

# *Upton St Leonards Life* *incorporating Church News*

Issue 55

March 2019



*Upton St Leonards*  
*"Our Village"*



# Our Village

When I was asked to be guest Editor for this edition of USL Life and include an article, I started thinking about what I would write about.

I realised that I have been living here since 1986 and those 33 years since then seem to have passed in a flash. Arriving here from the South East, a London boy emigrating to the depths of Gloucestershire, I soon learned that it would take some time to be accepted as a local.



Upton has been around for a very long time and has a lot of history around it from pre-Norman times, to King Henry VIII bringing Ann Boleyn to Prinknash and visiting the Kings Head, as it became known, to the war-time development at the Brockworth airfield of Britain's first jets, incorporating Sir Frank Whittle's revolutionary new type of engine.

At one time a very rural village, it seems to me that it still maintains that ethos to a great extent, due in no small



part to having fought off an attempt to have the village taken into the Gloucester City area. Though it has plenty of disadvantages, the M5 makes a very good boundary.

There has, of course, over the years been a growth in the number of dwellings and new arrivals to the area, but that does not seem to have diminished the feeling that we are still a community.

So what makes us retain that village ethos? There are a number of things that in my view do that very well for us. We still have several working farms here, one of which supplies our excellent farm shop in Portway. Our historic Church, having gone through some lean times, is thriving under the stewardship of our new priest Clodagh Ingram. We have a fine shop with a great service, being very



competitive and offering a wide range of goods, ably managed for the last 3 years by Rahul & Seeta Odedra. We also have an established hair salon, and the shop building now belongs to an Upton family.

A village needs a good pub, they say, and although we have a pub at the Kings Head, it is not in the heart of the village, but we are very

fortunate to have the BMI Club, given to the village in 1898 by the Birchall family. The club today is stronger than ever and a great place to meet with friends, enjoy entertainment and quizzes etc, particularly since being extensively refurbished over the last few years. Then



finally we have a wonderful Village Hall, again a gift from the Birchalls in 1920. The hall is recognised as one of the busiest and better appointed village halls in the Gloucestershire area. Many improvements have been made in the last 20 years and

the range of activities that are based there cater for just about all the needs we could think of. Finally we must not forget the excellent Recreational facilities at the sports ground, with its Lottery funded Pavilion. This venue sees football, cricket, tennis, petanque, tug-of-war and has a modern children's play area. Some new news is that we are putting in some adult fitness equipment alongside the play area. We have the glebe field adjoining and we are reliably informed that this is one of the very few places in the whole area where residents can exercise their dogs off lead and safely enclosed.

As long as the next generations keep coming forward to keep these things going, and that is vital, we will be safe in the knowledge that Upton will live forever as a good community.

When I am asked where I live, my reply is always: "I live in a very nice Village in Gloucestershire, which is a great community." If asked where I would move to if I won the lottery my reply is, "Nowhere. I would stay in Upton because why would I want to go elsewhere and try to replicate what I and my family have here. It wouldn't make sense would it?"

So long may Upton St Leonards stay like it is!

*Keith Pearson*

We have put as much in here as space permits.  
 Events happening weekly are only shown for  
 the first month or so

# VILLAGE DIARY

## MARCH

1	Fri	Pilates.....	Village Hall.....	11.30-12.30pm
4	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30am
4	Mon	Coffee Club.....	BMI.....	10.00-12.00pm
4	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45pm
4	Mon	Yoga.....	Pavilion.....	5.30pm
4	Mon	Parish Council Meeting.....	Pavilion.....	7.30pm
4	Mon	Upton WI.....	Village Hall.....	7.30-10.00pm
5	Tue	Recycling and Food Waste Week		
5	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15pm
5	Tue	Junior Jujitsu.....	Pavilion.....	4.00pm
5	Tue	Brownies.....	Pavilion.....	5.30pm
5	Tue	Badminton.....	Village Hall.....	8.30-10.30pm
6	Wed	Stitchers.....	Pavilion.....	10.00-12.00pm
6	Wed	Bingo.....	BMI.....	8.00pm
6	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30pm
6	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.00pm
7	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30pm
7	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45am
7	Thu	Fitness.....	Pavilion.....	6.00pm
8	Fri	Pilates.....	Village Hall.....	11.30-12.30pm
9	Sat	Rentacrowd.....	Village Hall.....	7.30pm
10	Sun	Copy Date for April issue of USL Life		
11	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30am
11	Mon	Coffee Club.....	BMI.....	10.00-12.00pm
11	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45pm
11	Mon	Yoga.....	Pavilion.....	6.30pm
11	Mon	Twyver WI.....	Village Hall.....	7.30-10.00pm
12	Tue	Rubbish and Food Waste Week and Garden Waste for those with Brown Bins		
12	Tue	Needles and Pins.....	Village Hall Annex.....	9.45-12.15pm
12	Tue	Junior Jujitsu.....	Pavilion.....	4.00pm
12	Tue	Brownies.....	Pavilion.....	5.30pm
12	Tue	Healthy Living.....	Pavilion.....	7.00pm
12	Tue	Badminton.....	Village Hall.....	8.30-10.30p.m
13	Wed	Stitchers.....	Pavilion.....	10.00-12.00pm
13	Wed	Bingo.....	BMI.....	8.00pm
13	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30pm
13	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.00pm
14	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30am
14	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45am
14	Thu	Fitness.....	Pavilion.....	6.00pm
15	Fri	Pilates.....	Village Hall.....	11.30-12.30pm
16	Sat	Spring Quiz.....	BMI.....	8.00pm
18	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30am
18	Mon	Coffee Club.....	BMI.....	10.00-12.00pm
18	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45pm
18	Mon	Yoga.....	Pavilion.....	6.30pm
18	Mon	Abbeydale Garden Club.....	Village Hall.....	7.30-9.45pm
19	Tue	Recycling and Food Waste Week		
19	Tue	Needles and Pins.....	Village Hall Annex.....	9.45-12.15pm
19	Tue	Junior Jujitsu.....	Pavilion.....	4.00pm
19	Tue	Brownies.....	Pavilion.....	5.30pm
19	Tue	Badminton.....	Village Hall.....	8.30-10.30pm
20	Wed	Stitchers.....	Pavilion.....	10.00-12.00pm
20	Wed	Bingo.....	BMI.....	8.00pm
20	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30pm
20	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.00pm
21	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30am
21	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45am
21	Thu	Fitness.....	Pavilion.....	6.00pm
21	Thu	History Group - SS Great Britain.....	Village Hall.....	7.30-9.15pm



### HISTORY GROUP

On 21 March the History Group is honoured to have, as guest speaker, Ian Caskie, who works with the SS Great Britain Trust in Bristol. He will give a talk on the ship and the Trust which now looks after it. Sounds like a very interesting evening.

