

Welcome to the new CHEQS Magazine! It's now changed from being a church parish magazine, to a community magazine - supported by representatives of the five village communities. To reflect that change, you'll notice a few differences. Instead of having the vicar's letter, we'll be inviting a different person each month to write a short piece. For this month, I've been given that privilege, as the new editor of the magazine. I'd like to thank my predecessor, Stephanie Bailey, for her hard work in producing the magazine for the past few years. I'm aware that this has been no easy task, and I'm grateful to her for keeping the CHEQS Magazine going.

At the start of a new year and a new decade, we face changing times in our national life - and it's at moments like this that we often pause to consider what is most important to us. Whatever each of us decides that might be, I hope that developing good relationships with people will be somewhere near the top of the list. Getting to know, respect, and care about so many people in the villages (often with quite different views on life to my own) is something I've valued very much in the four years we've lived here. I actually read some issues of the CHEQS Magazine online before we even moved here, to see what the community life was like! I hope that the CHEQS Magazine will continue to help all of us to be more aware of, and involved with, the people and events in our five villages and surrounding area.

| 11 <sup>th</sup> Jan                      | 10.30am-12.00pm | Coffee Morning, Quenington Village Hall          |
|---|-----------------|--|
| 17 <sup>th</sup> Jan                      | 6.30pm-8.30pm   | St Peter's New Year Party, Southrop Village Hall |
| 24 <sup>th</sup> Jan                      | 7pm for 7.30pm  | Coln Cinema - The Keeper                         |
| 8 <sup>th</sup> Feb                       | 10.30am-12.00pm | Coffee Morning, Quenington Village Hall          |
| 29 <sup>th</sup> Feb                      | 7pm for 7.45pm  | Great Cabaret Safari, Quenington Village Hall    |
| 14 <sup>th</sup> Mar                      | 10.30am-12.00pm | Coffee Morning, Quenington Village Hall          |
| 21 <sup>st</sup> - 22 <sup>nd</sup> March |                 | Southrop Archives in village hall                |

## **CHEQS DIARY 2020**

## **CHEQS MAGAZINE**

In the last edition of the church parish magazine, the change to a community magazine was explained. Following the public meeting in November at Southrop Village Hall, volunteers from the five villages came together to form a Working Group to oversee the changeover. This group met and had a productive time talking through the various issues connected with the magazine: content, editorship, advertising, funds, etc. It was decided to start straight away, rather than have a few months with no magazine. In the absence of anyone else, Margaret Stranks offered to take on the role of editor. It was thought helpful to maintain a flexible group of village representatives to support the editor and help with such tasks as managing the advertising and donations, and perhaps to provide cover for the editor. The current representatives are: Coln - Helen Forbes; Hatherop - Nick Owen; Eastleach - Tash Gasson; Quenington - Margaret Stranks; Southrop - Sandie Gowland. Contributions to the magazine are welcomed, so please contact the editor if you have something of interest to pass on to CHEQS residents.

## **CHQ SERVICES, HYMNS & READING DETAILS**

For those in the Coln, Hatherop and Quenington churches, who have used the CHEQS Magazine to find out more detailed service information, there are now two easy ways to access this:

- the printed information is on notice boards **inside** the three churches
- www.chqchurches.net and click on 'service details' button on home page

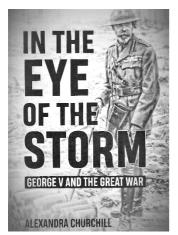


## QUENINGTON VILLAGE HALL COFFEE MORNING Saturday, 11<sup>th</sup> January from 10.30am to midday

The monthly QVH Coffee Morning is a great place to enjoy tea or coffee, home-made cakes, and conversation with others from Quenington and the surrounding areas. All are welcome, from those who have lived in the area all their lives, to those who have just moved in! The Quenington archives are also available to be viewed in the upstairs office during the coffee morning.

# IN THE EYE OF THE STORM - TALK BY AUTHOR ALEXANDRA CHURCHILL

Friday, 31<sup>st</sup> January at 6.30pm for 7.00pm, Lecture Theatre, Royal Agricultural University, Cirencester



George V was largely an unknown entity to both his ministers and his people at the outbreak of war in 1914. By the end of the decade, he had become the most visible and accessible sovereign in British history.

