



# PARRETT TALK

**Kingsbury Episcopi Area Newsletter - Issue 179    March and April 2024**

## PARRETT TALK – 30TH BIRTHDAY EDITION

Twenty years ago, we recollected, wryly, that when this newsletter started one particular member of the Parish Council darkly predicted that it wouldn't last – neither, he considered, would the May Festival.

Articles in that first edition (1994) included one about the National Rivers Authority (Roy White), information about the

forthcoming May Festival (the second, Parrett Talk had emerged from the first festival in 1993), a bid by the District Council to the European Union for funding to set up the Parrett Trail and a review of the recent community opera "The Floodgates". If there was a dearth of items to be put in, it was not unknown for the committee to pen a few to fill up the space!

Later that year Avon Bulbs at Middle Lambrook won gold at the Chelsea Flower Show and the new "Neighbourhood Watch" for the village was about to be launched.

The grandly-named "editorial committee" consisted of Marina Robertson, Terry Andrews, Kevin Katner, Clifford Mounter, Maralyn Longman, and Ben and Stephanie Shillito.

Some of us are still here, as well as some of Parrett Talk's first deliverers too!

It is estimated that 111,780 copies have been delivered over 30 years.



**The aims of Parrett Talk set out in 1994 and still maintained today.**

- To provide information and news which will serve the community with no partisan bias.
- To be distributed bi-monthly at no cost to recipients.
- The cost of producing the newsletter to be raised through local sponsorship and adverts relevant to parish activities.



**6<sup>th</sup> May  
Kingsbury May Festival  
11am – 5pm**



**Sponsored by  
Kingsbury Episcopi Parish Council**



## Running in aid of Parkinson's UK

I have lived in Kingsbury Episcopi for 20 years and many people may recognise me as the person who runs around the village in brightly coloured leggings or shorts..! My father Jim was diagnosed with Parkinson's disease in 2015. As a result, it gave him a slowness of movement, muscle stiffness and tremors. However, his determination made him go out on to his driveway with his "Walker" in an effort to keep muscle strength in his legs. He found it hard living with a disease that is degenerative and has no cure. Seeing my father coping so admirably and fighting so hard against this horrible disease, I have always wanted to do my bit and raise as much money as I can to help find a cure. I have never run a marathon before but want to challenge myself to achieve something that will go towards ending the pain for those people with Parkinson's disease and support those in need.

I have entered the London Marathon on the 21st of April 2024 to raise money for Parkinson's UK. Sadly though, my father passed away unexpectedly on the 8<sup>th</sup> of February and as such I will also be running the marathon in his memory. The challenge is double edged with a strict 16-week training programme to get me through the 26.1 miles distance and the requirement to raise £2,100 for the Charity.

The following link will give access to anyone who would like to give a donation, any donations will be gratefully received

and make such a difference to people suffering with Parkinson's disease.

There is also a QR code that can be used.

<https://www.justgiving.com/page/julian-parkinsons>

Thank you for taking the time to read this and for any donations that are made, if you see me out running through the village please give me a wave - it will be much appreciated.

Julian Unthank

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

*Thank you!*

If you noticed a slight change in layout in last November and December's edition Parrett Talk, that was because Martin Deady from East Lambrook kindly stepped in to publish that edition. Thank you, Martin.

## Parrett Talk

Is compiled by:-

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Please give contributions to one of the above. Or e-mail: [parretttalk@gmail.com](mailto:parretttalk@gmail.com)



## Our Hundred - Heritage Matters.

A supplement outlining the work of the first year of this 5-year project has been delivered to every household in the parish. Further copies have been placed in key venues. Please pass on to friends and families. Our thanks to the parish council for their

support with this publication.

