



Chepstow Parish Magazine

**PENTECOST
2021**

**—the Spirit of Truth who goes out from the Father—
John 15:26**





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PARISH INFORMATION
www.chepstowparish.co.uk

Vicar	The Revd Philip Averay	620980
Curate	The Revd Lea Ryder	
Lay Readers:	Joyce Amphlett	626445
	John Gale	629753
Lay Eucharistic Ministers:	Susan Amos, Catherine Higgs, Kevin Higgs, Noreen Shaw	
Eucharistic Assistants:		
Wardens:	Noreen Shaw	624038
	Kevin Higgs	624026
PCC Secretary		
PCC Treasurer		
Parish Administrator	Noreen Shaw	624038
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Director of Music	Brian Ellam	
Verger, St Christopher's	Valmai Pegg	626340
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GOOD NEWS

SUNDAY MORNING WORSHIP

SUNDAY MORNING WORSHIP IS NOW TAKING PLACE IN ST MARY'S PARISH CHURCH ON THE FIRST AND THIRD SUNDAYS AT 10.00am AND ON SECOND AND FOURTH SUNDAYS AT ST CHRISTOPHER'S CHURCH AT 10.00am.

**All 10am services are live-streamed on Zoom.
Follow Link below**

Sunday Morning Worship

JOIN US VIA ZOOM
THE LINK CAN BE FOUND ON OUR
FACEBOOK PAGE: ST MARY'S PARISH & PRIORY CHURCH,
CHEPSTOW
OR WEBSITE: WWW.CHEPSTOWPARISH.CO.UK
OR
WATCH THE LIVESTREAM ON YOUTUBE
SEARCH: CHEPSTOW PARISH

Join us and be blessed

CHURCH SERVICES - ALTERNATIVE SUNDAYS

Services at St. Mary's Priory & Parish Church

Sundays (First and Third Sundays)

8.00.am. Holy Eucharist (1984 prayer book)

10.00.am. The Parish Eucharist (2004 prayer book)

(On the 4th Sunday of the month the Parish music group leads All-age Family Worship at the Parish Eucharist)

(When there is a 5th Sunday we use the 1984 Prayer Book)

6.30.pm. (2nd Sunday) A service of Taize Prayer & music

Weekdays

Wednesdays **10.00.am.** Holy Eucharist & address
Celebrations on Holy Days as announced in notice sheets

Services at St. Christopher's Church, Bulwark

Sundays (Second and fourth Sundays)

10. 00am. Morning Worship & Holy Communion

Weekdays

Fridays **10.00.am.** Holy Communion & address

Every Monday—Vicar's rest day

CARE HOME SERVICE—third Thursday of month at 11.15am at
Severn View Residential Home. Contact: Noreen Tel: 624 038.

House Groups

Contact: Noreen Tel: 624 038



Archbishop's farewell message

The Archbishop of Wales thanks everyone for the kindness and compassion they have shown to each other during the pandemic, in his final video message before his retirement.

[Archbishop's farewell message - The Church in Wales](#)

Archbishop John Davies also hopes the goodwill will continue as Covid restrictions lift and won't "vanish with the pandemic".

Archbishop John, who will shortly celebrate his 68th birthday, retired on Sunday May 2 after serving as Archbishop of Wales for four years and as Bishop of Swansea and Brecon for 13 years. The 13th Archbishop of Wales, he was also the first Bishop of Swansea and Brecon to be elected as Archbishop. His final service was at Brecon Cathedral.

Thanking people for their support to himself and to their churches and communities, he says, "I think it is particularly important for me to say that thank-you in the light of what's happened these past 14 months with the COVID pandemic which has challenged us all so very much in our personal lives, in our community lives and in terms of our church life.

One of the things that's emerged from those challenging times has been a huge recognition that there is a lot of goodness and kindness and compassion and love around in our communities. People have been so supportive of others in their times of need, in their times of loneliness, sadly in times of their suffering and bereavement. And I hope that's going to last, that when restrictions are relaxed and maybe when it's all over, which hopefully it one day will be, that that sense of calling to be supportive, to be compassionate, to be kind won't vanish with the pandemic – that would be such a great shame."

Continued...

Archbishop John also urged church members to embrace new challenges and opportunities and be prepared to change to be more accessible, welcoming and with refreshed teaching. He says, “I see a Church that is awakening to new challenges, new opportunities, doing things in new ways that touch people in so many new ways too. Long may that continue.””