Alexandra Churchill will be talking about her book 'In the Eye of the Storm' subtitled King George V in The Great War. Tickets for the talk, which is followed by a fork supper and wine, cost £25. Apply to ABF the Soldiers Charity, Bulford Office (Suzanne Hollis): 01980 672337, shollis@soldierscharity.org.

#### LECHLADE HISTORY SOCIETY Monday, 20<sup>th</sup> January at 7.00pm for 7.30pm Lechlade Memorial Hall

In a talk entitled 'A History of Fairford - from wills, deeds and other ancient documents', Chris Hobson will show how property ownership, personal possessions, and relationships can be traced in old documents, including deeds, wills, newspapers and parish registers - to provide a glimpse of people and events in Fairford's past. Entry £1 for members, £4 for guests.

## VILLAGE HALLS WEEK: 20th - 26th January

Village Halls Week ran for the first time in 2018. It is an annual celebration of rural community spaces - and the people whose time and dedication keep them going. It is organised by ACRE (Action with Communities in Rural England), the national body for 38 charitable local development agencies. ACRE's vision is to be the voice of rural communities, and the organisation provides lots of useful information, guidance and support for village halls - especially in the more complex legal or practical issues which can arise.

So, how well do you know your village hall?

- Who runs your nearest hall?
- How is it funded?
- What goes on week by week?
- How much are the hire charges?

You may find some answers online - check out the Village Contacts page inside the front cover.





Both Quenington & Southrop have village archives, which are sometimes available to view. Quenington's are available at the monthly coffee mornings.

Southrop's archives and photographic collection will be on display over the weekend of 21<sup>st</sup> and 22<sup>nd</sup> March - a date for the diary, if you are interested.

Our village halls are a wonderful resource, and Village Halls Week is a good opportunity to celebrate them.



## AGE UK HOMESHARE

Homesharing brings together older people who have spare rooms, with people who need affordable accommodation and who are happy to chat and lend a hand. Homesharing can be a great option for someone who misses having other people in their home and would welcome some low-level practical support around the house. In return, the Householder is able to offer someone not just a place to live, but a real home. Together, Householders and Homesharers share home life, time, skills and experience. Age UK Gloucestershire's Homesharing project carefully vets and matches people, oversees the arrangements and provides professional on-going support. If you want to find out more, please call us on 01452 422660 or email: homeshare@ageukgloucestershire.org.uk

## HELP REQUIRED FOR PLANNING QUENINGTON FETE

Although Quenington Fete is not until Saturday 16<sup>th</sup> May, there is a lot of preparation to be done before then. The fete organisers for the past three years are hoping that someone else might like to join them. They have a wealth of experience, and a useful handbook, but new ideas are always welcome! If you have a little time and energy to spare, and would like to join the team, please contact Val Trafford (val.trafford@icloud.com).



## MANY THANKS TO ALLEN LEES

Allen has been looking after the CHEQS Magazine finances since it began as a parish magazine about 40 years ago. He has certainly seen some changes in that time - the original magazines were printed off by hand on a duplicator! Allen has done a great job in keeping the magazine afloat, but in an increasingly electronic-based world, he is happy to hand over the financial and advertising reins to the Working Group. He deserves our praise and thanks - there are probably few people who have been doing the same voluntary job for such a long time. So, Allen - thank you very much!

## **NEWS FROM THE SCHOOLS**

#### Southrop Church of England Primary School Together we can fly

Highlights from last term include the performances of 'Wriggly Nativity' for Cygnets and 'Evacuees' for Swans. 'Evacuees' was particularly poignant, with its theme of a brother and sister leaving home in London to find sanctuary in Southrop. In the lead-up to Christmas, we introduced Posada, an adaptation of a Mexican tradition which symbolises the journey Mary and Joseph took to Bethlehem. Ten Nativity figures, kindly knitted by Miss Davies and her mother over the summer, were passed from family to family, and arrived at St Peter's Church on Christmas Eve for the crib service. Each of our families had the Posada figures overnight, and set aside a few minutes to tell the Christmas story and say a prayer. They then contributed to a lovely memory book. Another highlight of the term was when Elaine Hanson joined us, to announce the winners of the Luke Bitmead Literary Award - given in memory of Elaine's son. The children were given the task of writing stories with the title, "What if I fall?... Oh, but what if you fly?", about a character who has taken the risk to volunteer for something they are not certain they can achieve. It is always fascinating to see the range of stories that are created from one starting point. The Challenge Cup trophy for first place was awarded to Bridget. In 2nd place was Jonty, and in 3rd place Niamh. Runners-up were Lucy and Lexie. Well done to all children who submitted a story and thank you to Elaine for her enthusiasm and generosity.