We are still in the queue for an 'expert' to examine and give us some insights into the 'finds' that were dug up in the test pits at East Lambrook last August, during the Digging About Community Archaeology Summer School. Patience is a key attribute for the work of archaeology. One item, found quite by chance, during the preparation for last year's summer school, is this Neolithic/ Stone Age flint tool. About 4000 - 5000 years ago, this worked flint was in the hands of our ancestors and here it turns up some 60cms deep in the soil in East Lambrook. This find has been reported to the County's Portable Antiquities Officer. It will be returned to the landowner on whose land it was found. The following link will take you to a short film on the KTT website of a colleague talking about the flint tool, after an initial brief examination.

[www.kingsburytimetravellers.org.uk/heritage-matters/digging-about/](http://www.kingsburytimetravellers.org.uk/heritage-matters/digging-about/)



## Adult Summer School Opportunity – Settlement Study & Research

Last year during the summer months we also ran an adult summer school based on family history. This year our aim is to provide opportunity to help develop trails around the parish. These will help to record and illustrate how our local surroundings have evolved. It will involve looking at the historic fabric of our surroundings, our buildings and spaces, old maps and other records which help to detail lives lived centuries ago. ***If buildings could talk.*** In cities and towns you have such things as town trails..... the same can happen here for our buildings, our surroundings. The parish contains the stories of amazing, entrepreneurial, energised men and women whose work and contributions have ranged far and wide. Very different from the thought that - nothing has ever happened here. Quite the opposite. Get in touch if you feel you might have an interest in local history, if you are curious to find out more about where you live, if you are interested in spending a few hours over a number of evenings with others, using old maps and documents. The map extract above is from Benjamin Love's Maps of the parish made 200 years ago in the 1820's. Source: South West Heritage Trust. Note the two ponds – one large in the triangle, the other in Church



Street. St Martin's Church - top right hand corner. The buildings are surrounded by orchards. The intention will be to meet one evening a week over a period of five weeks and see what we can arrive at. It will involve 'fieldwork', looking about, recording and researching – nothing too difficult or taxing – but a voyage of discovery.... There are 12 places available. If interested please contact: [kingsburytimetravellers@btinternet.com](mailto:kingsburytimetravellers@btinternet.com) & / or 01935 822654

## Less is more – How a lighter touch heals more deeply

### What Is Upledger CranioSacral Therapy?

We thought it might be helpful to highlight the therapies we use so you can better understand our approach. In this issue I'll explain about Upledger CranioSacral therapy (CST). One client's testimonial summarised it perfectly:

***"Cranial Sacral is fascinating and unlike anything I've experienced before. It aligns both body and mind to bring about natural healing, both physically and emotionally. Just one treatment has had a profound effect."*** T. Miller

The light-touch approach to CST allows us to work more deeply as the body doesn't tense to protect itself. The aim is to release unwanted tension (physical and emotional) within the body and throughout the CranioSacral system – the home of your brain and spinal cord – bringing it back to a place of self-healing and recovery.

### What Can CranioSacral Therapy Help With?

Clients have found CST helpful for a variety of issues from headaches and migraines, recurring / chronic joint pain, to greater emotional well-being. With a light touch we can feel where the body's struggling the most. I work with your body, guided by its inner wisdom, to release tension in the safest, most efficient way.

We begin somewhere seemingly unconnected to where your pain is, but pain is often the end of a chain of stress and compensation patterns that your body knows how to unravel. Such as hip pain that was due to surgical scar on the opposite lung, or headaches that started in the pelvis. One client's recurring

shoulder pain was actually their body holding onto the stress and memory of an event years before.

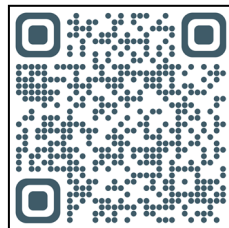
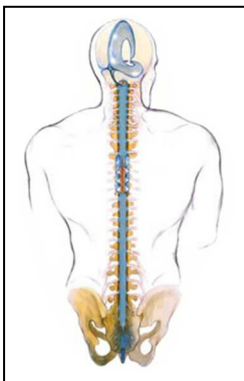
Whilst I do use CST in isolation, I often blend it with other modalities such as visceral or scar work if it will benefit you.

