

April 2022

the *Bridge*



'Soul by Soul and Silently' by Hugo Grenville (see page 5)

THIS ISSUE IS



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A community magazine for Bridport supported by the Anglican Church

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If you cannot get to church and would like home communion or a visit, please contact one of the lay pastoral assistants.

Cupboard Love food bank

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Hall bookings

Halls are reopening with certain Covid restrictions.

For bookings please contact:

St Swithun's church hall

Details online at www.bridport-team-ministry.org/hall-bookings
or contact Caroline Whitaker 07787 805711

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Advertising rates are online at www.thebridgemagazine.org/advertising. If you have an idea for an article, please contact the editor. Otherwise send copy to parish correspondents (details in Parish Pages) at least three days before the deadline, or a week for handwritten/typed copy. We will try to include late copy in the following issue as appropriate.

Opinions expressed in The Bridge are not necessarily those of either the editorial team or the clergy. While we make every effort to ensure the accuracy of the magazine's contents, we cannot accept responsibility for information given or claims made by our contributors or advertisers.

The advertising and copy deadline for the May 2022 issue is 5pm on Monday 11 April

Can we open our eyes and hearts to hope?

In these dark days since 24 February, when Russian troops invaded Ukraine, watching the news can make us feel like we have been catapulted back to another age.

Images of little children being passed from upstretched arms one to another over crowds on railway platforms so they can be squeezed onto jam-packed trains. Pictures of families living underground or soldiers digging trenches. People with the few possessions they can carry, sometimes with little children and pets in tow, coming under shell attack as they leave their homes. Sadly, these are images that have remained constant over generations for some in our world: think of the people of Afghanistan, Yemen, Sudan, Syria.

A couple of days after the invasion of Ukraine, we came to Ash Wednesday and stepped into the season of Lent, a time of penitence, when we are encouraged to look at our lives and consider how we might live more generously.

This year, as people gathered to have a cross of ash smudged on their foreheads, it felt like we were drawn to come together, almost as if the terror of war in Ukraine and the slow emergence from the pandemic made those big questions of life and death feel very close.

There is a Jewish tradition which teaches that everyone should have two pockets in their coat with two slips of paper. One slip says "I am only dust and ashes" and the other says "For me the whole universe was created." Sometimes we need to remember that first slip of paper, to acknowledge sorrow in the world and our part in it, and perhaps to be marked with the ashes of repentance, a sign

Book St Swithun's Hall for your activity

As we emerge from Covid (hopefully!) and can meet socially, it's a good time to remind you that we have a church hall in the Bridport Team – at St Swithun's. During the week the hall accommodates groups such as yoga, tripudio, tai chi, bridge, embroidery, music and other educational groups, plus those that support people living with various difficulties. It hosts a well-supported community coffee morning on the first Thursday each month after the 10 o'clock service and is used by the congregation for coffee after other services. Deb and other members of the team regularly meet there, too.

However, there are some spaces, and Friday evenings (from 7pm) and most Saturdays are currently available.

So if you want somewhere spacious, light, warm and with a good kitchen for a social event or one-off meeting for a club or society, please think about this hall. Rates are very competitive with other halls in the town and any excess income over expenditure is ploughed back into supporting the church.

Check availability online at www.bridport-team-ministry.org/hall-bookings or ring 07787 805711.

of our mortality. And sometimes we need to remember the second slip of paper – to remember that we are loved and cherished, that life is precious.

Sorrow and joy; repentance and forgiveness; humility and joyful confidence; fasting and feasting; these are the poles around which our lives are lived.

It is uncomfortable to be told we are but dust, and to dust we shall return.

*We pray for
all under siege
across the world,
for all who know
the shattering
pain of conflict,
separation
and loss*

For the people of Ukraine there is no need to be reminded of their mortality in these days of war. But in some of the heartbreaking stories of selflessness, courage and kindness, we also see people in fearful and impossible times who by their actions reveal their humanity and a glimpse of the divine within them too.

Over the last weeks we have been making a space from 4 to 5pm on a Sunday at St Mary's Bridport to gather to pray for the people of Ukraine and the people of Russia as well. To remember all who have been plunged into a war they did not seek, a war they hoped against hope would not happen. We pray for all under siege across the world, for all who know the terror, the shattering pain of conflict, separation from loved ones and loss. And we pray for peace.

As we continue our Lenten journey we must open our eyes and our hearts to hope, so I am reminded of the words of the ever-resilient and hopeful Desmond Tutu:

*Goodness is stronger than evil;
Love is stronger than hate;
Light is stronger than darkness;
Life is stronger than death;
Victory is ours through Him who loves us.*

Come and mark Easter Eve with a special team service – and fish and chips!

Through Holy Week there are so many ways across the Bridport Team to make this sacred journey in the array of services across our churches. But on Easter Eve we are invited to come together as a team on Holy Saturday – that day of waiting for the dawn of Easter to come once more.

In our team service at St Mary's Bridport, all the Pascal candles from the six worshipping communities of our team will be brought together as we mark the dawning of Easter together in preparation for the great day.

We invite you to come early for a fish and chip supper in the churchyard first as we gather as pilgrims around the fire to eat together (out of newspaper in the time-honoured way!) before we begin the service at 8pm outside and move into the church together. We will get sign-up lists around the churches for ordering fish and chips soon.

Please do come along to this important service, expressing the yearning of God's people for the dawning of resurrection day!

The Revd Deb Smith, Team Rector



**The Revd Deb Smith
Team Rector**



Some important dates from the Community Shed
Bridport Community Shed has a Saturday market stall in Bucky Doo Square several times a year to sell the products members have made. The 2022 dates are: 9 April, 30 July, 15 October and 10 December. The group will also hold their Repair Cafe at their premises between Mountfield and Bedford Place on Saturdays 23 April, 11 June, 22 October and 14 January 2023. See also their listing on p21.

Charmouth Coast Centre seeks new trustees
Charmouth Heritage Coast Centre is an internationally recognised coast centre, a charity whose remit is “to advance the education of the public in geology, palaeontology, geomorphology and natural history of the coast and adjacent areas at Charmouth.” It has weathered the pandemic thanks to the dedication of its employees, volunteers, friends and trustees. Two new seasonal wardens started work in March. The centre has two vacancies on the management board of trustees, and is particularly interested in someone with experience in grant applications. For more information, contact the centre on 01297 560722 / info@charmouth.org or visit www.charmouth.org.

Come and join The Bridge’s team of volunteers
The Bridge is looking for a volunteer distribution coordinator for St Mary’s Bridport. The role involves sorting about 1,500 copies into rounds for deliverers to collect, and communicating with those deliverers as necessary. The sorting takes two or three hours (with help) on a Friday 10 times a year (not December or July). If you’re interested please contact the editor (details on p2).



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How organised is your diary? St Mary’s needs a bookings manager

This time last year, the level of activity at St Mary’s Church in South Street was minimal. For the first time in many hundreds of years, our churches were responding to the restrictions placed on us during the Covid pandemic and our church buildings were unusually quiet.

Perhaps in response to the quiet months, St Mary’s has now become a busy place again and is increasingly used by the people of the town as a venue for a whole range of activities. The church is open every day for those who want to use it for reflection and meditation, but it is also hired by small groups for meetings and by larger groups for concerts and music events.

Those who know the building well will appreciate the diverse opportunities that such a historic space presents to the people of Bridport and the church team hopes it will become a place that is used for many town events.

The diary for St Mary’s bookings was, until now, fairly easy to manage, but moving to a situation where there is increased use of the building presents the need for a volunteer bookings manager. This person’s primary role will be to act as the first point of contact for anyone seeking to hire the church. It will also involve managing the calendar and any associated documentation.

For some of us, forward thinking and event planning does not come easily, but there are others who are highly organised, have the skills necessary to liaise with a wide range of people and enjoy all aspects of booking and making things happen. Take a look at your own diary to see which group you fall into, and if it is the latter please consider whether you could offer your skills to help at St Mary’s!

Organisers are currently working to make the hiring process as easy as possible and have produced a handbook to guide anyone who feels they could take on this role. If you’d like to know more about what it would involve, please don’t hesitate to contact them. Your part in making St Mary’s more available to the people of the town that it serves could be invaluable.

Contact Lesley Hill, Churchwarden (lesleyhill2017@btinternet.com) or Di Sinclair, Parish Administrator (di@bridport-team-ministry.org).