Journey of ministry

Originally from Newport, Archbishop John has led the Church in Wales since the retirement of Dr Barry Morgan in January 2017, first as its senior bishop, and then as Archbishop, following his election in September of the same year.

He began his training for ministry following a career in the legal profession. After graduating in law from the University of Southampton, he was admitted as a solicitor in 1977, specialising in criminal law. He was heavily involved in the life of the church at parochial, diocesan and provincial level and eventually left the law for ministry and was ordained in 1984. After ordination, he completed a Master’s degree in Canon Law.

Archbishop John served in the Diocese of Monmouth in a variety of rural, post-industrial and urban parishes, and he also served as Diocesan Schools’ Officer and Officer for Ecumenical Affairs. He was appointed Dean of Brecon in 2000, and during eight years in that role oversaw significant improvements to the fabric and liturgy of the Cathedral. He was elected as the ninth Bishop of Swansea and Brecon in 2008.

He retained a keen interest in issues of crime and punishment, with a particular concern about the treatment and rehabilitation of offenders, the nature of criminality and the effects of poor social and educational standards. Having served as the chairman of the trustees of a large hospice in Newport, he also has a deep concern for the just provision of healthcare, not least for those in the final stages of life.

A former church chorister, organist and choirmaster, Archbishop John has a passionate interest in church music. He is married to Jo, a nurse, and has recently become a grandfather.

Continued...

Leading the tributes to Archbishop John, the Archbishop of Canterbury, Justin Welby said, “I have very much enjoyed working with John during his time as Archbishop of Wales. I have greatly valued his wisdom, his passion for the Gospel and evangelism, and his skill and diplomacy in dealing with often complex situations. He has been a valued colleague not only as a fellow Primate in the United Kingdom and Ireland but also in the wider Anglican Communion.”

Following Archbishop John’s retirement, the Bishop of Bangor, Andy John, will lead the Church until the election of a new Archbishop later in the year.



I believe that every Christian ought to be joined to some visible church; that is his plain duty, according to the Scriptures. God’s people are not dogs, else they might go about one by one; but they are sheep, and therefore they should be in flocks.

Charles H Spurgeon



**Have you ever had questions about the Bible?
Here's your chance to ask them.**

Within the
Scripture
there is a
balm for
every wound,
a salve for
every sore.

**Charles H
Spurgeon**

How the Bible Actually Works

**This is your chance to ask all
your questions.**

Have you
ever had
questions
about the
Bible?

The worst
forms of
depression
are cured
when Holy
Scripture is
believed.

**Charles H
Spurgeon**

“Were not
our hearts
burning
within us
while He
talked with
us on the
road and
opened the
Scriptures
to us?”

Luke 24:32

No matter how difficult, silly or wrong
you think your questions are.

**Starting Wednesday 19th May
@7.30pm for 6 Weeks
in St Mary's Priory, Chepstow**

Contact Rev Philip if you would like to attend
revphilipaveray@gmail.com - 01291 620980

You need
not bring
life to the
scripture.
You
should
draw life
from the
scripture.

**Charles H
Spurgeon**



ANNUAL REPORT 2020

VICAR'S REPORT

Dear brothers and sisters in Christ, who would have imagined the year that we have had. Personally I can't believe that it has only been just over 12 months since the first lockdown and our way of life changed so dramatically. It feels to me much longer. I want to first thank you all for sticking together through this time. For those who have quietly supported each other behind the scenes with phone calls and practical help with shopping and other matters.

The first lockdown was difficult, but manageable. This second lockdown has hit people much harder, and I have seen much more in relation to mental health issues and, unfortunately, in January and February a major spike in funerals. However the sun has returned and the vaccines continue to be rolled out an impressive pace, thanks to the NHS, so there is a more hopeful atmosphere in the air, as Covid numbers reduce and restrictions are lifted. People are starting to make plans again.

It has been wonderful to have taken my first wedding for the year and there are others planned. We are receiving requests for baptisms again too. This has been a very difficult year for us as a church, we have not always been able to open as we would have liked and it has meant that we have altered the way we conduct our services. For much of the last year we have had to conduct all our services online via Zoom. This has been extremely positive, but also has prevented some access to our services. On the positive side we have developed a wonderful online community with people in other locations around the UK and world joining us and becoming part of our family. However it has prevented those without internet or with other impairments from accessing our services and community life. To ensure the best of both worlds we have altered our service pattern to ensure that we can continue stream via zoom, whilst meeting again in person. This means that we now meet as one congregation at 10am on a Sunday, alternating between St Mary's and St Christopher's. I have seen that this has brought the three congregations closer together as one parish.