To find out more about this gentle but powerful whole person therapy the visit our website or scan the QR code.

<https://itsallabouthealth.co.uk/upledger-craniosacral-therapy/>

If you would prefer to have a chat phone us on 01935 507910.

**To your health, Lorna**



## Calling children and young people

We always welcome articles, photos and news and we would particularly love to receive contributions from young people. If you are about to undertake or have completed a challenge recently, have something of interest to share with the parish or are a budding journalist please contact Parrett Talk at [parretttalk@gmail.com](mailto:parretttalk@gmail.com)

## Costs

At present the average cost of printing each edition is £216.00. We currently charge sponsors £130 for one edition and we have a sliding scale for adverts and articles depending on the size. For many years, The Parish Council have generously subsidised the shortfall between cost and income. If anyone would like to sponsor an edition or make a donation please contact **Annie White 01935 823898**





**Save the date!** The 2024 Kingsbury May Festival will be taking place on Monday 6<sup>th</sup> May and it's going to be another amazing, fun filled day for all the family. This year's theme is 'Year of the Insect' and we are switching things up a bit with the creation of a new 'Theme Zone' based in the church car park in Church Street, which will be dedicated to all things bugs & insects!

Entry to the festival is from 11am and the traditional

festival programme kicks off at 12pm with the Green Man Procession followed by the opening speech and Kingsbury Song and our fantastic maypole dancers.

There will be live music throughout the day, arts & crafts galore, classic cars, a dog show for your four-legged friends, a fantastic raffle with some amazing prizes (more details to come!), loads of activities for children (and adults!) of all ages, the cider bus is back, and as always, we have a wide variety of fantastic food stalls.

In light of this year's theme, our themed 'Bug Zone' will be celebrating the incredible diversity and importance of these little creatures. They may be small but they're certainly not insignificant. In fact, did you know that insects outnumber us humans by 200,000,000 to 1! We'll have local experts sharing some more amazing facts about these incredible creatures, as well as plenty of fun for all the family.

As always, entry to the event is FREE by foot and bike (donations at the bike park are appreciated), and there is a £10 per vehicle eco charge if you would like to arrive by car. Keep an eye out nearer the time on social media or the Kingsbury May Festival website, where you will find all the details you need regarding road closures, parking and timings as well as all the details about the festival activities.

We can't wait to see you all there!

This event would not be possible without the tremendous efforts of all the volunteers that make this day such a success. And we need your help too! Join the Willow Workshop on April 21st, where the whole family can come along and join in the crafty preparations for the festival. In addition, we are planning a bug making day (more details to follow). And finally, to get into the spirit of this year's theme, we are going to be hosting a 'Bug Scene' competition, so get your creative thinking caps on, and stay glued for all the details!

If you're happy to lend a hand in the build-up and/or aftermath of the festival, we would REALLY value the help. We'll be reaching out nearer the time but please get in touch if you're happy to get involved.

## **Parish Litter Pick - Volunteers needed**

There will be another parish litter pick over the weekend of the 27<sup>th</sup> and 28<sup>th</sup> April 2024.

Meet outside of the **Old Post Office, Kingsbury Episcopi on the 27<sup>th</sup> at 10 am**

**and by the old telephone kiosk at East Lambrook on the 28<sup>th</sup> at 10 am.**



## **Allotments**

Spring is in the air and when better to get out in the garden and grow your own vegetables! Garden not big enough, then why not rent an allotment!

We have several vacant allotments at East Lambrook. You can start with half a plot for £7.50 or a whole plot for £15 per year.

Why not take a look at them and meet some of the allotmenters whilst you're there. Contact Sarah Potepa on 01460242369 or email [sarah.potepa@hotmail.co.uk](mailto:sarah.potepa@hotmail.co.uk)

## Lantern Procession

Despite pouring rain driven by strong winds, around forty brave souls took to Kingsbury's streets on New Year's Day, bearing lanterns to lighten the darkness and welcome in the new year. We completed quite a short circuit from the Community Centre along the Avenue, Norton Drove, Silver Street, Church Street and through the graveyard and back to the Centre: short, but quite long enough given the conditions. Then it was hot drinks and mince pies, and a good time was had by all.