Pictured below: musical groups have been among those hiring the church recently



Church services for April and Holy Week

REGULAR SERVICES

Sundays

8am **St Mary's Bridport** BCP Communion
 9.30am **St Swithun's Allington** Eucharist
Holy Trinity Bradpole
 Informal Morning Praise (*first & third*)
 Communion (*second & fourth*)
 11am **St Mary's Bridport**
 Communion (*first, second & fourth*)
 Morning Praise (*third*)
Holy Trinity Bothenhampton
 Communion (*first & third*)
 Morning Praise (*second*)
 Matins (*fourth*)
St Mary's Walditch
 Communion (*fourth only*)
St John's West Bay
 Communion (*first & third*)

Monday

10am **St John's West Bay** Morning Prayer

Tuesday

2.30pm **Holy Trinity Bradpole**
 Communion (*first Tuesday only*)

Wednesday

2.30pm **St Mary's Bridport**
 Communion (*first Wednesday only*)

Thursday

10am **St Swithun's Allington**
 Eucharist
St Mary's Walditch
 Morning Prayer (*first, second & third*)

Saturday

6pm **St Swithun's Allington (Hall)**
 Contemplative Church (*first and third*)
St John's West Bay Service of
 wholeness and healing (*fourth only*)

Sun 10 April **St Mary's Walditch:** Palm Sunday
 Communion 11am

HOLY WEEK

Mon 11, Tues 12 **St Mary's Bridport:** Compline 8pm
 & Wed 13 April

Thurs 14 April **Salisbury Cathedral**
 Clergy, lay ministers and all lay people
 are invited to Chrism Mass at 11am.
 Contact Di Sinclair di@bridport-team-ministry.org / 424747 for transport info
Holy Trinity Bradpole: Holy
 Communion with foot washing 6.30pm
St Mary's Bridport: Maundy Thursday
 service with United Church 6.30pm
St Swithun's Allington: Eucharist and
 vigil 7.30pm

Fri 15 April **Holy Trinity Bradpole:** three hours at
 the foot of the cross, from 12 noon
St John's West Bay: Good Friday
 meditations 12 noon

Holy Trinity Bothenhampton:
 service of reflection 12 noon
St Mary's Bridport: meditations 2pm
St Swithun's Allington: Good Friday
 liturgy 2pm

Sat 16 April **St Mary's Bridport:** team service 8pm
 (See p3 for details of supper beforehand)

Sun 17 April **East Pier, West Bay:** dawn service 6am
 (Easter Day) **St Mary's Bridport:** Easter service 8am
 (Book of Common Prayer)

St Swithun's: Eucharist 9.30am
Holy Trinity Bradpole: service 9.30am
**St John's West Bay, Holy Trinity
 Bothenhampton, St Mary's Bridport
 and St Mary's Walditch:** service 11am

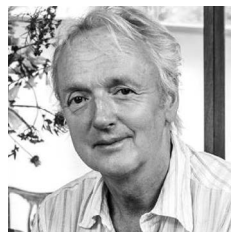
Artist's message of hope at Ukraine fundraiser

Renowned British artist Hugo Grenville will give a fundraising talk in front of his painting 'Soul by Soul and Silently' (pictured on this month's cover) at St Mary's Bridport on Sunday 3 April at 5pm.

The painting, which is six feet wide, is currently being exhibited at the church and can be seen daily (except Wednesdays) from 9am to 4pm.

Grenville created the work more than a decade ago, inspired by unfolding tragedies in Syria, Iraq and Palestine, and it has added relevance amid Russia's military invasion of Ukraine.

The imagined scene shows a displaced family among the debris of smashed buildings: a young woman talks to a soldier, a mother holds her dead son, a girl raises her hands in supplication, and behind her an old man stares out bleakly at the viewer. Young boys huddle in the foreground, one holding a baby in a blanket. In the distance the silhouettes of buildings destroyed by shellfire stand out against the sky.



The mother holding her dead son is based on a 14th century Spanish Pietà; the girl in the yellow dress is a reinterpretation of a figure in a 12th century Syrian Orthodox fresco; the boy with the head bandage is 'borrowed' from Gauguin and the pigeons in the foreground from a Giotto fresco; other figures are reimagined from media images.

"If there is hope," says Grenville, "then it lies in the decoration of the painting, the colour harmonies, in the beauty of the undamaged tree and the dignity of the little girl sitting on the muddy grass. I painted this picture at the start of the Syrian civil war, but as we settle down to Easter in the West it's heartbreaking to think that war, with all its destruction, still rages, and that brutal dictators and military juntas seem to grow in strength."

Talk tickets are £5 and all proceeds will go to the Ukraine Humanitarian Appeal through the Disaster Emergency Committee. Book at eventbrite: www.tinyurl.com/bdf4yz64

Obituary: Peter Jezard, former director of music at St Mary's Bridport

Peter Jezard (1933–2022) was the director of music at St Mary's Bridport from 2001 to 2015, with a choir of more than 20 people.

At the tender age of six in Kent he joined a church choir and at age twelve took up the organ. His other skill was stone masonry and his carvings can still be seen at Canterbury Cathedral.

He studied with Dr Sidney Campbell CVO at Sandwich and St George's Chapel, Windsor, and became the first organ scholar at Christ Church College, Canterbury, where he helped set up the music department. At Canterbury Cathedral he made his debut as a recitalist. In the following years he taught music in schools and at courses run by the Royal School of Church Music, trained church choirs, and held director of music posts at churches in Hampshire, Kent, Wiltshire, Cornwall and Bath. He founded the Chippenham Cantata and in Bridport was director of the New Elizabethan Singers.

Peter was a prolific composer with enough material to fill 186 pages of a book published at St Mary's Bridport to mark his 80th birthday in 2014. This included a fantasia for organ to mark Lieutenant Laponetiere's stop-off in Bridport en route to London with news of victory at the Battle of Trafalgar. As well as composing service settings and tunes for hymns, with his characteristic organ introductions and interludes, he was the author of the words for many fine hymns, including a trilogy for three West Dorset rivers: the Brit, Asker and Symene. Former choristers will remember



his phrase for encouraging their efforts: "That was almost musical." During his retirement he lived in Poundbury and worshipped at St Mary's Church, Dorchester.

Obituary by Barry Gibbs

BTM reintroduces communion wine

All churches stopped sharing the common cup (communion wine) in Holy Communion services at the beginning of the first Covid lockdown. Although this rule was relaxed in the Church of England some months ago, Bridport Team Ministry churches continued to give out communion bread only. Since mid-March, however, Bridport communicants have been able to receive in both kinds.

"There is no compulsion to do this," says the Revd Deb Smith, Team Rector. "For those who continue to receive the bread only, this is still full communion, it isn't second best. Starting to offer the cup is a sign that we are moving back to something like normal, while acknowledging that we are all making that journey at different paces."

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Churches Together in Bridport and District

CTiBD urgently requires a new SECRETARY and a TREASURER for its committee, which meets every two to three months. The group comprises representatives of the main denominations, including those churches affiliated to the Evangelical Alliance, and organises events and activities for all to be involved in. For more information, or to apply for one of these voluntary positions, please phone Daphne Ekins on 01308 897415.

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A spring ramble in the countryside

Sloshing through a storm-wet field at West Bay this week, I heard a sound that always fills me with joy.

A skylark was practising his first song, rising and falling in the wind, a little hesitant at first but full of promise. It's not surprising that musicians like Vaughan Williams and poets from Shelley to Ted Hughes have celebrated this remarkable bird – “glittering and twinkling near yon rosy cloud” as Wordsworth wrote. Its song conjures up open downland, clouds scudding across the sky and hope of an end to winter. Sadly, changes in farming over the past few decades have decimated their numbers, but some enterprising farmers have reversed this decline by creating ‘skylark plots’ within cereal fields where the young can hatch and fledge undisturbed.



One beneficiary of the warming climate is the red admiral butterfly. Once a strict spring migrant unable to survive the British winter, many – like the one I saw in late January – now overwinter and venture out on warm days.

Suddenly catkins are everywhere. ‘Lamb’s tails’ are most commonly seen on the hazel shrubs growing among the woodlands of Allington and Coneygar hills, but in damper

areas such as Jellyfields nature reserve you can also find them on alder and willow trees. Catkins are quite variable, because on some wind-pollinated trees, like hazel and alder, both male and female parts are born on the same tree – the males are the long catkins while the female parts are more discreet buds or cones. If you look carefully at the willows along the riverside, though, you’ll notice that the male and female catkins are on separate trees, waiting for insect pollinators. All very confusing!

And then there are the woodland flowers. Bluebells are just pushing through the leaf litter, and woods and hedge-banks will soon be awash with yellow flowers of primrose (the Easter rose). About now you can also look for the broad dark green leaves of wild garlic or ramsons (‘devil’s posy’ in Dorset). In John Gerard’s Herbyll of 1597 he suggests the leaves “maye very well be eaten in April and May with butter, of such as are of strong constitution and labouring men”.

Although we are living through dark times, the rhythms of the natural world ebb and flow through the seasons. If you can, take time to look – it really can lift the spirit.

Alan Bowley



Left: ‘A larke’ from the 15th century Sherborne Missal
Above: male hazel catkins

Christian Aid Week is changing...

For the first time in a generation, global poverty is rising. This Christian Aid Week we stand together with our neighbours in Zimbabwe, a country where the impact of the climate crisis is keenly felt and where drought is leading to widespread hunger.

Christian Aid has been working here with its local partners since the 1980s, and now there are innovative, productive developments in progress (more of that next month).

Christian Aid is also raising funds in new ways nowadays. Last year was the most relaxing and enjoyable time I’ve ever had in more than 40 years as a Christian Aid collector – thank you Bridport! I look forward to sharing all the news with you next month, with ideas of how you can get involved, in time for Christian Aid Week, 15–21 May.

