

Parish of St. David with St. Michael Directory 2014

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PCC Secretary	Mary Kirkland	980 660
Parish Treasurer	Adrian Hewitt	437 313
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Thika Link	Kate Bray	877 162

St. David's www.stdavidschurchexeter.org.uk

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St Michael's www.stmichaelsmountdinham.org.uk

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ST FRANCIS

Last month at St David's we celebrated Francis of Assisi on his feast day. Bill Pattinson preached a fascinating sermon about Francis and his radical renunciation of worldly goods. Bill also recounted the story about St Francis praying in the derelict church of San Damiano. He clearly heard a voice coming from the crucifix, saying to him, "Francis, rebuild my house which you can see is falling down." At first Francis took this command literally. Looking around him, he saw that the church was in a state of disrepair; so with his own hands he picked up the large stones, which had fallen and began to repair the walls.

Francis soon came to understand that God was telling him that the whole church was in need of repair. With his brothers he travelled around the local towns and cities, setting an example of humility and love, which drew many people back to their faith. They had become disillusioned by the greed, immorality and worldliness of the clergy. The Franciscan movement soon spread around Europe in one of the greatest revivals of Christian faith in history.

TRANSFORMATION

This is a very interesting story for us, as we think about St David's in Exeter nearly 800 years later. Our church is in danger of falling down, and we have begun an exciting project to transform the building into a warm, open and welcoming place for the whole community. As we restore and renovate the church building, we also need to remember the message of St Francis, that Christian faith is about people not buildings. Our faith can transform us into new people, and this is the mission of the church – to change lives.

CS Lewis has a wonderful illustration of what God can do with our lives. We are like little cottages, and we tentatively ask God to come in and help us make some changes. We think that she just wants to repair some cracks or add an extension; but all the time God has something rather more in mind. He wants to build a palace, because he intends to live in it.

SELF COMPASSION

Our relationship with God is transformative. We can become bigger, more loving, more generous people. How can this be? First we need to recognise that we are loved by God. So many of us have low self esteem; but our faith tells us that we are made in the image of God, that we have divinity within us, and that God doesn't make mistakes. An open and positive Christian faith does not tell us that we are miserable sinners, but that we are children of God, loved for who we are, and for who we can become.

When we feel loved, then we become more able to show compassion to others. And we are only able to love others to the degree that we have compassion for ourselves. This is why it is so important for the church to be open and accepting of difference. We never know when the open doors and open hearts and open minds of our churches will be the catalyst that sparks a change in someone's life.

THE HEART of CHRISTIANITY

It is not beliefs or persuasive words that make a Christian. It is not coming to church or keeping any number of rules. It is the actions by which we show our love that matter, and all the beliefs and practices of the Christian faith only have meaning if they teach us compassion.

REMEMBERING

November is a month for remembering. November 5th should be a reminder of what religious intolerance can do. Do we still want a world where we try to blow each other up or burn our enemies at the stake? November 9th is Remembrance Sunday, the Sunday before Armistice Day. This year it has particular resonance because 2014 is the 100th anniversary of the beginning of the First World War. It was supposed to be the war to end all wars, but 100 years later violent conflict is still scarring our world. Nobody will win these battles, and the only ones who gain anything will be the companies who sell weapons of destruction without thought for the victims. Truly our world needs to be transformed. Our prayers for peace are heartfelt and our compassion for our brothers and sisters in Syria and elsewhere is a sign of our humanity. St Francis lived at the time of the Fifth Crusade, and he visited Egypt in an attempt to make peace with the Sultan.

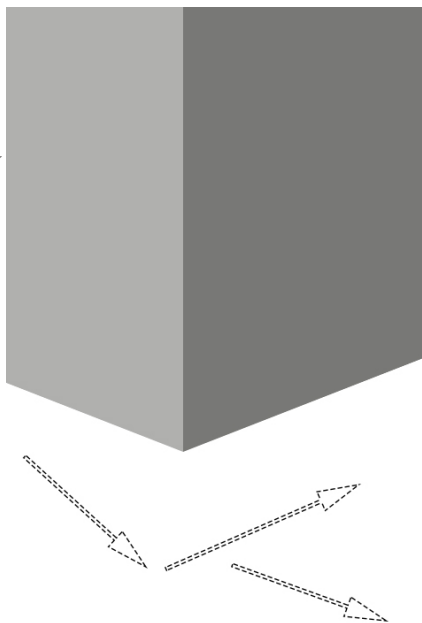
ALL SOULS DAY

November 2nd is All Souls Day and this year it falls on a Sunday. Both churches will be keeping this day, on which we remember those whom we have loved – parents, other family members, friends, former worshippers - those who have given us the precious gift of love and helped us to become who we are. We bring them into our prayers and say thank you for them. If you wish for someone to be remembered by name in this way, please come into St David's or St Michael's and write their name on the list at the back of church. They are people who God loves, their lives mattered, they won't be forgotten and we honour them on All Souls Day.

Tom Honey

November from St Michael and all Angels,

October has hardly begun and here we are looking ahead to Harvest, All Souls, Remembrance and Advent. The passage of time has been occupying my mind, too, as it is almost a year since my mother died and we do not seem to have spent a year since then. The obvious changes in the weather have been inescapable; when it is warm, people say 'It's too warm for Autumn' and when the cold wind blows it's regarded as a bitter harbinger of what is to come. Not for nothing were the early congregations reminded of the changing Christian seasons and accompanying spiritual festivals by the liturgical colours used in churches. The measurement of time and its close connection with navigation, the division into minutes and seconds, the construct we use to mark our days and seasons, fascinates me. I grew up in the Southern Hemisphere and our guiding constellation was the Southern Cross. Sailors all knew where to see it in the night sky, and we landlubbers knew it as well. Light pollution denies us some of the beauty of the reeling skies and lunar changes, but local astronomy has given direction to all travellers. For some, even the rather fanciful guide of astrology is important as it claims to characterise all born under a particular star-sign and to indi-



cate where relationships would clash. Next time you come across a page of horoscopes, read your own and then the others. Surprisingly, we all seem to share some very similar futures!

Predicting the future was wide-spread in the ancient world, taking, to our advanced world, the most unlikely opportunities to foretell the future by the dissection of birds' livers, for example. However, the casting of lots is not ignored in Biblical literature. The stones of Urim and Thummim gave divine authority to priestly action (see Exodus 28:30); the robe Jesus wore at the Crucifixion was divided by lots and the disciples cast lots to replace Judas Iscariot. Dreams were interpreted to have special meanings and often were devices for foretelling the future and for reassuring the wary: in the Old Testament, the dreams of seven fat cows and seven thin cows was shown to be a prediction of full harvests followed by famine; Joseph was not to be afraid to take Mary as his wife, for example; Jacob made the link between Heaven and Earth, a ladder with angels ascending and descending, and he placed a stone to mark Beth-el, the House of God. Naturally, it is only the successful outcomes that are recorded!