**Thursday 21 March, 7.30pm, Village Hall - all welcome**

22	Fri	Pilates.....	Village Hall.....	11.30-12.30pm
23	Sat	Village Litter Pick.....	Pavilion.....	10.00am
25	Mon	Yoga.....	Village Hall Annex.....	10.00-11.30am
25	Mon	Coffee Club.....	BMI.....	10.00-12.00pm
25	Mon	Yoga.....	Village Hall Annex.....	12.15-1.45pm
25	Mon	Yoga.....	Pavilion.....	6.30pm
25	Mon	Camera Club.....	Village Hall.....	7.00-9.00pm
25	Mon	Lady Downe Charity trustees meeting.....	School.....	7.30pm
26	Tue	Rubbish and Food Waste Week and Garden Waste for those with Brown Bins		
26	Tue	Needles & Pins.....	Village Hall Annex.....	9.45-12.15pm
26	Tue	Junior Jujitsu.....	Pavilion.....	4.00pm
26	Tue	Brownies.....	Pavilion.....	5.30pm
26	Tue	Badminton.....	Village Hall.....	8.30-10.30pm
27	Wed	Ladies Probus.....	BMI.....	10.00am
27	Wed	Stitchers.....	Pavilion.....	10.00-12.00pm
27	Wed	Memory Café.....	School.....	2.00pm
27	Wed	Bingo.....	BMI.....	8.00pm
27	Wed	Upstagers Amateur Dramatics.....	Village Hall.....	7.30-9.30pm
27	Wed	Bell Ringing Practice.....	Bell Tower.....	7.30-9.00pm
28	Thu	Tai Chi.....	Village Hall Annex.....	9.30-10.30am
28	Thu	Senior Circuits.....	Pavilion.....	10.00-10.45am
28	Thu	Get Together Club.....	Village Hall.....	2.30-4.30pm
28	Thu	Fitness.....	Pavilion.....	6.00pm
30	Sat	Spring Show.....	Village Hall.....	2.00pm
30	Sat	Entertainment Night.....	BMI.....	8.00pm

Regular weekly events are not listed below this line

#### APRIL

1	Mon	Parish Council Meeting.....	Pavilion.....	7.30pm
1	Mon	Upton WI.....	Village Hall.....	7.30-10.00pm
8	Mon	Twyver WI.....	Village Hall.....	7.30-10.00pm
13	Sat	Entertainment Night.....	BMI.....	8.00pm
15	Mon	Abbeyle Garden Club.....	Village Hall.....	7.30-9.45pm
15	Mon	USL Life Community Interest Company AGM.....	Pavilion.....	7.30pm
		... Followed by USCAN AGM.....	Pavilion.....	8.15pm
16	Tue	Village Hall AGM.....	Village Hall Annex.....	7.45pm
22	Mon	Camera Club.....	Village Hall.....	7.00-9.00pm
24	Wed	Ladies Probus.....	BMI.....	10.00am
25	Thu	Get Together Club.....	Village Hall.....	2.30-4.30pm
29	Mon	Parish Council - Annual Meeting.....	Village Hall Annex.....	7.30pm

#### MAY

6	Mon	NO Parish Council Meeting		
13	Mon	Twyver WI.....	Village Hall.....	7.30-10.00pm
16	Thu	History Group - Quaint and Quirky.....	Village Hall.....	7.45-9.15pm
20	Mon	Abbeyle Garden Club.....	Village Hall.....	7.30-9.45pm
20	Mon	Lady Downe Charity Trustees meeting.....	School.....	7.30pm
22	Wed	Ladies Probus.....	BMI.....	10.00am
27	Mon	Camera Club.....	Village Hall.....	7.00-9.00pm
30	Thu	Get Together Club - Summer Lunch.....	Painswick Golf Club.....	12.30 for 1.00

Contact Paula Quinn to get your event in the diary



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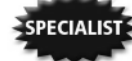
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## UPTON WI

At our February meeting we had a fascinating talk given by Ian Caskie from the SS Great Britain Trust:

Discover the man beneath the "Hat" - Isambard Kingdom Brunel - one of the finest engineers of the Victorian era, a visionary builder of our railways, the Bristol Suspension Bridge and a builder of three great ships. SS Great Britain, his second ship, was the world's first transatlantic luxury liner and the first ocean going steamship with an iron hull and driven by a propeller. She was launched on 19th July 1843 by Prince Albert. Only 45 brave people bought tickets for her maiden voyage, sailing from Liverpool to New York in 15 days. Built of teak, 322 feet long with a strong wrought iron hull, she was larger than any other ship afloat. Fitted out as a luxury liner, she was the forerunner of today's cruise ships. But she was beset with problems in her first few years, plying the North Atlantic to America.

The Australian Gold Rush in 1850 saw the SS Great Britain change her purpose. She was refitted to carry many more passengers (up to 700, plus a crew of 140) and sailed from Liverpool to Melbourne. A passage cost 70 guineas, in today's money maybe £5000. Aboard were live animals, and a mountain of food for the long voyage. On this route, SS Great Britain was a great success. The first MCC cricket team to tour Australia sailed with her. Strict segregation rules applied on board, only to be broken, as one lady, known as a "fast woman", found a loophole. But after 30 crossings, carrying over 16000 immigrants, in 1882 she was stripped bare to carry coal from Penarth, South Wales to San Francisco. On the third trip around the Cape Horn she was battered in a ferocious storm. Her sailing days were over and she was abandoned on the Falkland Islands. She rusted and rotted there until a project was mounted to bring her home. Eventually being towed over 8000 miles back to Avonmouth she passed under Clifton Suspension Bridge on 5th July 1970. Welcomed back home to her original berth in Bristol, she has been lovingly restored for us all to view and marvel at.

*(Editor: there is another chance to hear Ian Caskie's talk at the History group meeting on 21 March)*

On Tuesday 14th May we have organized a coach trip to Kew Gardens. The cost is £34. We still have spaces. Anyone interested please contact Angela Harris, 616755, for details.

