.

Easter Experience

Churches Together members along with Open the Book volunteers are planning Easter Experience at St Edward's for the older children from Knighton Primary School.

Monday 8th April

The 'Experience' will be in place for Passion Sunday on April 7th. Hopefully they will stay for a few more days. Come to St Ed's to experience the wonder for yourself.

Good Friday Walk of Witness

Friday 19 April.

We start at the Cenotaph in Brookside Square at 10.30 am, then proceed to the Clock Tower, ending with refreshments at the Methodist Church. There will be readings, prayers and hymns at the stopping places. Do join us as we witness to our faith on this most solemn day of the year.

Lunch Club

Serves lunch to Senior Citizens every Monday.

If you can spare a few hours once a month to help ring Margaret Davies 01547 528154

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.

Lent Groups

Not too late to join any of these

Rebuilding Bridges into the Community

Lent Group led by John Hanna

starting at Victoria House,
Victoria Road, Knighton
Tuesdays 3 to 4 pm
April 2 & April 9

Aspects of Faith

Bleddfa Church

Wednesday Evenings 7pm
April 3- Prayer - Kit Beaton
April 10 - Penitence -
Mick Westrip
April 17 - Closing Service

Life Balance

Thursday evenings, The Manse,
Victoria Road, Knighton
April 4 and April 11
Info: 01547 529707 or e-mail
knightonbaptists@gmail.com
Kevin and Judy Dare

Living Fruitfully

Ecumenical Lent Group

Fridays: April 5 & April 12
10.30-12 noon + refreshment
This is based on The Fruits of the Spirit.

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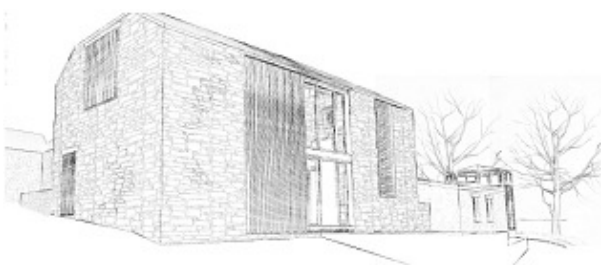
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Llangunllo Walking Festival 2019

Our fifth walking festival will be as usual on the first May Bank Holiday.

Enquiries to Jan Walmsley
susanscottage@btinternet.com
07813085211.

Saturday May 4th

Meet at 10 am at the Greyhound Pub, Llangunllo for lifts to Monaughty.

Walk from Monaughty to Pilleth, to the site of the battle where the Welsh conquered the English, then across road and up to Litton Hill, return to Monaughty. This walk is about 6 miles in length. There will be the option to join at Pilleth, if you prefer a shorter walk.

Sunday May 5th

Meet at 10 am at The Greyhound, Llangunllo, to walk to New Radnor, a walk of about 9 miles. Option to be dropped at Cascob if you want a shorter (probably 5 mile) walk.

Lifts will be available back to Llangunllo. We hope that the brewery in New Radnor will be open to greet thirsty walkers while they await their lifts.

Following this walk there will be a meal in The Greyhound to raise funds for the Friends of Llangunllo Church, 6pm, cost £6 for a two course meal. Fantastic value for money.



Monday 6th May

Possible Mystery Walk – more details nearer the time.



Ramblers

ycerddwyr
ramblers cymru

Walks start at 10am except April 18 and 20.. You are welcome to join us.
Enquiries: 01547 530120

April

Tues 2. SHORT WALK, Bryn-y-Maen, Llynheilyn Pool by Fforest Inn, 4 miles.

Wed 3. Circular from Gladestry, 8.1 miles.

Sat 6. Cwmdu to Tregraig, 6 miles

Wed 10. Harley's Wood, Presteigne, Broad Heath, 7.5 miles.

Sat 13. Circuit of Llangorse Lake, Mynydd Llangorse, 9 miles.

Wed 17. Wenlock Edge. 8.75 miles.

Thurs 18. SHORT EVENING WALK. Start at 6pm. Leintwardine circular, 4 miles.

Sat 20. Wye Valley Walk - Nantyarian, 9 miles, starting at 9.30am.

Mon 22. Wye Valley Walk - Garth, 6.7 miles

Wed 24. Brampton Bryan to Harley's Mountain, 8.5 miles.

Sat 27. Elan Valley Trust Walk - Nant Gwylt, 7 miles.

Saints and Sinners

On a lovely February day the Ramblers met at the Pen y Garreg carpark in the Elan Valley where placid reservoirs offered perfect reflections. From the dam we ascended the side of 'Devil's Gulch', the local name for a deep, barren gully (the 'sinner').

We strolled on across heather moorland to the Crugyn trig point rising above slate mine slag heaps with sunny views of the "blue remembered hills". We crossed a huge moor, Blaen Fign, covered with dry

grasses, but NO bogs. Ah ha, clean boots.

We descended on a clear grassy track to the reservoir and the Craig Goch dam. An easy walk led us back to the Pen y Garreg dam, except for a closure hiccup: huge boulders had fallen across a narrow pass at Coed yr Allt-goch. We found a route around to arrive safely at our starting dam. That's where the "saint" comes in as Archbishop John happened to be ascending the same steps by the dam; a happy day out for us all.



Descending to Craig Goch Dam



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We have to fund raise each year to survive, if you are able to help we would be very grateful, this can be with time; in volunteering, in money; as a donation, or we collect used stamps and old mobile phones which we are able to send off for recycling which we receive money for.

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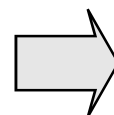
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St David's Day Eisteddfod at Radnor Valley School



Children, their families and staff at Radnor Valley School celebrated St David's Day with their annual eisteddfod. Each class practiced and performed a piece celebrating Welsh culture.

Dosbarth Mr Scruby sang beautifully in Welsh.

Dosbarth Mrs Curtis explained the significance of the Welsh icons like the harp, dragon, daffodil and leek.

Dosbarth Mr Jarman recited a poem in Welsh and treated us to some traditional Welsh country dancing.

Then the three houses competed against each other singing '*Siarad Cymraeg*'. After the performances prizes were awarded in the eisteddfod. Every child had completed a piece of decorated handwriting and a piece of artwork, their work on display decorating the hall for the occasion.

Kate Dinsdale

Lou's Baked Treats

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Radnor Valley School Eisteddfod