Looking back, September has been a very full month. Alongside the regular Sunday Mass, there has been the return of Vespers (the choir also sang in St Martin's chapel, a time of real beauty and spiritual reflection), weekly Wednesday Morning Prayer and Low Mass, celebrations of Holy Cross Day, The Feast of St Matthew, and of course, the celebration of our patron Saint, Michael, and all the Angels. Apart from these, we enjoyed Hymns and Pimms, with a thoroughly good sing and a goodly crowd to do it!

Holy Cross Day reminded us of the necessity of approaching the Cross of our faith to contemplate the event: was it sacrament or sacrifice?

Does it give atonement or absolution? Was it necessary or unnecessary? It would seem to be all these and more, as the words of the Collect for the day set out the paradox, for an ‘instrument of painful death’ has become ‘for us the means of life and peace...’ Here, we make the sign of the Cross during the Liturgy, to show our commitment to God and our desire for ‘life and peace’ to be part of our existence. Fr Tom’s sermon raised a number of questions.

The Feast of St Matthew reminded us of Matthew’s original calling and unpopularity as a tax collector, fraternising with the occupying power and providing them with wealth and the means of subjugation of the indigenous residents. We were directed to consider the role of money and the difficulties caused both by having not ‘enough’ and having too much. Nowadays it can all be solved with money, apparently, and the only thing the ‘have it all, now’ generation seems to sacrifice is integrity. Two recent articles in newspaper supplements intrigued me: in one, the writer claims not to be rich enough, even for the area of London in which she lives, where her husband is a banker, and their family holidays and treats regularly cost £100,000 per year; in the other, a university graduate in the States writes tellingly about the hidden poverty, ignored until she began a blog about it and discovered wide spectrum of people in similar situations, for whom the great American dream of wealth was no more than a nightmare of anxiety about trying to make ends meet. The Old Testament reading for the day reminded us that gold and silver really are empty wealth. Wisdom and understanding are praised - and to be prized – above all. (Proverbs 3:13).

We were delighted to welcome Fr Henry Pryse as preacher for our Michaelmas celebrations. He reminded us of the need to do battle with evil, as St Michael does, and of the role of the angels in defending us in

our daily encounters, building our connections, like Jacob's ladder, with Heaven.

Today we have had our advertised 'Vision Day', ably led by Sabrina Groeschel , with possibilities of looking at where we are as a congregation. As we have planted our Spring bulbs, so we have planted many exciting ideas; with the words from the closing prayers of the Mass in mind, we hope to be renewed, inspired and united, so that when we meet to review our development next year we can see clearly that St Michael's has grown.

Stephanie Aplin



Christmas Fayre at St David's Church

Crafts

Music and Carols

Father Christmas with treats

Children's Craft Zone

Games

Tombola

Books

Grand Draw

BBQ

Mince Pies, Mulled Wine,

Tea and Coffee

Free Entry, Family Fun

Saturday 29th November

12noon-4pm

events@stdavidschurchexeter.org.uk

St David's Eucharist November

Sunday 2nd November : All Souls Day

Reading 1	Lamentations 3: 17-26, 31-33	Cyrus Moghtadaii
Reading 2	1 Peter 1: 3-9	Emma White
Gospel	John 6: 37-40	Bill Pattinson
Time of prayer		Robert Mitchell

Junior Church Susan Mitchell

Sunday 9th November : 3rd Sunday before Advent: Remembrance Sunday

Reading 1	Amos 5: 18-24	Gabrielle Kirby
Reading 2	1 Thessalonians 4: 13-end	Karen Facey
Gospel	Matthew 25: 1-13	
Time of prayer		Chris Gill

Junior Church

Sunday 16th November : 2nd Sunday before Advent

Reading 1	Zephaniah 1: 7, 12, 13.	Gina Redman
Reading 2	1 Thessalonians 5: 1-11	Pam Smith
Gospel	Matthew 25 14-30	
Time of prayer		Mollie Curry

Junior Church

Sunday 23rd November : Christ the King: *Something Different*

Reading 1	~	
Reading 2	~	
Gospel	~	
Time of prayer		

No Junior Church

Sunday 30th November : Advent Sunday

Reading 1	Isaiah 40: 1-11	Catherine Matlock
Reading 2	2 Peter 3: 8-15a	Clive Wilson
Gospel	Mark 1: 1-8	
Time of prayer		Ann Watts

Junior Church

Personal Memories of John Hughes

I remember first seeing John Hughes when he came to St. David's, Exeter, in search of his curacy. Tea and cakes were being served at the back of the church and we all wanted to talk to this young man whose boyish looks covered an air of confidence and amazing intelligence. His ability to relate to all types and ages of people realised a gifted, charismatic person who had charm, compassion and surprisingly humility. There was no problem in supporting John to become our curate in the Parish of St. David's with St. Michael's and All Angels. It was early summer 2005 and I had just taken on the role of Churchwarden. So began the era of the two JHs - John Henton, our vicar, and John Hughes, our curate. Both were gifted priests who gave a tremendous amount to our church community - how fortunate we were!

It was absolutely right that the young John Hughes should learn the role of a parish priest under John Henton's outstanding ability and understanding of this role. When John Hughes left our Parish at Easter, 2009, he made a point of telling us that from John Henton he had learnt the art of the "curing of souls". John was loved at both churches in the Parish. His love of orthodoxy and high Anglicanism meant he fitted like a hand in a glove at St Michael's, where he celebrated his first high mass, appropriately at Michaelmas, 2006. The radical side of his orthodoxy was first seen at this mass, as he had invited Catherine Pickstock, his Ph.D. tutor from Cambridge, to give the sermon. She was

one of the first women to preach there, opening the doors for others. St Michael's flourished and Sunday lunch with the gregarious Father John at the local pub became a firm favourite. John was already keenly encouraging others to consider ordination into the ministry.

At St David's also the mission of the church was thriving. John encouraged the growth of the youth group (12-18) and even had the gall to start an Under 30's group. When he gave his first sermon at St David's, a very good friend sitting immediately behind me, said, "I feel as though I should stand up and applaud." How could someone so young, he was just 26 years old then, have such clarity of vision, make his God so relevant and so vigorously enrich our faith? He was the ideal man to bridge the two churches in the Parish, with their very different churchman-ships. He worked hard on the concept of the Mission Community. No mean task in our Parish.

John loved to worship his God. He once told me that, if he could, he would worship him all day, every day. If he was not worshipping his God, he would love to talk about him, preferably over a good bottle of wine. He certainly had one of the quickest minds I have ever known, always appearing one step ahead as if he could read your own mind before you spoke. Yet he was modest, never boastful, and despite having a wonderful academic mind, his feet were planted on the ground as he was able to talk and listen to people in all sorts of situations.

