

NEW LEAVES

November 2013

Last month I recommended a book by Richard Rohr. Recently I discovered these thoughts about prayer from an earlier book of his - "Breathing Under Water".

"We ask, not to change God but to change ourselves. We pray, to form a living relationship, not to get things done for us. Prayer is a symbiotic relationship with life and with God, a synergy which creates a result larger than the exchange itself. That is why Jesus says all prayers are answered, which does not appear to be true, according to the evidence! God knows that we need to pray to keep the symbiotic relationship moving and growing. Prayer is not a way to try to control God, or even to get what we want. As Jesus says in Luke's Gospel the answer to every prayer is one, the same and the best: the Holy Spirit."

I think of prayer as becoming connected to God and reconnected with myself. It is a conscious placing of myself in the presence of God. Although I am aware of this reconnection as a great need and yearning, it is very hard to break off from the busy, hurried and fragmented existence that I lead for most of the time. Another way to describe it would be coming home to myself and coming home to God.

I may do this by sitting quietly in the Lady Chapel at St David's with a candle lit on the altar, becoming aware of another who is with me, sustaining me in life with each breath that I take. I may do it by writing in my journal, trying to express in words the feelings and events of my

daily life. Somehow this helps me to make sense of the fleeting moments, which otherwise would pass and be forgotten.

We can draw other people into this state of connectedness with God by remembering them in our quiet times, and simply holding them in love before God. The connection that we feel is the Holy Spirit, the spirit of God, alive and at work wherever people are trying to live in love and compassion for each other.

The difficult thing about prayer is giving space and priority to something which seems to have no point or purpose. There always seems to be something more urgent to do. But I have come to believe that there is nothing more important than that symbiotic relationship with God. It puts our whole life into context, and gives meaning to everything we do.

Tom



St David's Eucharist November		
November 03 : 4th Sunday before Advent		
Reading 1	Isaiah 1: 10-18	Karen Facey
Reading 2	2 Thessalonians 1: 1-12	Hilary Francis
Gospel	Luke 19: 1-10	
Time of prayer		Carol Burrows
Junior Church: Susan Mitchell		
November 10 : 3rd Sunday before Advent		
Reading 1	Job 19: 23-27a	Lawrence Sail
Reading 2	2 Thessalonians 2: 1-5, 13-end	Gina Redman
Gospel	Luke 20: 27-38	
Time of prayer		Rosemary Allen-Willcox
Junior Church: Helen Sail		
November 17 : <i>Family Service - Something different</i>		
Reading 1	~	
Reading 2	~	
Gospel	~	
Time of prayer		
<i>No Junior Church</i>		
November 24 : Christ the King		
Reading 1	Jeremiah 23: 1-6	Richard Johnson
Reading 2	Colossians 1: 11-20	Helena Walker
Gospel	Luke 23: 33-43	
Time of prayer		Ann Watts
Junior Church: Sarah Harrison		
December 01 Advent Sunday		
Reading 1	Isaiah 2: 1-5	Clive Wilson
Reading 2	Romans 13: 11-end	Cathy Knowles
Gospel	Matthew 24: 36-44	
Time of prayer		Sarah Black
Junior Church: Susan Mitchell		



Gift Aid Small Donations Scheme at St David's Church

What it's about.

This scheme allows us to claim top up payments on individual donations of loose cash (notes and coins only) made on the plate at services. If you have signed a Gift Aid Declaration then please do not put loose cash on the plate, use one of the white envelopes.

The benefit.

The scheme will allow us to claim top up payments on up to a maximum of £5,000 of un-Gift Aided cash donations. That is potentially an extra £1,250.

The small print.

GASDS does not replace the Gift Aid scheme. The scheme is in addition to Gift Aid.

It provides for top-up payments to charities on small cash donations (up to £20) where it is difficult to obtain a Gift Aid declaration, such as at religious services. The payments are not a tax relief and there is no audit trail back to the original donor's tax record.

In order to be eligible to claim GASDS payments we need to continue to make regular Gift Aid claims. We currently claim Gift Aid on some £50,000 of donations annually.

You can still use the white Gift Aid envelopes in the pews. (If you use an envelope please make sure you complete it fully.)

Gift Aided Planned Giving

If you have signed a Gift Aid Declaration and give through the Planned Giving Scheme you should continue to donate using Standing Orders and/or your numbered Gift Aid Envelopes.

In fact if you have signed a Gift Aid Declaration then you should NOT put loose cash on the plate because of the perceived danger of “double counting”. (Any donation treated as GASDS **must not** be Gift Aided.) There is no reason why a spouse or partner cannot put their own money on the plate if they have not signed a Gift Aid Declaration.

If you have signed a Gift Aid Declaration and want to give an extra donation then use the white envelopes in the pews and sign and date it or use the wall boxes as we will not claim top up payments under GASDS on the contents of these.

When?

We plan to claim payments under the GASDS on donations collected on the plate as from the beginning of October.

If you have any queries please contact me via:

stewardship@stdavidschurchexeter.org.uk

Geoff Crockett
Stewardship Officer

WHAT PRICE PEACE?

“Now think for a moment about this meaning of this word ‘Peace’. Does it seem strange to you that the angels should have announced peace, when ceaselessly the world has been stricken with war and fear of war? Does it seem strange to you that the angelic voices were mistaken, and the promise was a disappointment and a cheat?”

Those words are from Thomas a Becket’s Christmas Day Sermon from the play ‘Murder in the Cathedral’ by T. S. Eliot. Words that perhaps will re-echo with us as once again we reach November and another Remembrance Sunday.

What is our understanding of peace in a world that is sadly torn apart by bloodshed, disease and suffering of gigantic proportions?

Yet peace is at the very heart of the Christian Gospel. Jesus said, “Peace I leave with you, my peace I give unto you”, but he also says.....”I come to bring not peace but the sword....” and that is something of a puzzle and a paradox. It leaves us with a great big question.

And Eliot wrestles with that in a further passage in Becket’s sermon.....

“Did he mean peace as we think of it: the kingdom of England at peace with its neighbours, the barons at peace with the King, the householder counting over his peaceful gains..... Those men, his disciples knew no such things.... What then did he mean? If you ask that, remember then that he said also, ‘Not as the world gives, give I unto you.’ So then he gave his disciples peace, but not peace as the world gives.”

Some will remember the period of the 1960’s? It was a time of the hippies and flower power; of drugs and dreams of peace. It was an era when many young people, and indeed older people too, spoke out for the cause of peace in our world. Much of this stemmed from a backlash

against the fighting in the Vietnam War and of the atrocities that were committed at that time of American and World history. Many demonstrated vociferously against war and what it meant.

War then, or the threat of war as it is now, is a horrifying symbol and at Remembrancetide we are called, if only briefly, to stop and take a check on ourselves and the world to which we all belong, and to remind ourselves of the slaughter of millions, not only in two Great Wars, but in subsequent conflicts and indeed in our own time as thousands have, for example, died in Syria.

In the 1960's a predominant phrase on peoples' lips was "GIVE PEACE A CHANCE".

The flower power of the sixties with its overriding theme of peace, gave way to the Punk Era where there was a severe and angry backlash against authority, and often there was an underlying theme of violence. I suppose that every age will have that underlying current present in the society of its time, and indeed T. S. Eliot refers to that in Becket's Christmas Day Sermon.