Jill Henderson, co-organiser, Christian Aid

Pictured: Jessica Mwedzi carries maize grain to make porridge to feed her family



Christian Aid / David Brazier

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Bridport Child Contact Centre (BCCC)**

This rewarding volunteer role involves liaising with families and professionals to facilitate contact for children with their non-resident families. It's a flexible role, working from home 2-4 hours a week with all expenses paid and supported by a team of volunteers and the BCCC committee. A great opportunity to maintain and develop skills supporting children and families. Email bridportccc@live.co.uk or phone 07792 075972 for a full job description.



Anyone interested is welcome to arrange a visit to the centre.

Please visit our website, www.bridportchildcontactcentre.org

**Concert of music by Mozart,
Brahms, Debussy and Bridge**

Gabriella Jones (violin) and Fionnuala Ward (piano)
Saturday 23 April at 3pm, St Mary's Church, Beaminster
Tickets £12 from Yarn Barton, Beaminster,
or The Bookshop, Bridport

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St Mary's Church, Bridport

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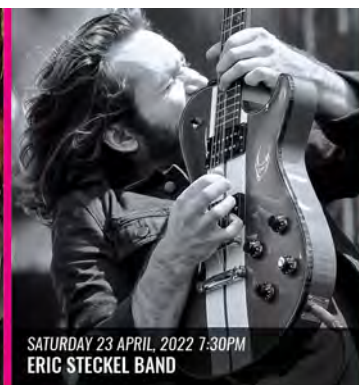
WHAT'S
ON



WEDNESDAY 27TH APRIL - SUNDAY 1ST MAY 2022
FROM PAGE TO SCREEN



TUESDAY 12TH APRIL, 2022 7:30PM
EOS HIERONYMUS BOSCH



SATURDAY 23 APRIL, 2022 7:30PM
ERIC STECKEL BAND



WEDNESDAY 11TH MAY, 2022 7:30PM
ELIZABETH I: LIVING SPIT



WEDNESDAY 25 MAY, 2022 7:30PM
MARTIN CARTHY

We no longer produce a printed programme, so be sure to check our website, visit the Bridport Tourist Information Centre, or call us to book tickets or find out what's on. You can also join our mailing list to keep up to date with the latest news and events.

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Booking is easy: Book in person at Bridport Tourist Information Centre, visit us online at www.bridport-arts.com or call 01308 424901. The Gallery is open Tuesdays - Saturdays, 10am to 4pm



The service bringing library books to housebound readers

Libraries are a wonderful free resource, bringing a world of learning and imagination right into readers' hands, so for anyone who loves books, the thought of not being able to get to the library is pretty upsetting.

Whether they're housebound through illness or limited mobility, live in an isolated spot with no bus into town, or perhaps care for someone else, people who lose library access can feel cut off from one of life's great pleasures.

That's why the Home Library Service (HLS) is so valuable. Run by the Royal Voluntary Service (RVS) under contract to Dorset Council, it pairs readers with volunteers who bring books to their door, usually every three weeks. There's a choice of more than 150,000 books (including audio books) from the LibrariesWest network of seven library services across the region. Most readers are older members of the community, although there's no lower or upper age limit. Some use the service for a short time – maybe just for the winter, when it's harder to get about, or following an operation – while others come on board permanently.

Maria Jacobson has been the service manager since 2004. "I started off working eight hours a week, but now I do more than 30," she says. "Since those early days the service has grown to cover all Dorset libraries and everyone in the county. Bridport is the biggest volunteer group in the area, and there are smaller groups in Beaminster and Lyme Regis."

Bridport Library's HLS patch covers the town and several villages, reaching as far as Charmouth. The scheme is so successful here – there are currently 12 volunteer deliverers and choosers – that a Bridport coordinator is in place to run the local service, recruit volunteers and provide a link between Maria and the voluntary team. Maya Pieris has just taken up this post. "I wanted to volunteer to do something that made a

difference – something that wasn't 'me', that would be a challenge," says Maya. "I have library experience, so when I saw a leaflet about the HLS I followed it up. Maria inspired me to get involved."

HLS volunteers undergo all the relevant legal checks and essential training, and Maya completes a referral form for each new reader before they receive a visit. Readers complete a profile form with details of their interests and what sort of books they like to read, then they're paired with a volunteer.

"One of the most important parts of the process is the relationship built up between the reader and the HLS volunteer," says Maria. "Usually readers leave it to the volunteer to choose their books, so it's vital that the volunteer has an insight into the reader's character and interests. And for our older or most vulnerable readers, the visit is a chance to make sure everything's OK – we have details of people's emergency contacts, just in case."

Some readers like to choose their own books and order them by phone or online for delivery by their HLS volunteer. Maria says the staff at Bridport Library are "fantastic", and there are also excellent managers at the

smaller branches in Beaminster and Lyme Regis.

During the first lockdown in spring 2020, libraries closed totally and the service stopped, although Maria kept in touch with the volunteers and encouraged them to phone their readers. "I wanted everyone to feel they hadn't been forgotten," she says. In July 2020 HLS resumed as a doorstep delivery service, with volunteers collecting books from the library and dropping them off outside each reader's home, following strict Covid safety guidance. Library staff also followed Covid guidelines, disinfecting items and leaving books untouched after being handled (initially for 72 hours). Then in summer 2021 the full service sprang back into action and volunteers could once more go into people's homes if both parties were happy with this.

Two long-standing HLS volunteers are Felicity and Sue, who share a round covering Morcombelake, Chideock and Charmouth, where they look after five readers. Felicity has been an RVS volunteer for 45 years – since it was the Women's Royal Voluntary Service – and got involved with the HLS 15 years ago after her father used the service. Sue →



The service bringing library books to housebound readers continued

has worked in adult literacy and enjoys encouraging people to read and share her love of books.

“It’s a privilege to be able to do this,” says Felicity. “It’s an enjoyable voluntary role with a tremendous reward, as it’s centred around people. We build up some lovely friendships, and I do enjoy listening to people talk about their interesting lives. Our readers are quite an eclectic group: one likes murder mysteries, and another likes to order her

books online for herself.”

“One lady in her 80s read the book reviews in the Saturday papers then gave us a list, which included some great suggestions for our own reading, too,” adds Sue. “Being housebound can take away the ‘buzz’ of life, but the relationship that builds between volunteers and our readers can help them to keep their personality. And escaping in a book is good for everyone’s mental health.”



New readers are always welcome to sign up for the service. If you can’t get to the library because of ill health or loss of mobility, you can call 01305 236666, email dorsetwiltshirehub@royalvoluntaryservice.org.uk, visit www.royalvoluntaryservice.org.uk or speak to a member of staff at your local library who will pass on your enquiry. HLS volunteers are always needed, too.

Let’s sow our own seeds during spring

We are now well into spring and hopefully you are enjoying all the wonders this season brings.

I sometimes wonder why we make resolutions at New Year – during winter – rather than during spring, which always seems the obvious time to clear out the old and welcome in the new. It’s the natural time for life, healing and growth, with lighter and warmer days making it easier to venture outside, and a different buzz in the air making everything feel lighter.

We all know the great ritual of spring cleaning and how cathartic that can be. It’s an equally good time to look at spring cleaning our ‘inner cupboards’, to clear out those lazy, habitual habits that keep us lethargic and stuck. What better time than now: the pandemic has had a devastating effect on our nation’s mental health. Covid threw a huge spanner into all our routines, our family, work and fitness regimes, our children’s learning structures and our own personal rituals, and threw us all off balance for a very long time. It has made us realise how we used to take for granted the opportunity to let off steam to a colleague while making a cuppa, to listen to the radio on the drive home from work, or to pop in to the local coffee shop for our ‘usual’. Such important connections and rituals.

If three years ago someone had said to me, “You can’t meet your clients face to face, you’ll have to wear a mask when you go into a shop, and you can’t hug your family,” I’d have thought I’d slipped into a parallel universe. Suddenly having so much control taken away, being told how to behave, has left deep scars. Sadly, the pandemic has left an even crueller legacy for many, with loss of work, a drop in financial security or grieving for lost loved ones. We are doing what humans do best, though: adjusting and finding our way through.

My aim is not to bring your mood down, in fact the opposite. It is to remind us of our resilience as humans. We get back up and focus on the things we do have control over.

So why not use the spring season to recharge your batteries and increase your levels of serotonin, the neurotransmitter

that lifts your mood through exercise, sunlight and good diet. Commit to making small changes to re-engage with the world and start some new healthy habits: join that art class or walking group, enquire about the church choir or ask a local charity if they need extra help... take the much-needed plunge.

We often find the nicest of surprises when we step outside our comfort zone. So try and establish those healthier habits during the lighter nights to reset your own clock and take charge of your own destiny once again!

Sandra Jay, psychotherapist and wellbeing consultant

Some useful links

MIND – www.mind.co.uk

No Panic – www.nopanic.org.uk

Free wellbeing resources – www.getselfhelp.co.uk

Confidential emotional support – www.supportline.org.uk

Samaritans – www.samaritans.org or call 116 123

NHS helplines – www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines

Welldoing, a mental health resource and therapist-matching service – www.welldoing.org

*Stress
*Overindulging *Overwhelm
*Anxiety *Relationship Issues
*Loneliness

Needing help to make changes?

