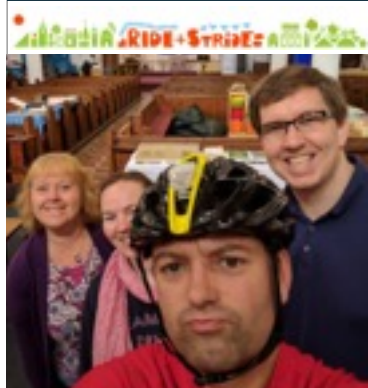




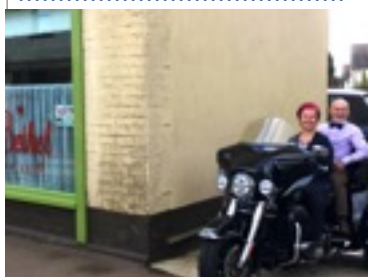
# NEWS & VIEWS

from the Benefice of Cinderford with Littledean

## Inside this Month...



## Who's on the Trike?



News & Views

## Vicar's Letter

Dear friends,

Sian and I had a couple of weeks in Scotland at the end of August / beginning of September. We went to a Harley rally in Aviemore for a few days (which included a trip out to Braemar, near Balmoral, where we had a brief encounter with the Queen driving a Land Rover). After Aviemore, we headed up to Inverness, then across to Applecross on the West Coast. We then headed North following the coast and having a couple of nights in Ullapool. After a night in Durness, where the West Coast becomes the North Coast, we headed East towards John o' Groats, but stopped at Gills and took the ferry to Orkney where we stayed in Kirkwall for a week, before heading back home down the East Coast to Inverness, then Perth, then home.

We had an absolutely wonderful trip, enjoying magnificent scenery, dramatic mountains, a stunning coastline, beautiful lochs and rivers and a fascinating range of wildlife. I had been to Orkney for a day, on the ferry from John o' Groats, about 35 years ago, but hadn't seen too much. We spent most days out and about exploring, enjoying the scenery and the rich range of historic sites, from Neolithic to wartime. Reading through a guidebook I came across some information about visiting the Old Man of Hoy. The Old Man of Hoy is a 450 foot high sea stack just off the coast of Hoy, an island to the South of Orkney mainland. I was keen to go, but the guidebook said it was a three hour round trip on foot to and from the nearest car park, and that some of the walk was steep. Sian decided shopping in Kirkwall was a more attractive option, so I went on my own, getting up early to catch the early ferry on a wet and windy morning. The walk was enjoyable, but unspectacular until the stack came into sight at about the halfway point. The view was limited until the nearby cliff top was reached and the whole stack was visible. It was very windy and, although other walkers up there were very relaxed, enjoying the views and taking photos of the wild birds, I was somewhat freaked out. Not a lover of the top of cliffs at the best of times, the wind was causing me some considerable concern, I took a photo of the Old Man (see below), one of the cliffs in each direction, then headed back to the trike, caught a mid-afternoon ferry back and got to hear about Sian's day.

We both had a good day, mine was one I'm sure I will remember. I had known of the Old Man of Hoy for many years, possibly going back to the televised climb in 1966, and loved seeing it. But it was also, a bit sad. For a geological structure, the Old Man of Hoy is very recent. It is not shown on maps up to 1750, but is shown as a separate structure in the early 1800s. A photo from around that time shows the stack as wider with an arch at the bottom. Some time after that a storm washed away one side of the arch leaving the stack much as it is today. Towards the end of the 1900s, a 130 feet crack had appeared in the top of the South face leaving an overhanging section which will, sooner or later, collapse. The whole stack will, sooner or later, collapse. Possibly quite soon. That seems sad to me.

Sea stacks are formed as the continuous pounding of waves erodes rock behind it, eventually creating an arch, which grows until the top of the unsupported arch collapses leaving a stack. They typically occur where softer rock (the Old Man of Hoy is red sandstone) occurs in a bay and waves hit behind the most outlying point, which eventually becomes detached and then vulnerable.

Clearly the Old Man of Hoy didn't choose to be a sea stack, it just happened. But it made me think about how we often choose to isolate ourselves when we are struggling rather than connecting more closely with those around us. Generally we do not do too well on our own and we cope better with all that life throws at us if we are part of a group. I believe that Church is such a group and that we do well to keep close to one another and make sure none of us are left isolated and prone to collapse.