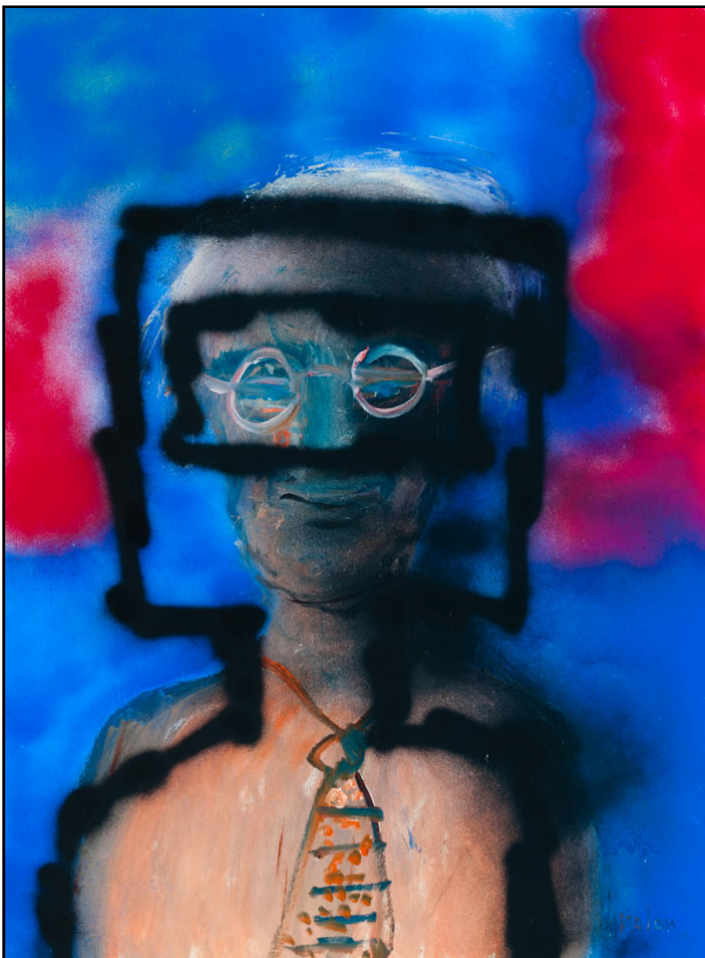




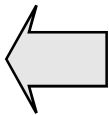
Spitzbergen, 1984,
oil on hardboard

Sidney Nolan The Rodd

We are grateful to the Sidney Nolan Trust for sharing these images which give a flavour of his character and his art.



Myself, 1988,
spray paint and oils on hardboard



The Rodd Opening

This year the Sidney Nolan Trust will be opening up, for the first time, Rodd Court, the Grade II* listed former home of Sir Sidney and Mary Nolan. It will open from:

Fri 19 April - 29 September

Begun in the sixteenth century and completed circa 1630 it is a fine example of a Jacobean manor house, which sits at the heart of the Rodd Estate on the outskirts of Presteigne.

Guests will be given access to the ground floor of the house where there will be an exhibition that explores the architecture and social history of the house and the landscape in which it sits. There will also be an opportunity for visitors to recount any stories they have about the house and its residents as the Trust is keen to build up its

historical archive for future reference.

Sidney Nolan, was one of the 20th century's foremost international modern artists of his generation who settled on the Welsh Border at The Rodd with his wife Mary (nee Boyd).

In the Trust's gallery a series of exhibitions of his work will be shown throughout the summer, highlighting his unique and exciting approach to painting and print making.

Hollie Brookes



The Rodd

sidneynolantrust.org or contact info@sidneynolantrust.org

Opening times:

Wed - Fri 11am - 4.30pm

Sat, Sun, Bank Holiday
Mondays 12pm - 4.30pm

Admission £5 Gift Aid £5.50

THE FAMILY ALLOTMENT in Knucklas

Available for parents and children from 1st April

There are tyres, blue boxes and buckets available for you to plant potatoes, onions, peas, carrots, lettuce and much more.

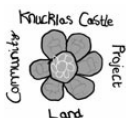
The Family Allotment shed has hand trowels & forks plus buckets, kneelers, gloves and all the equipment you need to do a bit of growing in a small space – including a few seeds.

If you are interested please arrange to meet one of us up at the allotments and we can get you started - please ring Siggy Haynes on 528223 or email sigridwilkes@gmail.com

The Family Allotment is free to all users but small donations would be gratefully accepted.

ALL WE ASK IS:

- You keep the shed tidy and respect other people's plots
- Make sure there is always a responsible adult with your children
- Observe the rules which are pinned on the door of the Family Allotment shed



Many thanks and Happy Gardening

Knucklas Castle Community Land Project

Hearing Aid Service

The service, staffed by volunteers, offers free hearing aid maintenance.

Knighton - Knighton Comm

2nd Tues, 9 April

10.30 - 12.30

Presteigne - Youth Centre,

4th Tues, 23 April

13.30 - 15.30

You use a glass mirror to
see your face;
you use works of art to see
your soul.

- *George Bernard Shaw*

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01547 510 355

laviniaomeagher@gmail.com

Bobby's Beat

Here begins a series from the diary of one of our parishioners who served in the police.

Boating Memory of 1959

One summer evening I stood on Putney Bridge and watched as some people drove down a ramp onto the foreshore at low tide, and launched boats. The attraction was that, below Putney bridge, there was no speed limit on the Thames.



One man came in a van with a racey speed boat on a trailer. He prepared the boat, and reversed the trailer into the water. The boat started to float away because he had omitted to secure the bow rope to trailer or van. He jumped out to save the boat, but forgot to set the hand brake. You've guessed it, the van rolled back into the river. It stopped with only the roof and windscreen showing. Several other folk gave him assistance, and

with 3 or 4 cars hitched on, his van was pulled out.

He went to the back of the van to open the doors, and the force of the water was so great it knocked him over and he had more than a shower! My colleagues roared with laughter when I got back to "nick" and related the story.

Bobby Fuzz



Big Breakfast

Evenjobb Village Hall

Sunday June 2

9 - 1

**Big Breakfast £8
Small Breakfast £4**

**Come with family
and friends!**

Info: Andrew Morris:

01547 560 254

Presteigne & Borders Floral Art Society

Wednesday April 10th

7.30 pm

The Society's 18th AGM

In Knucklas Community Hall,
7 for 7.30

Note change of venue

Contact Chairman Avril Hoyle,
01547 529244

Gladestry 49 Club

The winners of the 49 Club in February were:

Andrea Croose

Hattie Budd (& Hattie again)

Susan Robinson.

Anyone interested in joining the lottery so that you too can be a winner should contact Michael Johnson on code 01544 370296.

Walton Village Hall

**Craft Fair 7th April
10am-3pm**



Homemade items only. Tables are free, just a donation to the raffle required.

Also

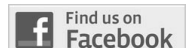
We need your school photos (individual or group) plus your anecdotes for our

**School Dinners Night on
May 18th**

Tickets £10 each

Speak to any member of the Committee for further details

For more details contact K Peachey on 01544 350 or find us on Facebook.



Love takes off masks that we fear we cannot live without and know we cannot live within.

- James Baldwin



"Easter" Messy Church

Saturday April 13

11am - 1pm

New Radnor Community Centre.

Families are invited from across the Ministry Area to join us for games, crafts, worship, food and fun.

Pancakes and Ashes to Start Lent

The Family Service in Gladestry on March 4th was the start of Lent. Mark spoke about Ash Wednesday; the photo shows the **cross of ashes** on his forehead. He explained what it is about: accepting that we do and think wrong things but that because

of what Jesus did on the cross, we can be forgiven.

He also explained why we celebrate the day before with **pancakes**, given that Lent is a time of concentrating more on prayer and preparation for Easter than eating.

We started with a straightforward pancake race, then did one going backwards, one with eyes closed, and one with an obstacle course. It was great fun.

Photos and text by Ann Dean



Mouse Makes

The Last Supper
read Matthew 26:17-30
TWELVE DISCIPLES
PASSOVER
ROOM • BREAD
WINE • SON • MAN
BODY • BLOOD
CUP • MEAL

Betrayal and Death
read Matthew 26:36-27:56
GETHESEMANE
PRAY • BETRAY
KISS • ARREST
MESSIAH • CHRIST
SON • ACCUSED
CRUCIFY • JESUS
CROWN • THORNS
ROBE • TREE
NAILS • CROSS
DARKNESS
QUAKE • DEATH
LOTS • DICE



Follow the **Easter story** using the Bible references, then look for the words in the puzzle.