Daily we read of, or visually see on TV, that battles and disputes still persist - in Syria, Israel, Egypt, Afghanistan, to name but a few. The guns may not always be firing, but the battle words and acrimony continue even amongst the corridors of power where the peacemakers ostensibly move.

Perhaps the Peace Movement of the sixties was somewhat simplistic and symbolic, maybe even sloppy or sentimental. You do not after all achieve peace simply by singing a few songs of protest and peace, carrying flowers, burning incense, lighting candles and floating away on drugs.

Peace is born out of a great cost of both discipline and sacrifice.

Ask Martin Luther King, shot by an assassin's bullet at Memphis in

Tennessee.

Ask Dietrich Bonhoeffer hung on a gallows in the Concentration Camp of Flossenbergr under Hitler's brutal regime.

Ask Mother Teresa who slaved away amongst the poor and destitute in the slums and back streets of Calcutta.

Ask Anne Frank and her family who hid in a house in Amsterdam because of Jewish persecution, and who were betrayed and taken to the Concentration Camps to die.

All for them, and many, many more, known and unknown, have given peace a chance. But they also had to give a great deal more besides..... their lives and sacrificial offering.

In the Old Testament the Prophet Micah speaks of turning swords into ploughshares and spears into pruning hooks. He lived in a time when people faced many social ills and where the status quo was threatened. He could envisage the need for peace in his time. Is our vision the same, of a world when the weapons of war can be salvaged and recycled into the tools of usefulness.

Christ speaks of the need to love one another and He spoke these words before his death on the Cross. That Cross is the symbol of our faith; it is the symbol of love, and yet ironically, historically, it has also been the symbol of violence and of torture. Throughout history that cross could equally have been replaced by a gallows, a guillotine, a firing squad, poisonous gas or an electric chair.

Jesus took on the cross with open eyes. He knew that to give peace a chance He would have to make the supreme sacrifice.

The sacrifice of those who went over the top in the First World War, those young men who responded to Kitchener's call that their country needed them and who never returned home, and the millions who have died since for their country, are the cause for which we remember on or

about Armistice Day - the 11th. November. They were prepared to die and to give peace a chance.

We are called to be peacemakers.

We are called to share Micah's vision of beating swords and ploughshares into tools for peace.

Some years ago Pope John Paul II wrote these words with which I conclude.....

“To all of you, Christians, both believers and people of good will, I tell you: don't be afraid of opting for peace, of educating towards peace. Your endeavours for peace will never let you down. Work for peace inspired by love which does not pass away, and will produce fruit. Peace will have the last say in the history of the world.”

Fr. David Hastings





Pilgrimage to **ASSISI**

Led by *Bishop Martin Shaw*
2nd – 8th October 2014

DAY ONE – THURSDAY 2ND OCTOBER

Bristol - Assisi

We fly from Bristol on a scheduled direct flight to Rome. On arrival in Rome, we transfer by coach to Assisi where we check into our guesthouse, the Casa S Brigida, situated just outside the town walls, for a 6-night stay. Dinner will be in the guesthouse on each evening of our stay.

DAY TWO – FRIDAY 3RD OCTOBER

Assisi

This morning, we walk through the streets of Assisi as Saints Francis and Clare would have known it. Visit the Cathedral of San Ruffino, the church of Santa Maria Maggiore and the Chiesa Nuova (New Church), built on the site of Francis' house. Afterwards we visit St Clare's Basilica, which now houses the Crucifix that called to Francis and the tomb of St Clare. This afternoon we travel the short distance into the valley below Assisi and visit the Porziuncola and the Basilica of Santa Maria degli Angeli. We are welcome to stay for the Solemn Commemoration of the death of St Francis (Transitus di San Francesco) in the Basilica. Afterwards return to our guesthouse.

DAY THREE – SATURDAY 4TH OCTOBER

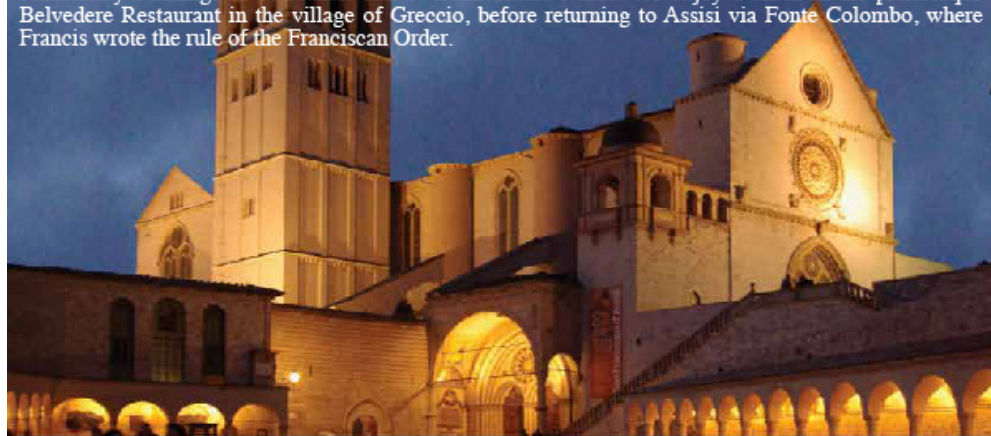
The Feast of St Francis

This morning will be free to attend services to celebrate the Feast of the Saint. There will be many festivities in Assisi to mark the Feast Day. This afternoon there will be the opportunity to attend Vespers in the Lower Basilica.

DAY FOUR – SUNDAY 5TH OCTOBER

Greccio and the Rieti Valley

After breakfast we leave Assisi by coach and head south into the province of Rieti and the area called 'Holy Valley' because of the particular attention that St Francis paid to this particular region. We stop mid-morning at the sanctuary of Greccio, where Francis brought home the mystery of the Incarnation by portraying a live nativity scene in 1223 and we see the grotto where this occurred and the early community buildings of St Francis and St Bonaventure's time. We enjoy a lunch in the picturesque Belvedere Restaurant in the village of Greccio, before returning to Assisi via Fonte Colombo, where Francis wrote the rule of the Franciscan Order.



57 - 59 Rochester Place, London, NW1 9JU
Tel: 020 7485 3003 Fax: 020 7485 3006 E-mail: info@paxtravel.co.uk
www.paxtravel.co.uk



Sheldon Camino May 2012: walking in Northern Spain

Paul and I first became interested in the Camino pilgrim route to Santiago de Compostella in Northern Spain in 2010. I read Tim Moore's 'Spanish Steps', an amusing tale of his journey with a donkey and, that Christmas, Paul gave me a copy of the cycling guide to the Camino. We weren't walkers then: our preferred way of seeing the countryside was by bike. However, reading the guide convinced me that I could not manage the Camino on a bike and neither did I think I could walk long distances with a heavy rucksack.

Then, in 2011, Paul was contacted by Sarah at the Sheldon Community (The Society of Mary & Martha) with an invitation for us to join their planned pilgrimage in May 2012. Their arrangements suited us very well: staying in hotels rather than hostels and luggage to be transferred each day to the next stop on the walk.

The next step (!) was to buy walking boots and get into training using the South West coast path and Exeter Green Circle route. The day before we sailed from Plymouth to Santander, we enjoyed a tough guided walk on Dartmoor: preparations complete!

