

# St. David's School Visit to St. Michael's Church

Each Thursday Tom and I lead Collective Worship in St. Michael's Church for the pupils and teachers of St. David's Primary School. Our hospitality is greatly valued by the school, as is their opportunity to light votive candles and to pray. Last month, the oldest children – Diamond Class – stayed on after our assembly for a tour. Their neighbourly interest in our tall church building that looms high over their school playground is quite understandable!

Tom agreed that my particular notes might be of wider interest, and so I publish them here (abridged):-

## **Welcome**

The church is cross-shaped so when we step inside, we are stepping inside the story of God. Like when we make the sign of the cross on ourselves, we are including ourselves within the life, death and resurrection of Christ. We are no longer spectators; we are people bound into a shared faith.

## **The Font**

The font contains water used for Baptism. This is the sacrament of welcome and belonging. A sacrament is a promise from God to be a sign

of His presence. Q) Why might water be a sign of God's presence? A) Cleansing, Healing, Drowning, Reflection, Quenching, Buoying, Fertility, etc.

### **The Easter Candle**

The Easter candle symbolises Christ. This candle is lit near the font, and also near the coffin at a funeral. A new candle is blessed and lit each year at Easter to remind the Church, which is us, of the true nature of Christ. Q) How is the candle flame a sign of God's presence? A) Light, Hope, Animation, Life, Heat, Generational, etc.

### **The Pews**

The pews are where people sit and kneel and stand to pray and sing. Notice how all the pews are similar because all people are regarded as equal under God; all especially beloved of God.

### **The Bible**

The Bible is not one book, but a library of different books written by different people over thousands of years in different languages, styles and genres. The Bible is not a text book or manual, but a record of divine encounters. Every church service includes time for reading and listening to stories from the Bible. These stories tell us about how God has revealed Himself to the world since time began, and how His people have wrestled to understand who and how God is.

### **The Pulpit**

The pulpit is where one member of the Church stands to teach hope, faith and love. This person will have studied and prayed to God for sight into the Holy Scriptures and their relevant meaning for people today.

Making sense of the Bible in the world today is not easy, but God's word has never been easy for His people to hear and understand and follow.

## **The Altar**

The altar table is a very important part of our worship. Every mystery of God is made available to humanity here. On one level, this is a simple table around which Jesus' friends eat a communal meal. On another level, here is where the brokenness of the person of the Priest raises and breaks bread symbolising the real presence of the brokenness of Christ's own body before and with Christ's broken people. God's costly promise is wholeness and healing through sharing in our brokenness: this is the story of God, who humbled himself to share in our humanity that we might share in His divinity.

The children were clearly engaged and energised exploring the church building, and posed many insightful questions. And they enjoyed their juice & biscuits!

As our church communities at St. Michael's and at St. David's renew our historic buildings, I pray we may we have the courage and imagination to reshape our buildings to better support the primary need for everyone in our parish for space set-aside in holiness to foster transforming encounters with God. And space for juice & biscuits!

**Christopher Durrant**



# April from St Michael's

There is great joy in the lengthening of daylight hours, even though it necessitated getting up an hour earlier on Easter Day. The contrast of secretive darkness wrapping us away from the light could not be stronger. Altogether strange sorts of Winter and Spring weather. The readings for the Fifth Sunday of Lent directed our thinking to renewal and recognition of the gifts of God in restoring our relationship with Him, contrasting old and new. Isaiah exhorts us not to remember 'the former things, or consider the things of old. I am about to do a new thing...', says the Lord.

The Gospel reading concerned the washing of Jesus's feet in Bethany, with the eternal question of what to do with extravagant wealth, raised by Judas. The opportunity to paint him unfavourably is not missed by Luke. So many times it has been suggested that the Church should dispose of its wealth to benefit the poor. That event can only take place once; when the wealth has been sold off, and the proceeds distributed, there is nothing left to do it again. It seems it is time to review the bad press that Judas has received; an article in the Radio Time suggested he may be a victim of dislike or envy, or even his own worst enemy.

We have been spending some time doing some spring-cleaning in our house; it mostly involved sorting through boxes and disposing of old rubbish. It is so easy to put things out of mind and to ignore the need to review our collections. I'm sure the question 'Do we really need this?' is on most people's lips when the Big Sort-Out happens. What we thought

we wanted to keep even five years ago has reached the recycling bin.

The garden also needs a complete re-think now that we are not so nimble, and to that end I have been watching Monty Don closely. Ruthlessness with elderly plants and less successful planting, leading to manageable living and enjoyment of the courtyard will be the order. Loppers and garden waste-bags at the ready, a clear route to the tip and we should be able to enjoy some alfresco relaxation again. Seeing new and fresh growth is something we almost take for granted, but it is a reminder of God's great provision and renewal.