Into Jerusalem
read Matthew 21:1-11
DONKEY • ROAD • COATS
BRANCHES • PALMS
KING • HOSANNA



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

Burial and Resurrection
read Matthew 27:57-28:20
TOMB • STONE • LINEN • BODY • BURY • THREE DAYS
MORNING • MARY • ANGEL • HEAVEN • LORD • GOD
RAISED • JOY • GO TELL • GOOD NEWS • PEACE • SPIRIT
SAVIOUR • PRAISE • EASTER • I AM WITH YOU ALWAYS



A Merry Cabaret

On Saturday 23rd March a merry crowd filled Everest Hall, Llanfair Waterdine, to enjoy a not-to-be-missed evening of cabaret and song.

Compèred by Grant Jessé, the show starred:

Mick (guitar) Rose (vocals) and Todd (violin);

Paul and Penny (both multi-talented)

Meg Cox (risqué poetry)

Stuart Roper (blues singer) and

a surprise act described by one audience member as Knucklas' "incredible string band" (and slightly incredible they proved to be).

The event was put on by Knucklas Castle Community Land Project. It raised over £600 for the Project. We would like to thank all who contributed to its success.

Jamie Ritchie

It is with deep sadness that KCCLP reports the death of a long standing member, Mick Green, who was instrumental in Knucklas 17. Condolences to Frances, Dill and Hattie.



Pancakes !



Rose Westrip

Cabaret



The zany quartet



The folksy Mick Westrip



The bluesy Stuart Roper

N.R. Old School Hub Games Evening



Llangunllo Presenting Cheque



Presenting cheque from Llangunllo Charity Lunch in the autumn to Julie Havard Evans
(British Heart Foundation Cardiac Nurse Specialist)



The Old School Hub New Radnor Dates for your diary

3 rd and 17 th	9.15 – 11.30 am	Coffee mornings
Wednesdays	2-4pm	Informal Art Group
Friday eve's	6.30pm	PHub night
Sat 6th	10.30 - 1.30	Intro to Essential Oils, Maria Hardy
Sat 13th	Tapas evening	Bookings with Ruth Watson 01544 350691

Easter Weekend Events for Children:

Fri 19th	2-4pm	Easter Arts & Crafts, Afternoon Tea
Sat 20th	2pm	Easter Egg Hunt, Easter Games & Hot Chocolate
Easter Sun	12-4pm	Bar Open. If fine bring a picnic

Children must be accompanied by an adult.

Details from Natalie 01544 350430 nataliebp@sky.com

Sun 28th	12.30-2pm	Sun. Lunch in aid of Breakfast Club
----------	-----------	-------------------------------------

Bookings: Alison 01544 350745 alisonspalding53@btinternet.com

Further information on our facebook page



A wonderful musical evening with Nancy Kerr and Luke Daniels at the Old School Hub on 10th March. A big thank you to Nigel Dodman for organising and performing. Radnor really is the place to be!!!

It was spectacular!! From beginning to end.....More, more, more.



New Radnor Children's Playground

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At the moment we are really a 60 club!

If we get 100 members the prize money will go up!

Draw is now held last Friday of the month
in the Fforest Inn.

Please come along! Please contact Gail 350466

The Old School Hub

New Radnor

Sunday Lunch

(with vegetarian option)

£10 for two courses

(children under 14 - £6)

**Proceeds to the Radnor Valley
School Breakfast Club**

April 28th, food served from
12.30 – 2pm

Bar

**Limited numbers – so book
early!**

Contact Alison on 01544 350 746
or spalding53@btinternet.com

ART GROUP at the HUB - see page 15.

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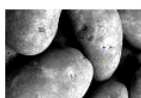


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BLEDDFA CENTRE FOR THE CREATIVE SPIRIT – WHAT'S ON

The School House Gallery and Reading Room Café will be **OPEN** every Saturday and Sunday (as well as Fri and Mon on Bank Holidays) from **Good Friday April 19th 11am – 5pm**

Exhibition: Lois Hopwood. Landscapes. Lois is based in Knucklas and uses drawing, painting, sculpture and film to develop ideas that are a direct response to the place in which she lives. **Fri 19th April for 6 weeks.**

Spring Resounding: Singing Workshop with Sue Harris. Springing into song with luscious harmonies, singing in the season. **Sat 13th April 10am – 4:40pm £25**

Painting Workshop: Experimental Watercolours. This session is led by artist Ruth Kirkby and involves practicing a fresh approach to working with watercolours. **Sat 27th April 9:30am – 4pm £45**

We have regular groups meeting every month including The Reading Group, The Meditation Group and the Silence and Stillness Session. See our website for more details.

We're on A488 between Knighton and Pen Y Bont, LD7 1PA
www.bleddfacentre.org 01547 550377 hello@bleddfacentre.org

What's on at the W.I.s



Romanian Orphanages Re-visited at Stowe and Stanage W.I.

We were delighted to welcome another potential member to our March meeting. Our number is growing; we are 20 strong at present! Our business meeting included opportunities on offer from the federation, one of which was training in the use of laptops and tablets.

Susie Blower from Montgomery spoke about her work in Romania, after the death of Ceausescu, whose legacy was an appalling state of affairs. Children had been abandoned

to orphanages and hospitals where hygiene was non-existent and they were tethered to their cots all day. Many had HIV/Aids and Susie sadly witnessed the deaths of many babies. But through her work, with a strong team of helpers, she set up a good hygiene regime and decorated the rooms and wards, creating a comfortable and healthy atmosphere. With fresh air and medication many children survived and were able to leave to live a normal life and find work. Susie is in touch with many of

them, and some come and stay with her here. It was a fascinating talk and we learnt a lot.

On April 2nd at 7pm in the dressing room of The Comm, Mari Fforde will tell us about American Hospitals near Kington. We would be very pleased to see any new members, so If you would like to come, please just turn up or phone Alison Thomas (Secretary) on 01547 528678 or email: alithomas1@gmail.com

Alison Thomas

Llangunllo W.I. Are Quiz Kids

On 5th February 9 members met at the Greyhound for the annual Mini Quiz devised by Ken Maggs. The meeting began with a short business meeting chaired by Vice Chairman Karen Edgar. Members voted individually for their preferred Resolution to be discussed at the AGM later in the year. Details were announced for the County Show on Saturday 18th May with the theme "Bees and Trees" and a meeting was

planned to discuss possible ideas. The Spring Community Lunch will be held on Wednesday 17th April.

The afternoon ended with two teams competing in a brain teasing and interesting Quiz with everyone winning in a dead heat. Shirley thanked Ken for devising such an enjoyable Quiz and presented him with a thank you gift. The final laugh of a happy afternoon occurred when one member gave Ken a Quiz of his

own based on various facts sought from him about the members, which sent us home laughing after a really enjoyable event.

The March meeting will be held at 7 pm at Old Vicarage House when members will learn about Genealogy. Visitors are always welcome and for details of all Llangunllo events contact Secretary Shirley on (01547) 550 555.