We meet again on Monday 4th March for a "social evening" which is a change to our advertised programme.

Cathy Quant

## TWYVER WI

Our Speaker for the evening in February was David Snell, author and journalist.

David has written many books on the subject of home building and improvement and has for many years had a column in the Telegraph and is well regarded. He has also written two novels to date, with another in the pipeline, based on family history. He's a big believer in writing our family histories down for generations after us to read, as once we are gone, the history goes with us. He left school with few qualifications and not knowing what he wanted to do, (sounds like most of us!) and ended up working as an estate agent which then developed into a need to pass on his knowledge in regard to building and renovating houses. He has built 14 altogether, and his present home is still a work in progress

He showed a love of history in his early years, especially medieval history, but decided when it came to writing his novels, you should always write about something of which you have first-hand knowledge, then you can write the truth.

His novels are based on his father's and grandparents' war time exploits and are called "Sing to Silent Stones, Violet's War" (2016) and "Sing to Silent Stones, Frank's War" published in 2017.

We are all part of history, and once we are gone so are our memories, so get writing that family history. You can read more about David on line and his books are still available to purchase.

It was a very original and inspirational talk, much appreciated by everyone.

WIs are always on the look out for new officers. As you may recall from reading about it in a previous issue of USL Life, we had a tough beginning to the year when Twyver WI almost folded for lack of officers. Workshops are held at WI House for those interested in learning more about being President, Secretary, Treasurer and programme Secretary. If you feel this is something you would like to learn more about, please don't hesitate to contact our Secretary.

Linda Munnoch



## International Women's Day

A reminder to all that March 8th is International Womens' Day - wear purple if you like! We should remember how far we have come in the last 100 years.

Linda Munnoch

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## What's coming up?

This month's entertainment at the BMI - a quiz and music & dancing

THE  QUIZ  
Saturday 16 March  
BMI 8pm

£1.25 per person for teams of up to 6 (minimum £5 for a team of four)

Please sign up on the booking sheet in the BMI, by Thursday 14 March

Entertainment Night

Saturday 30 March

BMI 8pm-late

with

Bitz & Splitz

Tickets £5

Profit from both events goes to this year's BMI charities: Prostate Cancer and CLIC



### Memory Café at the School - Wed 27 March

WHAT'S THAT???

The School invites past and present residents to a "Memory Café". The children in Year 5 are finding out all about the history of the village and would love to hear your memories, look at newspaper articles, photos etc.

We can offer tea and cake in return!

The cafe will take place on **Wednesday 27th March at 2pm** in the school hall.

Any questions etc please email Kat Wood

We look forward to seeing lots of you there.

The Spring Show 2018  
Saturday 30 March - Village Hall  
See the full page feature opposite

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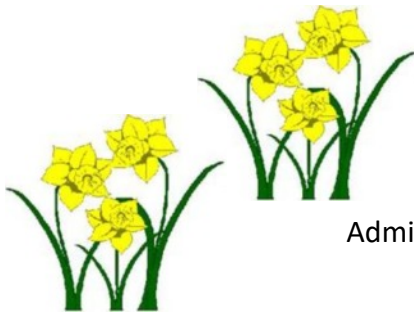
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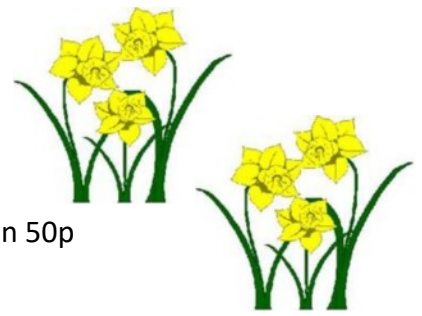
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# THE SPRING SHOW 2018

## Saturday 30<sup>th</sup> March 2.00pm



at the Village Hall

Admission: Adults: £1. Senior Citizens and children 50p

In aid of Village Hall Funds

We do encourage you to think about entering something - a photo, some baking, some craft work. It's great fun, even if you think your entry is not much good - you'll be surprised!

The full schedule, with all the rules and entry form can be picked up at the Village Shop, or from the Parish Council web site or contact Marilyn Bannister . We thought it would be a great idea to print most of the classes here, so a wider audience than normal can see what is possible and can think about entering *something*. Go on - have a go!

### FLOWERS, PLANTS & BULBS

- 1 A bunch of 6 Spring flowers, any variety cut from your garden
- 2 1 House plant - in flower
- 3 1 House plant - for foliage
- 4 1 Succulent or Cactus
- 5 Bulbs in any type of container

### FLOWER ARRANGING

- 6 A gift for Mothering Sunday - any container
- 7 A mixed spring posy - in a jug with water
- 8 A green foliage arrangement - any container
- 9 An easter table arrangement - any container

### HOME PRODUCE, COOKERY

- 10 Sponge cake with fudge frosting \*\*
- 11 Stem ginger nut biscuits - display of 6 \*\*
- 12 Mincemeat cake \*\*
- 13 Quiche -any savoury filling & size - use your own recipe.
- 14 Cinnamon - any bake to include cinnamon as an ingredient. Display a whole cake or 6 individual small cakes/portions of a tray bake - use your own recipe.
- 15 *Men only* - Rock cakes - display of 6 \*\*

\*\* - Recipes for items 10, 11, 12 and 15 are on the entry form that comes with the schedule

### PRESERVES, PICKLES

- 16 A jar of marmalade
- 17 A jar of lemon curd
- 18 A jar of jelly
- 19 A jar of jam - any flavour
- 20 A jar of chutney

### ARTS & HANDICRAFTS

*These items should not have been exhibited in any previous show*

- 21 A hand knitted item up to 4 ply
- 22 A hand knitted item in double knitting
- 23 A hand knitted item in fancy wool/yarn
- 24 A crocheted item in any yarn
- 25 Show us your hidden talents. Let us see what you have made.
- 26 A picture (handicraft) Max size 18"/46cms square, excluding frame.
- 27 A picture (art) Max size 18"/46cms square, excluding frame.
- 28 A handcrafted greeting card
- 29 A quilted item

### PHOTOGRAPHY

*Max size of photograph 12"x8" (30x20cms). Photographs should not have been exhibited in any previous show and must be exhibitor's own work. Photographs may be reproduced digitally or conventionally.*

- 30 "Little and large"
- 31 "Opening the presents"
- 32 "Fun in the sun"
- 33 "The changing seasons"
- 34 "Animal world"
- 35 "Fascinating clouds" *black & white prints only for this class.*

### CHARITY CLASSES

*Entries will be donated, after the show, to the charity named*

- Xa1 Knit a "twiddlemuff" for Saintbridge House Care Home \*\*
- Xa2 Make a sewn drawstring bag 12"x 9" for Operation Christmas Child
- Xa3 Knit a "fairy mouse" for the James Hopkins Trust \*\*
- Xa4 Knit a garment for a child up to 18 months old for Eastwood Park mother & baby centre.