Along with others, I had the huge privilege of working with John on the 2007 Lent course. His organised mind, considerable acting skills and remarkable writing talents came to the fore along with his youthful, sometimes irreverent, sense of fun. The meditation he wrote for our

final evening, concerning the gifts of the Eucharist, revealed a profound simplicity of style:

“On that first supper, and on countless occasions since, these ordinary things, simple food, bread and wine, become, become the most extraordinary things, become the way that God gives himself to us, become the bread of heaven, the cup of salvation. When we make our communion, God gives himself into our hands, into our mouths, to be eaten, to give us life, to be united with us. To change us and transform us. To make us into his body.”

John also had a practical understanding of life. He lived in the curate's house, a two bedroomed home on the northern edge of the Parish. He consulted the church wardens about heating, insulation, decorations, carpeting and his travelling expenses. Initially he travelled by bus to and from church, but he soon realised he would have to learn to drive. As well as enjoying home comforts John had a good sense of dress, always wearing a smart pair of shoes.

In 2008 a group of ten people from St. David's and St. Michael's accompanied John on a pilgrimage to the Holy Land. We were joined by Father Henry and about eight others from our neighbouring Parish of St. James'. At Heathrow we were joined by other pilgrims from various parts of the country. We totalled about a hundred, which included nine priests, all male, which in time we nicknamed “les neuf”. As well as entering so fully into the daily Eucharists, John would be the first to show a great sense of fun. He confidently entered the cable car to ascend Mount Masada, mounted a camel just above the garden of Gethsemane and swam strongly in the Dead Sea. Indeed it was in the Dead Sea he showed his strength when coming to the rescue of someone in trouble.

Yet my lasting memory of him is on the Via Delarosa saying prayers at one of the stations of the cross, fully garbed in his clerical robes. Despite this being John's first visit to Israel, he took great care to ask after each of our days, sharing experiences of a very special time.

I last saw John at a wedding at St David's early in 2013. As mentioned in his obituaries and many tributes, John would travel many miles to a wedding, baptism, funeral, confirmation, ordination or first mass. His generous soul touched so many people. At this wedding he touched me on the shoulder, I turned round to see his smiling face and we gave each other a warm hug. What a joy it has been to have known John; what a sadness it has been to lose him so early.

Bill Pattinson

25.07.2014



Heritage & Music at St Michael's, Mount Dinham November 2014



Please use our website at www.stmichaelsmountdinham.org.uk to view the full Music List and Events, and to see what you've missed! Keep an eye on our twitter feed https://twitter.com/StMikes_Exeter for the latest local and wider church news.

We welcome Saffron as a soprano Choral Scholar. Alex & Nigel are looking for a third person with a love of church music to join the Music Team; either a trainee conductor or an experienced musician, but funding is quite limited. See music/scholarships on the website or contact music@stmichaelsmountdinham.org.uk for details of the vacancy.

Thanks to Graham, Nigel, Lis and Richard, and all who made Hymns&Pimms go with a swing; a very enjoyable musical evening. The other part of our Michaelmas celebration was Solemn Mass and Procession with a topical Sermon from our guest preacher, Fr Henry Pryse, of St James. The Archangel Michael is revered by Jews, Christians and Muslims; his fight against the Devil in Revelation is a heavenly reflection of Christ's victory on the Cross; be open to the angelic in our lives.

Thanks also to Sabrina Groeschel for running our Vision Day at St Michael's with insight and energy. Over 30 people gathered to consider

what “stepping stones and stumbling blocks” lay ahead on our pilgrimage as a church. While continuing as a friendly and inclusive church offering wonderful music and traditional services to a diverse congregation from near and far, we would like to make better use of our beautiful building, engage more with local communities, and further develop our ministry of prayer and action.

November is traditionally a time for Remembrance, but it’s also another busy month for us.

Saturday 1st November, from 10am until 1.30pm, sees our Coffee Morning and stalls in St Stephen’s Church on the High Street. Cakes wanted on the day. Please support this fund-raising and outreach event. Visit the recently restored St Stephen’s, browse and buy, or simply relax and enjoy the refreshments.

Sunday 2nd November, the Calendar this year means we mark All Saints at 10.45am and All Souls at 6pm, with beautiful music at both services.

The morning Mass setting was written when Alex West was Organ Scholar at Fitzwilliam College, Cambridge, and the Motet is Bainton’s ravishing “And I saw a new heaven”. In place of “First Sunday Evening” at 6pm, we will sing a Requiem Mass using the music of Gabriel Fauré, plus *Justorum Animae* by Byrd and the Russian *Kontakion*.

Remembrance Sunday, 9th November, will be marked with special music and sermon during our 10.45am Mass, and the Act of Remembrance at 11am. The Anglican Folk Mass was composed by Martin Shaw at St Mary’s Primrose Hill, London, in 1917. The music of our motet “For the Fallen” was written a couple of years ago by choir member, Graham Keitch.

Wednesday 12th November at 7.30pm. Recitals @ St Michael's. The Exeter Singers, directed by Tony Yates, present a varied programme of a cappella music, from Madrigals to Modern! Tickets on the door: £5 (£3 concessions).

Saturday 22nd November in St David's Church at 2pm there is a Memorial Service for John Hughes. A service of words and music, remembering a dearly-loved former curate of this parish. It is an opportunity for John's many friends from the congregations at St David's & St Michael's, and around the city and Diocese of Exeter to give thanks for John, priest, pastor, scholar and friend, and remember him with love and gratitude.

Stir-up **Sunday, 23rd November**, the last Sunday before Advent is a celebration of Christ the King, Jesus as the just ruler over all the Universe. The Anthem by Sir John Stainer is "I saw the Lord, high and lifted up, and his train filled the Temple."

Advent Sunday, 30th November, at 10.45am Mass, we sing The Litany published by Thomas Cranmer in 1544, the earliest officially authorized vernacular service in English. The 1st candle of the Advent wreath is lit.

Please Note, Sunday 30th November at 8.30pm, the St Michael's Remembrance Lecture (originally for 3rd Nov) is given by Suzanne Steele (Official Canadian War Poet; Department of English, University of Exeter) – Bearing Witness to those who Bear Witness. (The later time is to allow those who wish also to attend the Cathedral's Advent Procession.)

Sunday 7th December is our own beautiful Advent Procession at St Michael's at 6pm. Prayers, Readings, Hymns and Carols illuminate the 7 "Great O" Antiphons, which comprise the Advent Hymn "O come, O come Emmanuel", and culminate in a choral setting of the Magnifi-

cat.

Advanced notice that the Choir will be presenting “Christmas by Candlelight” on **Wednesday 10th December** at 7.30pm, a Concert of Carols Old & New.

Richard Barnes

Recitals @ St Michael's



**Wednesday 12th November
The Exeter Singers**

Something for Everyone



**Wednesday 10th December
The Choir of St Michael's**

Christmas by Candlelight

7:30pm

at

St Michael & All Angels, Dinham Rd,
Mount Dinham, Exeter EX4 4EB

Entrance: £5 (£3 concessions)

Exeter City Centre Chaplaincy: Lead Chaplain sought

Due to the planned retirement of Tony Raven, the Exeter City Centre Chaplaincy is seeking another Lead Chaplain from January 2015 to work alongside Rev Norman Wallwork to support the small team of volunteer Chaplains.