Carwen Maggs

And They are Tracing

Llangunllo WI members and guests spent an evening tracing our family history on Tuesday 5th March. As we are aware genealogy, also known as family history, is the study of families and tracing their lineages and history. Genealogists use oral interview, historical records, and genetic analysis to obtain information about a family. The results are often displayed in charts or written as narratives. Programmes such as *Who Do You Think You Are?* and *Long Lost Families* show that it takes a team of experts.

So the advice given by the speaker is always start the search with You first,

then parents and grandparents. The basic principle is to research, plan and know where to look. Bear in mind that legislation also has a part to play in your research. At all times stay on your path, reminding yourself you are the main protagonist. The speaker shared her personal experience with regards to researching about her mother. However, she was unable to have a closing with this quest. Perhaps you the reader have started or are interested in tracing your family history. These web sites might be useful for your search Familysearch, Freefeg and Freebmd.

Ai-Heng Byron

Chatterbrook W.I.

The April meeting is just for our members

but we look forward to welcoming visitors to our

Open Meeting on May 9th when Catherine Beale

will be speaking about *The Women of Hampton Court*

Further information 01544 267245

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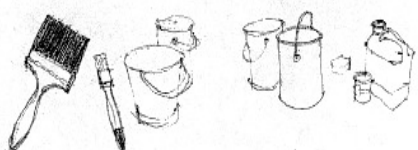
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What's on at the W.I.s

Gladestry W.I. With Precious Gems

“What is the difference between a precious and semi-precious stone? How can you tell a real pearl from a fake?” These were some of the questions gemmologist Ann Parkes gave answers to at our February meeting.

Ann, a Gladestry resident, studied Gemmology at university in Los Angeles, and went on to gain further experience working in Switzerland for five years. Upon her return to the UK

she worked for one of the most prestigious jewellers in London. She recounted her experiences of working with jewels from the royal family and tales of selling jewels to other royals from across the world. Fascinating.

Some of our WI members and guests had brought along personal items for Ann to look at. Ann was able to explain about the origin and make-up of the items which ranged from a

bracelet from France to a necklace from Africa and other exotic items.

The evening came to an end too soon, but will be remembered for a long time as being a most interesting and informative meeting.

Our next meeting will have 'Midwives from Uganda'. Please come and join us – you will be made very welcome.

Midwives from Uganda, Gladestry
Village Hall, April 16th, 7.45 pm

Sue Mullin

Felindre W.I. Are Getting Fit!

It was good news for the members that the March meeting fell the day after Shrove Tuesday – they were able to work off the overload of pancakes with exercise.

The President Jayne Harris welcomed and introduced Mark O'Donald to the members who he led them through a Taster Evening of exercise using gentle movements of stretching, bending, twisting with a taste of Pilates. Mark explained that he worked at the Leisure Centre in Knighton where there were classes of every kind to suit our needs. Jayne thanked Donald who judged the competition – a jolly Bobble Hat won by Jayne Harris, with Rhona Barnett second and Rebe Brick third.

The Federation Newsletter was read and discussed. The main topics were table tennis on the 8th April, Poetry & Prose and the County Show. A meeting was arranged at Gwernerin by kind permission of Kath Horn to discuss this on 11th March. An invitation was received from Dolfor

WI to their guest evening in May; members wishing to attend are Joyce Matthews, Rhona Barnett, Kath Harris and Rebe Brick.

Hostesses for the evening were Joyce Matthews

and Rebe Brick. Flowers for the President table next month Rhona Barnett. Jayne Harris won the Mystery Parcel. If you would like more information please contact 01547 510644.

Rebe Brick

Photo by Maggie Flanders



Tref-y-Clawdd W.I. Recycle Coke Cans

Our President Julie Read welcomed us all with a special mention to our two new members Holly and Hazel. I'm pleased to say we had a very enjoyable evening with a workshop organised by Dorothy Symonds making brooches out of metal with some very pretty results. The metal was actually Coke cans, so

we were doing a little recycling at the same time!

The next meeting on 3rd April at 7.30pm in the Tower House Gallery is another workshop making Easter cards with Julie Read. Come and join us.

For more information ring 01547 520 739.

New Radnor W.I.

Investigating Ancestry

a talk by
Marion Evans

Wednesday May 8th 7pm
New Radnor Village Hall
Light Refreshments Available
Raffle

Everyone Welcome
Guests £5

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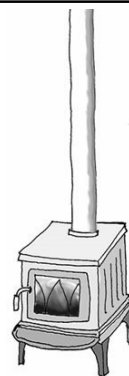
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SHREWSBURY, DAWLEY, LUDLOW, CHURCH STRETTON
& CRAVEN ARMS

Members enjoyed Tessa Gavin of "Out of the Woods" as she talked about her upcycled and reused materials. She brought a number of garments for people to look at and answered the many questions from members with detailed and helpful ideas.

For our next meeting we will be visiting Knighton Museum where Julia Roberts is going to show us around and tell us about the history of the town and talk about the exhibits. The artefacts will conjure up many memories for a lot of us I am sure.

All our meetings begin at 7.00pm in the Everest Hall, Llanfair Waterdine on the first Friday of the month. For further information contact Margaret Clugston (01547 529155) or Ann Harroway (01547 528477). We are always pleased to welcome visitors.

National Garden Scheme at Radnor Valley Gardening Club

Our next meeting is on Monday April 15th when Helen Anthony is coming to talk about the National Gardens Scheme in Powys.

Helen will be telling us how the scheme operates to provide us with our Sunday afternoon outings through the summer. Everyone is welcome but non members are asked

to pay £3. (Membership is only a fiver!!!)

LOOKING AHEAD

Our annual plant sale and coffee morning this year is on Sat May 18th in The Community Centre New Radnor. Open to everyone. Donations of quality plants most welcome.



For more information about this or the club in general. Michael 01544 350352 micstick1@gmail.com or Hermione 01544 350691.

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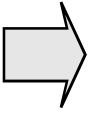
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Wed 3rd April

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My fellow Americans, we are and always
will be a nation of immigrants. We were
strangers once, too.

- Barack Obama



The Radnor Lily

The Radnor lily, the county flower of Radnorshire, grows only in one place in the United Kingdom, and that is on one hillside, Stanner Rocks, next to our Ministry Area.

The flower is sometimes known as the *early-star-of-Bethlehem*, because of its star shape, its bright yellow colour, and its flowering season during winter.

As such the Victorian flower hunters didn't discover it; they weren't looking in February! It is only recently that Ray Woods, a botanist, identified it.

More common in the Mediterranean, its botanical name is *gagea bohemica*. It is a tiny lily, low lying; you would never accidentally stumble upon it! It likes sparse soil on limestone rocks.

Although there are a thousand plants on the hillside, only a handful bloom.

The Radnor Lily has been well covered in the press this year, and when I went to see it, the Welsh news team for S4C 'Heno' were also there, along with the warden, who protects our treasure and other rare plants in the area.

photos and text
Laura Woodside-Jones

Flora and Fauna

April is the month when the earth really comes to life again after the long winter sleep, to provide us with lots of surprises: the bright colour of daffodils, miniature tulips, primroses, hyacinths, white and pink viburnum blossom, yellow forsythia and the delightful hellebores in delicious colours. The countryside provides its share of interesting and colourful plants from now on: violets, celandine, cowslips, bluebells, wild primrose, hazel catkins and pussy willow.