As we look forward with hope for this coming year we are going to experience some significant changes and challenges. This year will see us move into becoming a Ministry Area with the parishes of St Arvans group and Mathern group as well as Newchurch. This will be a difficult year as we transition, but I believe that it will also be an extremely exciting opportunity to engage in mission across the whole Ministry Area to draw many into Christ's kingdom. If you are at a loss as to what this is all about please feel free to discuss it with me. We will be looking to do some presentations over the coming months to ensure everyone is aware of what will change and what will remain the same.

Continued....

. Another major challenge we face is with our finances. Kevin Higgs report outlines the significant financial challenges we face going forward. I will not go into detail here, but just to say we currently cannot cover our costs by the tune of £40000 to £50000 per year. This needs to change otherwise we may need to consider closing St Mary's which constitutes the major portion of that deficit. In an effort to prevent this from happening we are going to have to appeal to the broader community of Chepstow, so over the next couple of months we will be starting a Friends of St Mary's Priory. This charity will look to fundraise to maintain St Mary's, but also to look to improve the building and bring it into the 21st Century, looking at funding the installation of toilets and new heating system just as starters. We hope that the Friends will be a successful endeavour and help prevent the need to close the building. This is where you can support us. First, once the Friends are set up you can join, but also you can encourage everyone else that you know to join as well to ensure that St Mary's remains a symbol of God's presence in Chepstow for the next 1000 years. So as in all years this will be a year of hope and challenges. I thank you for all being family in these most unusual of times.

Every blessing
Philip and Dunstan

**BLESS YOU
AUDREY—CAN I
HAVE MY TREAT
NOW?**

**Thank you,
Dunstan**



ANNUAL REPORT 2020

FABRIC REPORT

This report for the Annual Vestry meeting, spells out the achievements for 2020 and additionally work outstanding to which further attention and decisions will need to be made. Finance availability will be a major factor here .

ACHIEVEMENTS:

Following significant vandalism damage to the North Door which gives access to the Church through the Vicar's vestry, a faculty was granted for repair and agreed painting protocol. This work was accomplished to a quality finish which now enhances rather than detracts the north aspect.

A survey of energy saving and eco friendly options at St Mary's has led to consideration of which of the recommendations can be initiated. To date LED bulbs have been installed where easy access allows. Larger ideas such as solar panels and energy saving new boiler have been shared with the DAC. The best advice is that we await an ALL Wales Churches Eco Friendly Officer being appointed this year in order that advice and guidance is available to guide us on a comprehensive rather than piecemeal approach.

Notice Boards. Following faculty being obtained, new attractive traditional style metal boards have been installed at St Mary's and St Christopher's --- a vast improvement.

Installation of new water use charging arrangements at the Vicarage will lead to savings of £500 to £600 per annum.

Damage to graveyard railings. Severe damage to the railings by a commercial vehicle in November 2020 led to an approach to the County Council for repairs under the terms of a 1900 legal document. Work by the Council on this project commenced in April; the damaged railings to be removed, repaired and replaced on site.

Church Walk fallen trees. Following another series of fallen whitebeams and urgent removal, the Parish have been advised that a survey of the remaining 25 trees be undertaken. Liaison with the Council on the outcome will be essential if any trees are found potentially to be at risk.

Continued ...

Ground maintenance. The PCC, has agreed to challenge a decision of Legal Advisors of Monmouthshire County Council, that their ground work team restrict activities to the north side of Church Walk.

Memorial Garden at St Mary's. Work is on going by a volunteer group in improving this special area and exciting ideas for further enhancements are planned.

OTHER CURRENT ISSUES

Tower steps. Grants Town Council support etc will be sought for the repair of the steps, allowing access to the roof and flag pole.

Car park. Following the establishment of a Friends of St Mary's Group, discussions will commence on an eco friendly solution to a long standing problem at St Mary's.

Lighting on St Mary's norther aspect. Town Council have notified their plans to install an effective system in Church Walk. They have agreed to liaise with the PCC and Diocese on the plans which it is anticipated will obviate need for a Parish funded improvement initiative.

ST CHRISTOPHER'S ISSUES.

The Church is in a good state of repair but the latest QI identifies remedial but non urgent work that will be tackled by the Fabric Group. This includes permanent repair work at the rear of the building where rainwater has been a problem.