Is it possible to have a new tradition? Well, hopefully that's what we are establishing – and who's to know it doesn't go back centuries if we don't tell them!

The lanterns were all made at a Workshop in December when 60 people turned up to be creative. Under the expert guidance of Maurice Fawcett, withies were twisted, bent, shaped and joined, covered with tissue and lit with fairy lights.



There were some incredible lanterns – fish, a Millenium Falcon, and stars as well as the more traditional (that word again!), pyramid shape.

The whole thing was a May Festival organised event, but the moving spirit behind it all was Maurice Fawcett.



It will happen again next year; with a workshop in December and a walk on New Year's Day.

**Watch out for the notices!**





## Kingsbury Wildlife Group

A big 'Thank You' to everyone who took part in the January Workshop to build nest boxes. The kits kindly prepared by Brian White were well received. Children and adults enjoyed making 40 new boxes (and eating Lynda's cake) resulted in over 40 new nesting homes for our local birds. One box has already seen Great Tits preparing to move in.



**Some of the things you can SEE, SMELL, HEAR and FEEL in MARCH AND APRIL around Kingsbury, West Moor and a bit further afield.**

### What can you see?

Some of our visiting birds CHIFFCHAFF, REED & SEDGE WARBLER, plus BLACKTAILED GODWITS & RUFFS may be seen at RSPB Ham Wall / Shapwick Heath. You will see lots of our garden birds busy building nests.

What date did you see your first Swallow, Swift, and House Martin? Let us know. FROG and TOAD spawn appear in ponds.

BATS start to emerge from hibernation. When they first emerge, you can see them flying during the day.

BROWN HARES boxing and chasing in the open grasslands.

BEES and BUTTERFLIES start appearing from winter sleep.

Look out for the YELLOW BRIMSTONE.



### What can you smell?

LESSER CELENDINE, PRIMROSE. You might see early COWSLIPS. BLACKTHORN bursts into flower. PUSSY WILLOW with their furry flower heads.

### What can you hear?

What date did you hear a CUCKOO this year? BLACK BIRDS and THRUSHES will be in full voice establishing their territory while WOOD-PECKERS knock on trees to communicate with others.

### What can you feel?

Look for cushions of MOSSES growing in damp places. Gently run your hands over them they are like little sponges filled with water. The LICHENS growing on walls and trees are harder and firmer to the touch, but if you are gentle, they feel like miniature branches.

At the May Festival, we have a stall and a 'Bird Spotting Challenge'. Do come and find us to take part and see the work the Wildlife Group are undertaking in our parish. Enjoy the springtime.

*Kingsbury Wildlife Group.*

Email: [Kingsburywildlifegroup@gmail.com](mailto:Kingsburywildlifegroup@gmail.com)



# PARTY BY THE PARRETT

## SATURDAY 6th JULY

1pm (gates open 12.30pm)



Main stage bands.... booked! Kids' entertainment..... booked! Sun..... requested!!! Which all means, it's time to grab your tickets for this year's Party by the Parrett! We've got a great line-up, fantastic performers and, as always, a few surprises! Our beer and tropical cocktail bars will be fully stocked and we have a wide variety of food for you to enjoy.

'Village Tickets' are currently on sale in the Community Shop. Online 'General' Tickets go on sale on the 2<sup>nd</sup> March. To ease congestion on the Main Gate at the event, paper tickets are only being sold in the Community Shop until the 31<sup>st</sup> March.

Online tickets have sold out in the past so if you want to come to this year's Party by the Parrett, please purchase your tickets early to avoid disappointment.