Alongside Monty, I have been much engaged by Mary Berry's latest two-partner on eating at Easter. She has made no apology for the Christian faith that sustains her; she has given us some insight into the traditional and symbolic food shared by other Christians. It is fascinating that for most religions, a shared meal with identifiable elements becomes a focus. Faith, food and fellowship grow together. Meals follow one another in the Gospel of Luke (with the great events of Crucifixion and Resurrection intervening): the Last Supper, with the over-arching sense of doom, because we know the outcome, and the Supper at Emmaus, with the sudden and transitory sense of recognition. Both events are significant enough to change lives for ever, and whilst the elements of the meals may have been simple, the results have been complex and far-reaching.

The question of fixing Easter holidays has been asked directly. The only people to benefit from this, it seems to me, would be travel companies and other commercial enterprises. Would it not be simple enough to arrange that the major part of the festival (Good Friday, Easter Day and Easter Monday) is celebrated when it occurs in the Christian calendar, and that there is a set fortnight, say in the middle of April or

towards the end of the month, which becomes the annual Spring holiday? Should Easter occur during that period, it would be included, but otherwise it would be a separate celebration. Fixing the time would lose the connection with Passover, which is an important part of our Judaeo/Christian heritage and reminds us of Jesus's connection with the faith that has given us part of our Scripture. It is also linked to the great lunar cycles which the Abrahamic faiths still follow. You will gather I am not in favour of a fixed date for the festival.

The great joy of Easter has filled us with the sense of renewal and we can look forward to our lives growing in faith.

We have had generous donations towards our Easter flowers at St Michael's, for which we are very grateful. Our peregrines should be inspecting the nesting platform again soon, and so the cycle of life goes on; it is always engaging, never boring and gives us something new to consider from the perspective of faith.

**Stephanie Aplin**



# **ST MICHAEL'S LECTURES 2016**

7.30pm Weds 24<sup>th</sup> Feb

**Christ and Mental Illness:  
Confronting Saneism in  
Society with a Crown of  
Thorns**

Br Michael Jerome

7.30pm Weds 16<sup>th</sup> Mar

**What could the Aftermath of  
the Anglican Primates'  
Gathering mean for the  
Future of the Anglican  
Communion?**

The Reverend Dr  
Barry Norris

7.30pm Weds 27<sup>th</sup> Apr

**Should the Church be  
involved in the Health  
of our Communities?**

The Right Reverend Dame  
Sarah Mullally

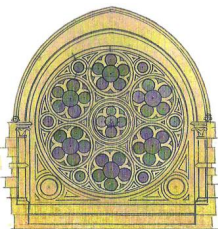
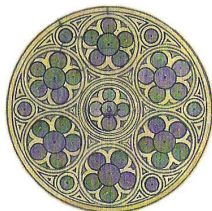
**JOHN THURMER MEMORIAL  
LECTURE**

7.30pm Friday 27<sup>th</sup> May

**A Short History of England's  
Cathedrals**

Professor Nicholas Orme

**A warm welcome is  
extended to everyone  
wishing to attend our  
FREE public lectures  
Questions from the  
floor and light  
refreshments.**



7.30pm Weds 22<sup>nd</sup> Jun

**TBC**

7.30pm Weds 20<sup>th</sup> July

**Eastern Orthodoxy, the 'Great  
and Holy Council,' and the  
Challenge of Religious  
Plurality**

Dr Brandon Gallagher

7.30pm Weds 28<sup>th</sup> September

**Ethnicity, Race and  
Religion in early  
Christian and Jewish  
Texts and Modern  
Biblical Scholarship:  
Critical Reflections on  
the Christian West**

Professor David Horrell

7.30pm Weds 26<sup>th</sup> October

**Deliverance Ministry  
(Exorcism) in the Church of  
England**

(The Revd Fr) John Underhill

7.30pm Weds 30<sup>th</sup> November

**Theology and Vegetarianism**

Dr Matthew Barton

**Lectures are held at  
St Michael's Church  
Mount Dinham  
Dinham Road  
EXETER  
EX4 4EB**

[stmichaelslectures@outlook.com](mailto:stmichaelslectures@outlook.com)

[www.stmichaelsmountdinham.org.uk](http://www.stmichaelsmountdinham.org.uk)

<b>St David's Eucharist      April</b>		
<b>April 03 : Easter 2</b>		
Reading 1	Acts 5: 27-32	Mary Kirkland
Reading 2	Revelation 1: 4-8	Catherine Matlock
Gospel	John 20: 19-31	
Time of prayer		Helena Walker
<b>April 10 : Easter 3</b>		
Reading 1	Revelation 5: 11-14	Pam Smith
Reading 2	Acts 9: 1-6	Gabrielle Kirby
Gospel	John 21: 1-19	
Time of prayer		Chris Gill
Junior Church:		
<b>April 17 : Easter 4 <i>Family Service</i></b>		
Reading 1		
Reading 2		
Gospel		
Time of prayer		
<i>No Junior Church:</i>		
<b>April 24 : Easter 5</b>		
Reading 1	Acts 11: 1-18	Ann Watts
Reading 2	Revelation 21: 1-6	Emma White
Gospel	John 13: 31-35	
Time of prayer		Geoff Crocket
Junior Church:		
<b>May 01 : Easter 6 Rogation Sunday</b>		
Reading 1	Acts 16: 9-15	Cathy Knowles
Reading 2	Revelation 21: 10, 22 - 22: 5	Richard Johnson
Gospel	John 5: 1-9	
Time of prayer		Glynis Harflett
Junior Church:		