Keen gardeners will have already been busy sowing and preparing for

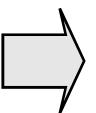
the coming season, greenhouses and tunnels overflowing with growing plants of veg, fruit and flowers. The lawns have taken quite a battering over the last days and will need a little loving care when the weather improves, including reseeding the damaged areas. Some of my friends have given up their lawn and replaced it with a more contemporary look: patio, high raised beds, gravel and stone. It is a lot of fun using your creative skills to design a garden that gives you pleasure and reduces the hard work.

Container gardening continues to be popular, with many lovely unique designs and colours, robust and frost proof. Growing plants in containers gives you the freedom to have colour where needed by moving them around. A planted pot of brightly coloured flowers near your front door provides a special welcome.

With the longer daylight hours and warmer weather there is much to look forward to. The little birds think so too, with their delightful dawn chorus.

Jean Price

The Black Grouse Recovery Project



Silvia Cojocaru,
RWT Black Grouse Recovery
Project Officer

The Radnorshire Wildlife Trust (RWT) Black Grouse Recovery Project is part of a larger programme funded by the Landfill Disposal Tax Community Scheme, 'Resilient Reserves for the Heart of Wales', which aims to improve habitat quality in several of the RWT nature reserves. One of these is Mynydd Ffoesidoes, a wild and remote reserve on top of the Radnor Forest. Its 66 acres of dwarf

shrub heath are dominated by heather, crowberry and cowberry and we hope to enhance this habitat to create suitable conditions for the Black Grouse to return one day.

The Black Grouse (*Tetrao tetrix*) is a game bird about the size of a female pheasant which has declined in numbers and range in most parts of Western Europe, becoming extinct in some places. The last Radnorshire record was in 1987 in the Radnor Forest.

The habitat at Mynydd Ffoesidoes could be improved to benefit the Black Grouse, although it's unlikely that the bird will return to the Radnor Forest naturally. However, enhanced management will increase the chances of survival for other species which depend on the same conditions.

For more information about the project and how to get involved, please email Project Officer Silvia Cojocaru on silvia@rwtwales.org.

The Radnor Lily “Consider the lilies of the field”



Taking a close-up



The Radnor Lily, 22 February 2019

Black Grouse



Male Black Grouse displaying
Photo by Paul Leafe

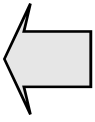


Welsh News Cameraman, S4C ‘Heno’



Knighton Young Farmers Club





Knighton Young Farmers Club at the Albert Hall

We have recently performed at the Albert Hall in Llandrindod Wells, where we competed against the other clubs in Radnor. This year we had to write and produce an Entertainment which we entitled *Where I Belong*. We came a respectable 7th place out of the 11 Clubs

We had a good selection of nominations this year:

Best set | Best costumes | Best choreography (Jess Morgan) | Best actress under 26 (Abbie Price). We were lucky enough to win best set and

best choreography.

Would like to say on behalf of the club a huge thank you to:

David Bright and Glynn Griffiths for making us a brilliant set
Sally Gough who organised meeting and kept us updated.

Jess Morgan for choreographing the dance.

Matthew Price, club chairman, for writing a fantastic script.

David Morgan, club president, for producing it.

But we could not have done it without all of our members who got stuck in and gave it a go! Our age range of members from as young as 10 years old through till 26 years.

Unfortunately this year we have to say goodbye to George Gough and Matthew Price as sadly they have reached the age of 26, both the keen members will be missed by all of the members. This year however we welcomed two new very good members, aged 11 and 10.

Jessica Morgan

Knighton and District Rotary Club



Di Emmett from Breast Cancer Haven

We had another busy time last month with a mixture of relaxed meetings, sociable fundraising and an inspiring speaker. The first lunch of the month was at the newly refurbished Milebrook House Hotel where we were very well looked after. A venue for occasional future meetings.

The following week we welcomed Rotary Friends and guests to our quiz and supper at the Baron in Bucknell, our regular venue. This was a fundraiser for Rotary's "End Polio Now" project and was very enjoyable.

And the month finished off with Di Emmett from the Breast Cancer Haven in Hereford telling us about the amazing work the charity undertakes for those who have, or are recovering from, breast cancer. We are proud to have the Haven as one of our chosen charities for this Rotary year.

If you want to find out more about what we do, why not visit our Knighton Rotary website, Facebook or Twitter pages? And if you would like to visit us then please feel free to contact Norman Thorp 01547 529666 or Cathy Jones 07813 733240. You will be very warmly welcomed.

Knighton and Presteigne Leg Club

Reynolds Room

Knighton Comm

Every Thursday morning,
9.30-11.30am

No appointment necessary.
Treatment by District Nurses.

We are looking for some help to set up the room for the Leg Club each Thursday morning between 8.30 and 9am. This involves putting out five tables and about a dozen chairs and helping the District Nurses to assemble their dressing stations.

The Leg Club is an essential service to our community ensuring swift access to care for a variety of leg problems within a social setting.

If you are able to help one or more Thursdays a month I would love to hear from you. Please call Christobel Hargraves on 01547 550311. Thank you!

Christobel Hargraves



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A Stitch in time . . . For Ladies Guild

It is a pleasure to welcome so many guests to our meetings at Ladies Guild, even the men who are not shy of our title!

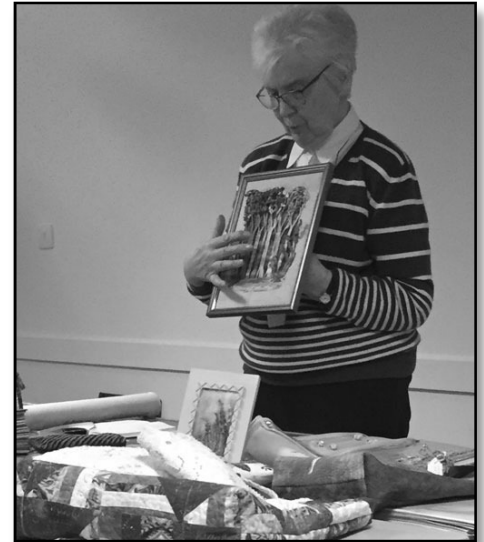
This month we welcomed Rene Morris from Lingen Stitches. She arrived with a wonderful display of work. A lot of the work was very professional but as Rene explained, many of the members started off without any needlework and craft skills. With expert tuition from various visiting tutors such a lot had been

achieved, we were most impressed.

Maybe I will get the cross stitch out again . . .

It is an evening at Aardvark books in April so catch up on your reading!

Guests are always welcome. For more information about Ladies Guild give Maggie a ring 01547 528358



Donnán of Eigg and his 50 Companions - 17th April

You are probably familiar with the chocolate box picture of Eilean Donan Castle; you may even have driven past it on your way to Skye. But why is it called Donan's Island and who was Donan?

Donan (or Donnán) came from Ireland in the late 6th century to bring the Christian message to the Picts. There are place names all around the northwestern coast of Scotland which include his name, suggesting he followed the trade route, planting churches along the way.

We know very little about St Donnán except for two incidents. Evidently, when Donnán first arrived he went to

visit St Columba on Iona. He asked Columba to be his soul-friend, but Columba refused. The story goes that Columba saw "the red cloak of martyrdom around him". Was this a prophecy from God or an example of the second-sight? We don't know, but after all his travels St Donnán settled on the beautiful Small Isle of Eigg, where he founded a monastic community of at least fifty monks.