God Bless,

*Mike*



## Sunday Service Times

	Bilson*	St Ethelbert's	St John's	St Stephen's
<b>Sun 1 Oct</b>		10.30 am AAW	9.30 am PE	11.00 am HC, JC, WILD 3.00 pm ES
<b>Sun 8 Oct</b>	3.00 pm HC	10.30 am HC	9.30 am CBE	11.00 am MW, JC, WILD 7.00 pm Healing Service
<b>Sun 15 Oct</b>		10.30 am JS @ URC	9.30 am PE	11.00 am Baptism 3.00 pm HC 7.00 pm "Wave of Light"
<b>Sun 22 Oct</b>	3.00 pm SW	10.30 am MP	9.30 am PE	11.00 am AAW
<b>Sun 29 Oct</b>		10.30 am JS HC	9.30 am PE	11.00 am MW, JC, WILD
<b>Sun 5 Nov</b>		10.30 am AAW	9.30 am PE 6.00 pm <b>All Souls</b>	11.00 am HC, JC, WILD 3.00 pm ES

**\* All Bilson services are currently taking place at Hanover Court.**

AAW = All Age Worship; CBE = Communion by Extension; ES = Evensong; HC = Holy Communion;  
JC = Junior Church (preschool up to Y6); JS = Joint Service; MP = Morning Prayer; MW = Morning Worship;  
PE = Parish Eucharist; SW = Sunday Worship; WILD = Youth Group (Y7 - Y13).

## Midweek Service Times

Wed 4 Oct, 10.00 am HC at St Stephen's  
Wed 11 Oct, 10.00 am HC at St John's  
Wed 18 Oct, 10.00 am CBE at St Stephen's  
Wed 25 Oct, 10.00 am HC at St John's  
7.30 pm Shalom at St Stephen's  
Wed 1 Nov, 10.00 am HC at St Stephen's



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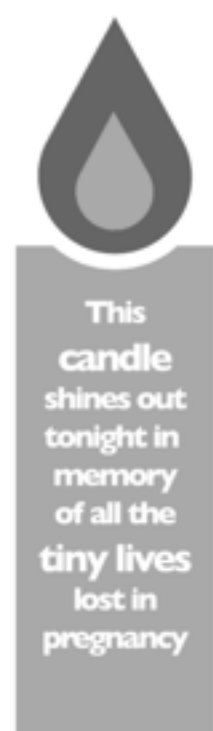
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## Date for Your Diary

St. Ethelbert's will be holding their Christmas Market on Saturday 25 November from 11.00 am to 1.30 pm. Please put the date in your diary. More details next month.



## Wave of Light

for International Pregnancy and  
Infant Loss Awareness Day  
Part of Baby Loss Awareness Week

Sunday 15 October

7.00 pm - 8.00 pm

St Stephen's Church will be  
open for lighting candles and  
quiet reflection & prayer.

Or light a candle at home and  
join with others around the  
globe remembering all babies  
lost during pregnancy.



## Our Churches



### St Ethelbert's, Littledean, GL14 3NL

Holds a range of services at 10.30 am.  
On the 3rd Sunday of each month a joint service is held at Littledean URC.

### St John's, Cinderford, GL14 3EX

9.30 am services in the moderate catholic tradition with a Eucharistic and sacramental focus.



### St Stephen's, Cinderford, GL14 2AA



Different worship styles at 11 am and 3 pm. 11 am services reflect an evangelical tradition with a worship band & children's and youth activities; 3.00 pm services are traditional (BCP) with organ. Various midweek services.

### Bilson Mission, Cinderford, GL14 2TQ

Bilson services are currently taking place at Hanover Court, whilst essential maintenance work is being assessed.



### Our Partner Churches

Salvation Army	Our Lady of	Cinderford
Forest of Dean	Victories Roman	Baptist Church
01594 839106	Catholic	01594 822618
Littledean URC	01594 833173	Forest of Dean
01452 760271	www.forestrc.co.uk	Community Church
	Cinderford	07975 994224
	Methodist Church	www.fodcc.org
	01594 825662	

## Mothers' Union Report

In September our meeting began with the customary short service; members had been asked to bring old memorable photographs which were displayed for viewing and reminiscing. Future dates were discussed including arrangements for our next get together. Our time of fellowship concluded over refreshments.

For our October meeting on **Wednesday 4 October**, all are encouraged to join the St Stephen's 10.00 am Holy Communion service and the Deanery Coffee morning will follow, after which light lunches will be served.

- Nikola Poole

**Mothers' UNION**  
Christian care for families

## From the Registers

### Baptisms

17 September	Theodore Peter Morgan Cole	St Stephen's
	Betty Pearl Nelmes	St Stephen's

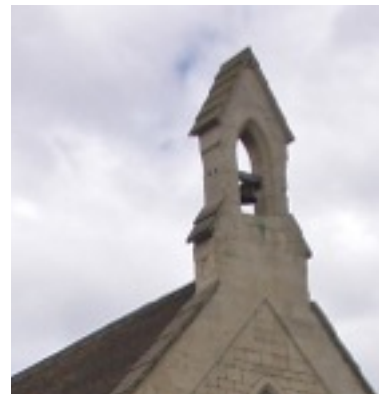
### Funerals

28 September	Clive Matthews	St Stephen's
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**Seen walking around the Benefice, but where? I'm a church around the Diocese, but where?**



Answers can be found on page 11.