This term our theme is 'respect', which is one of our key school values. In the Swan class our topic is Ancient Greece and we are looking forward to welcoming an Ancient Greek visitor later in the term! In Cygnets the topic is Famous for Five Minutes, and we'll be looking at famous figures through time.

#### Hatherop Church of England Primary School Caring, Believing, Achieving

We wish you a very Happy New Year as we look forward to a new term. A new year brings fresh challenges and new beginnings. Our value of the term is 'generosity' and we shall be looking at how we can be generous - loving others as we love ourselves and giving cheerfully. We will be planning our annual community tea party to say 'thank you' to members of the local community who come in and support us. This will include the Open the Book team and members of the local clergy who visit us weekly to take part in our daily worship.

The children at Hatherop enjoy all forms of sports and team events, and earnt the Gold School Games Award for the third consecutive year. They are starting the new term off by competing in the Sports Hall Athletics in Cirencester, having come first in the local event. They are also through to the final hockey event, and will take part in cross-country runs, football and tag rugby events this term. In addition, we will continue with our Skip2Bfit challenges, which have inspired all the children from Reception to Year 6 to skip enthusiastically whenever they can. The results have been truly amazing and each week the children take part in a 2-minute challenge to improve on their personal bests. Our 'Top Bananas' (the children with the highest number of skips recorded in 2 minutes) are Jessica in Reception with 66 skips, Harry in Year 1 with 173 skips, Luna in Year 2 with 183 skips, Alfie in Year 3 with 222 skips, Ellie in Year 4 with 354 skips, Isak in Year 5 with 303 skips and Jude in Year 6 with 350 skips! Some of the skipping tricks the children can perform are stunning! Check our website for news and photos.

## DELIVERERS NEEDED FOR CHEQS MAGAZINE

If you could deliver some CHEQS Magazines in either Quenington or the Swyre Farm area (towards Aldsworth) each month, please contact the editor.

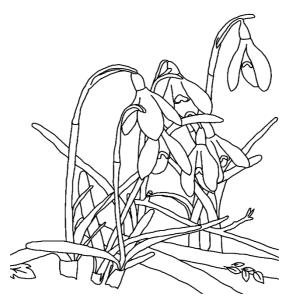
## COLN CINEMA - THE KEEPER Friday, 24<sup>th</sup> January at 7pm for 7.30pm, Vicarage Cottage Barn, Coln

The Keeper tells the true story of Bert Trautmann, a German soldier and prisoner of war who, against a backdrop of British post-war protest and prejudice, secures the position of goalkeeper at Manchester City, and in doing so becomes a footballing icon. Struggling for acceptance by those who dismiss him as the enemy, Bert's love for Margaret, an Englishwoman, carries him through. But fate will soon twist the knife for Bert and Margaret, when their love and loyalty to each other is put to the ultimate test.

Cert 15 Run 120 minutes

## SOMETHING TO DO

Snowdrops are some of the first flowers to emerge in the new year. They often have beautiful delicate green decoration on the inner segments of their flowers.



Picture by Bethan@ instagram.com/dimplesstitchesgifts

#### **Snowdrop facts**

- Snowdrop's scientific name is *Gallanthus*. This means 'milk flower.' The common snowdrop we normally see with one flower per stem is a *Galanthus nivalis* which translates as 'milk flower of the snow.'
- Snowdrops contain a natural anti-freeze. Even if they collapse in freezing weather they recover once the temperature rises.
- When temperatures reach above 10C, the outer petals open up revealing the nectar inside. When the temperature drops, the petal shield closes and protects the nectar. Nature is amazing, as this is perfect for bumble bees which come out of hibernation when the temperature rises above 10C! Perhaps you could draw in a bumble bee near the flowers.
- Kriss MacDonald has some more facts on this website: www.wildabouthere.com/snowdrops-10-fun-facts-to-tell-kids/

## SOMETHING TO DO

How many words of three letters or more can you make from the letters in GALLANTHUS?

|  | SNOW |
|--|------|
| Can you get from<br>'SNOW' to 'DROP' by        |      |
| changing one letter at a                       |      |
| time?  |      |
| If you can, email the editor with your answer! |      |
|  | DROP |

## SNOWDROPS AT COLESBOURNE PARK

Set in the beautiful Churn valley in the heart of the Gloucestershire Cotswolds, Colesbourne Park has been the home of the Elwes family since 1789. The historic snowdrop collection now has 350 varieties! Visitors can enjoy the snowdrops throughout the ten-acre garden with its woodland and lakeside paths, the Spring Garden and Formal Garden, alongside drifts of cyclamen, hellebores and other winter plants. The surrounding park, arboretum and nearby church are also open.