In 2012 an archaeological dig excitedly discovered the foundations of this monastery along with fragments of Pictish pottery. Anyway, the monks grazed their cattle on the rich grass, not knowing that the grazing rights belonged to a Pictish



Eilean Donan Castle

queen, who sent a raiding party to destroy them on Easter Eve 617 and, as soon as they had finished praying, they were all slaughtered.

Welsh from Rosemary Hanna

Fruity Welsh Words



The Welsh for Jam is *Jam*

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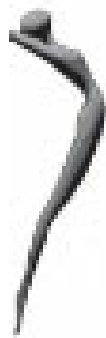


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Knighton News

Bingo

The “eyes down” friends will meet on 6 April at 7.00 pm in the Church Hall and will be delighted to have more players to join in the fun – just pop in on the night. All profits to church funds.

Sponsor a Tile

As part of the project “Raise the Roof”, the Church Hall Management Committee would like to invite you to sponsor a tile for the new hall roof. The tiles cost £10.00 each and your name will be printed on them to last for ever. Contact Pauline on 520739 or Rochelle on 07971 253257

Teme Valley Gardeners' Club

The next meeting will be on 8 April at 7.30 pm in Knucklas Community Centre, when we welcome Stan Wilde, who will speak on “Colour All Year Round”. The monthly competition will be for three narcissi. We welcome all who are interested in the garden. Visitors and new members, please come along. All enquiries to Avril on 529244.

Competition Winners

The following people were winners at our February Coffee Morning:

Lin's Fiddle: Brenda Steadman and Cath Reeves.

Main Draw: R Williams, D Price, L George, N Wakelin, L Conway, L Heakin and E Davies. The event raised £302.00 for church funds. A huge thank you to all who support and give so generously to help maintain Knighton's Parish Church.

Jumble Sale

We will be holding a sale of nearly new items of clothing, shoes and

jewellery on Saturday 13 April at 2.30 pm in the Church Hall, together with other stalls, competitions and coffee/tea. We would appreciate good quality clothes, no longer loved or needed, to pass on to others. We can collect: please phone Jean on 01547 528260.

NO RUBBISH PLEASE. Fund Raiser for St Edward's replacing our regular coffee morning.

Easter Lilies

We will be decorating St Edward's Church for the Easter Festival on 21 April, including the lovely white lilies. If you would like to donate a lily/lilies in memory of a loved one, please get in touch with a church member or phone Jean Price on 01437 528260. The names of those specially remembered will be printed and staged in church. We think the cost of each lily will be £2.75.

Easter Day

Easter is the most important festival in our church year, when we celebrate Christ's Resurrection, a day when many visit St Edward's to enjoy the peace, admire the magnificent stained glass and enjoy the floral decorations. I know our arrangers deem it an honour, using their skills, to adorn the church to the greater glory of God.

Family News

We remember in our prayers all those who are unwell, awaiting surgery, anxious and recovering from long spells of treatment.

Sylvia Balls is still in Knighton Hospital. We send our love, and hope that she will be home very soon.

Good news that Rosemary Hanna is now home recovering from surgery.

Peter Medlicott is also making good progress following a spell in Hereford

Hospital. Peter had a nasty fall in his home.

Our thoughts are with all those families mourning the loss of loved ones in our community, especially Penny Hoger and family on the loss of husband Philip, aged 64 years; and the husband and family of Davina Bufton, who passed away aged 59 years. We also remember the many friends and neighbours of both Davina and Phil.

March 15th would have been the 100th birthday of the late Richard Wood. We will always remember him and treasure the many happy memories we all have of him. Our thoughts are with Peter, Katherine and family.

Jean Price

Richard's daughter, Katherine Mason, sent this poem he loved:

A single fir-tree, lonely,
on a northern mountain height,
sleeps in a white blanket,
draped in snow and ice.

His dreams are of a palm-tree,
who, far in eastern lands,
weeps, all alone and silent,
among the burning sands.

Advance Notices

St. Edward's Church, Knighton an Art Exhibition by Audrey Bradley and local artists. 25th - 27th May 10 30am - 4 30pm. Refreshments available at reasonable prices.

On the evening of Saturday 25th May, St. Edward's Church, a concert by the popular Rhayader Male Voice Choir with supporting artists - details to follow. Tickets will be available from Church members or 01547 529167.

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Teme Valley Young Farmers



Teme Valley Young Farmers at One Plus

Photo by Radnor photographer



Chloe Lewis performing Funny Hunny

Photo by Ella Harris

Teme Valley have had a great start to the year with Chloe Lewis coming 2nd in the *Radnor YFC One Plus* competition, which is a short sketch for under 18s in which Chloe performed *Funny Hunny*. Chloe also won best individual performance within a *One Plus*.

Ben, Tom, George, Jonny and Jon competed in the *Time to Shine* competition which is a short sketch for any age performing a comedy scene entitled *It'll Be Alright On The Night* and came a very respectable 5th.

The club now look forward to the upcoming rally in June hosted by Presteigne YFC. Also save the date – on Saturday 27th July the club will be holding their 70th annual dinner, more details to follow.

Kim Barnett

Red and Green at Radnor Valley School



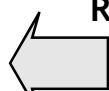
Red Nose Day

Staff and children at Radnor Valley School raised a huge £243.02 for Comic Relief on Red Nose Day Friday 15th March.

Everyone made a donation to come dressed in as much red as possible, red nose cakes were sold and a very entertaining game of pin the red nose on the nose was organised by School Council.

Kate Dinsdale





Radnor Valley School Hockey Win

A team of children from Radnor Valley School took part in the Hockey 7s tournament, organised by Hockey Wales, at Llandrindod Wells leisure centre. Ten teams took part from schools in the Llandrindod, Builth and John Beddoes Cluster.

On a very wet March morning the Radnor Valley CP School played 4 matches, defeating all opponents without conceding a single goal. In the final they played Dolafon, a fierce contest that was 0-0 till the last half of extra time, when Radnor Valley scored two goals to win the game.

The children and staff are delighted to be representing our area in the Powys final in June. There we will be competing against schools from Welshpool, Newtown, Llanair, Ystrygynllais and Brecon.

Ros Beck
Headteacher



Llangunllo's Stupendous Springtime Tea Dance

Sat May 11th
(6.30 until 10.30pm)

Following the success of their 'First Fabulous Tea Dance' in December 2012, Llangunllo village community is at it again! It will be, if possible, even more splendid than the last one.

The event in the village hall will feature:

- * Live music
- * A superb two course dinner
- * Cocktails and drinks
- * Dancing
- * Raffle
- * Singsong
- * A good chat

Tickets from Gill Firth, Corner House, Llangunllo
01547 550175 Adults £12.00, 16 and under £6.00.

Footnote! If you feel your footwork needs a little polish, there will be two free dancing practices, to be held at the Village Hall on Sunday April 14th and Sunday April 28th from 2.30pm to 4.30pm. Free tea and nibbles. Please let Gill know if you would like to attend either or both of these sessions.

So, shine up your dancing shoes, put on your glamorous best, and join us for a great night out!

All welcome!