Answers can be found on page 11.

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## Putting a Bit Back into the Community

We retired last year and bought a cottage in Cinderford.

We have started a blog at  
<https://vandaandeddie.uk/>

We wanted to put something back into the community here and have created a free directory for any Forest of Dean business or organisation and an event calendar.

There are no charges at all, so why not take a look?

Vanda & Eddie

\*\*\*\*\*

## Ride & Stride

This year on Sat 9 Sep, a day of sun and showers, 5 of us from St John's Church; Pat, Nancy, Nikola, Peter and I walked round Gloucester visiting as many places of worship that we could find. The day started off fine, but by 11.00 am the skies were darkening and down came the rain; thankfully we were in a church at the time apart from Peter who had left to find the Gloucester Community Church. By the time that we stopped in the Quays for a welcome steak and stilton pasty and a coffee, we had visited 21 places of worship. Refreshed, we left only to be led astray by Nancy heading for the Cadbury shop!

We resumed our walk starting with the Mariners Church in the docks and ending at the Gloucester Quaker Church in Greyfriars for welcome refreshments.

In total, we visited 31 places of worship and covered 5.5 miles. A big thank you to all who sponsored us, the amount raised will be in excess of £300, half of which will be returned to St John's Church. - John Holliday

St Ethelbert's was open from 10 am - 1 pm, but this year no cyclists called by. Jim and Sharron did their stints on the exercise bikes and £45 was raised on cakes and Bric-a-brac, which will be used to replace our very ancient cleaning tools. Six of us had a very jolly time with lots of laughs. - Ann Ladd



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## Operation Christmas Child



The time has arrived for the annual Shoebox Packing Party! Anyone is welcome to come and join in the joy of packing shoebox gifts on Wednesday 25 October at St Stephen's Church from 10 am until 1 pm.

Refreshments will be available during the morning and there will be lots of people to explain the process and help you packing some wonderful gifts!

You don't need to come for the whole time, if you just want to pop in and see what happens, you would be very welcome!

The aim this year, once again, has been to pack 100 shoeboxes as a community from around the Benefice (and beyond!).

Each month we have been collecting different items and we have plenty of some things, but are still in need of a few more things to make the packing party produce some wonderful shoeboxes!!

**Sweets** - dated at least May 2018 (and please no chocolate or other food as they can't be sent due to customs regulations).

**Scarves & Hats** - these can be woolly, fleecy or more summery ones. Anything suitable for a child (2-4, 6-9 or 10-14 years old) is very welcome!

**Stationery** - notebooks, pens, pencils, pencil cases, chalk, crayons, felt tips, rulers, etc

**Accessories** - hairbrushes / combs, hair accessories, jewellery, bags

**Toys** - anything small enough to fit in a shoebox that isn't war related - including but not limited to: balls, cars, skipping ropes, jigsaws, dolls. (We do have lots of soft toys!) Toys are a wonderful addition to a shoebox to help make them wonderful gifts for children. Multiple toys get lovingly placed in each shoebox, so plenty are needed :)

**Money** - to cover the cost of transport of the boxes around the world. No money is included in the boxes. Items should be as new or handmade. Handstuffed toys are not allowed due to customs regulations. If you aren't sure if an item is suitable, please speak to Rachel Witham (719438).

A massive thank you to all who have already donated (or promised) items, it is always so wonderful to see the generosity of our community in preparing gifts for children overseas.

If you have any items for the shoeboxes, please bring along to St Stephen's Church, give to a church member to bring or please contact Elaine Bradley (825401) or Rachel Witham (719438).

It would be really helpful to have as many donations **before** the packing party as possible, as this means that things can be laid out and organised to make it easier for everyone to join in with packing!

**Alvin Clive Matthews – 4 April 1949 - 1 September 2017**

It is with great sadness that we write of the loss of our dear friend, Clive Matthews. A notable figure in Cinderford, he used his scientific training and honed palate to build up his own food flavours company into the thriving business it is today, while always prioritising the care of his much-loved mother, May Matthews.

Even before he came back to the congregation, he was a staunch supporter of St Stephen's—the beautiful nativity set we see at Christmas was donated by him—but soon began regular attendance whenever his travels for work permitted, whereupon he became a bright light in the congregation. He will be sorely missed as a polyglot raconteur, gourmet, traveller, philosopher, and all around excellent conversationalist; but most of all he will be missed, by those of us fortunate enough to know him, as a wonderfully wise, witty, generous, and compassionate friend.