This may be a lay person or someone who is ordained.

It is a voluntary post with expenses paid, for a minimum of 8 hours per week.

The Lead Chaplains represent the Chaplaincy to public authorities and committees, and take the initiative in approaching the larger retail businesses and agencies. The majority of the Lead Chaplains' time is spent offering spiritual and practical support to the volunteer Chaplains who, in turn, visit retail staff in City Centre shops. The Lead Chaplains also do some shop visiting.

We are looking for a caring, community-orientated person who readily establishes a good rapport with people.

If you think you would be interested in this role, for more details and an application form, please contact:

The Administrator, Mary Ellis at
ECCAdmin@phonecoop.coop or
3 Palace Gate, Exeter, EX1 1JA or
01392 273456

The application form must be returned to Mary no later than
Friday Nov 21.

Interviews will be held on **Thursday Dec 4**
with an opportunity to meet the Chaplains on **Tuesday Dec 9.**

EXETER FOODBANK



Emergency food for local people in crisis

A Message from the EFB Management Team

Exeter Foodbank is about more than simply ensuring hungry people get fed. Our motto is to 'restore dignity and revive hope'; we aim to make our sessions welcoming, where people feel heard and valued. Rather than handing out pre-packed food parcels, we make up bags alongside clients, giving them choice if possible. People can also have a hot drink and a chat. However, in the first eight months of 2014, EFB fed an average of 84 people per week. As you can imagine, our premises get crowded (and noisy!); recently, we've been unable to spend as much time serving each person as we'd like to.

With this in mind, we've decided to introduce a third distribution session per week. From 8th September, clients will be able to collect food on Monday afternoons between 1pm and 3pm. We hope that this extra session will be particularly helpful for those who have had difficulties over the weekend and for parents collecting children from school. EFB is also developing a team of specialist, trained 'sign posters' to help people access support from other agencies.

The decision to develop our services was not undertaken lightly. The sustained increase in the number of people who need to access Exeter Foodbank raises worrying questions about the long term causes of food poverty and the role of charities in addressing them. (See page two for further details.) At the same time, this development is clearly much-needed to prevent local people from going hungry. We are very grateful for the tremendous input of our donors, supporters and tireless volunteers, who have 'gone the extra mile' to make it possible. To you all – thank you.

Exeter Foodbank
Management Team

Joy Pete Laura Ann John

Autumn 2014

Exeter Foodbank

PO Box 661, Exeter, Devon, EX4 6JP

W exeterfoodbank.org.uk

E info@exeterfoodbank.org.uk

T 07818 226 524

Vouchers can be exchanged at:

Monday 1.00pm – 3.00pm

Tuesday 2.00pm – 4.00pm

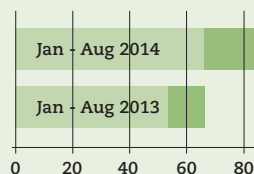
Thursday 2.00pm – 4.00pm

A project seeded by The Trussell Trust.

Exeter Foodbank is a Christian charity, motivated by the loving, giving example of Jesus.

Average number of people fed per week by EFB

■ Adults ■ Children



Between January & August 2014, EFB fed an average of:

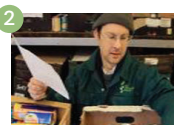
84
PEOPLE
PER WEEK

(via 2 x 2 hour distribution sessions.)

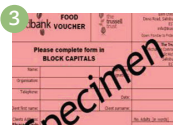
HOW FOODBANK WORKS



Non-perishable food is donated by the public at supermarket points, churches and schools.



Volunteers collect and sort the food at our storage unit just outside Exeter.



Doctors, social workers and charities give Foodbank vouchers to people in crisis.



Vouchers are exchanged for 3 days' worth of food at the Foodbank centre.



Foodbank volunteers take time to listen and signpost clients to further support.

Inquiry into Hunger and Food Poverty

In October 2013 MP Frank Field established an All-Party Parliamentary Group (APPG) to investigate the root causes of food poverty and the huge increase in demand for foodbanks across Britain.

Since February 2014, the inquiry team has been gathering evidence from people living in poverty and food providers across the country. Ultimately, they aim to pose a series of questions to each of the political parties at the next general election about how they will respond to the rising demand for food aid.

Exeter Foodbank has submitted evidence to the inquiry both in person (at a regional meeting held in June) and via a report, which was produced in collaboration with the University of Exeter.

Recommendations made by EFB to the APPG Inquiry

- **Increase support for vulnerable people accessing benefits:** many vulnerable EFB clients fail to access benefits, or are penalised, because they lack skills to navigate the system.
- **Campaign for a Living Wage**
- **Increase regulation of 'pay-day loan' companies**
- **Benefit Sanctions** are often counterproductive and create significant pressure and distress, moving people further away from positive engagement with agencies and the job market.
- **Reinstate the Social Fund and reduce waiting time for Hardship Payments:** In 2013/14, 880 people were fed by EFB who would previously have received a crisis loan.
- **Introduce tighter legislation** surrounding zero hour contracts to improve job-security.
- **Help to re-shape attitudes towards those in poverty:** Many EFB clients feel ashamed about needing help; they often see it as a mark of personal failure. Worryingly, this often means that the most vulnerable people are unwilling to access the support they need.



#EveryCanHelps: Our Tesco Collection

Over three days in July volunteers collected a massive 3014 kilograms of food donated by shoppers at Tesco Exe Vale. Our event was part of a nationwide food collection which was publicised using the slogan #EveryCanHelps and reflects the ongoing partnership between Tesco and the Trussell Trust.

Tesco customers donated an average of 500kg a month during 2014

Shoppers were asked to donate specific targeted items – groceries that the Foodbank is short of – and this resulted in EFB's biggest collection – yet!

Overall, our bi-annual Tesco collections provide roughly 10% of our total yearly food intake.

As well as hosting the collection, Tesco 'tops up' the value of food collected by 30% so a big thank you to Debbie Russell, the Tesco Champion, and Tesco staff for all their support and enthusiasm throughout the event. Thanks also to Tesco customers who have donated an average of 500kg a month during 2014 via permanent till-point collection points. (These are also available in other supermarkets across the city.)

Finally thanks to Pete Scott and all the Foodbank volunteers who helped out – we couldn't do it without you.

Further details of the Inquiry and its findings are available at foodpovertyinquiry.org

EFB FAQ #1: How many times can people come to the Foodbank for food?

Exeter Foodbank is designed to operate as a 'crisis' service. We work in partnership with local referral agencies; EFB meets immediate food needs, whilst they address the underlying causes of crises.

We advise referral agencies that issuing a client with up to 3 vouchers (each of which entitles them to 3 days' worth of food) will see most through their crisis. However, further vouchers can be issued by arrangement where there is genuine need. Voucher use is monitored via our database and clients who have received more than 3 vouchers are followed up with referrers on a bi-monthly basis. The aim of this process is not to penalise people; rather, it helps to ensure that they receive adequate support in moving forwards with their lives.