The gardens are open every Saturday and Sunday from 25<sup>th</sup> January to 1st March 2020, from 1pm (last entry 4.30pm). Entry costs £8.50, but there is no charge for those under 16. Dogs are welcome, if kept on a short lead.

## **NEWS FROM SOUTHROP**

## St Peter's Party on Friday, 17th January from 6.30pm to 8.30pm Southrop Village Hall

We will celebrate the New Year with our St Peter's Party. Tickets cost £7.50 which gives a first drink and many delicious canapes. Tickets will be available after 1st January from Margaret Davey 01367 850347.

#### **Church service times**

From January until April the times of some of St Peter's Sunday services will change. During this period there will be a morning service every Sunday at 9.30am with no evening services. More information about the services will be available on the poster in the porch.

#### THE GREAT SAFARI CABARET Saturday, 29<sup>th</sup> February, 7pm for 7.45pm Quenington Village Hall

A date to put in the diary for an evening of humour, singing and music from ShooShooBaby. They are a talented musical duo who, along with their pianist, perform cabaret songs and a wide range of other music - from Queen, Louis Prima and Ennio Morricone to the Proclaimers! A reviewer in the Scotsman wrote, "What sets ShooShooBaby apart is their musical wit and superb harmony... A sheer delight. Tight, clever and totally enjoyable."

Doors open at 7pm to allow time to enjoy some tasty nibbles and buy a drink at the cash bar. Tickets cost £10 and are available from Coln Stores, from QVH committee members, or by emailing queningtonvillagehall@gmail.com or phoning Fran Huckle on 01285 750788.

## FAIRFORD UNITED CHURCH

There will be no Contact Group meeting in January. The next meeting will be on Friday, 7th February from 12.30pm to 2.30pm – meet up with friends old and new, over tea/coffee and light refreshments at 79 Milton Street.

#### TRYING TO GET FIT FOR THE NEW YEAR? The Importance of Strength Training: Hayley Hurdle, Quenington

According to NHS Guidelines, adults should have a *weekly* aim of: 150 minutes of aerobic activity & two or more resistance training activities.

A strength or resistance exercise is any activity that makes your muscles work harder than usual and will increase your muscles' strength, size, power and endurance. A typical strength session could take less than 20 minutes.

**Ways you can achieve strength training:** by lifting weights, working with resistance bands, heavy gardening, climbing stairs, hill walking, cycling, dancing, bodyweight exercises such as squats and sit-ups, and in classes such as yoga. You do not have to go to a gym to start strength training.

#### The benefits of strength training:

- *Improves general strength and fitness*. Muscle strength is crucial in making it easier to carry out day-to-day activities, especially as we get older and start to lose muscle and bone density.
- *Protects bone health and muscle mass.* At around age 30 we start losing as much as 3 to 5 percent of lean muscle mass per year due to aging. Muscle-strengthening activities help preserve or increase muscle mass, strength, and power all essential for bone, joint, and muscle health.
- *Helps keep the weight off for good.* Aerobic exercise such as walking, running, and cycling help increase the number of calories you burn and thereby shed extra pounds but strength training helps, too.
- *Helps you develop better body mechanics*. Strength training benefits your balance, coordination, and posture, helping to prevent falls.
- Helps with some chronic disease management. Strength training has been known to be as effective as medication in decreasing arthritis pain. For the millions of people with type 2 diabetes, strength training along with other healthy lifestyle changes can help improve glucose control. As a type 1 diabetic of twenty-five years myself, I reap the long-term benefits of strength training to help control my glucose levels.
- Boosts energy levels and improves your mood. Strength training elevates endorphin levels lifting energy levels and improving your mood. It may also improve your sleep too.
- *Cardiovascular health benefits*. The NHS recommends doing musclestrengthening activities plus moderate-intensity activity to help reduce hypertension and lower the risk of heart disease.