Clive's funeral will be held at St Stephen's on Thursday 28 September at 11.00 am. As Clive was such a bright character, it has been requested that people were bright colours to reflect this.

- Lori Grey

**Please pray for:**

- Bishop Rachel and Bishop Robert
- those who have recently been bereaved; especially the family, friends and colleagues of Clive Matthews
- anyone who is unwell
- others around the Benefice who need prayer
- those who have recently been baptised (Betty and Teddy), their parents and godparents
- Mike; in his ministry around the Benefice
- Anthea; in her ministry as priest
- Chris, Linda, Lynne and Richard; our licensed readers
- Jim and Adalia Fisher, in the Philippines; especially Jim's shoulder as it heals
- Felipe and Sarah Yanez (CMS partners in Spain) and their sons Sam and Aaron - currently in the UK for six months
- Cinderford Street Pastors
- children, young people and their leaders
- all caught up in natural disasters around the world
- for all aid workers working to assist in rescue and rebuilding
- all those around the world facing persecution, homelessness or hunger

**All Souls' Service - Sunday 5 November - 6.00 pm**

This is the time of year when the church especially remembers those who have died, and when we seek God's comfort and help in living after the death of those whom we have loved and lost.

During a special service at St John's Church on Sunday 5 November at 6.00 pm, there will be an opportunity to recall the names of those who we wish to remember. There will also be an opportunity to light a candle in memory of lost loved ones as well as time to pray for ourselves. Please contact Mike Barnsley, the vicar, on 01594 822286 for more information or to submit a name.



**FREE ENTRY**

**Christmas Tree Festival  
1st - 3rd December  
St Stephen's Church,  
Belle Vue Rd, Cinderford**

Friday 10am - 7pm  
Saturday 10am - 5pm  
Sunday 1pm - 5pm

Christmas Tree Festival with trees from a variety of community groups, businesses and individuals.

Refreshments available, Christmas music and an excellent start to the festive season.



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<b>Mothers' Union Coffee Morning</b> at St Stephen's	Wednesday 4 October, 10.00 am - 1.00 pm
<b>Shalom Curry Night</b> at The Curry Leaf	Wednesday 11 October, 7.30 pm
<b>SHINE Ladies' Conference</b> at St Stephen's	Friday 13 October, 7.00 pm - 9.00 pm
	Saturday 14 October, 9.30 am - 4.00 pm
<b>Wave of Light for Baby and Infant Loss</b> at St Stephen's	Sunday 15 October, 7.00 pm - 8.00 pm
<b>BoB Breakfast</b> at St Stephen's	Saturday 21 October, 9.00 am - 10.00 am
<b>Fellowship Lunch</b> at St Stephen's	Sunday 22 October, 12.30 pm
<b>Light Party</b> at St Stephen's (up to Yr 6, 4.30 pm - 6.30 pm; up to Yr 13, 7.00 pm - 9.00 pm)	Friday 27 October
<b>Movie &amp; Games Evening</b> (all ages) at St Stephen's	Tuesday 31 October, 5.30 pm - 9.00 pm
<b>Christmas Craft Fayre</b> at St Stephen's	Saturday 4 November, 10.00 am - 2.00 pm

## Weekly Activities

- Monday:** 7.00 pm - 8.45 pm **Bellringing**, St Ethelbert's Church (*not on the first Monday of the month*)  
- Group to practice ringing for Sunday services. (Bells rung on a Sunday from 9.45 am - 10.30 am)
- Tuesday:** 1.00 pm - 5.00 pm **Craft & A Cuppa**, St Stephen's Church (*meets during term time*)  
- Craft group where members bring along their own craft and share fellowship
- Friday:** 10.00 am - 11.15 am **Coffee Morning**, St Stephen's Church  
- Chance to meet for fellowship and enjoy some Fairtrade tea and coffee  
7.00 pm - 9.00 pm **IF** (boys, Year 7+), St Stephen's Church (*meets during term time; not on Friday 13 Oct*)  
- Youth group for boys in secondary school with food, games and activities



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## Christmas Craft Fayre

**Saturday 4 November**  
**10 am - 2 pm**  
**St Stephen's Church,**  
**Belle Vue Rd, Cinderford**

Bacon butties and light lunches, Fairtrade teas & coffees, cakes, raffle, craft activities, wide range of stalls

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- Soaps
- Knitted items
- Gifts
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- Painted glass



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News & Views



## Christmas Craft Fayre

Wonderful range of artisans selling a fabulous variety of homemade items. Fabulous way to kickstart Christmas shopping! Plus craft activities to join in with, refreshments, raffle and more! Free entry and a very warm welcome.