# To call Heaven



Most of us have now learned to live with voice mail as a necessary part of our lives. Have you ever wondered what it would be like if God decided to install voice mail? Imagine praying and hearing the following

Thank you for calling heaven. For English press 1 For Spanish press 2 For all other languages, press 3 Please select one of the following options:

Press 1 for request Press 2 for thanksgiving Press 3 for complaints Press 4 for all others

I am sorry, all our Angels and Saints are busy helping other sinners right now. However, yo'ur prayer is important to us and we will answer it in the order it was received. Please stay on the line.

If you would like to speak to:

God, press 1 Jesus press 2 Holy Spirit, press 3

To find a loved one that has been assigned to heaven press 5, then enter his/her social security # followed by the pound sign. (If you receive a negative response, please hang up and dial ! area code 666)



For reservations to heaven, please enter JOHN followed by the numbers, 316.

For answers to nagging questions about dinosaurs, life and other planets, please wait until you arrive in heaven for the specifics.

Our computers show that you have already prayed today. Please hang up and call again tomorrow.

x

The office is now closed for the weekend to observe a religious holiday.

If you are calling after hours and need emergency assistance, please contact your local pastor.

Thank you and have a heavenly day.

NOTE This item was found on my Computer in Archive File. I do not remember its origin or who wrote it Certainly not me!

**Raymond Ravenscroft**

# I THANK YOU GOD FOR MOST THIS AMAZING

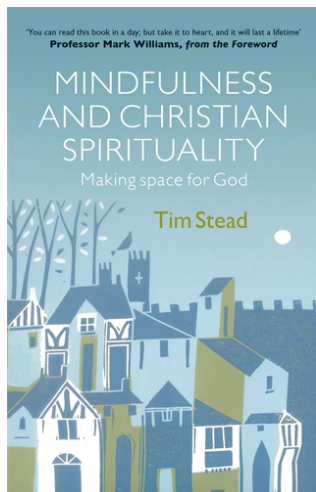
I thank You God for most this amazing  
day: for the leaping greenly spirits of trees  
and a blue true dream of sky; and for everything  
which is natural which is infinite which is yes  
(i who have died am alive again today,  
and this is the sun's birthday; this is the birth  
day of life and of love and wings: and of the gay  
great happening illimitably earth)  
how should tasting touching hearing seeing  
breathing any—lifted from the no  
of all nothing—human merely being  
doubt unimaginable You?  
(now the ears of my ears awake and  
now the eyes of my eyes are opened)

**e.e. cummings 1894-1962**

PRESS RELEASE



## MAKE SPACE FOR GOD IN YOUR LIFE



### *Mindfulness and Christian Spirituality*

by Tim Stead

£9.99 • paperback • ISBN 978 0 281 07586 0 • 17 March 2016

Mindfulness practice is hugely popular these days! But what, Tim Stead asks, does it have to offer Christianity? How might it help us to transform the way we manage stress and open up more completely to the promised 'life in all its fullness'?

Key is the definition of mindfulness as being more fully aware of our own experience in the present moment in a non-judgmental way. Stead finds that 'distractions', so often the bane of those trying to pray, can be taken note of without our being caught up in or taken over by them. A non-

judgemental approach seems entirely consistent with talk of grace, and as Christians we know we can only ever experience God in the present moment. Tim reflects: 'If I feel loved entirely without judgment, I will gradually dare to allow every aspect of myself to come into the light of God's gaze and so into relationship with the rest of myself – and this is how healing comes.'

*'The book on mindfulness that many of us have been waiting for! Tim Stead writes with disarming honesty for anyone seeking a fruitful and truthful way to live.'*

**John Pritchard, former Bishop of Oxford**

**Tim Stead** has been an ordained Anglican priest for 20 years and is currently Vicar of Holy Trinity, Headington Quarry, Oxford. He is an accredited mindfulness teacher with the Oxford Mindfulness Centre and teaches their eight-week MBCT course as well as running mindfulness courses and retreats in the parish and for clergy in the diocese.