## APPLE RECIPES REQUIRED

Do you have any tried and tested apple recipes (sweet or savoury) which you'd like to share? In preparation for Quenington Apple Day 2020, which will be on Saturday, 17<sup>th</sup> October, a small team is planning to compile an apple themed booklet, filled with favourite recipes from people in the villages.



Tell us about the reason you have chosen the recipe - perhaps it has been handed down through the family - and if there have been any adaptations to the original.

Write out or photocopy your recipe & its story, add your name (and contact details, which will not be published), and put it in an envelope. You can pop it in the Quenington Village Hall letter box, give it to a committee member, or bring it along to one of the Quenington Village Hall coffee mornings. Or you could scan the recipe and email it to me. Please get your recipes in by the end of July.

Joan Grosscurth 01285 750560 j.m.freeman@btinternet.com

## COLN STORES OPENING TIMES (check website for Bank Holidays)

| Store |
|-------|
|-------|

- M-F 7.00am 5.50pm
- Sat. 8.00am 2.00pm
- Sun. 9.00am 1.00pm

#### Café

7.00am - 4.00pm 8.00am - 1.00pm 9.00am - 12.00pm

#### Post Office\*

9.00am - 4.45pm 9.00am - 12.30pm CLOSED

\*Please note, last post collection on Saturday is at 11.20am



## **HIDDEN BUSINESSES**



Behind the walls of some CHEQS residences people are busy running small businesses.

## This month we put the SPOTLIGHT ON... ...EIMEAR CARVILL

I originally hail from the Emerald Isle but now I live in Coln St Aldwyns. I love crafting and though I never really considered myself particularly artistic, I'm in love with creating a little artistry using stamps and paper and playing with colour. I used to just share my



hobby by simply sending my creations to someone dear to me, but a couple of years ago I decided to turn my hobby into a career and I joined Stampin' Up as a demonstrator! Now, I share my passion by holding regular monthly classes at Quenington Village Hall, private classes at my craft room, and demonstrations and workshops at many other venues.

I am married with four fantastic kids who are in love with creating too - even my youngest, born in April 2015, has caught the stamping bug! They regularly join me in the craft room to play with my stash and create cards for family and friends. And isn't that what it's all about? Making something that means something not just to you but to the recipient too - and of course, enjoying the whole colourful process. You can see some of my papercrafting creations on my blog www.stampincolour.com and there you can also find details of my upcoming classes.