*In Control
*Better Coping Strategies
*Feeling Calm *More Content
*Well Being

Psychotherapy and Well Being Services
Sandra Jay (U.K.C.P)
Psychotherapist and Well Being Consultant
www.therapyservices.info
Bridport, Dorset



Seeking permanent solutions to her patients' pain, hands on

In the pod this month is Bridport osteopath Liza Adams, principal practitioner at the Twist & Shout practice in South Street.

The Bridge: Why did you decide to become an osteopath?

Liza Adams: I've always been interested in health and I realised quite young that I wanted to soothe people, to help them avoid pain and have a healthy life. I was brought up by my grandma and I was also a young carer, which might have something to do with it. I spent four years training at the British School of Osteopathy [now the University College of Osteopathy] in London, and achieved a master's degree. My thesis was about experimental methods in psychology that help us to understand how the brain deals with pain.

TB: What's your favourite part of the job?

LA: I love meeting people and I'm nosy, so I'm never bored! It's a sociable job and I enjoy helping people through their troubles. I also love receiving positive feedback from patients, particularly when I've fixed a longstanding problem in a simple way. I've been practising for 32 years and getting good results has always been my motivation.

TB: What are the most common conditions that you treat?

LA: We see a huge mix of patients, all ages and genders with all sorts of problems. I do see a lot of shoulder and neck issues, though, usually caused by people sitting at their computer or another screen, and of course this problem has grown during Covid as working arrangements have changed and many people have been less active.

There's a spectrum between perfect health and extreme illness, and my approach to treatment is to help people



move along this path in the right direction. It's a hands-on process, but I take a moderate approach rather than extreme measures; it can be hard to predict how someone will respond to treatment, so often I try something then see how the patient gets on. I don't want people to have to keep coming to me for ever, though, and I aim to find a permanent solution to their pain – find it, fix it, leave it! Osteopathy is about the relationship between the body's structure and its function, and we treat the patient rather than the condition, although with everyone I look out for any signs of a serious condition that might be causing their pain. If this happens I have no hesitation in referring them to a different medical specialist or urging them to see their GP. This isn't passing the buck, just being careful for the patient.

TB: Tell us about some of the highlights of your career.

LA: I think one of the most fascinating periods in my working life was with an American football team in London. I did this while I was an undergraduate, then for a few more years afterwards, and it was an amazing experience. If there was an injury I had to be first on the scene so

I used to run on to the pitch. There were some interesting injuries, although they tended to be to the head or the neck, and those are the injuries I worry about most – particularly now that my one of my sons plays American football!

I also spent time working with Age Concern [now Age UK] at the old Chancery House day centre here in Bridport, and at an acute back pain clinic too. Both were really fulfilling.

TB: You've worked as a volunteer treating survivors of the first Gulf War for injuries sustained during torture and for post-traumatic stress disorder (PTSD). What did you learn from this?

LA: I learnt that the human spirit is amazingly resilient. Some people make it through, no matter what they have faced, and I met some who were even working on finding a path to forgiveness, often supported by a deep, undiminished faith. Torture is about the destructuring of the victim's life; it can involve slowly exposing them to trauma with the intention of destroying their spirit as well as making them suffer physically. Even without that, the violence of military life itself, and being kept away from family and friends, can lead to PTSD.

We treated the lasting effects – for instance, something like falanga [having the soles of the feet beaten] can lead to chronic lower back pain – and went through breathing techniques and gentle body work to ease emotional trauma.

TB: What's the most beneficial thing an individual can do to maintain good health into middle age and beyond?

LA: Beyond the basics of getting good sleep and a good diet, I'd say having good friends and finding true purpose. Find your perfect role in life – I think that's what I've done!

www.lizaadams.co.uk

ST MARY'S Bridport

Parish editor – Peter Wright 456967
 Churchwarden – Lesley Hill 422417
 Director of music – Tim Linsley
 07830 308701
 Tower captain – Bob Hardwick 420632



Tots Time Bridport

In September last year, as Covid restrictions were beginning to be lifted, we started Tots Time again on Thursday mornings in St Mary's Church House Hall with just six parents or carers and seven pre-school children. It was very different – no drinks, no fruit snacks for the children, no toast, and compulsory face masks and sanitising of hands. However, those who came rediscovered the benefits of meeting other parents, and the children had access to a wide range of play equipment. They began to play with other children, which for those born during the Covid restrictions was their first opportunity to learn to socialise.

Since then we have welcomed 46 parents or carers and 51 children so have had to start a waiting list as there is a limit to the numbers we can safely accommodate. For many parents, the pressures of illness, work and other children – plus the sheer logistical operation of getting young children ready for 9.30am on a Thursday – mean they can't come every week. This is a good thing for us, as otherwise we wouldn't be able to cope!

Now that Covid restrictions have been lifted, we can offer hot drinks and toast – and all for 50p per head. We are fortunate in being able to use a well-equipped and well-heated hall and are very grateful for the willing band of helpers who put out and pack away the equipment each week. It is so encouraging to watch new parents and young children grow in confidence as they learn through meeting each other and playing together, and to see the group

flourish after the Covid-enforced break – it's good to feel that things are getting back to normal.

Peter Wright

April services at St Mary's Bridport (all welcome):

Sunday 3	8am	Holy Communion
	11am	Holy Communion
Wednesday 6	2.30pm	Holy Communion
Sunday 10	8am	Holy Communion
	11am	Holy Communion
Mon 11, Tues 12 & Wed 13	8pm	Compline
Good Friday 15	2pm	'Journey to Jerusalem' quiet meditative service (one hour)
Saturday 16	8pm	Easter Eve team service
Easter Sunday 17	8am	Holy Communion
	11am	Morning Praise
Sunday 24	8am	Holy Communion
	11am	Holy Communion

Covid-19 has made a huge impact in so many ways and many of our regular donors have not been able to support the church as they once did. If you can make a donation, whatever you can give, you will be helping us to maintain our beautiful church and its ministry in the heart of Bridport.



HOLY TRINITY Bothenhampton

Parish editor – Barbara Ffooks 423122
 Churchwarden – Heather Purse 423220
 Children & youth worker –
 Jean Mitchell 422127
 Home communion –
 The Revd Kay Watters 427290
 Director of music – Sue Smith 456955

From the parish editor

Despite the very wet and windy conditions following Storm Eunice, 24 people braved the weather to enjoy a convivial lunch of delicious homemade soup and sandwiches in Holy Trinity on 19 February. They raised £100 for church funds.

Now we are coming into April and hoping for some fine spring weather. Although we are currently still in Lent, we are looking forward to celebrating the Easter festival on 17 April when Holy Trinity will once again be decorated with flowers and the Easter Garden for all to enjoy.

The monthly coffee morning in the church will be on Saturday 2 April from 10am to 12 noon with refreshments, books and bakery as well as an opportunity to see friends.

April is also the time to tidy the Old Churchyard after the winter, and volunteers will be welcome on Saturday 9 April from 2pm. Please remember to bring gloves and some garden tools with you. It is a special place and greatly appreciated by many who have loved ones buried there, and people often remark on how well it is kept.

The mid-month event is a village treasure hunt for all ages on Easter Saturday, 16 April. Bring your family and friends and follow clues set around the village – you may find an Easter egg at the end of the trail! Even if you don't want to join in the hunt, you are invited to tea and Easter cake in the beautifully decorated church between 2 and 4pm.

Now that Covid restrictions have been lifted, there is news from the village hall committee. If you haven't been into the hall for a while, you will notice quite a difference. It has been completely redecorated and a new heating system with radiators has been installed, and it is now available to hire. The committee is planning a number of fundraising social events to help with the costs of maintenance, new kitchen equipment and heating, so if you feel you can spare a few

HOLY TRINITY Bothenhampton continued...

hours to help run an event you would be most welcome. The committee would also be very pleased to hear from anyone who is good at setting up websites or social media accounts. They intend to restart the film evenings, which were always very popular, and possibly sometimes running a film matinee for local children if there is enough interest.

The first social occasion is Chit Chat & Coffee on Saturday 23 April from 10am to 12 noon in the hall. Donations for the raffle would be appreciated.

To hire the hall, please contact Heather Purse on 423220 or email heatherpurse@yahoo.co.uk.

The long bank holiday weekend to mark HM the Queen's Platinum Jubilee is Thursday 2 to Sunday 5 June, and Holy Trinity's social committee and the village hall committee are organising a number of events. The parish council has given permission to erect a marquee in the John Holt play area, and a marquee will also go up in the church garden. Organisers hope to have displays, competitions, picnics with barbecues, quizzes, etc. In addition, Holy Trinity would like individuals or groups to decorate a church window with a jubilee theme. There will be more details next month.

Distributors for The Bridge are needed in Pasture Way, Slades Green and North Hill Way. If you can help please contact Barbara Ffooks on 423122.

Pennie Jones is organising fundraising activities and collecting donations to help the people in Ukraine. If anyone has suggestions for a function or wishes to make a donation, please contact Pennie on 458006.