We met up with the Sheldon party in Sarria: nineteen of us and our Spanish guide, Sabella, who issued each of us with a pilgrim passport. In order to gain a certificate as a peregrino, it is necessary to walk a minimum distance of 100 km and to make sure that you get your

pilgrim passport stamped at least twice on every day of the walk. Hostels, hotels, bars and churches along the route all have rubber stamps for this. Sheldon produced booklets of prayers and walk details and each morning we began with a prayer and ended the day with a meeting to share our experiences, before all having dinner together. This greatly enhanced the feeling of pilgrimage.

The first morning we set off in sunshine and soon passed the 111.5 km milestone. It is difficult to get lost on the Camino (although some of us tried!) The way is well-marked with yellow arrows painted on trees or buildings and stone 'milestones' mark the way every half kilometre. Sabella was full of stories about Galicia and its history. We all walked at our own pace, together or alone as the mood took us. We struck up new friendships, exchanged experiences and supported each other along the way.

The scenery was spectacular: long views of rolling hills, sometimes with snow-capped mountains in the distance. We walked mostly on quiet tracks, sections of Roman pavement, through Eucalyptus forests, past small farms with ancient tractors, through quiet villages where cows roamed free and beside clear streams, crossed by stepping stones.

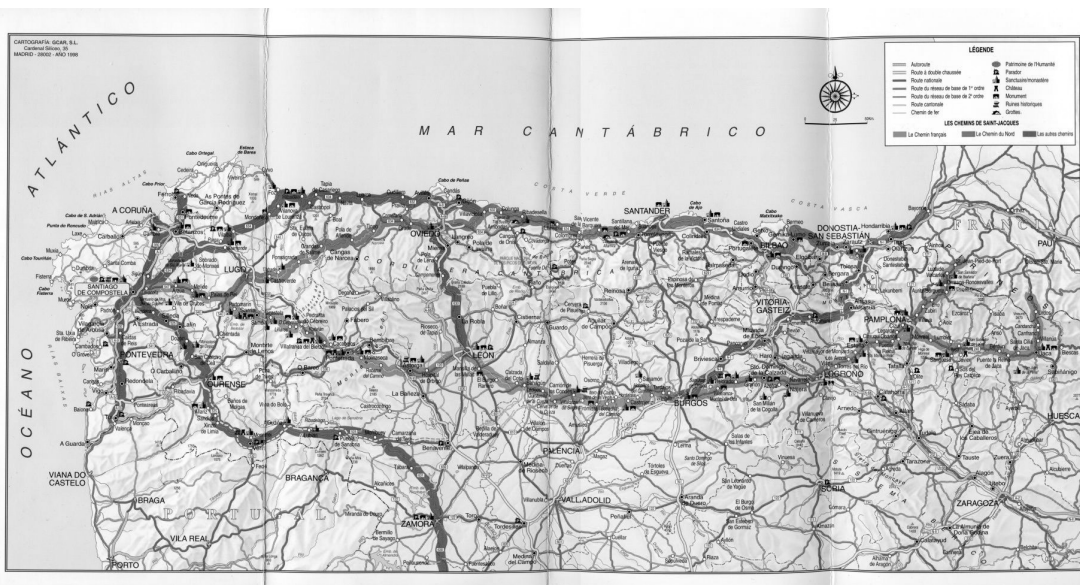
There were many pilgrims from different countries sharing the route and we all greeted each other with 'Ola' or 'Buen Camino' and sometimes got into conversation. Two women, one of them registered blind, had walked the 800 km from the beginning of the pilgrimage route in France: it took them forty-two days. An elderly Glaswegian had taken fifty-five days to walk as far. A group of Americans from New York walked a little way each day until their luxury coach picked them up to

return them to their hotel: they arrived in Santiago ahead of us! Sometimes groups of cyclists whizzed past us at dangerous speeds on the downhill sections of the bumpy track.

We walked for six days, reaching Santiago on 16th May and were awarded our pilgrim certificates. On 17th, Ascension Day, we all attended a pilgrims' mass in the packed cathedral; a nun sang like an angel and the famous Bota Fumero (a giant silver censor) arced overhead

Next year we are again walking in Spain with a group from Sheldon; this time 92 kilometres from Santiago to Finisterre. We are looking forward to another challenge, meeting old friends and new and hoping for spiritual renewal. Once again, we shall be celebrating Ascension Day in Santiago.

© Beryl James



Exeter Central Library

Exeter Central Library run several groups on a variety of topics.

Please use this link for more information

www.devon.gov.uk/index/cultureheritage/libraries/yourlocal-library/exeter_libraries/exeter_central_library/events_at_exeter_central.htm

Here are a few examples of what's on offer.

Woolly Wonders Knitting Group

Date: Every month - Tuesdays

Time: 14.00 - 15.30

Description: Knitting is being touted as “The new Yoga”. It can help to relieve stress and take your mind off your aches and pains, as well as keeping your mind active and reducing the risk of memory loss. All this and the added bonus of enjoying the company of other knitters.

Audience: Everyone welcome

Cost: Free

Bookings: Drop in - no need to book

.....

Exeter Audio Book Group

Date: Once a month meeting

Time: 10:00 - 11:30

Description: A new reading group for blind and visually impaired people being launched at Exeter Central Library, The Hoskins Room Castle Street. This is a chance to get together and discuss and recommend books in large print or audio format.

Audience: Blind and Visually Impaired people with or without helpers including guide dogs.

Cost: Free

Bookings: Just turn up

Organiser: Ask for Liz Cordin 01392 384 209

.....

IT Drop -in Sessions

Date: Every Wednesday

Time: 10:00 - 12:00

Description: We can help you with: how to set up an email account and how to open and send attachments. How to use a scanner. How to upload photos to your computer. How to find what you want on the web. How to use social housing sites. How to use Ebay. How to book things online. How to use ereaders and ebooks.

Audience: Anyone who would like help sorting out their basic computer needs.

Cost: Free

Bookings: Just drop in

Organiser: Mike Mills & James Knight 01392 384 209

Music at St Michael's

November 2013



Apologies - too many dates and too much Latin in last month's Notes? I'll try to keep it simpler this time.

The Michaelmas Supper Dance (Strictly St Michael's?) was a great success; thanks to Lis Robins and the Social Committee for putting the fun into fundraising, and to all who supported it and the October Coffee Morning in St Stephen's.

This season of myths and mellow music, I like to think I was behind the settee 50 years ago for the first episode of Doctor Who on Saturday 23rd November 1963. The previous day had seen the death of C S Lewis, author of the much-loved Chronicles of Narnia.

I should perhaps come clean about last month's 'recently discovered' motet "Domine lux tui amoris lucet". We thank Alex West for an exciting and challenging historical reconstruction, in the style of Palestrina with a dash of Sweelinck, of what "Lord, the light of your love is shining" might have sounded like had Giovanni di Kendrika been writing "Shine Jesus shine" in 1544 rather than 1988. What started out as a tongue-in-cheek translation exercise by Matthew Wright and myself, has added an interesting new piece of Renaissance-style polyphony to the St Michael's choir repertoire.

The way the calendar falls this year makes it sensible to celebrate both All Saints' and All Souls' Day on Sunday 3rd November.

Sunday 3rd November All Saints 10.45am Mass

Setting: Missa L'Hora Passa, Viadana. Motet: Give Almes of Thy Goods, Tye (BCP Offertory sentence from Tobit 4:7).