**VOLUNTEERS** are always needed and are greatly valued. For just 2 hours of your time, you will receive a free complimentary ticket to the event. Party by the Parrett would not happen without its volunteers so if you fancy helping with the set-up Tuesday/Wednesday evening, Thursday/Friday daytime, on the day in the bar, BBQ or main gate, or on the Sunday clear up, email Sarah at [coxysr@yahoo.co.uk](mailto:coxysr@yahoo.co.uk) To show our gratitude to all our volunteers, sponsors and supporters, you will also be invited to the PBTP Thank You Party on Friday 19<sup>th</sup> July.

KINGSBURY COMMUNITY CENTRE : REGULAR ACTIVITIES		
DAY	TIME	ACTIVITY
MONDAY	9.30am – 10.30am	Body Conditioning
	6.30pm - 7.30pm	Zumba
TUESDAY	9.30am - 10.30am	Pilates
	10.45am – 12.15pm	Yoga ( <i>term time only</i> )
	1.30pm - 2.45pm	Yoga for beginners ( <i>term time only</i> )
	Every first Tuesday Doors open 7.30pm	Kingsbury Film Night
	6.30pm - 7.30pm	Zumba (1 <sup>st</sup> Tuesday of the month from 6.15pm)
WEDNESDAY	9.30am – 10.30am	Body Conditioning
	10.30am – 11.30am	Body Stretch
	6pm – 7pm	Body Conditioning
	7.30pm – 8.30pm	Tai Chi
THURSDAY	9.30am – 10.30am	Pilates ( <i>term time only</i> )
	7pm – 10pm	Kingsbury Band rehearsal
FRIDAY	9.15am – 10.15am	Pilates
SATURDAY & SUNDAY: reserved for occasional bookings		
For class information or to make a booking please visit our website <a href="http://www.kingsburycommunitycentre.co.uk">www.kingsburycommunitycentre.co.uk</a> or call 07827 614060		



**Kingsbury Shop - local, seasonal, every day**

It's hard to beat seasonal vegetables straight from the farm, bread still warm when it arrives and milk with rich cream on top from contented Somerset cows. That's what you get at Kingsbury Community Shop and chances are you'll also have a good chat while you're here.

As well as local veg, bread and milk, the shop has pure Kingsbury honey, local cheddar, ham, bacon, sausages and meat from local butchers. If you nose around a bit more you'll find biscuits, tea and coffee from West Country suppliers, lovely cards made by local artists, local jams and chutneys, beer and cider.

The cafe keeps it local too with proper Cornish pasties (meat and veg options), homemade cakes and quiche. With spring around the corner it won't be long before locally grown flowers are back, and then it will be strawberry season again!

With easy parking, a Post Office and most household needs covered, it's a local shop that offers so much more. Run by volunteers and owned by the community, it's a shop to be proud of, delivering great local produce, every day

**News from the Methodist Church**

By the time this issue is delivered we should be through the worst half of the winter. We hope! At least looking forward to Easter. Pancakes to start with as Lent approaches, then the chocolate eggs.

Of course, we of Church persuasion, think of rather more than that. It's the beginning, and the basis of our belief in a new kind of life, as promised. New beginnings, renewed hope.

We mark this event with services, and our special 'Light to darkness' Maundy Thursday evening gathering in the Wesley Room with prayers and Holy Communion. Then we move into the Church for a candle lit journey of readings to guide us through to the Crucifixion. It's a moving event.

All are welcome to join with us, at 7pm.

On Easter Sunday morning we joyfully celebrate the Resurrection with songs of praise!

....Loudly!

Our programme of whatever we can plan here for the coming months will be assembled and in the next issue. Which will include May Festival attractions.

In the meantime, it's Coffee Pot each Friday, where much can be discovered about anything during conversations?! Aided by copious amounts of tea/coffee and biscuits. All welcome to join this friendly time of chat.

Sunday Services continue fortnightly.