Barbara Ffooks

April services at Holy Trinity Bothenhampton:

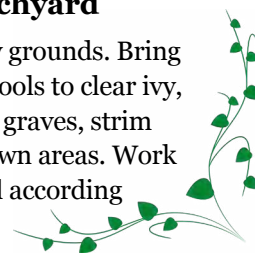
Sunday 3	11am	Sung Communion
Sunday 10	11am	Morning Praise followed by coffee
Good Friday 15	12 noon	Service of reflection
Saturday 16	8pm	Easter Eve team service at St Mary's Bridport
Easter Day 17	11am	Sung Communion followed by coffee
Sunday 24	11am	Matins

Garden working party

Saturday 9 April at 2pm

The Old Churchyard

Please help us tidy these lovely grounds. Bring your own gardening gloves & tools to clear ivy, weeds & tree saplings, tidy old graves, strim uncut places & reduce overgrown areas. Work areas will be allotted on arrival according to ability & tools brought.



Village treasure hunt

Saturday 16 April, 2-4pm

£2 per entry

Whatever your age, bring your family and friends! Pick up your first treasure hunt clue at Holy Trinity Bothenhampton. Those who complete the hunt will receive an Easter egg. Drinks and Easter cakes will be served in the church. All welcome!



Chit Chat & Coffee

Saturday 23 April

10am-12 noon

Bothenhampton Village Hall

Donations for the raffle are appreciated.



Proceeds will go towards the hall maintenance. Come and see our newly decorated hall and refurbished heating system!

HOLY TRINITY Bradpole

Parish editor – Douglas Baldwin 424232

douglas.baldwin@seaside20.plus.com

Distribution – Janet Robinson

jrb-jrb@outlook.com

Tower captain – Janet Robinson

If you have any pastoral or personal issues, please contact the Revd Janis Moore 425644 (Wednesday is her day off)



Church bells

Have you ever heard the bells ringing across Bradpole on a Sunday morning and wished that you could learn this ancient art? Well, you can! We are always glad to welcome new ringers. Practising is done using the computer ringing centre where the ropes are

pulled and you hear the bells ringing, but they are muffled to the outside world. Contact the tower correspondent on bradpole@sdgr.org.uk if you would like to consider whether bellringing is for you.

Tuesday Club

After a break of two years, organisers hope to re-start the Tuesday Club in the village hall on 3 May. The club is for children aged 6 to 11 and meets from 6 to 7pm for a variety of activities such as games and crafting. More information is available from Rosi Wilton: rosi.wilton@btinternet.com / 07732 320184 / 01308 426547.

Tots@Ten

After a two-year Covid-enforced break, we hope to resume on Wednesday 27 April from 10 to 11.30am in the church. Tots@Ten provides a facility for parents/carers of pre-school children to meet up while the children play with the many lovely toys we have to offer. Further details, a registration form and an information sheet are



HOLY TRINITY Bradpole continued...

available from Marian Scott: jampmead@hotmail.co.uk.

Bradpole Parish Council

The February meeting included the following business items:

- War memorial restoration: it was confirmed that the work would go ahead as the council had received a suitable quote. The memorial is on the wall in Village Road facing Middle Street.
- The Queen's Platinum Jubilee 2–5 June 2022: a joint community event will be held and a working group set up with one or two members of each village group/organisation to discuss ideas. Celebrations will include the planting of two trees as part of the Queen's Green Canopy project. One will be a native oak on Gore Cross Recreation Ground; the other will be a decorative tree for the children of the parish to plant in another location to be decided in conjunction with the Bradpole Buzz Group.
- The council has agreed a small change to the 2022/23 parish precept for the third consecutive year.
- Removal of the post box in Middle Street: the box is not fit for purpose and Royal Mail has asked for it to be moved to another location in the village. The parish council has been asked to suggest a suitable location on public land. Councillors agreed that they would prefer the box to stay in its current position, although an alternative location was suggested at the Caley Way junction on the footpath leading to Fox Close.
- Wessex Water's proposed water replacement scheme east of Bradpole: following receipt of detailed information, it has been confirmed that this work will take place from Monday 25 July to Friday 5 August.



The next council meeting will be on Thursday 7 April at 7.30pm in the village hall. Members of the public are invited and can speak during the democratic 10 minutes agenda item. Full details are on the council's website: www.bradpole.org.uk.

Bradpole Forster Village Hall

The main hall is available for hire by local community groups and is fully accessible with facilities for the disabled.

The hall bookings secretary, Jane Bryant (01308 427493 / oxeyedaisy101@gmail.com) can answer booking enquiries. There are more details and photos on the village website: www.bradpole.org.uk/the-forster-memorial-institute-bradpole-village-hall/.

Easter services at Holy Trinity Bradpole: Maundy Thursday (14 April) at 6.30pm

The Revd Janis Moore will lead a service of Holy Communion and washing of feet.

Good Friday (15 April), 12–3pm

Three-hour vigil at the cross. People can come and leave as they wish or stay for the whole time.

12–1pm: a time of contemplative worship

1–2pm: Martin Whiting will lead a walk of witness with prayer and Coral Hatton will do a quiet reflective hour of prayer, readings, images and music for those who are immobile or do not want to go on the walk. The church will remain open.

2–3pm: the Revd Janis Moore will lead the vigil at the Cross.

Easter Sunday (17 April) at 6am

Dawn service at East Pier, West Bay, led by Coral Hatton for Churches Together in Bridport and District

Then at 9.30am

Easter Day Holy Communion led by The Revd Janis Moore
Other services as in the table on p5

ST MARY'S Walditch

Parish editor – James Craddock 458725
walditchbridgejsc@outlook.com

Churchwarden – vacant

Verger – Pat Stapleton 456421

If you have any pastoral or personal issues,
please contact the Revd Ann Ayling 424896
(Wednesday is her day off)

Old Easter Dorset customs

Before the advent of modern-day chocolate Easter eggs, many children would be given hard-boiled eggs, which they would paint individually, then play with, then eat.

In 19th-century Dorset parishes, the parish clerk would carry white 'figgy cakes' to households in the parish after the Divine Service on Good Friday as an Easter offering. Depending on the householder's income, the clerk would decide whether to give a large or a small cake, and he would receive a gratuity in return. Figgy cakes were made with currants and/or raisins and had a mingled sweet bitter taste.

Furmity, a porridge-type food made of wheat and milk, was sold in Dorset at Easter during the mid-19th century. For many years, farmers would give their labourers an

Easter 'skimmer cake', a dough cake boiled in a skimmer. And the Dorset gentry and well-to-do farmers would hand out cakes to children of each parish.

James Craddock

How do snowdrops spread?

The snowdrops on Walditch village green are much admired and frequently photographed. During the time I have lived in Walditch the area has gradually widened, so that there are now outliers to the extent of the horse chestnut tree canopy. In time, and if allowed to, these will gradually build into larger clumps.

As snowdrop seeds are not wind borne, I have often puzzled as to how this dispersal happens, without coming to any conclusion. Recently I decided to investigate.

First, the plants must be allowed to die down naturally and the seed released before any mowing is done. This can be up to eight weeks after they have finished flowering. What happens next turned out, at least for me, to be quite unexpected.



Snowdrop seeds have a small structure attached to the tip of the seed which is an attractive, nutritious food source for ants. The ants collect the

ST MARY'S Walditch continued...

seeds and carry them back to their nests. However, the ants eat only the attached appendage, so the seed's ability to eventually germinate is unharmed; indeed, it is enhanced, as seeds with the appendage still attached are more vulnerable to disease. Snowdrop seed lying on the surface is likely to be desiccated in a hot dry summer and germinates best in the dark, so apart from dispersing the seed, burying them further benefits the snowdrop.

Unlike some seeds that require a period of cold before they can germinate, a snowdrop seed needs warmth during the summer until it germinates as the temperature becomes cooler in the autumn.

So here we have an example of two completely unrelated species providing mutual benefit, which is not unusual in nature. The ant gets a nutritious food and the snowdrop gets dispersed and buried at a depth that's ideal for germination. So hopefully next spring there will be even more snowdrops for passers-by to see and photograph!

Robin Stapleton

Walditch Garden Group

Join us for our monthly garden group meeting on Thursday 28 April. We meet at 10am in Walditch village hall on the last Thursday of the month for seasonal topics and garden discussion throughout the year with tea/coffee and biscuits. We look forward to welcoming you.

Garden tips for April:

Tie in the new shoots of climbers; divide perennials and stake tall-growing types; pot up or transplant self-sown seedlings; sow annual climbers and grasses; sow or lay turf for new lawns; feed established lawns; sow greenhouse crops and continue sowing and planting vegetables outdoors; prune early-flowering shrubs as well as those

Thelma's hymn notes

God Is Our Strength and Refuge

This hymn was based on words from Psalm 46, written by the versatile evangelistic clergyman Revd Richard Bewes, who used the tune of the Dam Busters March.

The music was composed by Eric Coates (1886–1958), a prolific English composer mostly of light music and in his youth a talented violinist.

I have played the music for Psalm 46 many times but in all my years playing hymns I did not know about this one until I was asked to play it during a special thanksgiving service at St Mary's Walditch in 2015.