CAVILL HALL.

There is no current hiring of the Hall because of C19. Lack of use has brought further deterioration especially damp. Discussion on the future of the site is on going.

ST MARY S PROJECT PHASE 2. Consideration will be given to this phase of putting St Mary's into good order. This will include making good crumbling stonework especially on the west front and replacing fallen steps in the tower.

john Gale (Chair Fabric Group)

Continued ...

FINANCE REPORT

Report on the Accounts for the year ended 31st December 2020

These accounts are still draft and subject to examination by an independent examiner

The accounts are prepared according to the Church in Wales recommended format. The outcome of the inspection together with the accounts still need to be agreed by the PCC, but will be made available in both Churches as soon as these processes have been completed.

The accounts show a deficit of £41,585.74 in 2020. This is a large deficit loss and is a continuing trend of losses over the last 6 years. There has been a significant decrease in giving, which is understandable given the circumstances of the Covid 19 pandemic, and there has been no money raising activities. Our costs have been managed down significantly but we are still in a similar position as we have been over the last few years.

The Church in Wales Gift Aid scheme continues to pay Tax return to the Parish, and is the most efficient way for people to contribute with regular giving and making the life of a Treasurer so much easier. This returns monthly sums of up to £500 a month with the current giving profile.

The Parish share for 2020 is fully paid. This amounted to £38,023.59. The 5% discount continues in 2020 if we continue to commit to standing order payments on the four quarterly dates. And rebates were received from the Diocese amounting to £8,622.85

We still have a catalogue of outstanding works which needs to be done to the basic fabric of the church at St. Mary's. Plans here include the final phase of the Bell Tower, car parking provision at St. Mary's, along with roof repairs and internal work. As agreed by the PCC last year, all project work, that are not of an essential nature will be financed from funds raised specifically for that project.

Churches need average weekly contributions amounting to over £28 per person per week to be financially viable. This does not cover giving to missions and charities. Regrettably we fall short of this target despite improvement

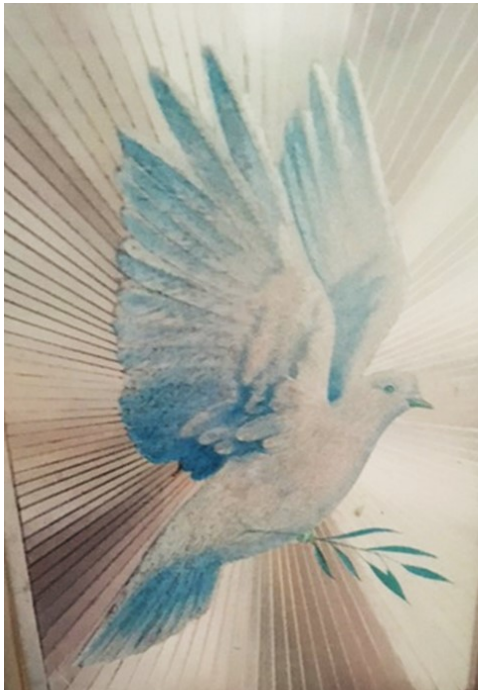
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The costs of running the Parish continue to rise with inflation; the PCC will be looking at ways of reducing costs and increasing income over the coming year

Please review your giving on a regular basis and consider whether you can increase your regular giving each year. If you are a taxpayer, it would be of tremendous help if you would consider the Church in Wales Gift Direct scheme. It is the most efficient and fastest tax reclaim scheme known to us. You could also help ensure a Church for the future through legacies, and leaving gifts in your will.

Please talk to Kevin Higgs (01291 624 026) about these options.

Kevin Higgs Treasurer



“I have much more to say to you, more than you can now bear.¹³ But when He, the Spirit of Truth, comes, He will guide you into all the truth. He will not speak on His own; He will speak only what He hears, and He will tell you what is yet to come.¹⁴ He will glorify Me because it is from Me that He will receive what He will make known to you.¹⁵ All that belongs to the Father is Mine. That is why I said the Spirit will receive from Me what he will make known to you.”

(John 16:12-15)

Is That All?

By John Lilley

Have you been to a cremation service and come away feeling that something was missing? I have, on a number of occasions. The last one I attended no one could fault 'its' sensitivity, inspired eulogies, together with music favoured by the deceased. But where was the glorifying music, and inspired Word of God? Sadness came over me at the apparent lack of recognition for God's love to us all. What would you have thought had you been there? Whenever we consider the course of our lives, do we sometimes think 'is that all?'