| TO ADVERTISE OR MAKE AMENDMENTS, PLEASE EMAIL   |                |
|---|----------------|
| cheqsmagads@gmail.com   |                |
| Cheqshagads@ghan.com  |                |
| HOUSE & GROUNDS   |                |
| Michael Rixon Building & Roofing Lt building, roofing, Cotswold stone tiling etc.   | 01285 750517   |
| office@rixbuild.co.uk   | 01200700011    |
| Architect Rural Workshop Ltd, RIBA Chartered tim@ruralworkshop.net  | 07413 715276   |
| SN Complete Groundworks drainage, driveways, fencing etc. 07738937697   | 01367 850717   |
| Keith Ford garden work - pruning & hedge cutting, sheds re-felted etc.  | 01285 750406   |
| The Garden & Plant Company design & landscape info@gardenandplantco.com   | 01285 712663   |
| <b>BSR Arboriculture</b> tree surgery, general garden maintenance, hedge-cutting,   | 07802 567452   |
| grass cutting, planting etc bsrarboriculture@outlook.com  | 01002 301 432  |
| <b>Coln Valley Glazing</b> Replacement of misted or broken glass units 0776 5780772   | 01285 750553   |
| A Tilling decorating - interior and exterior  | 01285 810624   |
| Will's Logs seasoned, sustainable hardwood (oak, ash) firewood FREE LOCAL DELIVERY  | 07771 867767   |
| Plates a Plenty crockery, cutlery, glassware, linen hire: platesaplenty@gmail.com   | 01285 740679   |
| Cotswold Oven Valeting Ltd professional cleaning of ovens (incl. AGAs) hobs etc   | 01263 74007    |
| Window cleaning commercial and domestic traditional window cleaning, also   | 01285 752703   |
| pressure washing and gutter cleaning. For more info: steve.rix@hotmail.co.uk  | 07731 552250   |
|   | 01131 332230   |
| HEALTH & WELL-BEING   |                |
| Hayley Hurdle Fitness Quenington studio and trainer www.hayleyhurdlefitness.co.u  | ik             |
| Bowen Technique & reflexology Southrop www.karenbenbow.co.uk  |                |
| Unique Private Exercise Classes with Heather - improve your flexibility, balance,   | 01285 75075    |
| core strength and energy using the disciplines of lyengar Yoga, Qi Gong or Tai Chi  |                |
|   |                |
| OTHER<br>The Keepere Arme Queriester, Jon & Michelle, youw thekeepergemenes of uk   | 01285 750349   |
| The Keepers Arms Quenington, Jon & Michelle www.thekeepersarms.co.uk  |                |
| <b>Artist - Sallie Seymour</b> original works, local scenes, cards, some prints available <b>also</b> individual or small group tuition can be arranged seymoursallie@gmail.com | 01367 850385   |
| Eimear Carvill - Stampin' Up! papercraft and cardmaking classes at QVH www.star   | mpincolour.com |
| Byeways Taxis and Private Hire local and long-distance bookings welcome, with   | 01451 844384   |
| vehicles to suit most occasions FREEPHONE 0800 999 2288   |                |
| Computer Solutions lain Atkins, personal service for all your IT issues.  | 01285 750277   |
| Moore Allen & Innocent property consultants and managers, land & estate   | 01285 65183    |
| agents, auctioneers & chartered surveyors www.mooreallen.co.uk  | 01367 25254    |
|   |                |
| ANNUAL ADVERTISING RATES ARE:   |                |
| £36 for SINGLE LINE (basic info only, about 70 characters), or £60 for 2  |                |
| £120 for approx. 6x6cms BLOCK or £180 for approx. 12x6cms BLOC  | СК             |
| ONE-OFF MONTH AD RATE:  |                |
| £15 for ONE MONTH approx. 6x6cms BLOCK (space permitting)   |                |
| £25 for ONE MONTH approx. 12x6cms BLOCK (space permitting)  |                |
| £25 for ONE MONTH approx. 12x6cms BLOCK (space permitting)  |                |

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## **CHURCH OF ENGLAND SERVICES**

#### Sunday, 5<sup>th</sup> January

- 8.00am Hatherop Holy Communion
- 9.30am Southrop
- 11.00am Coln HC
- 11.00am Eastleach
- 4.00pm Quenington Evening Prayer

#### Sunday, 12th January

No service Hatherop 9.30am Quenington - HC 9.30am Southrop 11.00am Eastleach 6.00pm Coln - EP

#### Sunday, 19<sup>th</sup> January

### 8.00am Hatherop - HC

- 9.30am Southrop
- 11.00am Coln HC
- 11.00am Eastleach
- 4.00pm Quenington EP

#### Sunday, 26<sup>th</sup> January

| No service | Hatherop        |
|------------|-----------------|
| 9.30am     | Quenington - HC |
| 9.30am     | Southrop        |
| 11.00am    | Eastleach       |
| 6.00pm     | Coln - EP       |

#### ROMAN CATHOLIC SERVICES

Williamstrip private chapel, the Chapel of Our Lady, is open to local residents for Mass at 9.30am on Sundays

Mass is also celebrated at the Parish Church of St Thomas of Canterbury, Horcott Road, Fairford at 6.00pm on Saturdays, and 11.00am on Sundays

#### **OTHER LOCAL CHURCH SERVICES**

**ST MARY'S, FAIRFORD** Sundays 8.00am Holy Communion, 10.00am Sung Eucharist (Family Service on last of the month), 6pm Choral Evensong. 'Funday Sunday' 4.00 - 6.00pm on second Sundays (crafts, games, worship & a cooked tea).

**ST LAWRENCE, LECHLADE** Sundays 8.00am Holy Communion, 10.00am Morning Worship with children's activities (Holy Communion 1st, 3rd, 5th; Informal 4th, All-Age 2nd); 6.00pm Evening Worship (Evensong 1st, 3rd, 4th; Holy Communion 2nd; Healing 5th).

**FAIRFORD UNITED CHURCH (CONGREGATIONAL/METHODIST)** Sundays 10.30am. On Sundays when there is no All Age Worship, there is Sunday School provision for children.

**LECHLADE BAPTIST CHURCH** Sundays 10.30am Morning Worship (with prayer from 9.45am); 6.00pm Evening Worship (2nd & 3rd Sundays).