Factors contributing to increased numbers of 'repeat users'

- **Benefit Sanctions** have had a significant impact on referrals. People receiving Employment and Support Allowance (ESA) can be sanctioned for between 1 and 4 weeks; Job Seekers' Allowance (JSA) sanctions can last for between 4 weeks and 3 years.
- **Benefit Delays** have increased, particularly for those awaiting medical assessments or appealing decisions.

Changes to 'residence requirements' for benefit eligibility:

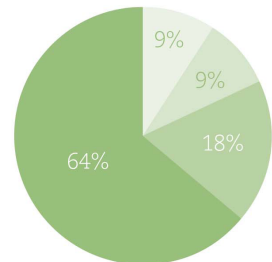
EFB recently supported a man who had been working abroad; he struggled to find work here and could not claim JSA for 3 months. We have also supported asylum-seekers who cannot receive support until their claims are heard.

- **Increase in in-work poverty:** We have seen an increase in people who cannot guarantee their income week-by-week. Those on zero-hour contracts, in agency work or are self-employed are particularly vulnerable.

"I came off ESA because I failed my medical, then went to JSA. I was looking for work but given bad advice, so my money was stopped. I had no income for three weeks... how long I can keep my room I do not know. Thank heaven for the Foodbank, at least I have some food." EFB Client Dec 2013

Number of vouchers received by EFB clients

February – July 2014



- One voucher 64%
- Two vouchers 18%
- Three vouchers 9%
- Four vouchers and above 9%

Of those clients who used EFB 3 or more times:

41% used EFB **four times**

23% used EFB **five times**

8% used EFB over **ten times**

One client had to use EFB

24 times in 6 months
by arrangement

Agency Viewpoint: Exeter CAB

Exeter CAB gives foodbank vouchers to clients who find themselves in difficult circumstances and are unable to afford food for themselves or their family. Every client who receives a foodbank voucher has had an assessment interview with a trained CAB assessor or adviser.

Year-on-year Exeter CAB has seen a steady increase in the number of clients needing food vouchers.

A high percentage of need is as a result of crises caused by benefit sanctions, delayed payments, reduced working hours or the impact of zero-hour contracts. High rent, energy and food bills often make it difficult for people who are in and out of work to make ends meet.

Going to a foodbank is not an easy decision to make. Who wants to admit that they can no longer

afford to feed their family? The FoodBank and CAB offer help through a crisis but this is not a permanent solution. The question remains: 'Why are so many people both in and out of work needing to rely on emergency food?'

Karen Devaraj,
Adult Services Team Leader,
Exeter CAB

“VALPY”

Let it be a serious purpose which you undertake to make this building in days to come, a great voice from heaven saying, “Come up hither”.

The first vicar of the new St David’s Church, Cyril John Valpy French, was born in Agra, India in 1855. He was the son of a truly remarkable man, Thomas Valpy French, one of the greatest of the Victorian missionaries, who at the time of Cyril’s birth was Headmaster of St John’s School in Agra and was later to become the first Bishop of Lahore.

Cyril’s early childhood must have been a strange and frightening time. The family was caught up in the events of the Indian Mutiny, and at one stage had to take refuge in the fort of Agra, though Thomas only consented to seek protection for himself and his family on condition that his native Christians were allowed to go with him. In 1860 they were able to return to England, and Cyril and his brothers and sisters had a conventional upbringing from then on. They did not, however, see much of their saintly father, who soon returned to his work in India. On his rare visits to England, he was usually away from home, preaching, raising money and attending conferences.

Cyril Valpy French graduated from Corpus Christi College, Cambridge in 1878. The following year he was ordained deacon, and became a priest in 1879. He served two curacies, at Sandown in the Isle of Wight from 1878 to 1881, and at All Saints Knightsbridge from 1881 to 1883. In 1881 he married Miss Emma Ballard, and two years later moved to Devon as Vicar of Escot, near Ottery St Mary.

The early 1890s were sad years for him. In 1891 his father, finally exhausted by ceaseless work and travel, died a lonely death in Muscat, capital of Oman. The following year his elder sister, Ellen, the wife of Edmund Arbuthnott Knox, a future Bishop of Manchester, also died, leaving six children, the eldest of whom was only 13.

In March 1894 came another move, to the parish of St David's in Exeter. Here Valpy French succeeded Joseph Theophilus Toye, a formidable figure who had died on Christmas Eve 1893, at the age of 85. Toye had been Vicar of St David's since 1862, and had thus overseen the building of St Michael's and had longed to be able to replace the church at the top of St David's Hill, which was dark, inconvenient and considered ugly. What was needed, it was generally agreed, was for "the splendid site which St David's occupies.....to be crowned with a Gothic temple, surmounted by a glorious steeple in lieu of the ridiculous pepper-pot" (Devon Weekly Times). Although the question of rebuilding had been considered as early as 1882, not much progress had actually been made, and it was left to the new Vicar to take things forward.

Valpy French threw himself into the work of a busy parish with wholehearted energy and enthusiasm, and in April 1895 he proposed a special meeting to consider a thorough restoration of the parish church. The negotiations which followed, the fund raising, and the building work itself, are described in detail in Michael Smith's "Short History of The Building of Saint David's Church", copies of which are available in the church. There were endless complications, inevitably, and a constant shortage of money, notwithstanding the huge generosity of Sarah Thornton West and of her son, Richard Bowerman West. The list of subscribers is long, and includes many relatively small offerings, such as

ten shillings “for my share of the wall”. A lady who lived in lodgings in Haldon Road, having been left a small legacy, passed it all on to the building fund.

Valpy French’s greatest ally was the architect of the new church, William Douglas Caröe, who was appointed in 1896. Caröe pressed on in spite of all the difficulties, and by the end of 1899 the fine new church was completed. It may have had no “glorious steeple”, but instead there was an imposing tower which soon became a city landmark. And it was the first church in Exeter to enjoy the enormous benefit of electric light! The church was consecrated by the Bishop of Exeter, with appropriate ecclesiastical dignity and civic pomp, in January 1900.

Arthur Bartlett, who was churchwarden in the 1950s, lived as a boy in Little Silver. He had happy memories of Valpy (“as we called him, affectionately, not disrespectfully, which not for his preaching but his genial liking for his boys. Always a smile and a good humoured greeting”). He wrote of his enthusiasm and magnetism, and remembered how, while the church was being built, he and a few other boys, and Valpy’s two daughters, “after Catechism.....would go with him and be allowed to go a little way up the lower ladders – a great concession”.

The Vicar of St David’s at the beginning of the 20th century lived in some style, with a staff of five servants and a gardener. He and his family lived in a six bedroomed vicarage, with a further two attic bedrooms for the servants. There was also a coach-house and a lodge. But he worked extremely hard. In addition to the two churches in the parish, there were some 30 parish organisations in which he was expected to take some interest, and in most cases a leading role.