## Movie & Games Night

All ages welcome to come and enjoy a movie & games night at St Stephen's, Tue 31 Oct from 5.30 pm - 9.00 pm. Free entry, bring along a favourite game, or just join in with the ones at church. The movie will be suitable for all ages, rated PG. Refreshments available.



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Cinderford Churches

## Ride & Stride

Saturday 9th September; a date long circled on the calendar for Chris and I to join Gloucestershire Historic Churches Ride and Stride day, hopefully in drier conditions than last year. The evening before; the forecast looked a little damp and Chris' bike developed two broken spokes! Undaunted, I set out just before 10am from St Stephen's, heading towards Cheltenham determined to visit as many churches on the way as possible before watching the Tour Of Britain at the finish line.

Sweeping past a few churches, the plan was to head for Newent to meet up with another cycling buddy, Paul. This meant I could tick a few off early on: St Stephen's Cinderford (1), Cinderford Methodist (2), Holy Trinity (3), the URC (4) and Methodist (5) in Drybrook were straightforward. A climb up from Drybrook Cross past the rugby club and over the Stenders to Mitcheldean St Michael's and All Saints gave me 6 churches in the first few miles. A nice run out towards Aston Ingham before the lung busting climb up to St Peter's Cliffords Mesne (7) woke the legs up properly, then an easy run in to Newent to push through the Onion Fayre crowds to meet Paul at St Mary's (8).

From Newent, we headed out towards Upleadon, where St Mary the Virgin (9) had attracted a good crowd of cyclists and walkers admiring it's unusual construction, Norman door and free drinks and biscuits. On towards Hartpury Methodist (10), then down to Maisemore, St Giles (11) with Gloucester looming in sight. A rain shower saw us donning our waterproofs for the first (and definitely not last!) time for the run in to Gloucester. Over Westgate Bridge and up towards the centre of town with a slight detour to pop into St Mary de Lode (12), then back past St Nicholas (13) and up to the Cathedral (14) for a welcome and Twitter mention! Weather better, waterproofs off in preparation for the stretch into Cheltenham.

Picking up one of the National Cycle Routes to avoid the dual carriageway took us away from a few of the possible churches in Gloucester, but we did manage to visit the Gloucester Destiny Temple (15) and then Kendall Road Baptist Church (16) which appeared to have

really pushed the boat out for riders and striders with a free BBQ, cakes and plenty of drinks. It turned out they were celebrating opening their new building with an open weekend so a little outside the usual places we visited, but as Paul wisely said 'Historic starts somewhere'!

With time getting on, we took the winding cycle route around Staverton, crossing under and over the dual carriageway, passing GCHQ and heading towards town. Our final church within a stone's throw of the Tour finish line and the waiting Kate was appropriately St Andrew's URC (17).

Thankfully the weather had been kind for the bulk of the ride, but a torrential downpour during our stand by the finish line pretty much cut short any plans to loop around Cheltenham and drove us back into the car for the lift home and a change into dry clothes. 38 miles over 4 hours with 1,800 feet of climbing meant an enjoyable day out with some fascinating buildings. A huge thanks to all those who sponsored us; we were already around the £100 mark before the day with more coming in so it's not too late if you would like to donate post-event. Also thanks to Kate for being our support

driver, fighting her way into Cheltenham and bringing us home. Discussions are already taking place regarding next year and include making sure we have a spare bike just in case it's needed....!



## Mike's Question:

Which of the New Testament letters are named according to the author and which are named according to the recipient?

## Mike's Challenge:

Which New Testament book do we not know the author of? Who has been suggested as author over the years?

**Answers will be in next month's "News & Views" but please do discuss with Mike in the meantime!**

## Answers to last month's ?'s:

The Old Testament books (other than Psalms) with the most chapters are Isaiah (66), Jeremiah (52) and Genesis (50). There are 150 Psalms.

The New Testament books with the most chapters are Matthew and Acts (both 28), and Revelation (22).

There are 929 chapters in total in the Old Testament.

There are 260 chapters in total in the New Testament.

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## Getting to Know You ... with Morforwen Jones

*PCC member at St John's*

*Favourite ice-cream?* Vanilla.

*Favourite actor?* Judi Dench.

*Favourite colour?* Blue.

*Favourite film?* The Englishman

Who Went Up a Hill but Came  
Down a Mountain.

*Favourite season?* Spring.

*Favourite food & drink?* Lamb and tea.

*Worst job you've ever done?* Cleaning up the bungalow  
after all the joists and all the ceilings had been changed  
(unpaid).

*Favourite flower or tree?* Rose.

*Favourite item of clothing?* Blue cotton dress, I've had for  
many years, but it's very versatile.

*Favourite TV programme?* Miss Marple (with Joan  
Hickson).

*What would be your ideal holiday?* Anywhere in West  
Wales.

