



**St Gregory's Church  
Castlemorton  
WR13 6BQ**

**NEWSLETTER  
September 2025**

|                                                                                                |                                                                                              |                                                                                                                                                             |
|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Associate Priest<br>Licensed Lay Minister<br>Churchwardens<br>PCC Secretary                    | The Revd Anthea Elston<br>Michael Harper<br>Mark Lister<br>Sarah Musgrave<br>Christina Leake | 07398 741170 (Day Off – Friday)<br>01684 830133 / 07942 390194<br>01531 631503 / 07908 967165<br>01684 310330 / 07715 562311<br>01684 310409 / 07979 553074 |
| Further information at <a href="https://berrowlongdon.org.uk">https://berrowlongdon.org.uk</a> |                                                                                              |                                                                                                                                                             |

Dear Friends,

I hope you've had a lovely break during the summer, relaxing by a pool or the sea, reading a blockbuster or just chatting and playing with family and friends. Chances are your information intake has been much reduced. Yet now, back at the computer, the tsunami returns; emails, attachments, zoom calls and meetings, online newsletters and crucial videos of favourite sporting moments or dogs riding skateboards (or is that just me?).

There is much research into information overload. 500 years ago, a typical worker would have been exposed to about one book's worth of knowledge in a lifetime. 100 years ago, it would have been a small library. Today, we are hit with the equivalent of a large library **every year**, yet our brain processing speed has in no way kept up with this onslaught. We therefore learn to scan, to filter and, in so doing, become distracted in our thinking and superficial in our analysis. Unfettered, it can lead us to becoming mentally overwhelmed and even unwell.

As ever, the bible has the answer.

In Psalm 37 it says, '**Be still, and know that I am God**'.

Time spent being still has huge benefits for creativity. 'Deep silence is the mother of creativity' said Ravi Shankar, Sitar virtuoso. Mozart said, 'In the silence, the music comes to me'.

Time spent being still has huge benefits for mental health. It can lower blood pressure, improve concentration and focus, calm racing thoughts, stimulate brain growth, reduce cortisol and help prevent insomnia.

By far the most important benefit of being still comes from sitting in the presence of Jesus. Mother Theresa observed, 'in the silence of the heart, God speaks.'

**'Be still and know that I am God.'**

The ultimate benefit from being still is not creativity or mental health but a knowledge of and intimacy with the God who made us and loves us. Just two minutes a day is enough to start the practice, and the benefits are out of this world.

Jeremy Cox  
Authorised Lay Minister

## Diary Dates

### Services across the Berrow and Longdon benefices

|                      |              |                              |                                                        |                                        |
|----------------------|--------------|------------------------------|--------------------------------------------------------|----------------------------------------|
| Sunday<br>Trinity 13 | 14 September | 8.30am<br>10.30am<br>6.30pm  | BCP Holy Communion<br>Holy Communion<br>Kaleidoscope   | Bushley<br>Birtsmorton<br>Castlemorton |
| Sunday<br>Trinity 14 | 21 September | 10.30am<br>10.30am           | Family Communion<br>All Age Worship                    | Castlemorton<br>Eldersfield            |
| Sunday<br>Trinity 15 | 28 September | 8.30am<br>10.30am<br>10.30am | BCP Holy Communion<br>Holy Communion<br>Holy Communion | Eldersfield<br>Berrow<br>Longdon       |
| Sunday<br>Trinity 16 | 5 October    | <b>10.45am</b><br>5.00pm     | <b>Harvest Family Communion</b><br>Evensong            | Queenhill<br>Hollybush                 |
| Sunday<br>Trinity 17 | 12 October   | 8.30am<br>10.30am<br>6.30pm  | BCP Holy Communion<br>Holy Communion<br>Kaleidoscope   | Bushley<br>Birtsmorton<br>Castlemorton |
| Sunday<br>Trinity 18 | 19 October   | <b>11.15am</b><br>10.30am    | <b>Harvest Festival</b><br>All Age Worship             | Castlemorton<br>Pendock                |
| Friday               | 24 October   | 2.00pm                       | School Harvest Festival                                | Castlemorton                           |
| Sunday<br>Trinity 19 | 26 October   | 8.30am<br>10.30am<br>10.30am | BCP Holy Communion<br>Holy Communion<br>Holy Communion | Eldersfield<br>Berrow<br>Longdon       |

Refreshments are served after most services and children's activities are provided at St Gregory's during morning services. All are very welcome.



**Harvest Thanksgiving**  
**St Gregory's, Castlemorton**  
**Sunday 19 October**  
**Please note change of date**



The date of Castlemorton's Harvest Festival service has been changed from previously advertised to the third Sunday on October – **Sunday 19 October**. Please make a note of this. **The service will start at 11.15am**, a later time than the usual morning service. This is to enable us all to enjoy a Bring and Share lunch afterwards. If you are able to bring a plate of food to share, that would be very much appreciated. Drinks will be provided.

We shall be welcoming gifts of non-perishable food at this service. These will be passed on to the Ledbury Food Bank and, if you are able to contribute to this, we would be most grateful. Mark Lister, Chair of Ledbury Food Bank will tell us a little about their much-needed work during the service and we shall also hear about how the past year has affected local farmers.