Sunday 3rd November All Souls 6.00pm Requiem Mass

Please join us (even if you've been at St David's most of the day for their Consultation Process) for a liturgical performance of the beautiful music of the 1893 Requiem by Gabriel Fauré.

For all the words and a translation, see

<http://lyricbod.blogspot.co.uk/2009/02/requiem-gabriel-faure.html>

Motet: Justorum Animae, William Byrd from the Gradualia of 1605.

The souls of the righteous are in the hand of God,

and the torment of death shall not touch them.

In the sight of the unwise they seemed to die; but they are in peace.

Sunday 10th November Remembrance 10.45am Mass

Setting: Mass in the Dorian Mode, Cabena. Motet: Requiescant in Pace (May they rest in peace), Noble.

Sunday 17th November 2 before Advent 10.45am Mass

Setting: Missa Aeterna Christi Munera (the eternal gifts of Christ), Palestrina. Motet: Jesu, Joy of Man's Desiring, Bach.

Sunday 24th November Christ the King 10.45am Mass

Setting: Missa Papae Marcelli, Palestrina. Motet: Let All Mortal Flesh Keep Silence, Bairstow.

Sunday 1st December Advent I 10.45am Mass

Setting: Mass for Four Voices, Byrd. Motet: Vigilate, Byrd.

Watch ye, therefore, for you know not when the Lord of the house cometh, at even, or at midnight, at the cock crowing, or in the morning: Watch therefore, lest, coming on a sudden, he find you sleeping And what I say to you, I say to all: Watch.

Sunday 1st December 6.00pm Evensong and Benediction

Responses: Radcliffe, Canticles: Brewer in D, Anthem: O Thou the Central Orb, Wood. O salutaris: 269 Tantum Ergo: 268.

As Canon Thurmer reminded us recently, Humanity is a story-telling species. Advance notice, therefore, of two services which tell the story of Salvation with music for all:-

Sunday 8th December 6.00pm St Michael's candlelit

Advent Procession from Darkness into Light, with Readings, Hymns and Carols, followed by refreshments.

Thursday 19th December 7:30pm at St Michael's.

A traditional Service of Nine Lessons & Carols.



The format of Hymns, Carols, Bidding Prayer and narrative Readings to tell the great story from Adam & Eve to Mary, Joseph and Jesus, the Shepherds and the Magi, has been made famous by the broadcasts from King's College Cambridge since 1928. But it originates in an Order drawn up by E.W. Benson, later Archbishop of Canterbury, for use in the wooden shed, which then served as his cathedral in Truro, at 10.00 pm on Christmas Eve 1880. And this pattern of 9 readings and accompanying music he based on the pre-Reformation Sarum Usage for Matins on major Saints Days.

Richard Barnes

Favourite recipes

Courgette and Dill tart

serves 6



2 tbs olive oil
4 thinly sliced courgettes
2 chopped garlic cloves
2 tbs chopped capers
zest of 1 lemon
3 eggs
200g greek yogurt
100g crumbled feta
chopped dill
1 packet of puff pastry



Oven 180 degrees C.

cook courgettes in the oil until soft.

Add garlic and capers cook for 1 minute, add zest and remove from heat.

Beat the eggs and yogurt together and add feta and dill.

Reserve 1 tbs of dill.

Season and add to courgette mixture.

Roll out pastry into flan dish.

Bake for 20 mins until filling is set and lightly golden.

Scatter with remaining dill...

from Elspeth Shaw

Tasty !!

Needing the Presence

The following is offered in the light of the forthcoming meeting in November about the future use of our church and hopefully, subsequent growth. It is an excerpt from Rev. David Watson's "Through the Year with David Watson." He writes from scripture :

This is what the Lord God almighty says : In those days 10 men from all languages and nations will take firm hold of one Jew by the edge of his robe and say, "Let us go with you, because we have heard that God is with you" Zechariah 8 v 23

Why have people of all kinds poured into our churches in times of revival? What has attracted members of the community who would not normally be seen dead inside a church ? The answer is this: they see that God is very clearly with his people - and they feel compelled, almost irresistibly, to take a look for themselves at his amazing power at work.

It was the same at Pentecost. Why did the crowds from 'every nation under heaven' come flocking round the small group of disciples ? Why did Peter have the opportunity of preaching to so many with such dramatic effect ? It was because God was so powerfully and evidently 'with them', and the amazed onlookers knew it. "We hear them declaring the wonders of God in our own language." they exclaim to each other (Acts 2).

Unless that is true of our church fellowship, all our publicity, our restored buildings, our music, dance, drama, area groups, and everything else, will largely be in vain.

Prayer: *O living God, show me and the rest of my church family what is our greatest need at this time.*

Thought: *Have I ever heard a visitor to our church commenting on the powerful sense of God's presence there? Do I know that God is active in my own life.*

Michael Butler

ExeVox

at St David's

One of the South West's leading Chamber Choirs
sings a mixture of timeless sacred and secular
masterpieces by composers from Vittoria to
Gershwin, via memorable folk songs, the humour of
Flanders & Swann and more...

Peter Adcock – Musical Director

~
Saturday 16 November 2013, 7.30pm

St David's Church, Exeter

All proceeds in aid of St David's Church

Tickets: £8; Students £6; Under-16s free.

Call 01647 253104, e-mail info@exevox.org.uk, or buy on the door

Read any good books lately?

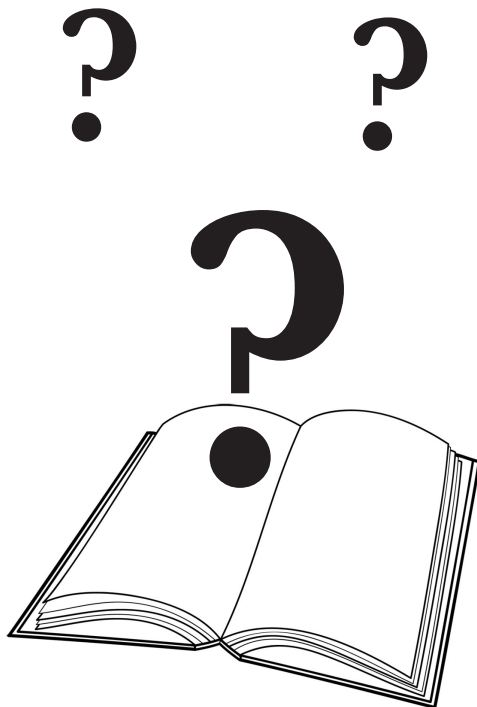
We would like to introduce a review section to our magazine and invite all you readers, film goers, music fans to write a short recommendation of something that you have seen or heard recently and really enjoyed.

It can be on any subject, not necessarily religious although we would especially welcome those.

It's just a way of sharing and enjoying things together and fostering our feelings of community.

Go on -be brave! All you need to do is to include the author, composer or performer and a short piece about it and why you enjoyed it.

Books, CDs DVDs Films.



Book Reviews

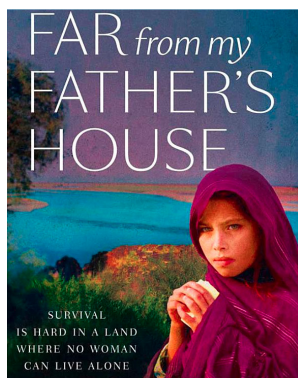
Far From My Father's House

by Jill McGivering

Jill McGivering, a BBC foreign correspondent writes with authenticity and integrity, based on her years of reporting for the BBC in troubled areas all over the world.