**For more information or to request review copies, please contact Sarah Head:**

- Email: [shead@spck.org.uk](mailto:shead@spck.org.uk)
- Telephone: 020 7592 3946

# Music & Events at St Michael's – April 2016

Please continue to support the Lectures both here and at St David's; also our evening Sung Mass on Monday 4th for the Annunciation (transferred from Holy Week). Otherwise the Easter Season fills April with joyful Sundays, with Gospel readings of the Resurrection appearances of Jesus to his disciples, and uplifting Hymns, Mass settings and Motets.

The intricacies of Julian & Gregorian Calendars and Paschal Moons mean that Orthodox Easter is on 1st May this year, a full 5 weeks after the West, by which time we will be reaching Rogation Sunday.

**Sunday 3 April, Low Sunday, 10.45am. Sung Mass**, and maybe an Easter Bonnet parade afterwards. Mass in E by Harold Darke, and Easter Anthem by William Billings.

**Sunday 3 April at 6pm – Choral Evensong & Benediction.**

Canticles: Stanford in C. Anthem: S S Wesley 'Blessed be the God and Father'.

**Monday 4 April Sung Mass at 7.30pm**, please come to the Feast of the Annunciation transferred from Holy Week. Missa "Aeterna Christi Munera" by Palestrina. Ave Maria, by Parsons.

**Sunday 10 April, Easter 3/II, 10.45am Mass** singing Harris in F and Surrexit Christus Dominus by Michael Praetorius.

**Sunday 17 April, Easter 4/III, 10.45am.** Missa “O Quam Gloriosum” by Victoria and Exultate Deo by Palestrina.

At St David’s Church on Wednesday 20 April at 7.30pm, preceded by Holy Communion at 7pm. This year’s Annual Parish Church Meeting, reviewing 2015 and looking prayerfully to the future for both St David’s and St Michael’s Churches.

**Thursday 21 April at 7.30pm** at St David’s Church – The Revd Harri Williams from St David’s Cathedral, Pembrokeshire, on St David, his Ministry and Influence. One of a series of Heritage Lectures about the Church and its churchyard as part of the St David’s Transformation Project, supported by the Heritage Lottery Fund.

**Sunday 24 April, Easter 5/IV, 10.45am.** Mass in the Phrygian Mode by Charles Wood and the splendid multi-verse Anthem “Ye Choirs of new Jerusalem” by C V Stanford.

**Wed 27 April at 7.30pm,** St Michael’s Lectures are delighted to welcome Rt Revd Dame Sarah Mullally, Bishop of Crediton, to talk on the topic “Should the Church be involved in the Health of our Communities?” Continuing our theme of religious reflection on current social concerns.

**Rogation Sunday, 1st May, 10.45am** Sung Mass and Procession around Mount Dinham. Missa “Entre vous filles” by Lassus, and “Thou visitest the Earth and blessest it” by Greene.

**Sunday 1st May,** Rogation Sunday this year, we also have our 6pm First Sunday Choral Evensong & Benediction. To mark the day, the Anthem will be “The Heavens are telling the Glory of God” by Franz

Joseph Haydn from his Oratorio, The Creation. Come & see why Choral Evensong is the fastest growing service in the C of E.

**Thurs 5 May, at 7.30pm** there is a Sung Mass for the Feast Day.

40 days after Easter, we celebrate the Ascension of our Lord Jesus Christ into Heaven. At 8am, we have Ascension Day Plainsong Matins sung from the West Gallery, followed by breakfast.

Please also put **Friday 27 May at 7.30pm** in your Diaries, when we are privileged to welcome Professor Nicholas Orme, who will distil his extensive knowledge of Church History to give a lecture in memory of Canon John Thurmer, entitled “A Brief History of England’s Cathedrals.”

And finally, our nest box camera is online on the Peregrine page of the website, hopefully with eggs laid before Easter now being incubated and due to hatch around the turn of April into May.

**Richard Barnes**



## **Parish Socials 2016**

Sign up sheets will be available in church - all are welcome!

Great walk on Sunday 7th February, we didn't get soaked!



Hope you can join  
us for one of our  
other events!

<u>Tuesday 1st March</u>	<b>On St David's Day - Transformation Launch Party 7pm - 8.30pm Drinks and Light Refreshments</b>
<u>Sunday 3rd April</u> after 9.30 service <b><u>City Wall Treasure Trails Walk</u></b>	Exeter based walk 2-3 hours stopping for lunch <a href="http://www.treasuretrails.co.uk/devon/things-to-do-in-Exeter_City_Wall.html">http://www.treasuretrails.co.uk/devon/things-to-do-in-Exeter_City_Wall.html</a>
<u>Sunday 8th May</u> after 9.30 service <b><u>Go Ape</u></b>	Fun in the Trees at Haldon Forest <a href="http://goape.co.uk/days-out/haldon">http://goape.co.uk/days-out/haldon</a> Lunch at the cafe
<u>Friday 1st July - evening</u> <b><u>Kayaking</u></b>	Exeter Quay
<u>Saturday 5th August</u> <b><u>Beach Games and BBQ - evening</u></b>	Budleigh Beach
<u>Greenbelt 26th - 29th August</u>	<a href="https://www.greenbelt.org.uk/boxoffice/">https://www.greenbelt.org.uk/boxoffice/</a>



# Hello Everybody

Unfortunately we have had to change the date for our next St David's Womens Group event as it clashes with a St Michaels lecture.