Recipe - Greek Roast Lamb

Ingredients:

- | | |
|--|---|
| 1 large leg of lamb, about 3kg/6lb 8oz | 6 tbsp olive oil |
| 6 garlic cloves | 1½ kg new potatoes |
| 1 bunch oregano | 400g can chopped tomato |
| zest and juice 1 lemon | large handful pitted baby kalamata olives |

Method:

1. Heat oven to 240C/fan 220C/gas 9. Pound the garlic, half the oregano, lemon zest and a pinch of salt in a pestle and mortar, then add the lemon juice and a drizzle of olive oil. Stab the lamb all over with a sharp knife, then push as much of the herb paste as you can into the holes.
2. Tip the potatoes into a large roasting tin, then toss in the remaining olive oil and any remaining herb paste. Nestle the lamb amongst the potatoes, roast for 20 mins, then reduce the temperature to 180C/fan 160C/gas 4. Roast for 1 hr 15 mins for medium-rare, adding another 15 mins if you prefer your lamb medium. Baste the lamb once or twice with the juices and toss the potatoes. When the lamb is done to your liking, remove from the tin and let it rest. Throw the rest of the oregano in with the potatoes, scoop from the tin and keep warm.
3. Place the roasting tin over a medium flame, add the canned tomatoes and olives to the pan juices, then simmer for a few mins. Serve the lamb with the potatoes and sauce and a simple salad.



*Recipe from "Good Food Magazine" May 2008
via BBC Good Food website*

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Knighton museum is 'small but perfectly formed' so visitors may get confused and lost amongst the exhibits. Thanks to donations from Stowe & Stanage WI., Spectrum Communication (Autism Awareness) and KINDA, the museum has bought stick-on footprints to guide us and make this community project more access-friendly.

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Seventeenth Century Nun's Prayer

LORD, Thou knowest better than I know myself that I am growing older and will some day be old.

Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to straighten out everybody's affairs.

Make me thoughtful but not moody: helpful but not bossy.

With my vast store of wisdom, it seems a pity not to use it all,

but thou knowest Lord that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point. Seal my lips on my aches and pains.

They are increasing and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of other's pains, but help me to endure them with patience. I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memo-

ries of others. Teach me the glorious lesson that occasionally I may be mistaken.

Keep me reasonably sweet; I do not want to be a saint some of them are so hard to live with-but a sour old person is one of the crowning works of the Devil. Give me the ability to see good things in unexpected places and talents in unexpected people. And, give me, O Lord, the grace to tell them so.

Amen.

Anon

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Dates For Your Diary

April 2019

- 27/3* - St Peter's Evancoyd at Charity Shop,
3/4 Kington
- Mon 1* New Rad W.I., Mark Beaton: "The Accidental Archaeologist" N.R. Vill Hall, 7pm.
- Tue 2* Whitton W.I. Donna Morgan: Hair Care & Styling, Whitton Hall, 7.30pm.
Stowe & Stanage W.I. Knighton Comm 7pm
Llangunllo W.I. Village Hall, First Responders, 7pm.
"Talking Together" a Lay Ministry Event for Lay Worship Leaders, Lay Readers and for anyone exploring Lay Ministry - Holy Trinity Llandrindod Wells 7pm.
- Wed 3* Samaritan Selection Event, Llandrindod. Felindre W.I. Village Hall. Leigh Spicer - Sewing Kits, 7.30pm.
N.R. HUB Coffee morning, 9.15-11.30.
Tref-y-Clawdd W.I. Tower House Gallery, 7.30pm.
"Prayer - Creating our own Psalms" Lent Gathering, Bleddfa, Kit Beaton, 7pm.
- Thur 4* Ministry Area Forum, Gladestry Vill Hall, 7pm.
Quiet Hr, 1 Ystrad House, Knighton, 10-11.
- Fri 5* Llanfair W.I. Visit Knighton Museum, 7pm.
- Sat 6* Fashion Show, St Ed's Hall, 3pm.
Bingo, St Ed's Hall, 7pm.
N.R. HUB Essential Oils, 10-30 - 1.30.
- Sun 7* St David's Colva, Communion, 2.20pm followed by PCC Meeting at 3.45
Walton Village Hall Craft Fair, 10am-3pm
- Mon 8* Easter Experience, St Ed's, 2.15pm.
Teme Valley Gardeners' 'Gardening for Pollinators' Knucklas CC 7.30pm.
- Tue 9* Craft Club, Knucklas Comm Cent, 2-4pm.
Churches Together AGM, Knighton Meth Church, 7.15pm.
Hearing Aid Service, Knighton Comm 10.30-12.30.
St Peter's Evancoyd Annual Vestry Meeting, Evenjobb Village Hallm 7pm.
- Wed 10* Presteigne Floral Art, Knucklas Comm Hall, 7.30pm
11am Holy Communion followed by lunch at N.R. Comm ,C 11am.
Lent Gathering - "Penitence" led by Mick Westrip, Bleddfa Church, 7pm.
- Fri 12* N.R. Over 60's to Carmarthen, 8.45am at Eagle.
Film: 'Widows' at Knighton Comm, 7.30pm.
- Sat 13* "Easter" Messy Church, New Radnor Community Centre, 11am to 1pm
N.R. HUB Tapas Evening.
Jumble Sale, St Ed's Hall, 2.30pm.
- Sun 14* Dowlais Male Choir, Penybont Comm, 7.30
- Mon 15* **DEADLINE FOR MAY RADNOR**
Beacon Hill Benefice Annual Vestry Meeting Llangunllo Village Hall, 7pm.
Radnor Valley Gardening Club. National Gardens Scheme. N.R. Comm Hall, 7.30.
- Tue 16* Holy Week Chrism Eucharist at Brecon Cathedral, 12 noon.
Gladestry W.I. 'Midwives in Uganda' Gladestry Vill Hall, 7.30pm.
Ladies Guild. Aardvark Books, Knucklas CC 7.30pm.
- Wed 17* N.R. HUB Coffee morning, 9.15-11.30.
Spring Community Lunch, Llangunllo Hall.
Act of Worship to conclude our Lent Gatherings at Bleddfa Church, 7pm.
- Thur 18* MAUNDY THURSDAY
Last Supper communions at The Hub in New Radnor & at St Edward's Knighton.
Norton St Baptist, Knighton, at 7pm.
Folk Night, Knucklas Castle Inn, 7pm +
- Fri 19* GOOD FRIDAY
Walk of Witness, Brookside, 10.30am.
N.R. Quiz Night, N.R. Vill Hall. 7.30pm
Rodd Court nr Presteigne opens 11-4.30pm.
N.R. HUB Easter Arts & Crafts, 2-4pm.
Good Friday services at 2pm St Ed's Knighton and St Peter's Evancoyd, 2.30 Norton St. Baptist, Knighton.
- Sat 20* N.R. HUB Easter Egg Hunt & Games, 2pm.
- Sun 21* N.R. HUB Bar Open + Picnic, 12-4pm.
- Tue 23* Craft Club, Knucklas Comm Cent, 2-4pm.
Hearing Aid Service, Presteigne Youth Centre 13.30-15.30.
- Fri 26* Film: 'Stan & Ollie', Knighton Comm. 7.30pm.
Pianist P Lutter, Holy Trinity, Hereford, 7.30pm
- Sun 28* N.R. HUB Sunday Lunch, 12.30 - 2pm.
- Future Dates**
- 3 May* Needlefelting. Upper Treluggas, 10-4.
- 4-6 May* Llangunllo Walking Festival
- 11 May* Llangunllo's Tea Dance, 6.30 -10.30.