Following the war, and a period of evacuation, I began a career in ladies hairdressing, lasting well over two decades. It proved to be a seed bed for what was to follow. Confronted by women from different backgrounds and understanding, I was out of my depth! It caused me to enrol for evening classes, covering different subjects, in an attempt to fill the void. It turned out over time to be a 'mental maize' with endless pathways. Gradually, purpose and meaning to life became more prominent, partly as a result of conversations with clients. During this time that certain something remained elusive. Matthew 7: verses 7-8 seemed out of the question.

I just wonder, does memory have the capacity to lessen or enhance some recollections, as a result of rationalising? Allowing for this possibility, three impressions appeared bent on laying a claim as factors emerging from the 'maize'. I refer to feelings of submerged loneliness, coupled with any real sense of connection and belonging. Where did they come from and what was causing them?

While this was going on, a relationship began with a young Christian woman, who encouraged me to attend her church. This was a new experience, much to my mother's amazement I'm sure! Services at church were enjoyable with hearty singing, but the preaching was something else.

With hindsight, my attempts to reason things out were causing confusion. My companion must have been somewhat perplexed at so many questions posed, that she took me to her father to see if he could help out; no doubt wondering if an ongoing relationship was a possibility with, as yet, an unbeliever. Something would happen soon that changed everything.

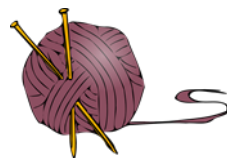
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Having no problem admitting being a sinner (Romans 3:23), we all know that deep down don't we? But understanding the Gospel was the stumbling block, that meant acknowledging my inmost need, and all The Grace of God, to show His sufficiency and accept the love of God. In church, without any appeal I went forward for salvation, admitting as never before I couldn't go on any longer. Grace had finally ousted reason for moral ascendancy. John writes, in John 1:5, 'The Light shines in the darkness, but the darkness has not understood it'. That had been my experience completely but, praise God, not any more. The Apostle Paul revealed his focus for life: 'I have been crucified with Christ, and I no longer live, but Christ lives in me. The life I live in the body I live by faith in the Son of God, Who loved me and gave Himself for me' (Galatians 2:20).

But how about the rest of us?



CHEPSTOW KNITTERS DURING LOCKDOWN



Chepstow Knitters, which prior to Lockdown has met on the 1st & 3rd Mondays of each month at 7.30 p.m. at the Methodist Hall in Chepstow, has been unable to hold these meetings because of COVID 19 restrictions, but meets fortnightly on Zoom for a chat. In addition, the Group has been active in continuing to knit for charities when requested, and in September of 2020 many of the trees and posts in Chepstow Town centre were decorated with knitted articles in the hope that sight of them would bring a smile to the lips of passers-by.

At present knitters are busy making woollen medals containing messages of hope and little knitted owls which will again be hung on trees and other appropriate places in the town, with the same aim.

Some of the charity items produced are "twiddle cushions" and "twiddle blankets" for people in hospital, care homes or those being cared for at home, whose memories may not be as good as in the past. Chepstow Knitters would like to hear from parishioners who know anybody who would like twiddle cushions or the blankets; they might be appreciated by people who are housebound. If anyone knows of people in this situation would they please contact Dilys Gale on 01291 629753.

HOW TO BE CHARITABLE WHEN MONEY IS TIGHT

If there's one thing the COVID-19 pandemic has shown us, it's the power of charitable giving. According to a special giving report from the Charities Aid Foundation (CAF), support for NHS-linked charities skyrocketed in 2020. It just goes to show what's possible when collectively we all get behind a cause. Perhaps you want to get involved and give to the causes you care about, but money is already so tight that you don't see how it's possible. Good news! There are lots of other ways to support your favourite charity and make a difference.

Make use of social media

Facebook has a feature which allows you to set up a fundraising pot for your friends and family. Why not create one for your birthday and ask people to donate instead of buying gifts? Simply log in to your Facebook page, click to create a post and select 'Raise money' to get started.

Get sponsored

The pandemic has shown that we don't need to venture far to do something worthy of raising lots of funds. Look at the late Captain Tom who raised millions for the NHS without leaving his garden! There are various websites available that allow you to set up a fundraising pot and gain sponsorship, most of which won't cost you anything. What activity could you get involved with to help raise vital funds for a worthwhile cause?