**The new date is Friday April 15th  
at St Thomas Hall  
6.15 for 6.30pm start**

We are going to have our version of CALL MY BLUFF and a buffet of cheese and wine.

It will be another opportunity to get to know each other a little more and meet newcomers to our church. Friends are very welcome and it should be a relaxing and enjoyable evening.

**TICKETS will be on sale from Sunday March 20th at £9**

Please pass this invitation on to those who are not on our e mail list - see names below or let me have their e mail address please.

Eileen Jarman

Ann Barnett

Mary Williams

Roz Peyton

Jenny Baker

Helen Sail

**Love Mollie  
and Helena and Mary and Ann and Hilary and Emma**

# The Prayer Book Society

As Secretary of the Exeter Branch of The Prayer Book Society, I was approached by a member of St Michael's who indicated that St Michael's might contemplate becoming a corporate member of the Society and consequently I was asked to do a write up regarding the Society for "New Leaves" and the reasons for joining.

The main reason for becoming a Corporate Member of the PBS is that your church wants to lend it's moral and financial support to the work of the PBS and to be identified with it.

a) The PBS seeks to spread knowledge of the Book of Common Prayer, and to promote it for worship and doctrine.

b) To encourage the use of the BCP for the training of clergy and ordinands at Theological Colleges and other similar institutions also at schools and colleges and for the training of candidates for Confirmation.

c) Spreading knowledge of the BCP and the doctrine contained therein.

d) Ensuring that the Society's views are effectively represented in synods and councils and among the clergy and laity at large.

As a Corporate Member, your church will receive the following benefits:-

a) You will be sent 3 copies of the Society's regular publications, the PBS Journal and Faith & Worship, for distribution within your church.

b) You will receive invitations to national and local events which may be of interest to members of your church.

c) Your church will have the right to nominate a representative with full voting rights at the Annual General Meeting of the Society.

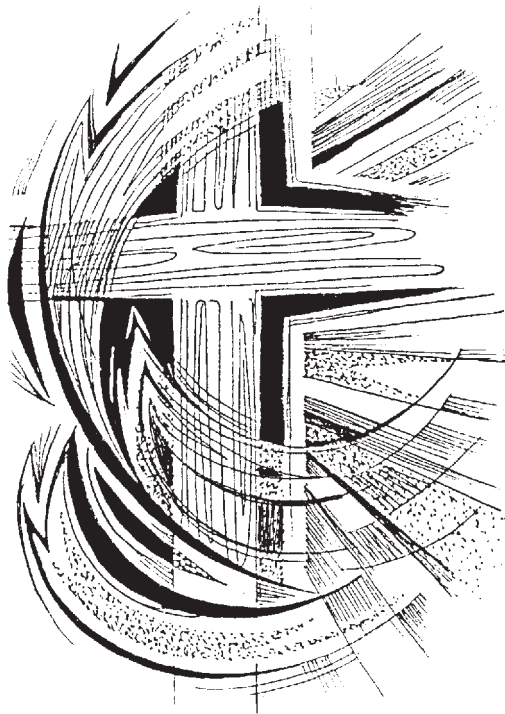
The suggested annual Subscription is £50.00 but the Society does not

have a fixed minimum subscription. It values your support and welcomes membership paying a lesser subscription as they feel able.

The suggested annual Subscription for an individual or household is £28.00. but again, is flexible.

I hope this information will prove fruitful.

**Esme Heath**



# 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](http://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

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## **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

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## **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

# Read any good books lately?

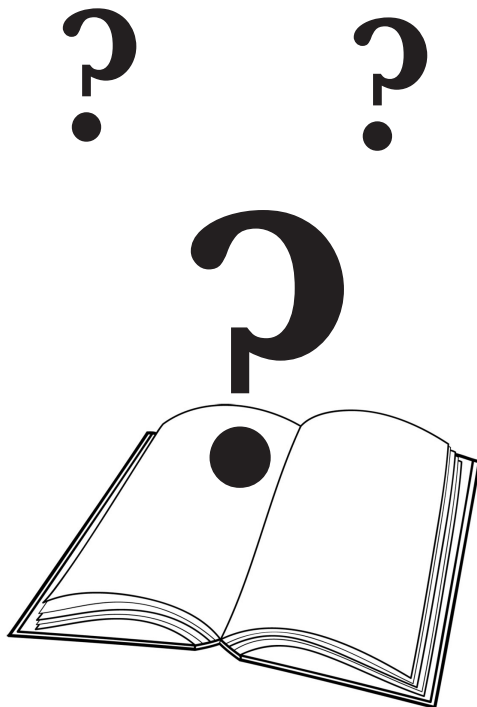
We would like to introduce a review section to our magazine and invite all you readers, film goers, music fans to write a short recommendation of something that you have seen or heard recently and really enjoyed.