\*\* - See the schedule (or January USL Life) for pattern details for Xa1 and Xa3

### OPEN CHILDREN'S CLASSES

#### Age 7 years & under

- 46 Make a vegetable unicorn
- 47 Make a collage of a llama - any media, A4 size
- 48 Make a card for a special person - A5 size

#### Age 8 - 16 years

- 49 Make a hat for any occasion - use recycled materials.
- 50 Draw and name your own 'super hero'. A4 size

#### Any age group

- 51 Something I have made - any media
- 52 Chocolate chip muffins - 6 muffins - *to recipe found on entry form*

#### Up to age 16 years

- 53 A photograph I have taken - "a few of my favourite things"



**There are CRAFT STALLS with items on display and for sale.**

Even if you feel you can't enter your handiwork, do make sure you come to see what has been done, enjoy a cuppa and cake, look at the Craft Stalls, enter the raffle - the show is open from 2pm.

Can you donate cakes to sell and raffle prizes? Contact Marilyn



## Entertainment night for April at the BMI

Saturday 13 April, 8pm

with

Ian Oliver

### SUMMER SKITTLES

It won't be long until the summer skittle competition will begin once again at the BMI. This is always a friendly competition which takes place during June and July with the final at the beginning of August.

The booking sheet is now on the notice board in the BMI foyer. There is a maximum of 16 teams, so if you wish to enter a team, don't delay.



#### There are 4 "Village" AGMs coming up in April. These are:

##### VILLAGE HALL AGM

The AGM takes place on 16 April at 7.45pm in the Village Hall Annex. You are invited to attend this open meeting when election of managing Trustees takes place. Local user groups are also invited and encouraged to send a representative to the meeting.

Please put a note in your diary and try to attend. It's your hall.

##### USL LIFE AGM

The Company that runs USL Life has its AGM on 15 April at 7.30pm in the Pavilion.

At this AGM there are reports on how the newsletter is faring, and it gives you the chance to make suggestions.

Only members may actually vote (if there is any voting), but others are welcome to attend.

##### USCAN AGM

The USCAN AGM is on 15 April at 8.15pm, following the USL Life AGM.

The footpaths group is more or less the only active part of USCAN. However we need to hold an AGM for propriety and to ensure that funds passed to USCAN for its work are properly managed and reported on.

All are welcome to attend.

**The other AGM is the Annual Meeting called by the Parish Council called to report on its activities - April 29**



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# St Leonard's Church News

Website: [www.uptonstleonardschurch.co.uk](http://www.uptonstleonardschurch.co.uk)

<b>Priest in charge:</b>	Rev. Clodagh Ingram
<b>Curate:</b>	Rev. James Turk



## *Rev Clodagh Ingram Writes Shaping Life*

How our life is shaped is impacted by so many things, many of which are outside our control. Where we were born and how we were nurtured, the community we were raised

within, the values of those around us all play their part. The pressures and demands of life also play their part whether on a personal level or a national one. Our personal circumstances shape how we relate to ourselves and others. The Brexit process is shaping the way we will live as a nation in relationship to the rest of Europe in the coming years.

There is also the dynamic of how our life is shaped through the world view we adopt and the decisions we make every day. For those of us who have made the decision to follow Jesus the question is: how does being a Christian shape our life?

This Lent Bishop Rachel is encouraging us to take time to consider that question and grow in understanding of how we might take hold of our lives and shape them more intentionally so that we would honour God and be a blessing to our families, community and the wider world God has created.

*Jesus says, 'I have come that they may have life, and have it to the full' (John 10:10).*



As faithful disciples of Jesus Christ, we are called 'to work for the flourishing of all people and the flourishing of the whole of creation'. 'Life in all its fullness' is the gift God wants for all of us. But if we are to live that calling well we will need to find a sustainable, nurturing shape for our own lives, so easily over-busy with the stressful and overwhelming demands of modern living.

**We are running a 'Seeking Shapes for Living Course' over five weeks beginning on Wednesday 15<sup>th</sup> March at 7pm through until Wednesday 10<sup>th</sup> April. The course**

**will be held at Upton St Leonards School. We will take time to explore:**

- what is traditionally called a Rule of Life
- the whole business of being alive – with ourselves, each other and God
- a way of life that leads to growth, transformation and flourishing
- how we hold true to our beliefs, values and priorities.

Do email me if you would like to attend, or even if you are curious and want to come along to the first evening to see what's going on.

*Clodagh*

## *"Remembering Loved Ones" Service*



Before the Service of Thanksgiving for the Lives of Loved Ones on Sunday 20<sup>th</sup> I read this passage in the Order of Service and felt courage in

*For I, the Lord Your God hold your right hand;  
It is I who say to you,  
'Do not fear, I will help you'.*

*Isaiah 41.13*

the knowledge that I was not alone.

This beautiful service is held every year to remember all of the loved ones whom we in our community have lost. Before the service began we were invited to write down the names of those who we wanted to be remembered, which were later read out. We were also asked to take a candle, which, after hymns were sung and prayers said, we lit and placed on a table in the form of a cross, as you can see in the picture.

Whilst there were times of mourning and quiet reflection, there was also a sense of hope and thanksgiving, as we heard in the words of the song, 'There is a hope', by Stuart Townsend. Hope that those who we had lost were safe in God's care and thanksgiving that because of Christ's sacrifice, death is not the end.

I am incredibly grateful to Clodagh and to James for this thoughtful service and for giving all of us who have experienced loss the chance to remember, with the strength, friendship and support of the church community.