*Favourite book?* The Complete Works of Jane Austen.

*Would you prefer to live in a big city or small village?* Small  
village.

*Favourite hymn or church song?* Can't possibly choose!

*First car (and did it have a name)?* Never driven.

*What was your best holiday?* In Pembrokeshire.

*Which living person do you most admire?* The Queen!

*Favourite Church building?* Gloucester Cathedral.

*Are you a cat person or a dog person?* Cat.

*Where would you most like to be right now?* Here (at Craft  
Group).

*Favourite family memory?* Walking through fields and  
woodlands with my father.

*What four people (dead or alive) would you invite to a dinner  
party?* My maternal grandfather, Judi Dench, William  
Shakespeare, and my eldest grandson.

*First Job?* Saturday girl in a shoe shop.

*Earliest memory?* Being ready for a party, when I was about  
three, going in to show my daddy my new dress, who was  
sweeping the chimney at the time. Then I tripped and fell in  
the box of soot!

*Best job you've ever had?* Bringing up my children.

*What do you owe your parents?* Advice: "A little bit of help is  
worth an awful lot of pity".

*If you could be any animal, what would it be and why?* Cat,  
because they are their own boss.

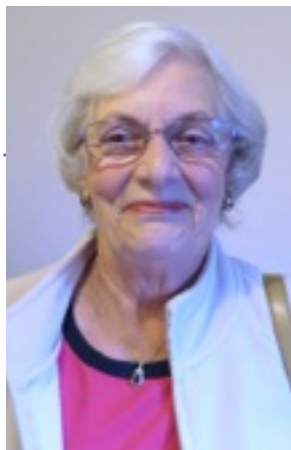
*What would your superpower be?* To fly.

*Most treasured possession?* My engagement and wedding  
rings.

*When were you happiest?* Late 20's and early 30's, as I could  
picture where my life was going..

*If you could choose your own first name, what would it be and  
why?* I'd choose my second name, Ella; because it's a lot  
easier than my first one.

*Favourite building?* Gloucester Cathedral.



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## Lectionary

### 1 October (16th Sunday after Trinity)

Ezekiel 18:1-4, 25-end

Psalms 25:1-8

Philippians 2:1-13

Matthew 21:23-32

### 8 October (17th Sunday after Trinity)

Isaiah 5:1-7

Psalms 80:9-17

Philippians 3:4b-14

Matthew 21:33-46

### 15 October (18th Sunday after Trinity)

Isaiah 25:1-9

Psalms 23

Philippians 4:1-9

Matthew 22:1-14

### 22 October (19th Sunday after Trinity)

Isaiah 45:1-7

Psalms 96:1-9

1 Thessalonians 1:1-10

Matthew 22:15-22

### 29 October (Bible Sunday)

Nehemiah 8:1-4a, 8-12

Psalms 119:9-16

Colossians 3:12-17

Matthew 24:30-35

### 5 November (4th Sunday before Advent)

Micah 3:5-12

Psalms 43

1 Thessalonians 2:9-13

Matthew 24:1-14

### 5 November (All Saints' Day)

Revelation 7:9-17

Psalms 34:1-10

1 John 3:1-3

Matthew 5:1-12



## Littledean Church of England Primary School

### Welcome Back

We have had a fantastic start to the new school year and we are pleased to be able to welcome our new Reception children along with the children who have started in our recently opened pre-school. We also welcome Mrs Lyons to the school staff as the new teacher of Hawthorn class.



### House Captain Elections

We have held elections for new House Captains and Deputy House Captains who will be working hard this year to organise a variety of events for the rest of the school –

they are going to be very busy indeed! We even needed to recruit a note taker to keep them all on track for the year!



## Circus Themed Light Party

**Free Entry | Friday 27 October**  
**at St Stephen's Church**  
**Food, games, and crafts**  
**4.30pm - 6.30pm for primary ages**  
**7.00pm - 9.00pm for secondary ages**

[www.cinderford-churches.org.uk](http://www.cinderford-churches.org.uk)

### Bethel Tea Rooms

Thanks to Colin and Lizzie Gyfford for three great years at Bethel Tea Rooms.

Bethel Tea Rooms will be closed the first two weeks of October for volunteer training and will reopen, with a new team, on Tuesday 17 October.

Hope to see you there soon after that.