The hymn can also be found both in the Mission Praise and Songs of Worship hymn books. The words are very fitting for the world we are living in today.

Thelma Pulman, organist at St Mary's Walditch



grown for large or colourful foliage; trim grey-leaved shrubs to keep them bushy; and provide protection for newly planted trees and shrubs in exposed positions.

Jane Mowatt

April services at St Mary's Walditch:

Thursday 7	10am	Morning Prayer
Sunday 10	11am	Palm Sunday Communion
Thursday 14	10am	Morning Prayer
Saturday 16	8pm	Easter Eve team service at St Mary's Bridport
Sunday 17	11am	Easter Sunday service
Thursday 21	10am	Morning Prayer
Sunday 24	11am	Holy Communion



ST JOHN'S West Bay

Parish editor – Sue Pollock 07903 558568
Chapel warden – Rosemary Russell 423013

News from St John's

John and Sue Cooke have lived in their current house since 2004 and have been members of the St John's congregation for the past two years. Some of you may be unaware that they are very keen model railway enthusiasts, however, so on a very wet day recently I went round to their house to chat to them about it. John recalls his mother giving him a wind-up train set when he was three, and says that from then on he was hooked.

They have a truly amazing 16mm track running around their whole garden (*see photo*). The layout is enhanced by many buildings, cars, people, signal boxes and some splendid bonsai trees. I asked John where they found all these things, and he explained that as well as buying online they also find things at an annual show in Peterborough where companies large and small showcase their products.

The nerve centre of their current operation is located at the end of the garden and contains the trains and carriages ready to roll. Sue explained that their holidays revolve →

ST JOHN'S West Bay continued...

around railways, too, and they particularly enjoy studying the history of different railways.

Sue Pollock

West Bay WI

The WI's AGM will be held in their hall in George Street on Wednesday 13 April at 2.30pm. The meeting will be followed by afternoon tea and a sale of the knitted Easter chicks and gnomes. If you are interested in joining, please contact their president, Alison Ridge, on 01308 897293.

Round and about the Bay

I'm glad to report that Storm Eunice, which hit us in March, was not as bad as anticipated, although at the time West Bay was definitely not the place to go walking around, and the esplanade was wisely closed to traffic from the Thursday evening. The webcam by the harbour master's office provided views of the sea and harbour – by far the safest way to view the storm.

The beginning of March saw Parkdean holiday park open, which to me always heralds the start of the summer season. The early arrivals are usually people who own their static caravans; it will be a little while before the arrival of mobile homes and tents.

The Discovery Centre opened for the February half term (a little uncertain after Storm Eunice!) and it couldn't have gone better. There was a mouse hunt for children where they could win a certificate and sticker for finding our 10 'escaped' knitted mice! The children particularly loved the mouse that was in trouble in the plesiosaur's mouth. I have to admit that I struggled to find the 10 mice so I cheated and looked on the answer page! As always there was also plenty for adults, and Emma from Litter Free Dorset came on Friday with her interactive display to talk to visitors and help raise awareness of the need to reduce marine litter.

Over the week there were over 600 visitors, both local

and from further afield, which was a great start to the year. Hopefully 2022 will continue this trend and we can look forward to a good year in the centre. Since 22 March the centre has been open six days a days a week from 11am to 4pm (closed on Mondays) and includes the 'Buried in Time' exhibition, showcasing the fossils and geology of West Bay.

As mentioned in the March issue, the West Bay Community Forum (WBCF) will hold its AGM at the Salthouse on Thursday 7 April at 7.30pm, hopefully with a guest speaker from the Jurassic Coast. To date no one has come forward to take over from John West, who is stepping down as WBCF chair. The forum raises West Bay issues with the council and it's so important for it to continue. For example, it contacted the council about the state of the noticeboard near the newsagents, and agreed to donate some money towards replacing it. We hope this will go ahead fairly soon. It's a small thing but it all goes towards improving West Bay for locals and tourists alike. Anyone who has a keen interest in West Bay and lives in the general area is invited to express an interest. The forum is also looking for new committee members to enable it to stay active. Please email John at johnandsarahwest@hotmail.co.uk to find out more.

Sue Pollock

April services at St John's:

Sunday 3	11am	Holy Communion
Sunday 10	11am	Coffee & Morning Praise
Friday 15	12 noon	Good Friday service
Saturday 16	8pm	Easter Eve team service at St Mary's Bridport
Sunday 17	6am	Easter Day sunrise service
	11am	Holy Communion
Saturday 23	6pm	Service of Wholeness and Healing
Sunday 24	11am	Coffee & Morning Praise

Also Morning Prayer every Monday at 10am.
During Lent there is a group meeting every Friday 7–8.30pm which is open to everyone.

ST SWITHUN'S Allington

Parish editor – Anna Sullock

aejsullock@gmail.com

Churchwarden – vacancy

Distribution – Kevin Payne 07976 534517

From the parish editor

It is difficult to make sense of a world where autonomy can lead to a dictatorial or totalitarian state of living under oppressive regimes. Russia's invasion of Ukraine without provocation is hard for us, apparently more so because it is nearby, in the European lands, as is the resulting refugee crisis, an exodus of thousands within a week.

Last year I listened to Thomas Keating, an American monk who initiated the idea of contemplative prayer, and to Richard Rohr, who has carried on the dialogue since Keating died in 2018. Recently someone gave me the link to a conversation between the two, during which many themes were raised including the notion of an 'eternal now'. We live in a sacred universe, and there is no unsacred space. Sacred



Above: The Dalai Lama and Archbishop Desmond Tutu in conversation in Vancouver in 2004

space surrounds us (Martin Luther King apparently had his sacred space in the toilet). These can only be pointers of hope.

Subsequently, and before I was aware of the invasion, I saw online a conversation between Desmond Tutu and the Dalai Lama. The theme of their meeting was joy, and each teased the other with magnanimous affection. It only became a little awkward when Desmond (or 'Arch', as he's

ST SWITHUN'S Allington continued...

known in South Africa) started to dance and sing; neither of these celebratory activities is encouraged or 'allowed' for a Buddhist monk, let alone one of the highest order.

More recently I saw a clip on YouTube. It was an interview between scientist and author Oliver Lazar and a journalist from the Thanatos channel. Oliver was telling a story from his own experience that had challenged him deeply on many levels. He was driving his daughter to school when there was a road accident involving a truck and a young cyclist, who was killed. Later that afternoon his daughter returned from school and burst into the house crying: it was Joma, a classmate, who had been in the accident, and the school was in a state of shock. Oliver went into a deep grief and was surprised that this lasted for more than a week. He had seen Joma a couple of times but did not know her or her family. The grief didn't lift and he went into a deeper depression that didn't make any sense to him as a scientist. He felt it was out of proportion to the sad event. After a series of interventions he had an exchange with a medium, which was out of character for him. The medium said that Joma had enjoyed her pet rabbit and fish, facts confirmed by Joma's parents, who by now had been informed of Oliver's state. He was referred to another medium, who told him that Joma had been his daughter in a previous life. This astounded Oliver, the rational scientist.

Trying to explain this, he said that science can sometimes only get so far. He used the analogy of hearing a song on the radio and feeling moved; a scientist would look to the radio itself, understand the vibrations and radio waves, and may even consider the aerial sending out signals. What was missing was finding the composer who had manifested a song from their creative intuition.

Since then Oliver and other professionals, including a psychotherapist of good repute, have started to work with over 240 families whose children have died to discuss the possibility that although the body fades the consciousness is still there. Oliver has concluded that our main reason for being alive is to grow this sense of consciousness, moving towards the state of being a more 'developed' person. He has written a book called Beyond Matter.

There are so many ways of experiencing reality; maybe there is more than one. I'm not sure how this helps someone in Ukraine when a tank is driving over their car or pointing at their home. There are no easy answers. But history tells us that one man can rule by intimidation and fear and create misery for many. As one journalist on the radio put it (I



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paraphrase): nostalgia can be very dangerous and unhelpful, and pride and shame can be destructive too if unleashed in an unmanageable way.

Local people are doing what they can; whether it's Tom from Shave Cross taking truckloads of stuff to the Polish border to relieve refugees of some of their hardship, church fundraising, or individuals donating to charities online. I send a prayer of hope to the people who need it desperately.
Anna Sullock

April services at St Swithun's:

Eucharist is held every Sunday at 9.30am and every Thursday at 10am.

Saturdays 2 & 16	6pm	Contemplative Church in St Swithun's Hall
Thursday 14	7.30pm	Maundy Thursday Eucharist & vigil
Friday 15	2pm	Good Friday liturgy
Saturday 16	8pm	Easter Eve team service at St Mary's Bridport
Sunday 17	9.30am	Easter Eucharist

Bridport UNITED CHURCH

Minister – The Revd John Yarrien
01305 262421
Church secretary – Sue Herman
422598 / bridportsec@gmail.com

incorporating

UPLODERS CHAPEL

Correspondent – Carol Hall
423163 / carol@gribb.plus.com

Easter is coming...