Do what you love

Fundraising doesn't have to be all about athleticism. Maybe running a marathon or skydiving is never going to be your thing. Think about what you enjoy doing or what skills you have – how could you turn these things into fundraisers?

If you love video gaming, you could do a sponsored 24-hour game-a-thon. If you're into crafts, consider if you could make something to share with friends and family to raise funds. Your handiwork could even benefit a charity directly – for example, you can support your local neonatal unit by knitting or crocheting items for premature babies. See bliss.org.uk/support-bliss/volunteer/knit-for-premature-babies to find downloadable patterns. Challenge yourself, have fun, and make a difference in the process.

Continued.....

.Volunteer your time

Finding ways to be charitable that fit into your lifestyle is a really easy way to make an impact. You could find out more about volunteering at your local foodbank for one afternoon per week, or support a neighbour by collecting shopping or medicines for them. Your time can prove just as precious as your money – if not more so.



TROUBLESOME WEEDS

As our gardens grow, the weeds grow with it! Frustrating for many, weeds can damage the plants and lawns we so carefully tend to all year round. There are a number of ways to keep those pesky weeds at bay:

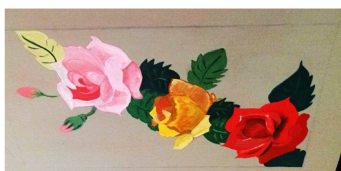
Weed Regularly - weeding little and often keeps the weeds at bay and stops them growing larger, spreading seeds and generally becoming troublesome. Use **hand tools** to dig them out (ideally when wet) or a **hoe** when the ground is dry to slice off weeds just under the soil line.

Mulch - mulch benefits plants by keeping the soil cool and moist and depriving weeds of light. You can use a **manure** or **bark chips** as an effective mulch, just make sure you create a surface around 2 inches thick.

Gapless Planting - the less light there is, the less weeds grow. Planning your garden carefully when planting can mean less gaps in between plants, and less weeds.

Use a Suitable Weedkiller - if all else fails, a weedkiller applied to the leaves of the offending plant will help kill it to the roots. Make sure to follow the instructions and not spray on your healthy plants.

TOP TIP - bindweed an issue? Train it to grow up some bamboo canes, rather than through your plants, then apply a weedkiller.



FROM THE POTTING SHED AT GROWING SPACE TREDEGAR HOUSE, NEWPORT.

Hello everyone,

Well finally some of the volunteers were able to return to the gardens at Growing Space HOORAY Yes we returned on Thursday 29th April 2021 for our first day since lockdown 19th December 2020. I was very pleased to be able to be back in my usual place **THE POLYTUNNEL** in the **OR-CHARD** and some of the volunteers were spread around the garden, some in the slip garden and some in the Laundry garden.

Since our return to Growing Space several new supervisors and work experience clients have joined us. The new members who are on work experience are with us for a period of 6 months which is wonderful as we can get to know them.



Whilst we have been in lockdown the inside of the shop has had a refit with new shelving, which has been made by the woodworking department. The new shelving and tables look fantastic and make the shop look professional and in keeping with the shop panels. Michelle has also been doing her artwork on glassware, the design being of a dragonfly, different types of buildings and a Doctor Who telephone box and flowers, and fish. Michelle has also been decorating bird boxes with flower designs. Michelle has also been experimenting with shell painting.



Please come and visit the shop and support us.



We have been busy planting seeds such as Petunia Confetti, Dahlia, Mignon mixed, Nicotinic and Ageratum. Next week we will be planting other varieties of flowers and seeds and vegetables.

Margaret Higgs



FOODBANK NEWS

The Trussell Trust has a network of over 420 foodbanks, which work out of more than 1,200 centres across the UK and provide emergency food to people referred for support.

Between 1st April 2020 and 31st March 2021, foodbanks in the Trussell Trust network of foodbanks distributed 2.5 million emergency food parcels. In an 'unprecedented' year when COVID-19 impacted the world, this was a 33% increase on the previous year.

Here in Chepstow, referrals to the foodbank increased by 15% in 2020/2021. **649** referrals were made. The number of people fed last year actually decreased as we fed more single people and less families than the previous year. 60% of the people we fed in 2020/2021 were single people with a total of **1209** people being referred to the foodbank. The number of families being referred to the foodbank decreased by 10% compared to 2019/2020.

Thanks to your generosity, we were able to ensure each person who was referred by a professional, received enough food to last for more than three days and everyone received essential toiletries

We are grateful that we can support those in our community who face emergency situations meaning they have no money to buy food, but we really wish foodbank's weren't needed in the UK. We are now campaigning for a Hunger Free Future to see an end to hunger and destitution in the UK.

