

St Gregory's Church Castlemorton WR13 6BQ

NEWSLETTER October 2026

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Further information at https://berrowlongdon.org.uk

Dear Friends,

When I was a GP, one of the commonest problems I encountered in practice was anxiety - either as a primary complaint or as contributor to a host of other problems. Of course, it's not a new thing: we read in the Apocryphal book of Ecclesiasticus (written about 200BC), 'Jealousy and anger shorten life, and anxiety brings on old age too soon.' But Seneca (Stoic philosopher), writing nearly two millennia ago, helpfully reminds us that 'our troubles spring more often from fancy than reality.' Indeed, developing the thought, some wit commented, 'Don't tell me that worry doesn't do any good. I know better. The things I worry about don't happen!'

Yet, though we might agree that our worries and anxieties are often overblown, we can't deny that we get them. How do we avoid (as Ecclesiasticus says) bringing on old age too soon?

Google will give you sundry helpful approaches: breathing patterns, grounding techniques, sensory shock even (keep a chilli pepper in your pocket? Or get slooshed with a bucket of iced water?), or a variety of psychological approaches. I don't decry any of them, but I think the apostle Paul has a better way.

He writes (Philippians 4:6-7, Message version) 'Don't fret or worry. Instead of worrying, pray. Let petitions and prayers shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the centre of your life.'

Forgive me if you've heard me say this before, but I am always moved by the writing of Corrie ten Boom, a wonderful Dutch lady who harboured Jewish people being hunted by the Nazis in WW2. As a girl, at one point she was terrified that she would die, and was very distressed in the night. Through her weeping, she told her father of it. He sat on the bed and asked: 'When you travel by train to Amsterdam, when do I hand you the ticket?' She said: 'Just before I get on the train.' 'Exactly', said her father. 'And our wise heavenly Father knows when we're going to need things too. Don't run ahead of Him, Corrie. When the time comes that some of us will have to die, you will look into your heart and find the strength you need - just in time.'

Let's live like that! And whether you're a Christian or just curious - there's always a warm welcome at St Gregory's.

Michael Harper
Licensed Lay Minister

Diary Dates

Services across the Berrow and Longdon benefices

Sunday Trinity 18	4 October	**11.30am** 5.00pm 6.30pm	**Harvest Communion** Evensong Start The Week	**Queenhill** Hollybush Castlemorton
Sunday Trinity 19	11 October	8.30am 10.30am 6.30pm	BCP Holy Communion Holy Communion Kaleidoscope	Bushley Birtsmorton Castlemorton
Sunday Trinity 20	18 October	**10.30am** 10.30am 6.30pm	**Harvest Festival** All Age Worship Start The Week	**Castlemorton** Eldersfield Castlemorton
Friday	23 October	2.00pm	School Harvest Festival	Castlemorton
Sunday Trinity 21	25 October	8.30am **10.30am** 10.30am 6.30pm	BCP Holy Communion **Harvest Communion** Holy Communion Start The Week	Eldersfield **Longdon** Berrow Castlemorton
Saturday	**31 October**	**3.00pm**	**All Souls' Day Service**	**Hollybush**
Sunday All Saints' Day	1 November	10.30am 5.00pm 6.30pm	Holy Communion Evensong Start The Week	Queenhill Hollybush Castlemorton
Remembrance Sunday	8 November	8.30am **10.45am** **10.45am** **10.45am**	BCP Holy Communion **Remembrance Service** **Remembrance Service** **Remembrance Service**	Bushley **Eldersfield** **Castlemorton** **Queenhill**
2nd Sunday before Advent	15 November	10.30am 10.30am 6.30pm	All Age Worship Family Communion Start The Week	Pendock Cross Castlemorton Castlemorton
Sunday next before Advent	22 November	8.30am 10.30am 10.30am 6.30pm	BCP Holy Communion Holy Communion Holy Communion Start The Week	Eldersfield Longdon Berrow Castlemorton
Advent Sunday	29 November	10.30am	Advent Communion	Bushley

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

All Souls' Day, Harvest and Remembrance services are shown in bold print for ease of reference. Please note the start times which may be different from usual.



Remembrance Sunday – Sunday 8 November



There are several acts of worship which will be held on Remembrance Sunday across our two benefices to remember those who paid the ultimate sacrifice for the freedom we now enjoy. All are welcome to join us for any of the services listed.

Please note the later start time of 10.45 for the services at Castlemorton, Queenhill and Eldersfield which will allow us all to take part in the period of silence observed at 11.00 during the Act of Remembrance.

Other Events at Castlemorton and in the wider area

Saturday	3 October	10.00 - 11.30	CaCoffany	Castlemorton
Tuesday	13 October	10.30 - 12.00	Bible Study	Tudor House, Fisher's Place, Pendock
Saturday	17 October	12 - 3.00pm	Pumpkin Festival	Berrow Village Hall
Friday	23 October	7.30 - 9.00pm	Bellringing practice	Castlemorton
Saturday	7 November	10.00 - 11.30	CaCoffany	Castlemorton
Tuesday	10 November	10.30 - 12.00	Bible Study	Tudor House, Fisher's Place, Pendock
Friday	27 November	7.30 - 9.00pm	Bellringing practice	Castlemorton



Harvest Thanksgiving at St Gregory's, Castlemorton
Sunday 18 October – 10.30am



St Gregory's welcomes donations for Ledbury Food Bank at the Harvest Festival Service on Sunday 18 October. Details of what is most needed may be found at the website:

https://www.ledburyfoodbank.org

During our service, we shall be hearing from a local farmer about the challenges of this year's work and also from a representative from Farming Community Network, outlining the work of this charity, which we are supporting this year.

Please note that this is a non-eucharistic act of worship, so Holy Communion will not be available.

Do come and join us for an uplifting service of thanksgiving followed by a time for 'Bring and Share' refreshments (light bites please). If you could bring a plate of light bites, that would be much appreciated. Drinks will be provided.



All Souls' Day Service, Hollybush Church

Saturday 31 October - 3.00pm

All are welcome to join us for a service to remember and give thanks for the lives of loved ones. This year the service will take place at All Saints, Hollybush at **3.00pm on Saturday 31 October** when we shall spend time in remembrance and reflection.

There will be music, poetry, prose and prayer and an opportunity to light a candle in memory of a loved one.

Tea, biscuits and a time to talk will be available afterwards.

CaCoffany!

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Saturdays

3 October, 7 November,
5 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, bible readings, prayer and a short address.

Sunday 11 October at 6.30pm



We continue to examine a phrase of The Lord's Prayer each month.

The theme in October will be

'But deliver us from evil'

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

All are very welcome!

Parish News

We were saddened to learn that Roger Howells died recently and also of the passing of June Roundhill, who supported St Gregory's over the years. We hold both families in our thoughts and prayers as they prepare for the funerals.

We look forward to seeing Sue Merrick back with us soon; she appears to be making good progress following her recent surgery. She too is remembered in our prayers.