This will be a non-eucharistic service, so no Holy Communion will be available.

If you would like to attend a service of Harvest Thanksgiving with Holy Communion, then Queenhill will be happy to see you at their Harvest Festival service which will take place on Sunday 5 October, starting at their later time of 10.45.

## Other Events at Castlemorton and in the wider benefices

|          |              |             |                                                  |                                           |
|----------|--------------|-------------|--------------------------------------------------|-------------------------------------------|
| Saturday | 13 September | All day     | Ride and Stride                                  | Churches around Worcestershire            |
| Sunday   | 14 September | 2.00-4.00pm | Gift Day                                         | Berrow and Pendock Churches               |
| Thursday | 25 September | 7.30pm      | Butterfly Talk<br>Details overleaf               | Castlemorton Parish Hall                  |
| Friday   | 26 September | 7.30-9.30pm | Bell ringing practice                            | Castlemorton                              |
| Saturday | 27 September | 6.30pm      | <i>Tales in Oak</i> , a talk<br>details overleaf | Great Malvern Priory                      |
| Saturday | 4 October    | 10.00-11.30 | CaCoffany!                                       | Castlemorton                              |
| Tuesday  | 14 October   | 10.30-11.30 | Bible Study                                      | Tudor House<br>Fisher's Place,<br>Pendock |
| Friday   | 24 October   | 7.30-9.30pm | Bell ringing practice                            | Castlemorton                              |



For details of the programme at our own local cinema, visit  
<http://www.castlemortoncinema.co.uk>

### The New Machine!

At St Gregory's we encourage visitors and supporters to donate to the upkeep of our beautiful Grade 1 listed building in a variety of ways. A new addition now in church is a **card reader machine** which will accept card donations to benefit St Gregory's Church. The card reader is mainly for occasional gifts, and we can claim Gift Aid on individual payments of £30 or less (just as we do on loose cash).



We are very grateful that we have a core of **regular givers** who donate by standing order each month. To them I would say 'Many, many thanks' and just whisper ... 'Inflation?' **If anyone would like to join our loyal band of regular givers, that would be hugely appreciated, please let me know – email: [f.foh@btinternet.com](mailto:f.foh@btinternet.com)**

I speak for many when I say that we hope that St Gregory's will survive well beyond our own lifetime, so please consider how you may contribute to maintain the building, the worship and the fellowship of our lovely church. We receive no financial help from The Church of England, in fact we have to pay a 'Ministry Share' to the Diocese of around £15,000 annually, even while we have no Minister, as we are in a 'Vacancy'!

Thank you  
 Frank Harriss, Treasurer



### Lest We Forget

**Saturday 8 November, 10.00am – 1.00pm**  
**Castlemorton Parish Hall**



An exhibition of World War memorabilia supplied by residents follows the interest in last year's project of the restoration of Castlemorton War Memorial. This is an informal event offering the opportunity to view and read the information available.

If you have any memorabilia you would like to share with others, please contact:  
 Christina Leake: 01684 310409 Email: [christinamorlea@gmail.com](mailto:christinamorlea@gmail.com)

# CaCoffany!

St Gregory's Church, Castlemorton  
WR13 6BQ

**Saturdays**

6 September, 4 October, 1 November  
6 December (Christmas Special)

**10.00 – 11.30am**

**A monthly coffee morning with the  
chance to sing uplifting hymns and  
listen to guest musicians**



**10.00 Singing favourite hymns**

**10.20 Guest musicians**

**10.30 Singing favourite hymns**

**10.50 Coffee, cake and chat**

**No admission charge  
All welcome!**

# Kaleidoscope



*A lay-led, relaxed and informal service  
featuring a variety of worship music*

**Our next Kaleidoscope is on**

**Sunday 14 September at 6.30pm**

when we shall be exploring the character of  
Mary, the mother of Jesus,  
through readings, music, prayer and a short address.



Do come along and join us – the service will be  
followed by refreshments.

All are very welcome!



THE FRIENDS OF MALVERN PRIORY  
HERITAGE & FAITH LECTURE 2025

**Tales in Oak:  
the Medieval Misericords  
of Great Malvern Priory**

a talk by Katherine Little



followed by canapé refreshments

**Great Malvern Priory  
Saturday 27<sup>th</sup> September at 6.30 pm**

Tickets at £15.00 are available from: The Friends' Shop in the  
Priory, Malvern Tourist Information Centre (TIC),  
and online at [www.ticketsource.co.uk](http://www.ticketsource.co.uk)

Castlemorton Environmental Group



**The Butterflies of the Malvern  
Hills & Bringing Back the Lost  
Fritillaries...**



CEG invite you to a talk by Mel Mason Vice-chair of Butterfly  
Conservation West Midlands and Malvern Hills Butterfly  
Conservation Project Leader

Join us for a talk about the past and present butterflies of the  
Malvern Hills and on how species are being reintroduced.

**Castlemorton Parish Hall  
Thursday 25<sup>th</sup> September at 7:30pm**

Entry £2.50 cash, with tea or coffee and biscuits provided.

*This event is sponsored by Castlemorton Parish Council*