They included the Parish Institute and Hall, the Temperance Society, the Missionary Association, the Guild of St Michael and St David, a branch of the Church of England Men's Society and five schools. Valpy French took a particular interest in the Working Men's Club in Exe Street, which was a slum area at the time. Here he acted as chairman, held a Bible class on Sundays, and even subsidised the club out of his own pocket when it ran into financial difficulties. He also had duties outside the parish, and served for many years as chaplain to the West of England Institution for the Blind.

All of this activity took an inevitable toll. In 1907 he had a breakdown, brought on by overwork, and offered his resignation to the Bishop. Instead he was persuaded to take a year's leave, and to spend the time as minister in charge of the English church at Dinard in Brittany. Although he then returned to St David's, and was even strong enough to take on the extra charge of Rural Dean, it seems that his health never fully recovered, and by the end of 1912 he was seriously ill. A beautifully hand-painted and illuminated Christmas card from the St David's Choir that year "To Our Beloved Vicar" expressed their prayers that "you may be speedily restored to Health, and to us".

Sadly, it was not to be. Just over a year later, Valpy wrote a special sermon to commemorate the 14th anniversary of the consecration of the new church, but he was not well enough to preach it himself. Based on two texts, the first of which was Revelation xi 12: "They heard a great voice from heaven saying unto them, Come up hither", the sermon was read for him by his curate, Ivon Gregory. But reading it now, it is Valpy's voice one hears as he describes the fine features of the church and gives thanks for the benefactors who "in smaller or larger

measure, wished and hoped that this Church which they set themselves to build, should lift up men's hearts nearer to the life of God, and teach and train men to "come up hither" .

Valpy French died on 28th April 1914, three weeks short of his 59th birthday. His funeral three days later was attended by very many of his parishioners, and by the great and good of Exeter. The committal prayer was read by his brother-in-law, the Bishop of Manchester. Preaching at St David's on Sunday 3rd May, Dr John Borlase, who had been Valpy's curate from 1903 to 1906, spoke of his boyish zeal and eagerness, and urged the congregation to look around them and see "this grand monument of stone – the building erected in his ministry, the church of which he was so proud, and which.....would ever be associated with his memory". The Bishop of Exeter, preaching the same evening, described "a good man, whose goodness was founded on the Christian gifts of faith, hope and charity".

The Exeter Flying Post, published the day after the funeral, mentioned Valpy's "long and trying illness". "His activities", it said, "were boundless. His parishioners will always believe that he shortened his days by his labours."

Among the letters of condolence to Mrs Valpy French was one from W D Caröe, who wrote "I learned so much from your husband in every matter and interest in which we were engaged together, that I look up to him as a disciple and back to my association with him as a landmark of what I would wish all such associations to be. I am indeed happy to think that St David's will ever be associated with his name, as I know that his name will always be associated among his friends and admirers

with all that makes for good in the world. Requiescat in pace.”

The Dean of Exeter, Rt Revd Alfred Earle, wrote on behalf of the Cathedral Chapter, who wished him to express “their strong admiration, affection and respect for your dear husband whose loss the Diocese and the City so deeply deplore.” They recognised in him “a faithful, earnest, single-hearted fellow worker (whose) remarkable gifts ungrudgingly used were a strength to the common work of the Church in our city, strong, clear sighted, transparently honest and sincere. His influence was deservedly great, and the affection which he inspired remarkable.”

The most touching tribute of all, and the one which says most about Valpy, came from a parishioner. “I can never tell how sincerely I loved the Vicar. Since he first came among us I admired his earnestness and zeal, but when my trouble came upon me I got to know something of his loving heart and his desire to be of help, and I appreciated his work for his Lord and Master more and more. His influence for good upon me has been very great and he made me long to live for and follow our Lord. I hope I shall never forget his teaching and bright example.”

Emma Valpy French lived on till 1942. Their son, Gordon, died in 1946 – his memorial is in the Lady Chapel in St David’s – and the daughters, Dorothy and Hilda, were still living in the 1970s. Valpy also had four remarkable nephews, the sons of his sister, Ellen Knox. Of these the eldest, Edmund Valpy Knox, was Editor of *Punch* from 1932 to 1949. Dillwyn was a classical scholar and cryptographer, who played a major part in unlocking the mysteries of the Enigma coding machine during the second World War. Wilfred was a priest and theologian, biographer of St Paul. And the youngest, and most remarkable of all,

was Monsignor Ronald Knox, Fellow of Trinity College Oxford, Pronotary Apostolic to His Holiness Pope Pius XII, Bible translator, essayist, and possibly the most famous and influential English convert to Roman Catholicism of the 20th century.

Those of us who worship at St David's do not have far to look to find reminders of Valpy French. Our magnificent font cover is dedicated to his memory, and one of the carved figures on its corners is a representation of Valpy holding a model of the church in his hand. One of the stained glass windows above the chancel, on the south side, is also dedicated to him. And finally, Valpy's fine monument in the churchyard, which was designed by W D Caröe, and which was discovered lying amidst the undergrowth some years ago, was beautifully restored by Mr John Wakley and re-erected in August 2003. After years of neglect, it became once again a worthy memorial to an extraordinary man, who was so much the driving force behind the building of our church.

Jeremy Lawford



Church of St. Michael and All Angels
Mount Dinham
Parish of St. David, Exeter



St Michael's Remembrance Lecture

Sunday 30th November, 8.30pm

Bearing Witness to those who Bear Witness

Suzanne Steele

Suzanne Steele is researching for a PhD in World War I literature in the Department of English at the University of Exeter. She was the first poet to be official Canadian war artist (2008-2010), travelling with Canada's troops to Afghanistan. She is an international speaker, award-winning and globally-acclaimed poet, librettist (*Afghanistan: Requiem for a Generation*) and video installation artist. Suzanne lectures on bearing witness to those who witness in the field of war.

Everyone is warmly welcomed to the St Michael's Lectures and admission is **FREE** (with a voluntary retiring collection). They are followed by discussion and light refreshments. They are held in St. Michael's Church (Mount Dinham, Dinham Road, Exeter, EX4 4EB) which has a tall spire and is located by the Iron Bridge on North St./St. David's Hill. For further information, or to discuss disabled access, contact David Beadle at dnb201@ex.ac.uk or visit www.stmichaelsmountdinham.org.uk



Church of St. Michael and All Angels
Mount Dinham
Parish of St. David, Exeter



St Michael's Lectures

Wednesday 3rd December, 7.30pm

Death and Dying in the Bible and Contemporary Europe

David Beadle

David Beadle is studying for a PhD on the Hebrew Bible (Old Testament) at the Department of Theology and Religion at the University of Exeter, funded by the Arts and Humanities Research Council. He also studied for his BA and MA at Exeter, then travelled south for a year to work for the Chaplaincy at the University of St Mark and St John (Marjon) in Plymouth. He has coordinated the St Michael's Lectures for the past four years, and thought it was time to get off his backside and contribute a talk.