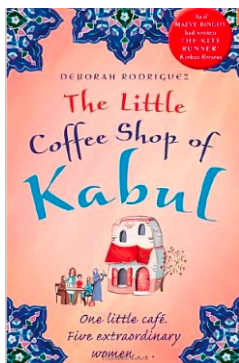
Far From My Father's House tells the story of Layla age 13, who is forced to flee her home in the Swat valley region of Pakistan, seeking safety in a refugee camp near Peshawar and a foreign correspondent, Ellen who is reporting on the developing humanitarian crisis. Layla's struggle to choose between tradition and the opening opportunities for independence and education in an environment of great danger form the basis of the narrative.

Interwoven in Layla's story are all the issues of our daily news bulletins, war, terrorism, exploitation, third world aid and indoctrination to name but a few. It is a brilliant read despite its heavy themes and I found it impossible to put down as I felt I needed to stay with Layla until she could begin to feel hope. The book has some credible characters whose stories weave in between Layla and Ellen. This is Jill McGivering's second book her first is called The Last Kestrel which I can also highly recommend.



Mollie Curry

The Little Coffee Shop of Kabul



I was drawn to “The Little Coffee Shop of Kabul” by a quotation from Eleanor Roosevelt just before the start of Chapter 1.

“Women are like tea bags, you never know how strong they are until they’re put in hot water”

This is a story about five very different women - Sunny, the proprietor of the coffee house in Kabul, Yasmina, a young pregnant woman stolen from her remote village and now in Kabul, Isabel, a journalist, Candace a wealthy American and Halajan, a sixty year old woman hiding a long love affair from her son. Their stories are sometimes shocking, funny, unbearably sad, frustrating, joyous and humbling.

The author, Deborah Rodriguez, whose first career was in hairdressing, came to live in Kabul as part of a medical team. She had managed to persuade the Director of the team that they desperately needed a hairdresser! She paints a vivid picture of Afghanistan and its people

and culture. For most of us, who will never see this far away place, her poignant and beautiful descriptions of a shattered countryside and resilient people give an opportunity to appreciate the unseen and unknown and allow us to imagine this dangerous and divided country.

Rodriguez tells of how these five women find strength in each other and form strong and unbreakable bonds.

Some reviewers have found this book “too romantic”, complaining of contrived plot lines and “a happy ending”! See what you think. I certainly feel I have learnt a great deal more about Afghanistan and its people through a powerful, well-written story and, as a bonus, there are two excellent recipes at the end of the book!

Imogen Walsh

Devon Home Library Service -
bringing books and more to people in their homes

The Devon Home Library Service works in partnership with the WRVS (Women's Royal Voluntary Service). It aims to provide library books, (including audio books on CD, and large print books) to those people in the community who through ill health or disability can no longer visit the library.

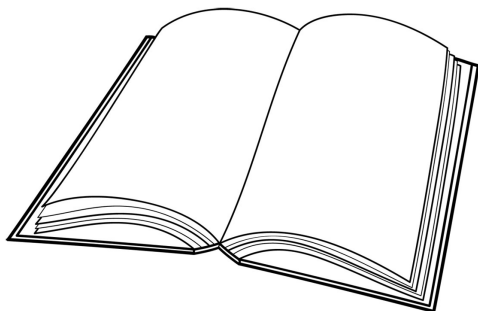
After discussing with the clients the sort of books they like, (eg romantic fiction, travel books, particular authors), WRVS volunteers choose books for their clients which they deliver to them from once a fortnight to once every six weeks, depending on the needs of the client, at a mutually convenient time. There is **no charge** for the service and there are **no fines** on books!! Clients may keep the books for as long as needed and may order books they particularly want to read.

Large print books, cassette tapes and audio CDs as well as ordinary print books are available. Some clients prefer non fiction such as biography and travel books, other prefer romantic novels or murder mysteries!

For those people who love reading or just browsing through books, but are confined to their home, this service offers a chance to have access to the library as well as a visit from a friendly face on a regular basis. Often clients and volunteers make lasting friends so there is satisfaction on both sides.

We really want to promote and extend the service to reach as many people as possible!

If you would like to use the service, or know of someone who would, please contact Julia on 01392 757725 or email crichton-smith9@hotmail.co.uk





© National Trust Images. Registered Charity Number 208446



Knightshayes

Hallowe'en half-term fun

26 October to 2 November

Get set for our haunting Hallowe'en trail, certain to silence the boldest of kids. There's also freaky face painting and a range of creepy craft activities.

£2 per child.

Christmas craft fair

16 & 17 November

Whether you're looking to find some early Christmas presents or simply looking for an excuse to treat yourself in the run up to Christmas, there are plenty of goods to choose from at our annual Christmas craft fair.

Free entry to stables and parkland.

01884 254665

nationaltrust.org.uk/knightshayes

National Trust

The Angel Tree 2013

It is estimated that each year well over 160,000 children in England and Wales have a Mum or Dad, sometimes both, in prison. The impact on children of this separation can be devastating.

The children are the innocent victims of crime and recent statistics show that more children are affected by the imprisonment of a parent than by divorce in a family.

Research tells us that children with a parent in prison will experience a range of feelings which may include, fear, betrayal, sadness and grief. It is important for the well being of these children that they are able to keep in touch with the absent parent. This is not easy.

Since 1984 The Angel Tree Programme has sent gifts on behalf of prisoners to children who would not otherwise receive a present at Christmas or may not have even heard from their Mum or Dad. This has a huge positive impact on the whole family and goes a long long way to nurture and repair relationships.

The Angel Tree is not just about the gift. It is about helping families keep in touch and demonstrates the unconditional love of God. It is about remembering the children.

Each gift has a hand written gift label written by Dad on it.

Last year our collection from St David's enabled 109 children to receive a gift.

The prisoners are often surprised that people who don't know them should show such kindness. This act of generosity shows the prisoners

that people on the 'outside' genuinely want the best for them and their families. This is such a contrast to the negative life styles that so many of them have experienced.

Helping prisoners maintain contact with their families can make them up to six times less likely to re-offend.

The prisoners here in Exeter are very grateful and when they hear our bells ringing they now know that this a tangible sign of God's love reaching through the prison wall and into their cell. They know it is our church that remembers them.

Your contributions will help to bring some joy of Christmas into the lives of families for whom this time is so difficult and stressful.

St David's will be collecting for The Angel Tree on Sunday November 10th at the 9.30 service.

If you are unable to be at that service, but would like to donate to The Angel Tree, contact Margaret Grimsey - 01392 421973.

Cash or cheques made payable to Prison Fellowship -Angel Tree

THANK YOU VERY MUCH





every Wednesday
Exeter Community Centre
17 St Davids Hill
Exeter

Affordable Community Acupuncture

£15 - £30 per treatment session
pay what you feel you can afford

We are a friendly team of qualified acupuncturists
offering treatment for pain and many other
conditions to help improve your quality of life

contact us to find out more about how acupuncture could help you

www.peoplesacupunctureproject.com
07834 160906 or 07910 453794

St. Sidwell's Church of England Primary School and Nursery

York Road, Exeter, EX4 6PG

Headteacher: Mrs. Anne Hood

Tel: 01392 255551 Website: www.st-sidwells-ce.devon.sch.uk



For children aged 3 to 11 years

Come and visit our successful school
which includes a purpose built Nursery/Foundation Stage
Breakfast and After School Clubs available

We have a long-standing tradition of high quality education
within a caring, Christian ethos.