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.

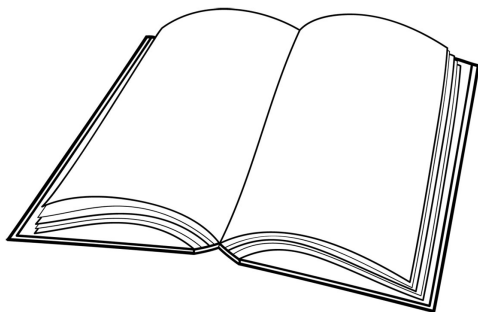
After discussing with the clients the sort of books they like, (eg romantic fiction, travel books, particular authors), WRVS volunteers choose books for their clients which they deliver to them from once a fortnight to once every six weeks, depending on the needs of the client, at a mutually convenient 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](mailto:crichton-smith9@hotmail.co.uk)



# 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:- 07872626168 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](http://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](http://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.**

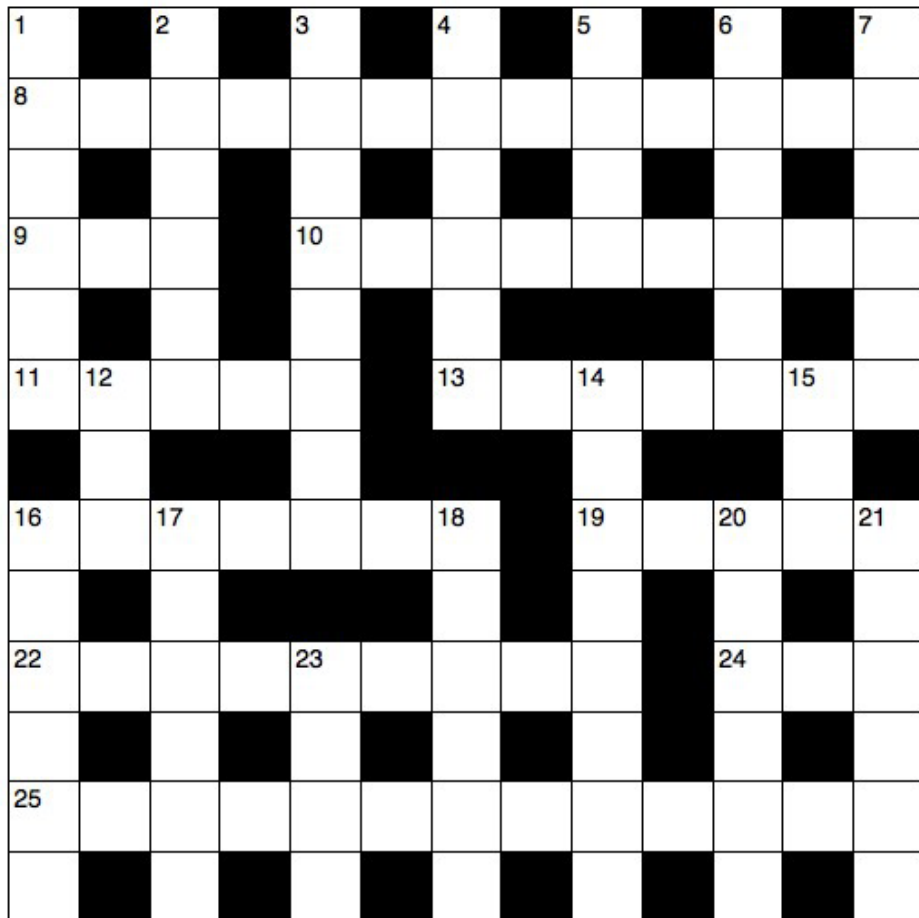
**"St Sidwell's is a good school where teaching is good and pupils' achievement is high"**

**"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."**

# April crossword



## Across:

8 'He poured out his life unto death, and was numbered with the — ' (Isaiah 53:12) (13)

9 'When they had sung a hymn, they went — to the Mount of Olives (Matthew 26:30) (3)

10 Comes between Galatians and Philippians (9)

11 'Your heart will — and swell with joy' (Isaiah 60:5) (5)

13 Muslim holy month (7)

16 Ten ears (anag.) (7)

- 19 Under (poetic abbrev.) (5)  
 22 How Abram described himself to God when he complained that his inheritance would pass to a servant (Genesis 15:2) (9)  
 24 'Go to the — , you sluggard' (Proverbs 6:6) (3)  
 25 Debar from receiving Communion (13)