You are invited to come and hear about



**All Age Service**  
**Sunday 1 October, 10.30 am**  
**St Ethelbert's, Littledean**

## Fairtrade Focus

### Apple Flapjacks

#### Ingredients

- 150 g ish (6oz) apples
- 250 g (9oz) butter
- 1 tbsp honey\* or golden syrup#
- 1 tsp bicarbonate of soda
- 1 tsp baking powder
- 250 g (9oz) porridge oats
- 200 g (7oz) plain flour
- 100 g (3.5 oz) light brown sugar\*
- 50 g (2 oz) dried fruit\*

**The editor has tried the recipe with mixed dried fruit, but you could use raisins or sultanas to coordinate nicely with the apple!**

All starred (\*) ingredients are Traidcraft products available at the Fairtrade stall at St Stephen's (or can be ordered); ingredients marked with a hashtag (#) are available as Fairtrade but not from church - speak to Rachel for advice on where to purchase if needed - [rachel@cinderford-churches.org.uk](mailto:rachel@cinderford-churches.org.uk) / 01594 719438.

#### Method

1. Preheat the oven to 180°C / 350°F / Gas Mark 4.
2. Grease a deep baking tin measuring 16 x 25 cm (6 x 10 inch) with butter and flour.
3. Peel and chop the apples, stew gently until soft.
4. Place the butter and honey or syrup in a small pan, and melt together slowly until runny.
5. Sprinkle the bicarbonate of soda over the mixture and stir until it is frothy.
6. Place all the remaining ingredients in a large bowl and make a well in the centre.
7. Pour the melted butter mixture into the centre and mix well.
8. Spread half of the mixture into the prepared tin.
9. Spread the stewed apples over the top and then cover with the remaining mixture.
10. Place in the oven and bake for 25 minutes..
11. Allow the flapjacks to cool before cutting them into squares.

You can use more apples and put a thicker layer, but then your pudding will have to be eaten with a spoon!



### Traidcraft's New GEO products

In the last few months, Traidcraft have brought out some new delicious GEO products. All are currently stocked on the Fairtrade stall at St Stephen's, with some only arriving last week!



The first were the new GEObars, the new range are raw fruit and oat wholefood bars - similar to Nakd bars. They are made with fairtrade cashews, dates and raisins and come in three delicious flavours: Apple & Kale, Carrot & Ginger, Cocoa & Beetroot. So far, the Cocoa & Beetroot has proved most popular (but the editor can also personally recommend the other two flavours!)

They are a real global mix of flavours - containing cashews from India, dates from Tunisia and raisins from South Africa and Chile and Cocoa from Ghana! Last week, the GEOsticks arrived. They are a gluten free, vegan savoury snack and are already changing the lives of farmers and artisans around the world!



They are multigrain, a good source of fibre and low in sugar and with only 91 calories a bag, they are a delicious addition to lunch

or for a snack whilst out and about. The GEOsticks are available in three flavours - Sweet Chilli, Herby and Peppery. Chris and Rachel tried all three at the last Traidcraft Roadshow; Chris preferred Chilli whilst Rachel favoured the Herby ones. At 90p a pack, why not try them and see which ones you prefer?

The Fairtrade ingredients include rice from Thailand and quinoa from Peru. The quinoa is sourced from the Cabana co-operative, just north of Lake Titicaca, where there are over 500 farmers who specialise in growing and harvesting quinoa in the harsh environmental conditions there.



## SHINE Ladies' Conference - Fri 13 Oct & Sat 14 Oct

SHINE will take place on Friday 13 (6.00 pm - 9.00 pm) and Saturday 14 October (9.30 am - 4.00 pm) at St Stephen's Church. Please don't feel you need to attend the whole conference, although it would be wonderful if you could! Friday evening will include tea (for those who want it) and Saturday will include lunch and plenty of tea and cakes!

It's a weekend of fun, food and fellowship for any women that want to come and join us! The aim is to create a safe space for women to feel free to be themselves and spend time together, as well as exploring their faith. This year the theme is "He is with us in the valleys and on the mountaintops" and will be looking at God's presence in our lives through the good and the bad.

If you are interested in coming or have any questions about the event, please contact Sian Barnsley (822286). Look forward to seeing you there!

#### News & Views

A conference for women at  
**St Stephen's Church, Cinderford**  
**Friday 13th and Saturday 14th October**

**He is with us in the valleys  
and on the mountains**

For further information please speak to Sian  
01594 822286 | [shine@cinderford-churches.org.uk](mailto:shine@cinderford-churches.org.uk)

Please book on the website or by using a booking form  
and return to The Vicarage, St Annals Road





## Seen walking around the Benefice, but where?

"Hands Off Our Forest" Sign, High Street, Cinderford



## I'm a church around the Diocese, but where?



Mariners Church,  
Gloucester Docks  
Built 1849

## Dates for Your Diaries...

Sat 4 November - **Christmas Craft Fayre** at St Stephen's

Thu 16 November - **Quiz Night** at St Stephen's

Sat 25 November - **St Ethelbert's Christmas Market**

Fri 1, Sat 2, Sun 3 December - **Christmas Tree Festival** at St Stephen's

## Light Party - Friday 27 October - St Stephen's Church

This year's Light Party will have a circus theme. There will be games, food and crafts for children and young people to enjoy. Fancy dress is very welcome, but please nothing scary. There is no charge to join in with the 'clowning around'.