*Ginny Ring*

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## Church Calendar for March

<b>Sun 3</b>	<b>8.00 am</b>	<b>Holy Communion service</b>
	<b>10.00 am</b>	<b>Celebration Service</b>
Mon 4	4.00 - 4.30	Evening Prayer
Tue 5	9.30 - 9.50	Morning Prayer
	9.50 - 12.00	Coffee & Chat
Wed 6	4.00 - 4.30	Evening Prayer
<b>Sun 10</b>	<b>10.00 am</b>	<b>Communion Service</b>
	<b>4.00 pm</b>	<b>Lent Service (St Lawrence)</b>
Mon 11	4.00 - 4.30	Evening Prayer
Tue 12	9.30 - 9.50	Morning Prayer
	9.50 - 12.00	Coffee & Chat
Wed 13	4.00 - 4.30	Evening Prayer
<b>Sun 17</b>	<b>10.00 am</b>	<b>Communion Service</b>
	<b>4.00 pm</b>	<b>Lent Service (St Oswald's)</b>
Mon 18	4.00 - 4.30	Evening Prayer
Tue 19	9.30 - 9.50	Morning Prayer
	9.50 - 12.00	Coffee & Chat
Wed 20	4.00 - 4.30	Evening Prayer
<b>Sun 24</b>	<b>10.00 am</b>	<b>Communion Service</b>
	<b>4.00 pm</b>	<b>Lent Service (St Leonard's)</b>
Mon 25	4.00 - 4.30	Evening Prayer
Tue 26	9.30 - 9.50	Morning Prayer
	9.50 - 12.00	Coffee & Chat
Wed 27	4.00 - 4.30	Evening Prayer
<b>Sun 31st</b>	<b>10.00 am</b>	<b>Communion Service</b>
		<b>Mothering Sunday</b>
	<b>4.00 pm</b>	<b>Lent Service (St Philip &amp; St James)</b>

## Holy Week & Easter Services 2019

<b>Palm Sunday</b>	10.00 am	Communion Service
<b>14 April</b>		
Monday	7.00 pm	Holy Week Reflection
Tuesday	7.00 pm	Holy Week Reflection
Wednesday	7.00 pm	Holy Week Reflection
<b>Maunday Thursday</b>	7.00 pm	Do this in memory of me
<b>18 April</b>		
<b>Good Friday</b>	10.00 am	Walk to Prinknash
<b>19 April</b>		Abbey and follow the unfolding story
<b>Good Friday</b>	2.00 pm	Hour at the Cross
<b>Easter Sunday</b>	8.00 am	Holy Communion
	10.00 am	Easter Praise and Communion

## Tower Floodlighting

If you or your family would like to have the Church Tower Floodlights lit to celebrate a special event such as a birthday/anniversary/Baptism or in remembrance of a loved one please contact Jenny Cunningham for more details. There is no set amount for this, just what you would like to gift to the Church in order to help cover running costs. If you are able to Gift Aid your donation this will help us too. Please note that the deadline of the Church News is the 10th of the preceding month.



## Mothers' UNION

2.00 pm at St Oswald's Church Hall

Thursday March 21<sup>st</sup> 2019

Speaker

Mrs Margaret Bishop

"Music for Spring"

Mothering Sunday

March 31<sup>st</sup>

10.00 am

Communion Service



## Lent Services

Activities suitable for all ages

4.00 pm - 4.45 pm

Followed by a short act of worship

4.45 pm - 5.30 pm

10 March	Relating	St. Lawrence, Barnwood
17 March	Praying	St. Oswald's Coney Hill
24 March	Working	St. Leonard's, Upton St. Leonard's
31 March	Playing	St Philip & St James, Hucclecote Mothering Sunday
7 April	Growing	Christchurch, Abbeydale Passion Sunday

Refreshments

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iSingPOP is an exciting singing and recording project involving primary schools. Children are encouraged to appreciate their worth and that of others. Upton St Leonards Primary School Years 3 and Year 4 pupils did just that, when they performed two concerts at St Leonard's Church on 11<sup>th</sup> February. This was a first for both the school and the church, and a combined audience of over 400 people were not disappointed. Ably led by Chris from iSingPOP they sang seven songs, and from their movements and their obvious enthusiasm, they thoroughly enjoyed themselves, with an encore at the end. A lot of hard work went on behind the scenes and thanks are due to Mrs Cordall and school staff, also the production team of iSingPOP. This may be a first, but I and many others, certainly hope it won't be the last. Congratulations to all the children for a thoroughly polished performance.

*Gill Howell*



A few of the regular congregation were also spotted enjoying and joining in!



The Children were asked

*Why do some people believe in God and some people not?*

*Fliss Bradley wrote in response*

"For Chris being a Christian is liberating. He lives his religion everyday by singing thankful songs and songs that show values that mean something to someone of a Christian faith. Chris dances to express his love for his religion and teaching others to dance and sing to share happiness around. Chris is free to live his faith and is passionate about it. Chris enjoys being a Christian and wants everyone else to feel positive and worthy. He wants to empower people to become inspirational. He wants everyone to feel like they can do it and they are unstoppable. He shows the children resilience and teaches them how to be happy and love one another."

*Lacey Baber-Smith wrote*

"Life is liberating for Chris because he makes himself and others happy by showing his beliefs and living his life with his passion and spreading around what he loves to do with others. God is Chris's role model and inspiration because he received his happiness from God and he feels that other people are worthy of having God's love and decided to share God's love through dance and singing. Chris decided that he shouldn't be selfish and keep all God's love to himself. He shares his faith with children and tries to become their role model and follow in God's foot-steps by improving life for children and giving them some-one to look up to and make them not just better dancers, singers, make their Christian belief in God stronger and end up one day being an inspirer like Chris."

After 3 days of learning 7 iSingPOP songs complete with dance routines the children were ready to record their singing with a professional sound engineer in the Hall. They performed 3 of the songs to the whole school and were amazingly professional and confident. Then it was concert day, the church was transformed with lights, screens and microphones into a beautiful concert space and our Year 3 & 4 children entertained a group of nearly 80 families and parishioners. They then came back to the church at 6 pm in their iSingPOP tops and colourful clothes to wow a bigger congregation of nearly 100 with their energy, enthusiasm and melodious singing. A huge thank you to the Lady Downe Committee who supported the project financially, Reverend Ingram, Reverend Turk, Sheila Thomas and the church team who made it happen. Then all the staff at school and the iSingPOP team, especially Chris who has inspired and motivated the choir and finally to the children who gave it their all and will have a very special experience that they will never forget.




Their next challenge will be to teach the songs and dance routines to the rest of the school. After the 2 concerts on Monday, we can safely say - no problem!