Although fear of death and dying persists in contemporary Europe, talk of death is frequently taboo. Those on the margins of life are often hidden away, and the dead are rarely considered to play an active role in the lives of the living. However, the cultures in which the Bible was written had no such reticence in speaking of the dead and the dying among the living. How can exploring biblical texts about death and dying, in their social and historical contexts, challenge our understanding of these subjects today?

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The Angel Tree - 2014

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 101 children to receive a gift. The gifts are on average of a value of £15 each

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 16th 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



Read any good books lately?

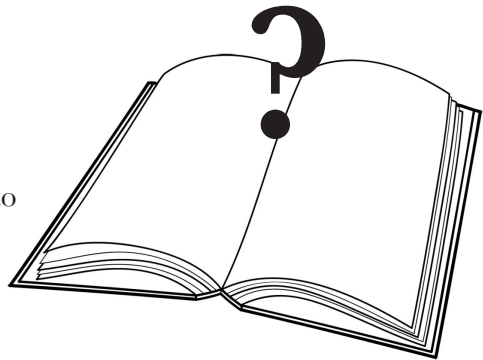
We would like to introduce a review section to our magazine and invite all you readers, film goers, music fans to write a short recommendation of something that you have seen or heard recently and really enjoyed.

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.



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.

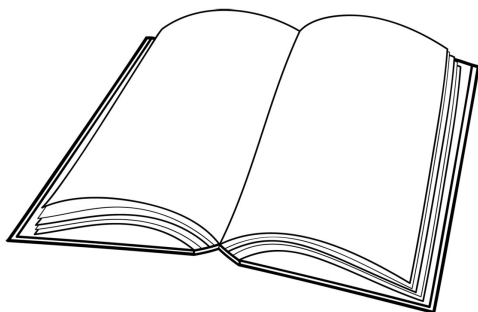
After discussing with the clients the sort of books they like, (eg romantic fiction, travel books, particular authors), WRVS volunteers choose books for their clients which they deliver to them from once a fortnight to once every six weeks, depending on the needs of the client, at a mutually convenient 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



Exeter 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: 14:00 - 16:00 (from 5th November 2014)

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



For 1-2-1 IT tuition we offer a waiting list.

Southernhay Child Contact Centre Exeter

“... suddenly the boys came running to me .. both shouting ‘Daddy! Daddy! Big hugs for each one’”

“It was like a rugby scrum only for once I was crying. They had not forgotten me.”

We all know the statistics. There were nearly 1000 divorces in Devon in 2012. Most people will know someone who has had experience of the break-up of a marriage or partnership. With these break-ups often come problems for parents and children who no longer see each other. The trauma of separation can make healing almost impossible.

In Exeter, we're lucky because the city has the Southernhay Child Contact Centre. This is a safe and friendly place where an absent parent can see his or her children on neutral territory, and children can spend time with their brothers and sisters if they don't all live together anymore.

Southernhay Child Contact Centre is accredited by NACCC (National Association of Child Contact Centres). About 14 families currently use the Centre on Saturdays. Volunteer staff support the service. They don't supervise the contact sessions or spend time with the children but they do ensure that the Centre is a safe and welcoming place for everyone. The number of people who can use the Centre depends on the number of volunteers available to attend the sessions.

The Child Contact Centre exists to give an absent parent an opportunity to spend time with his or her child or children. There's no charge to use the Centre. Families can refer themselves, or the court or social services might order the access solution. There are lots of toys and books for children of all ages, and these often help a parent to reconnect with their child after what sometimes can be a long absence. And a child knows finally they've not been abandoned, that they are loved.

It is so important that children keep in touch with their absent parent. Frequently there has been a long (to a child a very long) break since seeing a parent. It is so rewarding and moving when the child rushes to their parent, and has not forgotten him/her.

And then the healing process can begin, a child becoming much more confident in themselves, lessening the trauma of separation, knowing they have not been abandoned.

If you would like to find out more and are prepared to offer a helping hand on either a Saturday morning or afternoon once a month do please contact the centre for further information, please email southernhaycontact@gmail.com or call 07775 158 808. 'An enhanced DBS check will be requested in the event of an individual being offered a voluntary position.'

All enquiries welcome.

Held at: **Southernhay Church, Southernhay East, Exeter EX1 1QD**

The Soup Kitchen at St. David's

As many of you will know, Thursday evening is the time we receive a number of homeless folk at St. David's and provide soup and refreshments to sustain them through the cold nights.

They need warm clothing and shoes, so if you have fleeces, sweaters, coats, jeans, or trousers you would like to pass on, they will be gratefully received.

We also like to have paperbacks they can take to read, so if you are parting with books please think of leaving them with us.

Thank you.

Contact Mary on:- 07872 626 168 if you need to leave donated goods





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."

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.

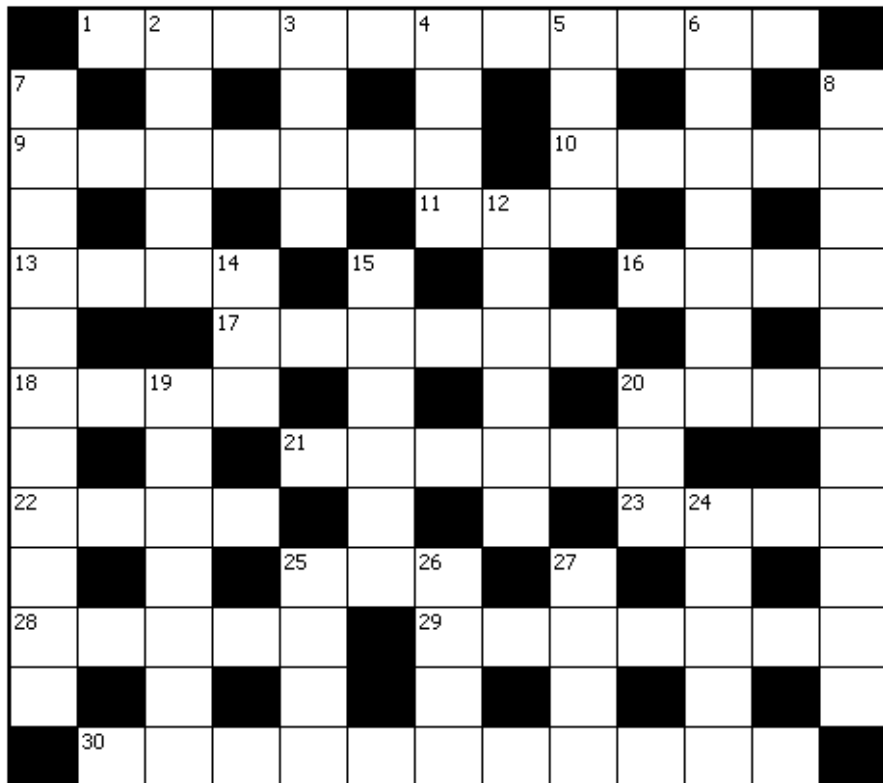
They are welcome to pop in any Thursday.