"St Sidwell's is a good school where teaching is good and pupils' achievement is high"

"An outstanding feature of the school is the care, guidance and support it gives pupils."

"The personal development of pupils is also outstanding."

"Spiritual development is excellent." "Behaviour is exemplary."

Traidcraft Holiday

Many of you will have experienced Traidcraft products over the years but may not know that they also do holidays all over the world where they have producers. I found it out by accident about three years ago and asked for the brochure, called Meet the People. The list is mouth-watering but the one that took my fancy was Cuba. I was lucky enough to go there in my 20's and just loved the island and the people, and had always wanted to return. My refrain to my husband for years had been 'we must go before Castro dies as it will change!' So having talked with the wonderful company that runs the tours on Traidcraft's behalf, Saddle Skedaddle, we booked to go in November 2012.

As I walked round Heathrow airport I kept seeing people who looked like-minded, but they turned out to be on the Ramblers Cuba trip, but eventually I found one person who was going to be with us for the 15 days and it turned out she worked for Traidcraft and had been the original negotiator for the Fair Trade orange juice produced in Cuba.

Arriving in Havana at 10pm to a warm sultry evening, we were met by our Guide Alex and bus driver Momma, both of whom would be with us for the entire trip. Our first days were spent in Havana itself, getting to know the sites and history of the wonderful city, whilst being surrounded by 1950s large American cars, horse drawn taxis and the new small yellow coco taxis. The group of 15 was, as I suspected, people who knew about Traidcraft or people who liked adventure and we enjoyed each other's company.

The tour, whilst covering some of the usual tourist places such as Trinidad and the Bay of Pigs, also took us to other places off the beaten track such as Ciego de Avila where we stayed in the agro organisation hostel, which was very basic! But this gave us the opportunity to meet the original producer whose face was on the carton.

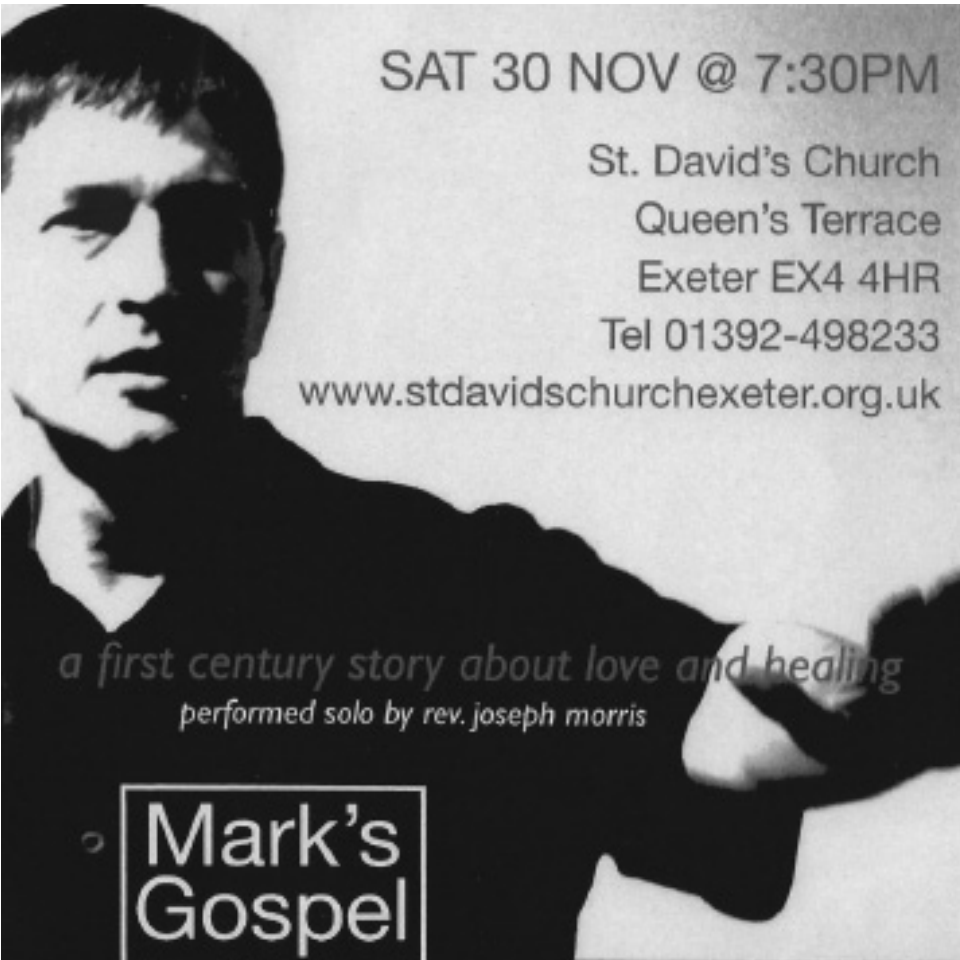
As we travelled around Alex talked of the history, politics and economics of Cuba and he was proud to be Cuban and of the two political strands, his mother's father having been a wealthy landowner and his father's father a peasant, given the opportunity to develop through Castro's revolution. He worked really hard on our behalf, finding things that we liked and making them happen.

We stayed in some beautiful places as well as more utilitarian ones, but everywhere gave views, flora and fauna that were different and unusual, along with wonderful people and music.

I recommend you to try it

Glynis Harflett





SAT 30 NOV @ 7:30PM

St. David's Church

Queen's Terrace

Exeter EX4 4HR

Tel 01392-498233

www.stdavidschurchexeter.org.uk

a first century story about love and healing
performed solo by rev. joseph morris

Mark's
Gospel
LIVE

www.gospelofmark.us

"...a profound experience"

—CANON PAT BROWNE, HOLY APOSTLES CHURCH, LONDON

"...an amazing presentation"

—REV. BRADLEY SCHMELLING, ST. JOHN'S CHURCH, ATLANTA

ADMISSION: FREE-WILL OFFERING

MARK'S GOSPEL LIVE!

Experience the entire Gospel of St. Mark in two amazing hours of awesome storytelling by priest and actor - Fr. Joseph Morris from the USA.

Not a reading or talk but a dynamic proclamation of an ancient story about God's healing love.

Pastors from the UK, Canada and the USA have called this performance "mesmerizing," "powerful," and "a profound experience".

Fr. Joseph will present Mark's Gospel Live! at St. David's Church on SATURDAY 30th. NOVEMBER at 7.30 p.m.