*Mel Cordall*

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## Electoral Roll

-  **Belong**
-  **Participate**
-  **Contribute**

The electoral roll at St Leonard's Church is the same as the electoral roll in every Church of England parish. It is the basic list of all those entitled to vote on elections within the Church of England. The main significance is to vote for members of the PCC, the parish church council, who work alongside the priest in charge and church wardens to uphold the mission and ministry of the church.

Those entitled to have their names on the electoral roll have to be 16 years of age or more and they must reside in the parish or be regular worshippers at St Leonard's church. The roll is completely renewed every six years, at which point all members have to re-apply for membership or else their names will be deleted. By this means, the continuing validity of the roll is maintained.

2019 is the year for a complete renewal of the roll so whether you are presently on the electoral roll or wish to come onto the roll you will need to fill in an application this year. Church Law is very specific about how the role is renewed. So between the 1<sup>st</sup> Feb and a minute before midnight on 17<sup>th</sup> March application forms need to be submitted to our Electoral Roll officer Dorothy Cox. Forms will be available in church during the time frame outlined above and completed forms can be handed to Dorothy, or a member of the clergy or one of the Church Wardens, Keith Robbins or Rachel Hall.

## Churchyard Tale 8

Despite the cold weather, the work in the churchyard carries on. With less mowing to do (Jenny I. has been mowing to help with picking up the leaves) we have taken the opportunity to do some general clearing up in the churchyard, particularly attacking some of the couch grass, a common and invasive weed. It is a perennial grass which rapidly spreads by rhizomes (underground stems). When tidying up around the above decorative headstone with the inscription "IN LOVING MEMORY OF DOUGLAS EDWARD FINLAY 1877-1949 ALSO HIS WIFE CONSTANCE SARAH 1875 -1943" we hit a stone surface under the thick overgrown grass only to reveal a stone tablet with the inscription "AND THEIR DAUGHTER HELEN ? FINLAY 1906 – 1987" How wonderful to give their daughter an identity.



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## Bell Ringers Practice Night

Every Wednesday Evening

At the Bell Tower

7.30 pm until 9.00 pm

Anyone interested in joining us please contact

Charlie Burnett

**Newcomers welcome no experience necessary**

## Who's who at the Parish Church

### Priest in Charge:

Rev Clodagh Ingram *Clodagh is available to be contacted  
Sundays through to Wednesday*

### Curate:

Rev James Turk

*Please note due to James's work commitments, calls, texts  
and emails will be answered evenings and weekends*

### Churchwardens:

Keith Robbins

Rachel Hall

### PCC Secretary

Sarah Kent

[pccsecretary@uptonstleonardschurch.co.uk](mailto:pccsecretary@uptonstleonardschurch.co.uk)

### Church Treasurer

### Baptism & Wedding Enquiries:

### Church Administrator -

Jenny Cunningham

### Deanery Synod Representative

Dorothy Cox

### Bell Tower Captain:

Charlie Burnett

### Mother's Union

Rachel Hall

### Church Cleaning Rota

Claire Appleyard

### Church Flowers

Jenny Cunningham

Vacancy



## World Day of Prayer

The annual World Day of Prayer is on Friday 1 March and the local service this year is at Matson Baptist Church at 10.30am.

## LENT - Austerity Lunches

Come and eat less! As usual Lent Austerity Lunches are being served at St Augustine's, Matson, 12:00-1.30pm on Sun 10 March, Sun 17 Mar, Fri 22 Mar, Fri 29 Mar, Fri 5 Apr, Fri 12 Apr.

## TWYVER WI MONTHLY WALK - FEBRUARY



Eight ladies embarked upon a five mile walk, setting off from the Bathurst Arms on the old Cirencester Road, through the village of Bagendon and the Churn valley, where we visited the beautiful church of St Margaret's with its stunning wood carvings and tiny minstrels' gallery.

Snowdrops and crocuses were much in evidence throughout our walk and with the sun shining, it really felt as if Spring was well on its way. The next day it would have been an entirely different story - so we had luck on our side!

We visited a further church, an ancient sheep wash, a mill and earthworks. We were ever mindful of closing the many gates through which we passed and some in particular, were so effective, they nearly kept us out of the fields, never mind the livestock! As the morning drew to a close, we returned to the Bathurst Arms and enjoyed a much needed sit down and a most enjoyable lunch.

Many thanks to Penny Owen for planning the walk and making it so interesting



## Abbeyle Garden Club

Our first meeting of the year was our AGM which was chaired by our President Dr Andrew Nicol. He paid tribute to Colin Freshney for his contributions to the Garden Club over the years and also for his involvement in village life.

After the business meeting and refreshments we enjoyed a film showing National Trust Gardens.

On March 18 Pam Turner will give a talk on "Alpines around the Garden."

Visitors and new members are most welcome to our meetings which are held in the Village Hall, 7.30 pm on the 3rd Monday in the month.

Maureen Freshney



Our Village - Portway Farm Shop  
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# Notes from the Parish Council

By the time you read this, the new outdoor exercise equipment will be in place at the Recreation ground, and two seats, part funded in memory of Brian Hicks and Brian Samuels, will be in place on the pavilion patio.

The tarmac on Dirty Lane is to be re-done; we think this is the first re-paving since the hard surface was originally laid in 1970. As a matter of interest, the name Dirty Lane was

simply its common name as used by Villagers, because it really was a dirty, muddy track. In the Village expansion of the late 1960's the path became much needed for access to the new school at Bondend, and for the expanding Bondend and Twyver area. It was mostly due to petitioning efforts led by Elizabeth Davie, wife of the rector at the time, that tarmac was laid.

The planning applications for 4 new houses in Woodland Green / Ash Grove are expected to go through now.

There has been a serious hitch in the plan to have a 20mph limit on all roads in the Village. The Parish Council is trying to reason with those who are holding it up.

The Annual Parish Meeting will be on Monday April 29<sup>th</sup> in the Village Hall Annex

## Litter

I hope you spotted that all litter was cleared from Nut Hill Road in early February: 20 black bags of it! Huge thanks to the footpaths team who did it. Apart from those "through roads", we must be grateful that littering is not a huge problem in Upton. A few residents, on their own initiative, routinely pick up litter on their walks round the Village - many, many thanks to them. But we also schedule one Saturday morning each year for a Village litter pick. See the notice on the right. It all adds to the community spirit making the Village a great place to live.

### Sat 23 March Litter pick

On Saturday 23 March do come and spend an hour or so picking up litter. Meet at the pavilion at 10am. We supply bags and litter grabbers. Wear gloves, please.