The party will be split in two halves this year, with primary school children welcome from 4.30 pm - 6.30 pm and young people at secondary school from 7.00 pm - 9.00 pm. Children and young people will all need to be signed in by a parent or guardian.

Although every effort will be made to cater for various dietary requirements, if you know your child is coming and they need a particular menu, please let Rachel Witham know (01594 719438 / [rachel@cinderford-churches.org.uk](mailto:rachel@cinderford-churches.org.uk)).

## Who's on the Trike?



**Colin and Lizzie Gyfford**

Thanks for 3 years at Bethel Tearooms



## All our meat is locally sourced

- We personally check that all of the meat we sell has been ethically treated and reared
- All of our staff are experienced in all aspects of butchery
- High quality product assured
- Helpful and friendly advice

### Cinderford

22 High Street  
Cinderford  
GL14 2SH  
01594 825697

### Newnham

Shop Unit 1 Central House  
High Street, Newnham  
GL14 1AB  
01594 510092

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

## Benefice Pilgrimage - Saturday 16 September

**Vicar:** Mike Barnsley

01594 822286 / 07903 436009

mike@cinderford-churches.org.uk

(Mike's regular day off is Monday, if you need to speak to someone urgently on a Monday, please contact someone else from the list below)

**Assistant Curate:** Anthea Beresford

01594 822396

anthea@cinderford-churches.org.uk

(Anthea has a full-time job and her regular church day off is Saturday. Please phone / email and she will respond as soon as possible)

### Readers:

Linda Blagg - 01594 822153

linda@cinderford-churches.org.uk

**Richard Blagg - 01594 822153**

richard@cinderford-churches.org.uk

Lynne Chaundy - 01594 825997

**Chris Witham - 01594 719438**

chris@cinderford-churches.org.uk

### Churchwardens at St Ethelbert's:

Richard Blagg - 01594 822153

Jim Duffin - 01594 510191

### Churchwardens at St John's:

Pat Byett - 01594 823713

Evelyn Smith - 01594 822755

### Churchwardens at St Stephen's:

Kim Howard - 01594 827933

Chris Witham - 01594 719438

### Urgent Prayer Requests -

Sian Barnsley - 07932 193291

Linda Blagg - 01594 822153

Mike Barnsley - 07903 436009

### Benefice Safeguarding Officer:

Karen Jones - 01594 825902

safeguarding@cinderford-churches.org.uk

(If you have any safeguarding concerns regarding anyone who attends church please contact Karen Jones or Mike Barnsley.)

### Visit the Benefice Website:

www.cinderford-churches.org.uk

### Or join us on Facebook:

www.facebook.com/cinderfordchurches

### Or follow us on Twitter:

www.twitter.com/cinderfordcofe

### Or find us on Instagram:

www.instagram.com/cinderfordchurches/

If you have anything for the next magazine (articles, photographs) or would like to enquire about placing an advert please contact [magazine@cinderford-churches.org.uk](mailto:magazine@cinderford-churches.org.uk) by Sunday 15 October.

**Comments and opinions expressed do not necessarily reflect the views of the Editors, the PCCs or the Vicar of the Benefice.**

After going to BOB breakfast this morning I took Mike, Chris and Sebastian down to St Michael's for the start of the Parish Pilgrimage. When we arrived at St Michael's, Peter, Nikola and Anne were already there. It was the first time that I had been into St Michael's since the contents had been sold, it looked



forlorn and sad and the shape of where the pews were on the walls looked like people were still sitting there. I do hope that somebody will buy it and it will become a home with love. Prayers and Psalms were said and it was with some disappointment we

watched the 5 pilgrims head off towards St Ethelbert's in Littledean. This year due to illness I was unable to tackle the hills but joined them at St Stephen's where we had an enjoyable bowl of soup followed by cakes before we set off to Bilson Mission.



The number of walkers had increased and our route took us along Littledean Road and into the woods and then down to



Bilson Mission for a short stop, refreshments and prayers. So far the weather had been cloudy and dry, but overhead were ominous dark clouds; thankfully it did not rain. Leaving Bilson with numbers reduced

we walked to the Linear Park encountering a huge tree branch across the footpath. At the end of the Park trail we walked up St White's Road to St John's Church, a tough climb but rewarded with tea and cakes on arrival. Many thanks must go to the ladies in all the churches who provided superb refreshments, and to Peter for organising and leading the pilgrimage. Today has been a day of fellowship and companionship and we met many people. I felt tired when I got home but satisfied, and maybe next year I will be able to do it all, see you there. - John Holliday.