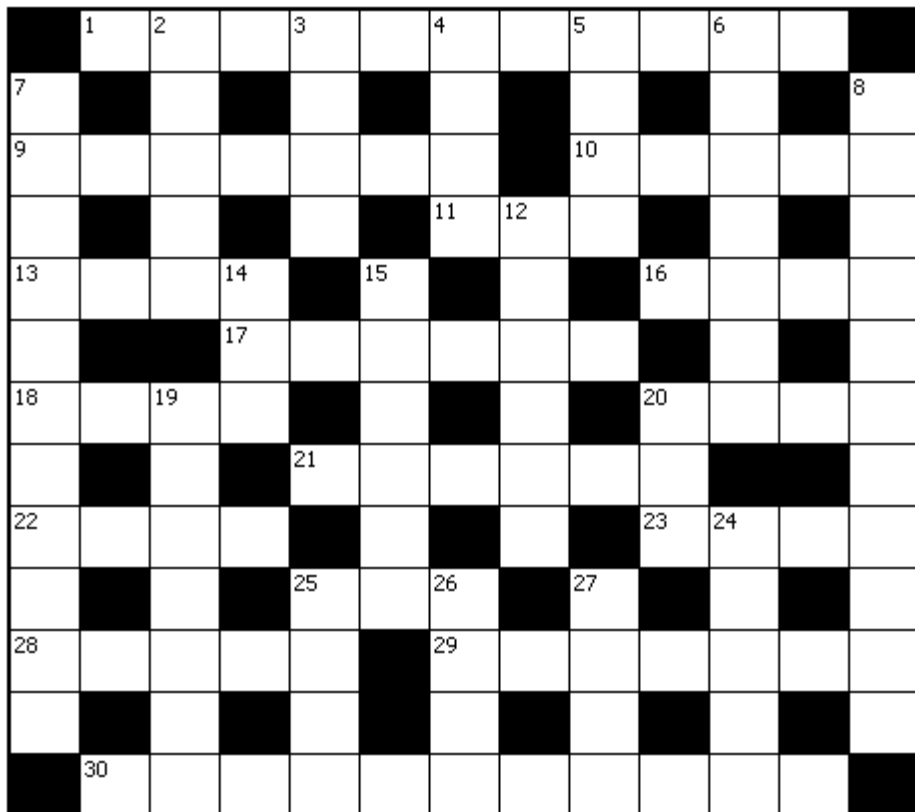
Admission is FREE but there will be a free-will offering.

All very welcome for what promises to be a stimulating occasion.

VMT

Fr. David

November crossword



Across:

1 and 20 Down 'Lord of all ! , Lord of all ! , whose trust, ever child-like, no cares could destroy' (11,3)

9 Moses' question to a fighting Hebrew labourer: "Why are you your fellow Hebrew?" (Exodus 2:13) (7)

10 Acclaimed cellist who contracted multiple sclerosis at the height of her fame, Jacqueline --- (2,3)

11 'At even --- the sun was set, the sick, O Lord, around thee lay' (3)

13 A descendant of Gad (Numbers 26:16) (4)

16 'Do not leave Jerusalem, but -- for the gift my Father promised'(Acts 1:4) (4)

17 Clambers (Jeremiah 48:44) (6)

18 Peter's response to questioning by the Sanhedrin: 'We must --- God

rather than men!’ (Acts 5:29) (4)

20 Christian paraplegic author, artist and campaigner, --- Eareckson Tada (4)

21 Bird partial to the nests of other birds (6)

22 ‘Such large crowds gathered round him that he got into a boat and sat ...’ (Matthew 13:2) (2,2)

23 Infectious tropical disease (4)

25 Tree (3)

28 ‘No fear of me should you, nor should my hand be heavy upon you’ (Job 33:7) (5)

29 For example, to Titus, Timothy or Philemon (7)

30 Week beginning with Pentecost Sunday, according to the Church’s calendar (11)

Down:

2 ‘O Jerusalem Ö how --- I have longed to gather your children together’ (Matthew 23:37) (5)

3 Way out (4)

4 Exhort (Romans 12:1) (4)

5 Done (anag.) (4)

6 Highest of the four voice-parts in a choir (7)

7 Concerning the study of God (11)

8 Uniquely, it has Abbey, Cathedral and Chapel (11)

12 Admonish (Matthew 16:22) (6)

14 Frozen (3)

15 Established form of religious ceremony (6)

19 Inscription often found on gravestones (7)

20 See 1 Across

24 Behaved (Joshua 7:1) (5)

25 Time (anag.) (4)

26 Lists choice of meals (4)

27 ‘1, Hopefulness. 9, Hitting. 10, du Pre. 11, Ere. 13, Ozni.

16. Wait. 17, Climbs. 18, Obey. 20, Joni. 21, Cuckoo. 22, In it. 23,

Yaws. 25, Elm. 28, Alarm. 29, Epistle. 30, Whitsuntide.

St. David's Parent and Toddler group

If you're walking past the Parish Room on a Thursday morning around midday you may well hear several voices singing out the Okey Cokey and wonder what's going on. In fact this song has become the informal signature tune of the Toddler Group thanks to the enthusiasm of the children and their parents/carers.

The weekly session is 10:00am to midday, all year (except August and Christmas).

We charge £1 per child plus 50p for a sibling and this funds the cost of our art and craft resources, snacks, milk and Christmas party. We usually have ten to twelve children in the age range from new born up to four. There is a rota of helpers; Barbara, Freya, Julia and myself, who are all CRB checked.

As soon as they come in the children get stuck in to playing with the many toys which have been donated to us over the years. By far the most popular is the sandpit, but the children also love the mini-slide, the ride-on toys, painting on the easel and shopping for plastic fruit in the tent. There is usually a simple activity on the table such as play-dough, puzzles, drawing or glueing. We have even managed cooking on occasions.

The adults have a tea or coffee and then at about 11:00am it's snack time and the children sit down to fruit, milk and rice cakes. The fact we offer a healthy snack is an important issue for many parents.

When it's tidy up time, we wind down the play and get the children involved in clearing up. They love to join in putting the toys away in the cupboards and getting the musical instruments out ready for our nursery rhyme singing and the grand finale of the Okey Cokey.

Our thanks go to the Church for letting us use the Parish Room for the last seven years, thereby supporting what is a very necessary resource for parents of young children. Over the years we have had several parents who have made lasting friendships through the group and given each other a lot of practical and moral support in child-rearing. This can be a really good way of combatting the sense of isolation that some parents of toddlers may experience, especially, for example when people are new to the area, if they don't have family living nearby or their partners have come to work/study at the university for short periods of time. Toddler groups are also a great way of introducing young children to some of the activities that they will encounter in pre-school.

Toddlers is great fun for children and a nice break for adults. The St. David's group is (so we are told by current parents) one of the friendliest in Exeter. If you know anyone with pre-school children or grandchildren, then please do recommend us.

They are welcome to pop in any Thursday.

Contact:

toddlers@stdavidschurhexeter.or
or ring Julia on 07729 068 567

Sam Wellbelove



Dates of Note

3 Hubert and the stag

The morality of hunting has made the headlines in recent years, but here at least was one man who was converted while hunting. Hubert (bishop, d 727 AD) was out on Good Friday hunting stag when he came across a stag with a crucifix between its antlers. This so shook him that he converted to Christianity, and went on to become Bishop of Tongres-Maestricht. History does not tell us if he killed the stag or not, or if he ever hunted stag again.

6 The Martyrs of Vietnam d. 1745 - 1862

“The blood of the martyrs is the seed of the Church.” The early Church Father Tertullian wrote that in the second century, but he could have been writing about Vietnam from 1745 onwards. For, during the first 200 years of Christianity in Vietnam/Indo-China, a staggering 100,000 Christians are believed to have been martyred for their faith.

We know nothing of most of them; no historical records were kept. But we do know of 117 Christian martyrs in Vietnam, who died in the three Vietnamese kingdoms of Tonkin, Annam, and Cochin China. They included eight bishops, 50 priests, and 59 laymen (among whom were catechists and tertiaries).