All blessings **Christine Weymouth**

**St Martin's Church**

Many thanks to all of you who have so kindly responded to our recent appeal for help at St Martin's Church. We are so very grateful for your generosity and your support as we seek to address the ongoing challenges of maintaining our beautiful church, not just for ourselves, but for generations to come. We were conscious that we didn't make it clear where any donations by cheque could be sent - so please see the details printed below should you want to donate and have not been able to as yet. Thank you once again - your help is invaluable.

**Rev Paul Fillery**

Account Name: PCC Kingsbury Episcopi

Please give cheques to Nick Frost The Old Rising Sun, Thorney, LANGPORT TA10 0DR so that he can bank them with any of the income that the church receives each month. Thank you.

Parish Council Minutes

January Meeting


As part of budgeting and precept setting and discussions for the upcoming financial year, councillors considered the potential requirement for a contingency fund for loss of services currently provided by Somerset Council, and the level of grants requested from local organisations. Councillors agreed an increase of 4% to the precept, which would allow for a contingency fund and enable the council to award the full amount on each grant request. Grants were agreed for the Community Shop, Recreation Committee, East Lambrook School Rooms, Kingsbury May Festival and Parrett Talk. There remains a small unallocated grant fund which organisations may apply for during the year.

February Meeting

In conjunction with the Rusty Axe, the parish council have secured an offer for 50% funding of a new defibrillator. The Rusty Axe have already been raising funds towards the remaining costs. Thank you to everyone who has supported the fundraising activities so far. There are currently two vacancies for councillors. If you would like to find out more, please contact the Clerk or one of the councillors for more information. The next parish council meeting is Wednesday 6<sup>th</sup> March 2024 at 7.30pm.

Just to remind everyone that the next monthly Kingsbury buses to Yeovil leave the village (9.50 from The Rusty and 10.00 from the Wyndham) on Tuesday March 5<sup>th</sup> and on April 2<sup>nd</sup>. We get two hours in town and everyone is very welcome. Please kindly contact Maralyn on [maralynkayr@gmail.com](mailto:maralynkayr@gmail.com) or 07564628560 if you would like further information



<div><div></div><div>DIARY DATES</div><div>March and April 2024</div></div>			
	March 2024		
2nd	Community Breakfast	KE Community Centre	9 -11.30 am
3rd	1st Sunday		
	Morning Worship	St Martin's Church Rooms	10 am
	Morning Service	Methodist Church	10.45 am
	Evensong with Holy Communion	St James's, E Lambrook	6 pm
5th	Community bus to Yeovil		
	9.50am pick up at Rusty Axe and 10.00 at Wyndham Arms		
	East Lambrook Village Coffee Morning	E Lambrook Schoolroom	10.30 am
	EVERY FIRST TUESDAY IN THE MONTH		
	Film Club	The Great Escaper      KE Community Centre	7.30 for 7.45 pm
6th	Parish Council	KE Primary School	7.30 pm
	EVERY FIRST WEDNESDAY IN THE MONTH		