Contact:

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

Sam Wellbelove

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 JerusalemÖ 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 'For the wages of sin is death, but the ____ of God is eternal life in Christ Jesus our Lord' (Romans 6:23) (4)

Solutions later in the magazine

Another personal story from a young person who has been helped by YMCA Exeter.

Danny's Story Danny was 17 years old when he was made homeless by his dad. He started attending Job Club at YMCA Exeter about a year ago. The Job Club gave him a place to go, a reason to get up in the morning, support, bacon butties and filter coffee, but most importantly for Danny it gave him a focus.

Through the Job Club Danny got onto a full time carpentry apprenticeship which has completely changed his life. Twelve months later Danny is thriving in his new position. He has developed a very positive relationship with his boss who has also acted as a mentor to him.

Danny is keen to leave his background of homelessness behind and develop a carpentry career. He says: “ My apprenticeship has completely changed my life. Without it I would be wrecked. By that I mean I would be bumming around getting drunk all the time. That's what I was like before the apprenticeship. I think I would have slipped into drugs again.

The apprenticeship has given me something to be happy about rather than sad. My boss has become a good friend and a mentor. He guides me on issues inside my work and outside my work. He sees the positive in me and gives me tons of chances in my work.”



COVENTRY'S CROSS

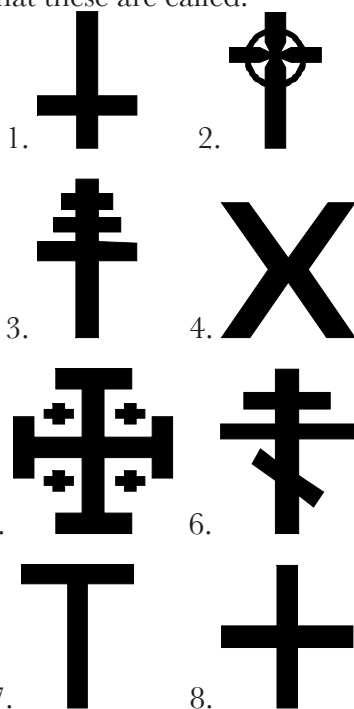
The people of Coventry will always remember the dreadfully long night of 14th November 1940. It was the longest air raid of the World War II and when the light dawned the next morning, Coventry was in ruins. So many people were dead, injured or homeless; there wasn't a person who had not suffered during that night.

The medieval cathedral was a burnt out shell. Two of the burnt roof beams were tied together to make a cross and this makeshift symbol was set up where the altar had been. A cross was also made from the 14th century iron nails that had held the roof together and this Cross of Nails still re-

mains today as a symbol of sympathy, forgiveness and reconciliation. Copies of the Cross of Nails have been presented to countries round the globe as a reminder that love and understanding bind us together and that we need to remember the horrors that happen when people forget that.

CROSS PURPOSES

There are many different types of cross in pictures. Do you know what these are called?



Answers: 1. St Peter's 2. Celtic 3. Papal 4. St Andrew's 5. Jerusalem 6. Russian Orthodox 7. St Anthony's 8. Greek

Days of Note

1 All Saints' Day – the feast day of all the redeemed

All Saints, or All Hallows, is the feast of all the redeemed, known and unknown, who are now in heaven. When the English Reformation took place, the number of saints in the calendar was drastically reduced, with the result that All Saints' Day stood out with a prominence that it had never had before.

This feast day first began in the East, perhaps as early as the 5th century, as commemorating 'the martyrs of the whole world'. A Northern English 9th century calendar named All Hallows as a principal feast, and such it has remained. Down the centuries devotional writers have seen in it the fulfilment of Pentecost and indeed of Christ's redemptive sacrifice and resurrection.

The saints do not belong to any religious tradition, and their lives and witness to Christ can be appreciated by all Christians. Richard Baxter, writing in the 17th century, wrote the following:

He wants not friends that hath thy love,
And made converse and walk with thee,
And with thy saints here and above,
With whom for ever I must be...

As for my friends, they are not lost;
The several vessels of thy fleet,

Though parted now, by tempests tost,
Shall safely in thy haven meet....

The heavenly hosts, world without end,
Shall be my company above;
And thou, my best and surest Friend,
Who shall divide me from thy love?*

1,255 ancient English churches were dedicated to All Saints - a number only surpassed by those dedicated to the Virgin Mary.

*(Maurice Frost (ed.), *Historical Companion to Hymns Ancient and Modern* (London: Clowes, 1962), no. 274, verses 1,3,6.

Of course, very many of the early ‘saints’ were also martyrs, and so...

1 The first martyrs – the ‘seed’ of the Christian Church

The first martyrs of Rome are recorded in the old Roman Martyrology, which states that:

‘At Rome, the birthday is celebrated of very many martyrs, who under the Emperor Nero were falsely charged with the burning of the city and by him were ordered to be slain by various kinds of cruel death; some were covered with the skin of wild beasts, and cast to the dogs to be torn asunder; others were crucified, and then when daylight failed used as torches to illuminate the night. All these were disciples of the apostles and the first fruits of the martyrs whom the Holy Roman Church sent to their Lord before the apostles’ death.’

11 Martin of Tours (316 – 397)

– pioneer of western monasticism

This winter, when you next see someone who looks both poor and cold, think of Martin of Tours. This monk bishop, born in Pannonia (now Hungary) became one of the most popular saints of the Middle Ages.

Martin's father was a pagan officer in the Roman Army, and Martin was intended for the army as well. But from an early age Martin wanted to be a Christian, and felt that as a Christian he could not serve the Roman Empire. Martin was imprisoned for this early 'conscientious objection', and not released until 357, when he was nearly 40.

One day Martin met a nearly naked beggar at Amiens. He took off his cloak, cut it in half and gave the half to the beggar. Soon after this, he had a dream in which Christ appeared to him, wearing the half of cloak which Martin had given away.

Martin was the pioneer of western monasticism: he founded the first monastery in the whole of Gaul about 360. He was made bishop of Tours in 372 – by popular demand of both his clergy and his people.

As bishop, Martin continued his simple life as a monk, - and evangelist. Christianity had been largely confined to the urban centres of population, but Martin went further, and took Christianity to the pagani (country-men). For the next 25 years this greatly loved bishop travelled his diocese by donkey and by boat, preaching the good news of Jesus Christ, and helping his people to tear down their heathen temples and sacred trees. He was sought out for his healing prayers for the sick, and also his defence of the faith from heretics.

Martin's emblem in English art is often that of a goose, whose annual

migration is about this time of year. ‘St Martin’s Summer’ in England is a spell of fine weather that sometimes occurs around 11 November.

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.

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Barbara`s Edible Stall

Please keep bringing and buying.
We need you!

NEXT DATE:

SUNDAY 23rd November

Many thanks.
Sarah Black





The deadline for inclusion of articles for the December issue of the parish magazine is Sunday November 16th 2014

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

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

Please send digital files (Word docs are best) via email if at all possible.

Please make the subject header fit the content of the email preferably with 'New Leaves' included in the title - thanks!



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