The early ones we know of were Spanish Dominicans, who were imprisoned and killed. In 1798 the first Vietnamese diocesan priests,

John Dat and Emmanuel Nguyen, were martyred. During the first 20 years of the 19th century the Church grew steadily, only to face dire persecutions under the Annamite kings Minh-Mang (1820-41) and Tu Duc (1847-83). All foreign missionaries were thrown out, and Vietnamese Christians were ordered to renounce Christianity by trampling on the crucifix. Churches were destroyed and all mention of Christianity forbidden.

During those years, Christians in Vietnam died of hunger, thirst, and imprisonment in small cages. They had limbs cut off, were torn apart by hot pincers, drowned, beheaded, burned alive. Christians were marked on their faces with the words *ta dao* (false religion). But still the Church grew in Vietnam. Finally, in June 1862 a treaty between France and Annam guaranteed religious freedom. This marked the beginning of the end of the persecutions, and today the Church in Vietnam continues its witness.

8 Four Crowned Martyrs

Has your boss ever tried to get you to do something that is against your Christian faith? If so, here are some saints for you. They chose to make a Christian ‘stand’ at work, even though it really irritated their boss.

Claudius, Nicostratus, Simpronian and Castorius were simple stonemasons in early 4th century Rome. They worked in the imperial quarries and workshops of Sirmium. They made a number of carvings for the Emperor Diocletian, who had a passion for building.

Then Diocletian decided he wanted a statue of Aesculapius, the an-

cient Greek god of medicine. Here Claudius, Nicostratus, Simpronian and Castorius hesitated: they were Christians, and not comfortable about making a 'god'. They demurred. Their line manager Lampadius was furious, and soon had them imprisoned for refusing to sacrifice to the gods. Claudius and his friends were in bad trouble – and then it got worse. Lampadius suddenly died. His family were distraught, and blamed the stonemasons. Claudius and his companions were killed by drowning.

The courage of these four simple stonemasons to risk everything rather than make a stone statue of a god, was a great inspiration in the early Church. Their story was told and retold down the centuries.... eventually Claudius and his friends became the patron saints of guilds of stonemasons in England.



30 Andrew - first disciple of Jesus

Andrew, whose feast day ends the Christian year on November 30th, is probably best known to us as the patron saint of Scotland, though his only connection with the country is that some of his bones were reputedly transported in the 8th century to Fife and preserved at a church in a place now named St Andrews.

In fact, there are so many legends about him all over Europe and the Middle East that it's safest to stick to what the Gospels tell us - though

the strong tradition that he was martyred by crucifixion is probably true and is perpetuated in the 'St Andrew's Cross', the 'saltyre' of Scotland.

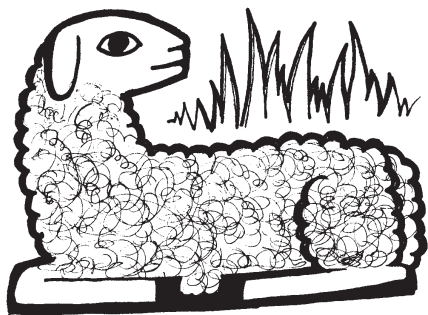
The Gospels record that he was one of the first disciples of Jesus, and the very first to bring someone else to Christ - his own brother. Like many fervent Jews at the time Andrew and an unnamed companion had been drawn to the desert, to be taught by the charismatic prophet known to us as John the Baptist. Many thought that he was the long-promised Messiah, but John insisted that he was not. 'I am the voice crying in the wilderness,' he told the crowds. 'Prepare the way of the Lord! One comes after me who is greater than I am.' So when one day John pointed out Jesus to Andrew and his friend and described him as the 'Lamb of God', the two young men assumed that the next stage of their spiritual search was about to unfold. So as Jesus made off, they followed him.

All the more strange then (though, on reflection, very true to human nature) that when Jesus turned and asked them what they were 'seeking' all they could come up with was a lame enquiry about his current place of residence: 'where are you staying?' Or, perhaps, they were hinting that what they were seeking could not be dealt with in a brief conversation. If they could come to his lodgings, perhaps their burning questions might be answered.

The reply of Jesus was the most straight-forward invitation anyone can receive: 'Come and see'. Come and see what I'm like, what I do, the sort of person I am. What an invitation!

The results of their response were in this case life-changing - for them-

selves, and for many other people. Andrew brought his brother, Peter, to Jesus. The next day Jesus met Philip and called him to 'follow'. Philip then brought Nathaniel. The little apostolic band who would carry the message of Jesus to the whole world was being formed. They came, they saw, they were conquered! And right at the front of the column, as it were, was Andrew, the first disciple of Jesus.



St ANDREW

feast day November 30th

The Bible tells us that Andrew and his brother Simon Peter were the very first disciples to follow Jesus. They were fishermen working at their nets when Jesus called them. It was a hard thing to do, to leave everything for an uncertain way of life, but Andrew knew that Jesus so special that he had to share this wonderful knowledge with others.

Andrew followed Jesus for the rest of his life. After Jesus' death he travelled widely spreading the message and building the early church. He was arrested for being a follower of Christ and condemned to death on the cross. Legend says that he was crucified on a diagonal cross.

St Andrew is the patron saint of Scotland and his cross is on the Scottish flag which is a white cross on a blue background – the blue is

for the sea which seems right for a fisherman.



SAIL AWAY

Andrew and Simon fished with nets from the shore or from small boats. You could make a fishing fleet of small boats and decorate their sails with St Andrew's cross. You will need a polystyrene box or tray like the ones you see at the fruit shop or supermarket.

Using a bread knife, carefully cut out several different shapes and sizes.



Find a thin stick for the masts (you could use a pencil) and cut out a sail in paper. Thread or stick the sail onto the mast.

What day of the week do fish hate?

Frydays!

Why are gold fish orange?

The water makes them rusty!

Barbara's Edible Stall

Please keep bringing and buying.

We need you!

NEXT DATE:

SUNDAY 17th NOVEMBER

Jane Woodman



Crossword solutions

November answers

ACROSS: 1, Hopefulness. 9, Hitting. 10, du Pre. 11, Ere. 13, Ozni. 16, Wait. 17, Climbs. 18, Obey. 20, Joni. 21, Cuckoo. 22, In it. 23, Yaws. 25, Elm. 28, Alarm. 29, Epistle. 30, Whitsuntide.

DOWN: 2, Often. 3, Exit. 4, Urge. 5, Node. 6, Soprano. 7, Theological. 8, Westminster. 12, Rebuke. 14, Icy. 15, Ritual. 19, Epitaph. 20, Joy. 24, Acted. 25, Emit. 26, Menu. 27, Gift.

*Crosswords reproduced by kind permission of BRF and John Capon,
originally published in Three Down, Nine Across, by John Capon (£6.99 BRF)*



The deadline for inclusion of articles for the December issue of the parish magazine is Sunday November 17th 2013

Any information and articles you'd like to submit for inclusion in future issues should be sent to Ashley and Johanne via St David's Church or our email: thedairy@btclick.com

If you have images of any events of interest to the Parish community please send them to us.

Please send digital files via email if at all possible - thanks!



Thank you to Graham Lerwill for organising the printing of this magazine - his hard work is much appreciated.