### **Down:**

- 1 My — for His Highest (Oswald Chambers' best-known book) (6)  
 2 Festival of the resurrection (6)  
 3 'His sons will prepare for war and — a great army' (Daniel 11:10) (8)  
 4 'Let not the — string his bow' (Jeremiah 51:3) (6)  
 5 Name of the River Thames in and around Oxford (4)  
 6 'From then on Judas watched for an opportunity — — him over' (Matthew 26:16) (2,4)  
 7 'But Christ is faithful — — — over God's house' (Hebrews 3:6) (2,1,3)  
 12 Long-handled implement used to till the soil (Isaiah 7:25) (3)  
 14 Order to which monks and nuns devote themselves (8)  
 15 Appropriate (Proverbs 15:23) (3)  
 16 I, uncle (anag.) (6)  
 17 'They gave him — — of broiled fish' (Luke 24:42) (1,5)  
 18 'Weren't there three men that we — — and threw into the fire?' (Daniel 3:24) (4,2)  
 20 Mountain where Noah's ark came to rest (Genesis 8:4) (6)  
 21 'Don't you know that friendship with the world is — towards God?' (James 4:4) (6)  
 23 Prominent architectural feature of large cathedrals such as St Paul's (4)

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# 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

## 4 Lady Day - the Annunciation

This beautiful event (Luke 1:26-38) took place in Nazareth, when Mary is already betrothed to Joseph. The Archangel Gabriel comes to Mary, greets her as highly favoured, tells her not to be afraid, that she will bear a son Jesus, and that her elderly cousin Elizabeth is already pregnant (with John the Baptist).

The church calendar is never quite as neat as some would like it. To celebrate the Annunciation on 25 March does indeed place the conception of Jesus exactly nine months from his birth on 25 December, but the latter part of March almost inevitably falls during Lent. But the birth and death of Jesus are intrinsically linked - he was born to die, and thus fulfil God's purposes.

The Annunciation is a significant date in the Christian calendar - it is one of the most frequent depicted in Christian art. Gabriel's gracious strength and Mary's humble dignity have inspired many artists. Certainly Mary's response to the angel has for centuries been an example of good faith in practice - humility, enquiry of God, and trusting acceptance in His will for her life.

## 12 Zeno of Verona - the more things change....

Zeno of Verona (d. 371) should be the patron saint of all ministers who suspect that the more things change, the more they remain the same.

For instance: ethnic diversity...church-planting... teaching.... concern for the poor... women's ministry in the church... sound like modern-day Christian concerns? Not a bit of it – this was the life work of Zeno, bishop of Verona in the fourth century.

Ethnic diversity? Zeno was an African who had been consecrated a bishop in Italian Verona. Church-planting and teaching? Zeno had a reputation as a hard-working pastor and dedicated preacher who founded churches throughout his domain. Some of his sermons still survive.

Concern for the poor? Zeno was zealous in alms-giving, and encouraged others to do the same. Women's ministry? He founded nunneries and encouraged virgins living at home to be consecrated long before ever Ambrose did the same in Milan.

As for down-time? Zeno may well have been addicted to fishing in his spare time – he is, after all, usually represented with a fish. Nothing wrong with that: the links between fishermen and Christian leaders go back a long way!

## 21 Anselm - the man who proved there is a God

Anselm is a good saint to remember next time someone asks you to prove that there is a God. His brilliant and original Proslogion, written 1077-8, sets out the 'ontological' proof for God's existence. Nearly ten centuries later, it is still studied by theological students as one of the great philosophical 'proofs' of God's existence.

Anselm was born at Aosta in 1033, the son of a spendthrift Lombard nobleman, whom Anselm detested. In time he decided to become a Benedictine monk, and joined Lanfranc's famous monastery at Bec (c. 1060). He became prior, then abbot. He was loved by his monks, appreciated for his sensitivity and intuitiveness. He remained friends also with Lanfranc, who had gone on to be Archbishop of Canterbury. After Lanfranc's death, Anselm reluctantly agreed to accept the job.

Archbishops did not have press offices in those days, but Anselm made his views on Church-versus-King known all the same, and they did not please the king. William Rufus exiled him in 1097 and King Henry I exiled him in 1103. Anselm was utterly committed to what he saw as the cause of God and the Church, and had no time for temporal politics. Peace between archbishop and monarch was not achieved until 1106.

Anselm spent the rest of his life in England. His theological stance of 'Faith seeking understanding' and 'the mind at faith's service' were the keys to his life and teaching.



## 23 St George of the Golden Legend

The Saint of an English Army before he was Patron Saint of England, St George may have been a soldier, but he was no Englishman. He was an officer in the Roman army under Diocletian, who refused to abandon his faith during the Terror, and was martyred at Lydda in Palestine about the year 300 AD - supposedly 23 April. Over the years St George became the example of a Christian fighting-man, a powerful helper against evil powers affecting individual lives. He was the soldier-hero of the Middle Ages, of whom remarkable deeds were reported.