It's time for breaking into those things given up for Lent. Time for chocolate and sunshine (perhaps) and the promise of spring. Growth on farms and in gardens offers the promise of more good things to eat. Lower transmission of respiratory viruses offers the promise of people gathering together. Hope of a summer filled with smiles.

Easter is coming at Bridport United Church with the opportunity to gather and rejoice because Jesus lives. Before we get to Easter, though, there is another story to be told, with an altogether different mood.

We too will spend time with Jesus and his friends through the retelling of the stories preceding the first Easter. Palm Sunday (Luke 19:28–40) where there is hope of change →

BRIDPORT UNITED CHURCH continued...

in the air in a city packed with crowds teetering on the edge of rebellion. The Last Supper (Luke 22:1–23) where one of those closest to Jesus loses faith and opts for betrayal. Trial and death (Luke 23:1–49) where Jesus refuses to protect his own life and suffers state-sponsored violence. Death that is surely downright failure.

This story of the depth of lost hope must be told before we can even begin to rejoice on Easter Sunday. Before we can even begin to grasp the love within the God who took in all that disaster and transformed it by revealing to a few confused women and men a glimpse of a living Jesus, of resurrection. A few who hid away for a while, trying to get their heads around what had happened before they told anyone. These few were part of the story, which oh so slowly begins to transform the world and resounds down the centuries and as far as Bridport.

When we look around, near and far, we may wonder if anything really was changed some 2,000 years ago. There is still plenty of lost hope, betrayal, state-sponsored violence, death and downright failure. The whole Easter story tells us that is exactly where God is found, holding on to us and offering each of us a daily transformation into people who can glimpse a living Jesus.

Whichever part of the Easter story speaks to your experiences now, know that God is present with you. This is a reason to rejoice. All of us at Bridport United Church wish you a happy Easter.

Gill Bumphrey

Lay preacher, Bridport United Church.

April services at Bridport United Church:

Sunday 3	10.30am	Peter Kershaw
	4pm	Soul Space with tea and cake
Sunday 10	10.30am	Chris Smith (Palm Sunday)
Thurs 14	6.30pm	Maundy Thursday meal with breaking of bread (please book if possible 422598)
Sunday 17	10.30am	Revd John Jarrien Easter Day Holy Communion
Sunday 24	10.30am	Gill Bumphrey

Regular events

Community coffee mornings Saturdays 2, 16 and 23 plus every Wednesday 10am to 12 noon – everyone welcome.

Mondays	10am–noon	Local Vocals (in the church)
	7.30pm	Bridport Choral Society
Fourth Monday	2.30pm	Golden Cap centre of the National Trust
Tuesdays	10am–1pm	Age UK dementia group
	4.30pm	Rainbows
	5.30pm	Brownies
	7.30pm	New Elizabethan Singers
	7.30pm	Bridport Big Band (church)
First & third Tuesdays	2pm	Bridport Blind Club
Fourth Tuesday	2pm	Bridport u3a
Wednesdays	6pm	Fitsteps
	7.30pm	Martial arts
Thursdays	5pm	Slimming World
Fridays	10am	Tai Chi (inner hall)
	6pm	Martial arts

Also Stepping Stones Pre-school every weekday morning.

**Other events in April**

Saturday 2	9.30–11.30	Big Breakfast with stalls
Saturday 9		Gardening Club spring show
Tuesday 12	2–4.30pm	Golden Oldies 'Go Club' (and subsequent second Tuesdays)
Saturday 16	10am	Easter Fayre
Wednesday 27	12.30pm	Lunch Club (please book with Sue 422598)

From Uploders Chapel

Well, as I write this, spring is definitely on the way, even if today it is blowing a hoolie. Daffodils are bobbing their heads and primroses are helping to cheer things up. However, for those in the Ukraine the coming of spring is unlikely to lift their spirits as it does ours. It is hard to imagine the fear and uncertainty they must be feeling in their country, when living here in West Dorset we experience days of such peace and tranquillity. It has certainly brought home to me, on those days where everything seems arduous, that I have so much to be thankful for, with loving family and friends around.

At the end of February we were invited to BUC to join in a quiz afternoon put on by Jill Savage. Of course, there was also cake as well as cuppas made by two very kind ladies. It was a great chance for anyone on their own to spend some time in friendly company.

Normality is gently returning here after Covid, with our get-together for CAKE at the beginning of March with the theme of 'In other people's shoes' – something that's definitely worth thinking about from various perspectives. Another activity at the chapel was the Lent course that ran during March, guided by the Revd Chris Grasske. More opportunity to be thoughtful and appreciate how fortunate we are. So let us hold the Ukrainian people in our thoughts and prayers.

Ending on a happier note, the Scarecrow Festival is already in the planning stage and once again Uploders Chapel has been asked to open for cuppas and cake and we are happy to do so (more details next month). There will also be the opportunity to celebrate the Queen's Platinum Jubilee at the beginning of June. What a fine example she is of dedication to duty.

So, perhaps we should look on April as a time to Appreciate all the many good things in our lives.

Carol Hall

April services at Uploders Chapel:

Sunday 3	10.30am	Pamela Woodland
Sunday 17	10.30am	Tim Wells

St MARY & St CATHERINE Roman Catholic Church

Parish priest – Monsignor Keith Mitchell
Presbytery 424754
keith.mitchell@predtr.org.uk
Secretary – Faith Leborgne 422594
bridport@predtr.org.uk

Looking forward to Easter

As Catholics we look forward to Easter as the most important celebration in the church. It brings Holy Week to an end and we celebrate the resurrection of Jesus with a joyous Mass on Easter Sunday.

In the old days, during the time of Lent, all crucifixes, statues and Stations of the Cross were covered with purple cloths. There was an air of gloom and sadness about the church, for Christ was crucified. Lent was a time of penance, of giving up small pleasures and taking on small sacrifices. But when Easter Day came, we rejoiced in the risen Christ.



When I was a child, there was little to compare with the thrill of walking to midnight Mass through unlit and sometimes muddy lanes. We would stumble against each other in the dark as we made our way down to the church in Paignton, for we were going to the Easter vigil and we knew that a fire would be kindled outside the church. We would stand in the glow of the fire in the darkened, chilly night and watch. The fire was blessed by the priest and from this fire the Pascal candle was lit. The priest, followed by the congregation, carried the lighted candle into the darkened church. At the entrance he sang 'Lumen Christi' in a loud voice and the people answered 'Deo Gratias'. The priest continued to the middle of the church repeating 'Lumen Christi' and again, for the third time before the altar. The light of the Pascal candle was shared among the servers and people and at once all the lights came on in the church. Darkness was banished – all was light and brightness. We felt joy and light and delight and the presence of the Risen Lord. The priest put the Easter candle into its place and sang the Exsultet, a song of happiness that we had received the light of Christ and darkness was gone. And like Christ we

would have to hand on that light to others. After readings and the baptismal liturgy, the midnight Mass would begin and at last it was Easter Day. Even as a child, I can remember a great feeling of happiness and renewal among us all. Gone was the gloom of Lent: we were the Easter people.

After Mass we wished each other 'Happy Easter' and began our long walk home with our parents, drowsy and stumbling. We were filled with happiness and the promise of a painted boiled egg in the morning and a chocolate Easter egg.

Pat McEvoy

Tragedy and triumph

At the heart of the Christian faith is the death and resurrection of Jesus Christ. In a way this is being played out before our very eyes in these days in the conflict in Ukraine. Power is being played against vulnerability. Such is the heart of our faith: the tragedy of the cross takes place in the dawning light of Easter morning. Vulnerability leads to a brighter dawn and a new order. Our prayer for Ukraine is that these days of tragedy may lead to a new, brighter dawn and a new order both in Eastern Europe and on the wider stage.

Monsignor Keith Mitchell

Holy Week and Easter services at St Mary & St Catherine Catholic Church

Sunday 10 April	10am	Palm Sunday Mass and procession of palms
Thurs 14 April	7pm	Maundy Thursday Mass of the Lord's Supper, Foot Washing & Watch at the Altar of Repose
Friday 15 April	3pm	Good Friday Liturgy of the Lord's Passion
Saturday 16 April	11am	Holy Saturday blessing of Easter food baskets
	8.30pm	Easter Vigil (blessing of the new fire, lighting of the Easter candle, renewal of Baptism and first Mass of Easter)
Sunday 17 April	10am	Easter Day Mass and renewal of Baptism

Usual Sunday Mass is at 10am and is streamed online at www.bridportcatholics.org.uk and Bridport Catholic Parish Facebook page. For updates about Sunday and weekday Mass, see our weekly newsletter on the website. During Lent we have Stations of the Cross on Wednesdays at 12 noon.

Get involved: local clubs, groups and societies

We list groups' usual arrangements but not all have resumed activities after Covid so do check with organisers before making plans to attend a meeting or event. Please get in touch if you'd like your group to appear here. Unless otherwise stated, all phone numbers are Bridport (01308).

West Dorset Flower Club meets at the WI Hall, North St, at 2.30pm on the second Monday of each month with demos and speakers. Mon 11 April: 'With spring in mind' with Carol Norman, plus 'Easter delights' competition. Phone 456339.