Our latest report reveals the extreme poverty faced by people at food banks going into the pandemic, with just £248 a month on average to survive on after housing costs. That money needs to cover energy and water costs, council tax, food, and other essentials. This is unacceptable.

Continued ...

It's time for change – and that will only be possible as we raise our voices together to call for an end to the need for food banks.

We need your help. We're calling on government at all levels to commit to ending the need for food banks and developing a plan to do so, and we need you to get involved. **Contact your MP or MSP now and make your voice heard.**

[Read the report here](https://www.trusselltrust.org/state-of-hunger/) <https://www.trusselltrust.org/state-of-hunger/>

In Chepstow, foodbank volunteers are working with the referral agencies and Local Authority to ensure that we see a decrease in the number of people in our town facing food insecurity. We are working hard to ensure that everyone who is referred to the foodbank has the right long term support to stop them going back into crisis situations where they have no money for food. Since March 2020, we have seen more support than ever for people referred to the foodbank and we believe that this has also led to the decline in the number of people using our foodbank last year. We are hopeful that working with referral agencies we can see this number decline again this year.

GIVE HELP DONATE FOOD

Following lockdown and the COVID-19 pandemic our foodbank is open for clients and referral agencies to collect food. The foodbank relies on your goodwill donations and community support. **THANK YOU FOR SUPPORTING US AT THIS TIME!**

Over 90% of the food distributed by foodbanks in The Trussell Trust network is donated by the public – that's why your food donations are absolutely vital to our ability to give everyone referred to us a balanced and nutritious three day supply of food.

Our shopping list below shows the food items that we need right now.

CURRENTLY NEEDED ITEMS

- **TINNED FRUIT**
- **TINNED RICE PUDDING AND TINNED CUSTARD**
- **TINNED CARROTS AND POTATOES**
- **TOOTHBRUSHES**
- **TOILET ROLL**

FEMALE HYGIENE PRODUCTS - SANITARY TOWELS AND TAMPONS

If you are happy to drop off food donations, please see below for our food collection point locations:

Tesco Superstore Chepstow 6.00am –11.00pm Food purchased from the store can be left in the box at the exit to the store (near post-box)

The Bridge Church (Wednesdays)

Chepstow Baptist Church (Fridays) 10.30 – 11.30am

Please wear a face covering

Lidl 8.00am—10.00pm A box at the exit to the store

Tesco collection points are intended for food that has been purchased by in-store shoppers only. Any food that has been purchased in a different store and brought into a Tesco store for collection should be sealed by the Donor and clearly labelled as having been purchased elsewhere.

We always welcome donations and promise to use them to provide help to people in crisis. Occasionally we send food to other nearby foodbanks to support their work particularly if they experience shortages. This ensures your donations go to help people wherever in Wales they are.

Please contact us if you have any questions about donating food.

We have the most amazing team of 21 volunteers! They all love being together and make team work a dream. Thank you to every volunteer who donates hours of love and dedication to our community.

WHAT'S IN A FOOD PARCEL?

Our foodbank provides three days of nutritionally balanced, non-perishable food. The Trussell Trust has worked with nutritionists to ensure food parcels contains sufficient nutrition for at least three days worth of healthy, balanced meals for individuals and families.

A TYPICAL FOOD PARCEL INCLUDES

- | | | |
|---------------------|---------------------|---------|
| • Breakfast cereals | • Tinned beans | • Sugar |
| • Pasta | • Tinned meat | • Soup |
| • Pasta sauce | • Tinned vegetables | • Rice |
| • Snacks | • Tinned fruit | |
| • Biscuits | • Tea or coffee | |

Our foodbank can usually adapt food parcels to meet dietary needs, for example, gluten free, halal or vegetarian

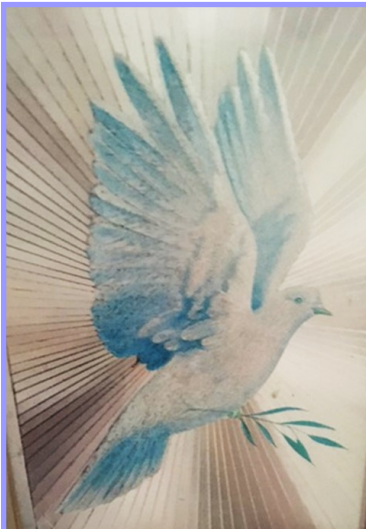


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But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth (Acts 1:8)