	<u><a href="#">March 2024 continued</a></u>		
8th	<b>Coffee Pot EVERY FRIDAY</b>	Methodist Wesley Room	10 am -12 noon
10th	<b><u>2nd Sunday - Mothering Sunday</u></b> <b>Holy Communion</b> <b>Holy Communion</b>	St Martin's St James's, E Lambrook	10 am 11.30 am
11th	<b>Garden and Countryside Club</b> and AGM - £15 subs due!	Lara Honnor – No-Dig Gardening St Martin's Church Rooms	7.15 pm
16th	<b>Coffee Morning</b> <b>Drop-In Lunch</b>	St Martin's Church Rooms East Lambrook Schoolroom	10 am - 12 pm 12.30 to 2pm
17th	<b><u>3rd Sunday</u></b> <b>Morning Prayer</b> <b>Morning Service</b> <b>Evensong with Holy Communion</b> <b>Still Waters</b>	St Martin's Methodist Church St James's, E. Lambrook All Saints', Martock	10 am 10.45 am 6 pm 6.30 pm
24th	<b><u>4th Sunday - Palm Sunday</u></b> <b>Benefice Holy Communion</b> <b>Matins</b> <b>Still Waters</b>	All Saints', Martock St James's, E Lambrook All Saints', Martock	10 am 11.30 am 6 .30 pm
27th	<b>Ploughman's Lunch</b> followed by either bingo or a beetle drive St Martin's Church Rooms		12 noon
28th	<b>Maundy Thursday</b> <b>Holy Communion with foot washing and stripping of altar</b> <b>Light to darkness Service</b>	All Saints', Martock Methodist Wesley Room	7 pm 7 pm
29th	<b>Good Friday Walk - In Aid of Cystic Fibrosis and Kingsbury May Festival</b> – Start: Rose and Crown car park, East Lambrook <b>Meditation around the Cross</b>	St Martin's	9.45 for 10 am start 12 noon
31st	<b><u>5th Sunday - Easter Sunday</u></b> <b>British Summer Time begins - Clocks advance 1 hour</b> <b>Morning Service</b> <b>Holy Communion</b> <b>East Lambrook</b> Joint parish service in St Peter and St Paul's, South Petherton	Methodist Church St Martin's	10.45 am 11 am 11 am

	<u><a href="#">April 2024</a></u>		
2nd	<b>Community bus to Yeovil</b> 9.50am pick up at Rusty Axe and 10.00 at Wyndham Arms <b>East Lambrook Village Coffee Morning</b> E Lambrook Schoolroom <b>EVERY FIRST TUESDAY IN THE MONTH</b> <b>Film Club</b> The Miracle Club KE Community Centre		10.30 am 7 for 7.30 pm

	<b><u>April 2024 continued</u></b>	
3rd	<b>Parish Council</b> KE Primary School <b>EVERY FIRST WEDNESDAY IN THE MONTH</b>	7.30 pm
4th	<b>Contemplative Prayer Group</b> St Martin's Church Rooms <b>EVERY FIRST THURSDAY IN THE MONTH</b>	7.30 pm
5th	<b>Coffee Pot</b> EVERY FRIDAY Methodist Wesley Room	10 am -12 noon
6th	<b>Community Breakfast</b> KE Community Centre	9 -11.30 am
7th	<b>1st Sunday</b> <b>Morning Worship</b> St Martin's Church Rooms <b>Morning Service</b> Methodist Church <b>Evensong with Holy Communion</b> St James's, E Lambrook	10 am 10.45 am 6 pm
14th	<b>2nd Sunday</b> <b>Holy Communion</b> St Martin's <b>Holy Communion</b> St James's, E Lambrook	10 am 11.30 am
15th	<b>Deadline for May/June edition of Parrett Talk</b> <b>Please note that any copy or <u>inserts</u> received after this date, may not be published or included.</b>	
20th	<b>Coffee Morning</b> St Martin's Church Rooms	10 am - 12 pm
21st	<b>3rd Sunday</b> <b>Morning Prayer</b> St Martin's <b>Morning Service</b> Methodist Church <b>Evensong with Holy Communion</b> St James's, E. Lambrook <b>Art Exhibition with Still Waters</b> All Saints', Martock  <b>Willow Workshop</b> St Martin's Church Rooms	10 am 10.45 am 6 pm 6.30 pm  11 am - 3 pm
24th	<b>Ploughman's Lunch</b> followed by either bingo or a beetle drive St Martin's Church Rooms	12 noon
27th	<b>Parish Litter Pick</b> Meet outside of the Old Post Office, Kingsbury Episcopi	10 am
28th	<b>4th Sunday</b> <b>Holy Communion</b> St Martin's <b>Matins</b> St James's, E Lambrook  <b>Parish Litter Pick</b> Meet by the old telephone kiosk at East Lambrook	10 am 11.30 pm  10 am
29th	<b>Garden and Countryside Club</b> Group visit - Brimsmore Garden Centre, Yeovil. 25% discount!	6 pm TBC