Bridport Blind Club is a social club for the visually impaired. It meets twice a month for tea, entertainment and chat. Part of Dorset Blind Association, which provides personal and technical help. Contact Ian Ibbotson 898484.
Bridport Stroke Club meets weekly Sept–Christmas and Feb–July at the Community Room, Vernon's Court. Contact the secretary, David Lawrence dandhlawrence@gmail.com
Bridport Choral Society rehearses on Monday evenings at 7.30pm at the United Church Hall. Contact Margaret Foster margefoster1956@gmail.com →

Get involved: local clubs, groups and societies continued

Bridport Scottish Dancers meet every Wednesday evening at 7.15pm (7.30pm start) in Church House, South St, except first Wed each month which is at Salwayash village hall. First visit free, then £2 per session. Please bring the right money & your own refreshments. Contact Caroline 538141 / Malcolm 07790 323343 / www.bridportscottishdancers.org.uk

Bridport Youth Dance offers classes in contemporary, specific boys classes, tap dance, street, urban and musical theatre. To enrol and for more details of BYD, Bridport Boys Dance and the BYD street dance crew, contact Nikki Northover bridportyouthdance01@gmail.com / 07765 971357 / www.bridportyouthdance.org.uk

Burton Bradstock Duplicate Bridge Group meets at the village hall Tues 1.45–4.45pm. Contact Kathy 485626.

Bridport & District Gardening Club will hold its spring show this year after a two-year break. Sat 9 April at the United Church Hall. Open to anyone: contact Monique 301272 or see website. Entry to see the exhibits is free. The club's monthly meeting is on Thursday 21 April at 7.30pm at the WI Hall, North Street. Derek Dexter will talk and show slides about growing and showing fuchsias. Open to non-members at £2pp. www.bridportgardeningclub.co.uk

Bridport & District Allotment Society (BADAS) is open to all. Membership is £5/year and gives discount at several gardening suppliers. Contact 250260 / email bridportallotmentsociety@gmail.com. More details online at www.bridportallotmentsociety.co.uk

Bridport History Society is currently holding meetings on Zoom only. The next is on Tuesday 12 April when Rob Curtis will speak about the Tolpuddle Martyrs. To attend email jferentzi@aol.com or phone 425710. Membership is £10 individual / £15 couple. Membership secretary Celia Martin 425015 / celiamartin@hotmail.co.uk

Bridport Shakespeare Company theatre group meets every Thursday at 7pm at Bridport Community Shed. All ages welcome; no experience needed. The group is now preparing to perform *The Magdalen Whitewash* by Valerie Goodwin in July. Contact Valerie tasterella@hotmail.co.uk

West Dorset Music Community Orchestra meets on Wednesdays in term time 6.30–7.45pm at the Christian Fellowship Hall in East St car park. Contact 456297. www.westdorsetmusic.org.uk

Bridport & District Model Railway Club meets each Tuesday at Askerswell village hall 7–9pm. Members can run their railway stock on the club's 'test track' or operate a club layout. Refreshments available. Contact Geoff Trenholme, the club's chairman, on 281379.

Bridport & District RNLI holds five or six events (incl. Seatown BBQ) each year to raise money. Volunteers always needed. Contact Sadie 07811 470127 or Annie 07790 713156.

Bridport Health Walks are free and take place on Tuesdays and Thursdays. Meet at 10.30am in Borough Gardens, Gundry Lane. Guided walks last 30–40 minutes on level ground. No need to book, just turn up.

Colmer WI meets on the second Thursday each month at 7.30pm in the WI Hall, North Street. Visitors welcome to come for a no-obligation evening. Contact Gill Smith 301201.

Golden Cap Association (West Dorset), in support of the National Trust, organises illustrated talks on the last Monday of the month (except summer) in the United Church Hall, East Street, at 2.30pm. Contact Mike Nicks 459855.

Bridport Bridge Club meets Wednesday evenings (duplicate bridge, good standard) and Friday afternoons (relaxed bridge, not 3rd Friday in the month) at St Swithun's Hall, plus Thursday evenings online. Beginners' lessons started in January. See www.bridgewebs.com/bridport for updates or phone Roy Tarsnane 425298.

The Arts Society (West Dorset) meets at Bridport Town Hall on the third Thursday each month, 2.30pm. On 21 April they have 'Lucien Freud: the Art of the Man'. Membership £50 a year; visitors welcome at £7.50 per event. Contact Sandy Lovelock 01305 848390 / sandylovelockat81@btinternet.com / www.taswestdorset.org.uk

Bridport & District u3a is for people in their 'third age'. No minimum age, but you must no longer be in full-time employment. Monthly meetings in Bridport United Church Hall with a guest speaker plus socialising over refreshments. Also more than 50 u3a groups meet regularly, covering a huge range of interests. Contact Vincent Sheppard 485763 / chair@bridportu3a.org.uk / www.bridportu3a.org.uk

The **u3a Singers Group** meets on alternate Thursdays for 10.30am start at the WI Hall in North Street. Contact Heather 425219 / www.bridportu3a.org.uk

Bridport Inner Wheel meets monthly at Haddon House, West Bay, to enjoy friendship and listen to speakers as well as helping the community. Contact Sue Pollock 07903 558568 / rognsuewbay@btinternet.com

Disabled Carers & Friends meet Thursdays 9am–noon at Vernon's Court Community Room, South Street. Contact pete.bowditch@hotmail.com / 423620 / 421213 / 427819.

Bridport Child Contact Centre facilitates contact in a safe environment for non-resident parents following family breakdown. Volunteers always welcome. Phone 07792 075972. www.bridportchildcontactcentre.org

Bridport Community Fridge redistributes surplus food free or for a donation. Usually Tues and Sat 10am–noon at The Chapel in the Garden, East St. Also at St Swithun's Church with **Bridport Food Surplus Stall** on Thurs 9.30–11.30am. See their Facebook page or email events@bridportunitarians.co.uk

Bridport ASCape for young people 7–11 & 11–18, parents and carers affected by autism spectrum conditions (ASC) or social anxiety. Contact Karen Wright wrightmail2@aol.com or visit www.bridportasd.wordpress.com

Bridport Quaker Climate Action meets Tuesdays at the Friends Meeting House. The fourth Tuesday of the month is a film evening; other Tuesdays are an open evening, a discussion evening and an opportunity for environmental groups to use the facilities. Contact Jeni Edwards 538105 / bridportqcag@gmail.com

Harmony Drop-in provides a safe, social space and peer support to aid the recovery journey of adults in the Bridport area who are living with mental health difficulties. Our group (Mondays 10am–1pm and 2–4pm, Wednesdays and Fridays 10am–1pm) offers activities and support, fostering wellbeing and increased self-esteem. Contact 07597 379290.

Citizens Advice is here to help

Need advice on benefits, debt, employment or other issues? Pick up the phone and talk to us on Freephone 0800 144 8848. You can also email us via the contact form at www.bridportca.org.uk or drop in to 45 South St, Bridport (now open Mon, Tues & Thurs 10am–3pm, Wed & Fri 10am–1pm).



Bridport Community Front Room offers face-to-face support for people reaching a mental health crisis point or needing wellbeing support. Assembly Rooms, Gundry Lane. Thurs–Sun, 3.45–10.45pm. Appointments 07385 290804.

Bridport Community Shed, between Mountfield and Bedford Place, opens Mondays, Wednesdays and Thursdays 10am–12 noon. On the first Tuesday of the month there is also an evening stitching session (please book in advance). Contact 07593 880428. Also see p4 for other Shed news.

Bridport Folk Dance Club meets every Monday evening 7.15–9.30pm in the WI Hall, North Street. All welcome, including beginners. Phone 458165 or 459001.

Friday Dance Group, just for women, meets every Friday 10.30–11.30am at St Mary’s Church House Hall, South St. Come along and enjoy dancing as you like to a range of music. First session free. More details from Sue 425037.

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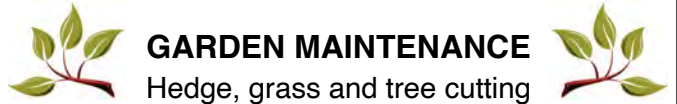
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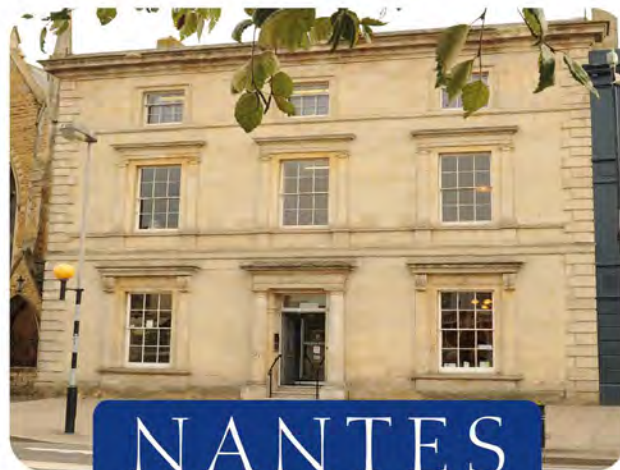
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