## FLY TIPPING

Unfortunately this remains a blight on our community. If you do see fly-tipped rubbish please report it - don't assume someone else will report it. Please call Stroud Council on 01453 754002, or you can fill in a form on the web:

<https://www.stroud.gov.uk/report>

The District Council usually gets a team out to clear up the mess very swiftly.

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# Arts Page

To celebrate St David's Day, the theme is Wales.



## I Have Longed to Move Away

I have longed to move away  
From the hissing of the spent lie  
And the old terrors' continual cry  
Growing more terrible as the day  
Goes over the hill into the deep sea;  
I have longed to move away  
From the repetition of salutes,  
For there are ghosts in the air  
And ghostly echoes on paper,  
And the thunder of calls and notes.

I have longed to move away but am afraid;  
Some life, yet unspent, might explode  
Out of the old lie burning on the ground  
And, crackling into the air, leave me half-blind.  
Neither by night's ancient fear,  
The parting of hat from hair,  
Pursed lips at the receiver.  
Shall I fall to death's feather.  
By these I would not care to die,  
Half convention and half lie.

Dylan Thomas (1914 - 1953)

## The Bright Field

I have seen the sun break through  
to illuminate a small field  
for a while, and gone my way  
and forgotten it. But that was the pearl  
of great price, and one field that had  
the treasure in it. I realize now  
that I must give all that I have  
to possess it. Life is not hurrying

on to a receding future, nor hankering after  
an imagined past. It is the turning  
aside like Moses to the miracle  
of the lit bush, to a brightness  
that seemed as transitory as your youth  
once, but is the eternity that awaits you.

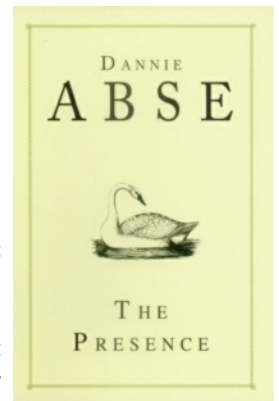
R. S. Thomas (1913 - 2000)

## Arts Page Challenge!

**We invite our readers (YOU!) to fill the April Arts Page with poems, jokes, short stories or anecdotes. Please send your contribution by Friday 8 March to one of the team or post it in the Village Hall letterbox. Many thanks. We really look forward to reading and publishing your work**

## BOOK REVIEW The Presence by Dannie Abse (1923 - 2014)

The Presence was published in 2007. Dannie Abse was both a physician and a poet. He once said, "I like to think I'm a poet and Medicine is my serious hobby". In 2005 Dannie's wife, Joan, was killed in a traffic accident at the age of 78. The Presence is part reflection on the reality of grief in the year following her death and part reminiscence on his married life and further back to his childhood, interspersed with poems. This is a remarkable memoir from a distinguished poet, which we recommend to our readers.



## Dylan Thomas - on Wordsworth

"A tea-time bore - the great frost of literature, the verbose, the humourless, the platitudinary reporter of nature in her dullest moods."

## Dylan Thomas - a poet's lament

"Lack of money continues to pour in."

Port Talbot near Swansea in South Wales is enjoying a tourist boom. Last December a new Banksy artwork appeared on a garage wall and the spray-painted image has transformed the town into a cultural destination. The artist confirmed it was his work by releasing a video of it.

From one angle it shows a child in a bobble hat with a sled apparently enjoying a snow shower and catching flakes on his tongue. From another angle it becomes clear that what is actually falling on the child is a shower of ash. (Port Talbot suffers from poor air quality).

The Banksy work has brought visitors from as far away as Australia. It has created a cottage industry in souvenirs devoted to the piece. The piece had to be protected and local people paid for it to be surrounded in plastic. The Welsh actor, Michael Sheen, paid for security. The artwork, entitled Season's Greetings, has been sold to an art expert. It will remain in Port Talbot for the time being.

# Singing for Joy!



Are you interested in a legal high that's been described as 'better than sex', is good for your health and happiness and can leave you feeling good for days?

Then read on . .

You may have noticed the explosion of singing groups and community choirs since Gareth Malone did his TV series in 2011; that's because we have rediscovered the physical and spiritual benefits of singing which have been known for centuries in all cultures of the world.

Here are some facts about our voices . . .

We were 'made' to sing! Our vocal chords have the ability to vibrate hundreds of times per second, that only happens when you sing. Feel good pheromones are released by the brain when you sing, and you can only properly exercise the vocal muscles ie your voice, when you sing; talking doesn't do it!

Singing has one big complementary circle of benefits both physical and mental that we can all benefit from. The human voice is the only instrument that uses words; singing well crafted words to a beautiful melody is probably the most uplifting and engaging form of communicating and expression that we can engage in. Science tells us that singing for two hours, with breaks for listening can be as beneficial as a two mile jog and there's

no pain or joint wear. A two hour singing session can give a bigger 'buzz' than sex, (got this info off the Internet) because the 'buzz' from singing lasts for hours or even days! Singing improves strength of voice, lung function and posture; it stimulates the memory and hearing because you're learning new words and new tunes. On a personal level, I have noticed that there are more happy faces in singing groups than any other group I've ever attended!

If you've been told in the past that you can't sing, forget that; modern teachers say "if you've got a voice you can sing." When you sing with a group you will not be expected to sing solo, so whether you're a big voice or a light voice, a soprano, alto, tenor or bass it's easy, just join in with the others in your section and their voices will help carry yours. Once you get started, you'll find yourself humming tunes when walking, waiting in traffic jams or even bursting into song when you're on your own. Singing on a regular basis with a group is happy-making and confidence building because it uplifts the spirit and dispels negative pondering.

Take all these facts one step further and you may find that when you join a singing group a whole new world opens up. New friendships are born, values and needs change and souls are connected and you leave the singing session buoyed up by the flurry of endorphins welling up inside.





**The Royal George, Birdlip**

Live Music every Friday night 9pm-11pm  
 Quiz Night every Wednesday 8:30pm  
 Tribute Nights - keep an eye out for some great artists throughout the year. 01452 862506  
 Look out for the next - April 20 - A Tribute to Michael Jackson!

The Royal George presents  
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 ☆ **Tribute Night** ☆  
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## Singing for Joy (continued)

Singing has been described as "food for the soul" because it stimulates a sense of JOY and happiness and who wouldn't want a helping of that?