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Grid References and Postcodes for Churches

Beguildy	SO 194797	LD7 1YE	Pilleth	SO 256682	LD7 1NP
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 2PA

Knighton Methodist Church

April

- 7 11am Rev Den Byuloss HC
- 14 11am Viviana Thomas
- 21 11am Rev Ken Chorley
- 28 11am Stephen Dalton at Baptist Church

Knighton Roman Catholic Church

Our Lady of Perpetual Succour and St Nicholas

Every Sunday: 11am Holy Communion

Every Thursday: 11.30 Holy Communion

Initials on schedule, back page:

AG	Audrey Green
CG	Christine Gould
CH	Rev Christobel Hargraves
C Hall	Rev Carolyn Hall
DD	David Davies
GW	Geoff Weaver
HC	Heather Carrington
HE	Heather Evans
JH	Rev John Hanna
MB	Rev Mark Beaton
MR	Meinir Ronicle

Baptist Chapels

April

- 7 Norton St, 11am, Family Service (Nick & Bridget)
- 7 Coxall, 2.30pm, Communion. M Humphreys
- 7 Pound with Llanbister Methodist, 2.30pm
- 7 Gravel, 2.30pm, Richard Mansell
- 14 Norton St, 11am, Kevin Dare
- 14 Knucklas, 6pm, Kevin Dare
- 14 Llanbister Methodist with Pound, 3.00pm
- 18 Norton St. Maundy Thursday Communion, K Dare, 7pm
- 19 Norton St. Good Friday Meditation, Kevin Dare, 2.30pm
- 21 Norton St, 11am, Combined Service, K Dare
- 21 Pound with Llanbister Methodist, 2.30pm
- Maesyrhelem, Easter AT Pound, 2.30pm
- 21 New Radnor Baptist, 3pm, Richard Mansell
- 28 Norton St. 11am, Joint service with Knighton Methodists, Kevin Dare
- 28 Knucklas, 6pm, Communion, Kevin Dare
- 28 Llanbister Methodist with Pound, 3.00pm

May

- 5 Norton St, 11am, church Anniversary, K Dare
- 5 Coxall, 2.30pm, Communion Kevin Dare

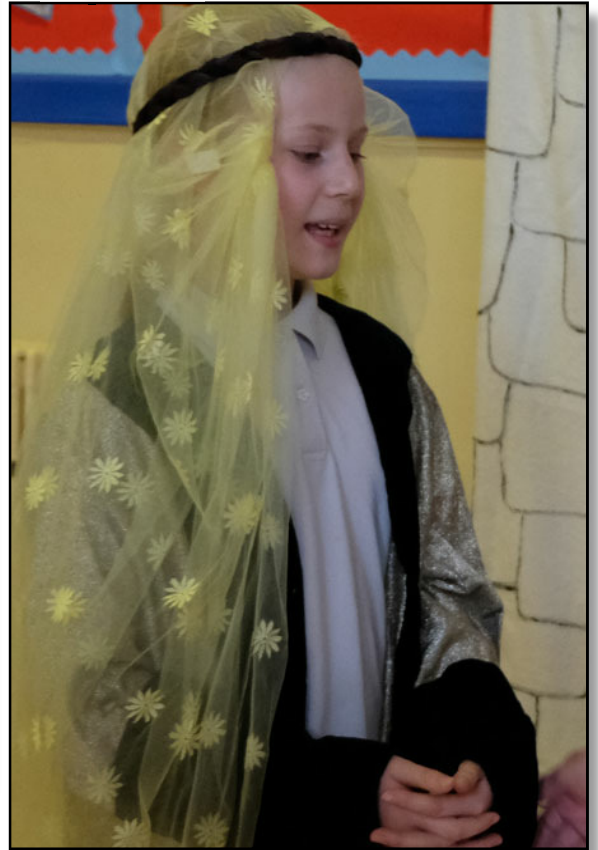
Church/Community Hall Contacts

Evenjobb Village Hall	Linda Ellams	01547 560306	Knucklas Comm Centre	John Bowen	01547 520384
Felindre Village Hall	Jess Barrett	01547 510603	www.knucklascommcentre.org.uk		
felindrevh@gmail.com		07805 002497	N Radnor Comm Centre	Carlee Evans	01544 350575
Gladestry Village Hall	Marlene Evans	01544 370646	St Edward's Church Hall	Jean Price	01547 528260
marlene.evans@hotmail.co.uk			Whitton Community Hall	Gill Powell	01547 560367
Llangunllo Village Hall	Tom Lewis	01547 550639			

Open the Book



Rebecca and Isaac with sons, Jacob and Esau



Jacob dreams of angels ascending and descending a ladder to heaven



Jacob's two brides: Leah and Rachel

April 2019		April 7 Purple Lent 5	April 14 Purple or Red Palm Sunday	April 21 White Easter Sunday	April 28 White Easter 2	May 5 White Easter 3
	Readings	Isaiah 43.16-21 Psalm 126 Philippians 3.4b-14 John 12.1-8	Isaiah 50.4-9a Psalm 31.9-16 [17, 18] Philippians 2.5-11 Luke 23.1-49	Isaiah 65.17-25 Psalm 118 [1,2] 14-24 1 Corinthians 15.19-26 John 20.1-18	Exodus 14.10-31; 15.20, 21 Psalm 118.14-29 Acts 5.27-32 John 20.19-31	Zephaniah 3.14-20 Psalm 30 Acts 9.1-6 [7-20] John 21.1-19
Beacon Hill	Beguildy St Michael	No Service	11:00am MB Morning Worship	No Service	11:00am C Hall Holy Communion	No Service
	Bleddfa M Magdalene	8:30pm MB Compline	No Service	11:00am C Hall Holy Communion	No Service	8:30pm MW Compline
	Heyope St David	3:00pm AG Evensong	No Service	3:00pm MB Holy Communion	No Service	3:00pm AG Sung Evensong
	Llangunllo St Cynllo	No Service	No Service	6:30pm MB Holy Communion	No Service	No Service
East Radnor	Cascob St Michael	No Service	3:00pm MB Holy Communion	No Service	No Service	No Service
	Knighton St Edward	11:00am JH Morning Worship	11:00am JH Holy Communion	11:00am JH Morning Worship	11:00am JH Holy Communion	11:00am JH Morning Worship
	Pilleth St Mary	No Service	No Service	No Service	3:00pm MB Holy Communion	No Service
	Whitton St David	9:30am CG Morning Worship	9:30am C Hall Holy Communion	9:30am C Hall Holy Communion	No Service	9:30am DD Morning Prayer
New Radnor	Colva St David	2:30pm MB Holy Communion	No Service	No Service	No Service	2:30pm MB Evening Prayer
	Evancoyd St Peter	11:00am HE Morning Worship	5:00pm MB Holy Communion	No Service	11:00am MB Holy Communion	11:00am HE Morning Worship
	Gladestry St Mary	11:15am MB Family Service	9:15am MB Holy Communion	11:15am MB Holy Communion	5:00pm HC Evening Worship	11:15am MB Family Service
	Llanl N M St Michael	No Service	11:00 am CG Morning Prayer	No Service	5:00pm MB Holy Communion	No Service
	New Radnor St Mary	9:15am MB Holy Communion	6:00pm Informal Worship	9:15am MB Holy Communion	10:00am CG Morning Worship	9:15am MB Holy Communion