And the Holy Spirit descended on Him in bodily form, like a dove; and a Voice came from Heaven, "You are My beloved Son; with You I am well pleased." - (Luke 3:22)



RNLI launches their Mayday appeal with 100m sand lifeboat

Fundraising in aid of the RNLI



Copy link to watch the boat being created on <https://rnli.org/video-player/1DF69C5C-3AFE-42E7-AD567B988D06A198>

- New data has revealed the RNLI lifeboat crews and lifeguards saved 349 lives in 2020, almost one life every single day.
- In the summer months alone, RNLI lifeboat crews saved 140 lives, a 32% increase on the previous year.
- But with lockdown easing, the charity expects this summer to be their busiest yet.

The RNLI is putting out an urgent Mayday Call - asking the public to go the distance and take part in their 'Mayday Mile' challenge to raise vital funds for their brave lifeboat crews and lifeguards.

With lockdown restrictions easing once again, and huge numbers of people planning to 'staycation' at the British coast, the RNLI are anticipating that summer 2021 will be their busiest yet – but more funds are needed to ensure that their lifesaving service is able to keep everyone safe.

Continued ...

In preparation for the busy summer period, the RNLI are putting out their own urgent Mayday call, by asking supporters to take part in **The Mayday Mile**. Whether you choose to swim it, run it, cycle it, dance it or simply walk it, The Mayday Mile challenges you to cover one mile in any way you like between **Saturday 1 May – Monday 31 May**, whilst raising vital funds to ensure RNLI Lifesavers can continue to keep people safe at the coast. Standing at the back of the striking 100m anamorphic lifeboat – which was created by the RNLI alongside expert sand artists, Sand in Your Eye – is a RNLI crew member, to give the illusion that the craft is answering a Mayday call out at sea. The lifeboat's bow features the number **349**, to highlight the number of lives that were saved by the charity's brave lifeguards and lifeboat crews last year

'Through The Mayday Mile, we're hoping to raise enough funds to keep crews and lifeguards kitted and trained to deal with emergencies – and to come home safe themselves. So please answer our Mayday call and help us to get one step closer to the happy, fun, and safe summer which we all deserve this year!' **The Mayday Mile challenge will be running as part of the RNLI's wider Mayday fundraising campaign from Saturday 1 May to Monday 31 May. To sign up and log your miles – or to simply make a donation to support the Mayday campaign, visit [RNLI.org/SupportMayday](https://www.rnli.org/supportmayday)**

How your money helps:

- £25 could provide a pair of sea-going gloves to protect the RNLI's lifesavers from wind-chill and rope burn.
- £55 could buy a pair of sturdy, protective, non-slip boots to keep volunteers sure-footed at sea.
- £100 could help the RNLI to bring water safety lessons to school children for the summer season ahead.

How to stay safe this summer:

- Protect and keep an eye on your family.
- Stay together and do not use inflatables.
- In an emergency dial 999 for the coastguard.



From the Editor's Desk

I don't like to cheer too loudly but it looks like we could be seeing a light at the end of the tunnel with the lifting of some covid restrictions. At the time of writing it seems peculiar that I can hug someone in Tutshill but not in Bulwark!



Summer is approaching and I hope the covid restrictions will be lifted enough for you to take a holiday with loved ones, or at least visit them. I don't think I will be able to, as my Sister lives in Canada and covid is still pretty bad there.



The face of Chepstow town is changing. Hopefully it will encourage more shoppers to come into town now that there is no traffic in the High Street. It is encouraging to see two new cafes opening. One in the High Street called *Marmalade House Tea Rooms*. The other is *Toast*, - which can be found at the rear of the Upcycle building near Chepstow Railway Station. Monmouthshire Upcycle, have joined forces with this popular café which used to be situated in Tuts hill.

It is so good to see the Churches open again for Services. Please come along and worship the Lord in the Beauty of holiness. Take note of venues for each week. *Give unto the LORD, O ye kindreds of the people, give unto the LORD glory and strength.*⁸ *Give unto the LORD the glory due unto His name: bring an offering, and come into His courts.*⁹ ***O worship the LORD in the beauty of holiness: fear before Him, all the earth.*** (Psalm 96:7-9)

HOPE YOU WILL HAVE A LOVELY SUMMER SEASON. GOD BLESS YOU ALL AND KEEP YOU SAFE



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