So why not give it a try, the only requirement is enthusiasm! Below are some local groups, and there's more information about these and other groups online.

- TLC - our "Village" choir. All welcome. Meets Thursdays 6 pm.
- Our church singing group - meets 1<sup>st</sup> Wed of the month 7 pm.
- Pop Choir, Robinswood Primary Academy ([www.thechoirfactor.com](http://www.thechoirfactor.com))

- City of Gloucester Community Choir, St John's Northgate. Monday evenings.
- Teatime Choir Hucclecote Wednesday afternoons [monimurrell@hotmail.co.uk](mailto:monimurrell@hotmail.co.uk)
- Caring Chorus Chapter House Glos Cathedral Tues 7.30 pm.
- Age UK Gloucestershire Choirs
- Rock Choir in Stroud, Marling School Thursdays.



Christina Caldwell

## The Jubilee Nature Reserve

**Mike Blanch, the driving force behind the Jubilee Nature Reserve, writes:**

To celebrate the Queen's Diamond Jubilee in 2012, volunteers from USCAN created the Nature Reserve in the corner of the Recreation Ground near the telephone mast. This area had been very untidy and was being treated as a rubbish dump. We recognised that the football pitch and practice goal, and the tug-of-war area were nearby and took this into account as far as possible.

Our object was to encourage birds, bees and butterflies, and it has also provided a sanctuary for other wild creatures such as grass snakes, hedgehogs and a wide variety of insects. To help the birds we fitted some bird boxes and we created a small pond which may encourage frogs and newts. We received financial help from Villagers.

The reserve is quite small and consists of a wildflower area and another area mainly of trees, and we have planted many wild flowers and suitable trees. We created a pathway round the reserve. Though it is small there is an adjacent copse and shrubbed motorway embankment which extends the wildlife protection.

Recently a gate has been placed in the fence with the adjacent dog walking field.

The USCAN volunteers continue to maintain the area, doing tasks such as removing dead vegetation each year to encourage new growth, clearing out the pond as required, cleaning the bird boxes annually, cutting back excessive growth and brambles, litter picking, maintaining the path and laying wood chippings on it, planting more as required.

This spring the snowdrops have looked really good. I hope you had a chance to see them. Please visit the area occasionally to enjoy this feature of our Village.

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**Wax Removal**  
Andrew Bird Hearing is now able to offer a wax removal service.  
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The next item is both a letter to the editor and an announcement about the memorial service in London

From Meg & Barry James

## Monica Sims

Dear Editors,

I would like to thank January's editor, Andy, for his splendid article about my cousin Monica. I send grateful thanks also to all those who attended Monica's funeral in December, which was, on reflection, an extremely pleasant occasion. The success of the day was prompted in no small part by Revd Clodagh asking at the start of the service "Hands up, all those who have Blue Peter badges", and four sheepish hands went up!

Monica's memorial service has been fixed for Wednesday 27 March at 12 noon, at St James' Church, Sussex Gardens, Paddington, where she worshipped for 40 years in London when she wasn't in Upton St Leonards.

There are a few places left in the coach (ring us on 616309 if you want a place on it - free) to this event. We can show those from the Big City attending just how much we appreciated what Monica did for our Village over the years. The service will be splendid, with a professional choir and beautiful music, and two prominent speakers from the BBC.

The coach will leave from the Village Hall at 8am, and with comfort breaks we should be at the church by 11.30. We will leave by 3pm so we won't be late back.

Should be a lovely day out!

With regret we make the announcement that David Simm died at the end of January. David and Ruth Simm came to live in Perry Orchard with their two sons in about 1969, and it was not very long ago that ill health meant they had to move to a nursing home in Surrey, near one of their sons. Though wheelchair-bound, Ruth is well.

## Patient Participation Group

### What's that?

All GP practices are required to have a Patient Participation Group (PPG). This is usually made up of patients of the practice who have volunteered to take part. If this interests you, you could ask at your own surgery about how to join the PPG.

Millie Barnes has recently joined the **Hadwen Medical Practice PPG**. She has sent USL Life information about the PPG, because it is probably not known about by many readers. Millie writes that the role of a PPG includes:

- being a critical friend of the practice
- advising the practice on the patient perspective and providing insight into the responsiveness and quality of service
- encouraging patients to take greater responsibility for their own and their family's health
- carrying out research into the views of those who use the practice
- organising health promotion events

- regular communication with the patients registered with the GP practice.

In order to achieve the last bullet point above, the Hadwen practice issues a regular newsletter, and the PPG has put out its own newsletter. These are available at the surgery, or on the web (go to the Hadwen Practice website and look under the "Newsletters" and under the "Patient Group" tabs).

Other practices (Painswick, Aspen, etc.) used by Upton residents have similar, regular, printed and on-line newsletters. All the practices also offer a number of on-line services, e.g. for booking appointments, repeat prescriptions, obtaining access to your own medical records. Do ask about these if you are able to make use of them, or look at the practice's website.

Millie writes: "We as patients can help by making sure we do not miss appointments. There are too many No Shows and this affects the availability of appointments for others who may have greater need to see a GP or nurse. You can sign up for text alerts and this is a great

Continued over the page



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way of getting a timely reminder of appointments booked." As stated above, you can sign-up for on-line access. For those unable to do so, Millie says: "If you are visiting a GP or nurse you can ask to have a copy of the summary sheet of your medical records. This can be very useful to take to hospital appointments or to have in the home when an ambulance is called. It also gives you a list of your immunisations."

A copy of your prescription is handy to take on holiday or when travelling abroad.

Millie also reminds us that **The Healthy Living** Forum continues to meet - the next dates are Tue 12th March and Wed 10th April, 7pm at the Pavilion.

**UPTON ST LEONARDS LIFE**  
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To contact us, use the website above or the postbox by the Village Hall main door, or use the contact details that appear below:

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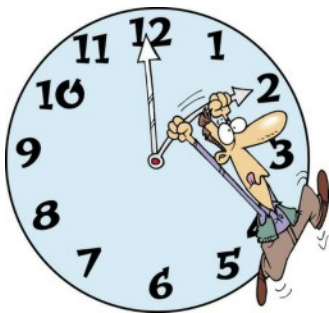
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**At the end of March**

Clocks go forward ... and then on  
 Saturday 30<sup>th</sup> ... Sunday 31<sup>st</sup> it's ...



Many thanks to Keith Pearson for being our Guest Editor  
 The editor next month is Barbara Swindin

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