In the Golden Legend of the 13th century, Jacobus de Voragine gave St George a handsome write-up. The story runs thus:

One day, St George rode up to the heathen city of Sylene in Lybia, where he found the citizens in great distress. A neighbouring dragon had forced them to surrender two sheep each day for its dinner, and when the sheep gave out, two of their children; and now they were about to sacrifice the King's daughter, dressed as if for her wedding. St George encountered the little party by a stagnant lake, where the dragon lived, and persuaded the sobbing Princess to tell him why she was so miserable. At that moment the dragon appeared, looking inexpressibly revolting. The Saint charged, and drove his spear into the gaping mouth. To everyone's amazement, he tumbled the monster over and over.

Then St George borrowed the Princess's girdle, tied it round the dragon's neck, and persuaded her to lead it back to Sylene herself. The sight of her approaching with the befuddled dragon on its makeshift lead

emptied the town. When the inhabitants timidly crept back, St George promised to behead the dragon if they would all believe in Jesus Christ and be baptised.

It was a most effective form of evangelism, for everybody said 'yes' at once. So 15,000 people were baptised, and four carts were commissioned to remove the dragon's body.

St George thus became a symbol of the war against evil, and is usually portrayed trampling the dragon of sin under his horse's hoofs. The Crusaders had a vision of him helping them against the Saracens at Antioch, during the first Crusade, and so brought the story of St George back with them from Palestine. Presently England put herself under the protection of the Saint. His day was declared a holiday in 1222. A red cross on a white field is the flag of St George.



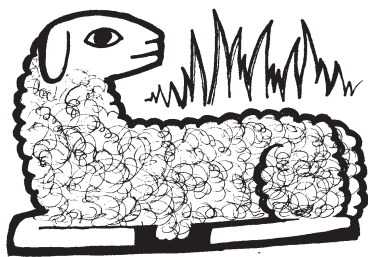
## **29 Mark - disciple, apostle, writer of the second gospel**

Mark, whose home in Jerusalem became a place of rest for Jesus and His 12 apostles, is considered the traditional author of the second gospel. He is also usually identified as the young man, described in Mark 14:51, who followed Christ after his arrest and then escaped capture by leaving his clothes behind.

Papias, in 130, said that in later years Mark became Peter's interpreter. If so, then this close friendship would have been how Mark gathered so much information about Jesus' life. Peter referred to him affectionately as his 'son'.

Mark was also a companion to Paul on his journeys. When Paul was held captive at Rome, Mark was with him, helping him. Mark's Gospel, most likely written in Italy, perhaps in Rome, is the earliest account we have of the life of Jesus. Mark died about 74 AD.

Early in the 9th century Mark's body was brought to Venice, whose patron he became, and there it has remained to this day. The symbol of Mark as an evangelist, the lion, is much in evidence at Venice.



## COLOURS IN CHURCH

Have you noticed that, from time to time, the colour of things in church changes? No, I don't mean the minister goes a funny colour or someone paints the walls, but the special robes that the priest wears, and the front of altar among other things, change from time to time.

Each season of the Church's year has its own distinctive colour and these are called liturgical colours.

**GREEN** is the colour we have more than others. Green, the ordinary colour of nature, is used during the seasons of Epiphany (after Christmas) and Trinity (between Whitsun or Pentecost and Advent). Trinity lasts for about half the year so green is the colour we see most.

The next change of colour is to **PURPLE**. Purple, the colour of penitence and preparation, is

used for Lent (the 40 days before Easter) and Advent (the 4 weeks before Christmas).

Then comes **WHITE** and **GOLD**, which are used for all the joyful festivals - Easter, Ascension and Christmas.

**RED**, the colour of fire and blood, is used at Pentecost to remind us of the coming of the Holy Spirit to the disciples like tongues of flame (Acts 2:11). It is also used on the festivals of martyrs to remind us of their sacrifice.

## COLOUR QUIZ

Complete each of these with a colour, for example ..... cordial would be **LIME** cordial. Each colour is only used once.

1. .... admiral
2. .... Christmas
3. .... marmalade
4. quick .....
5. sky .....
6. Royal .....
7. .... ribbons
8. .... glass
9. .... submarine
10. .... elephants

**ANSWERS:** 1.red 2.white 3.orange 4.silver 5.blue 6.Navy 7.scarlet  
8.wine 9.yellow 10.pink



# Crossword solutions

## April answers

**ACROSS:** 8, Transgressors. 9, Out. 10, Ephesians. 11, Throb. 13, Ramadan. 16, Nearest. 19, Neath. 22, Childless. 24, Ant. 25, Excommunicate.

**DOWN:** 1, Utmost. 2, Easter. 3, Assemble. 4, Archer. 5, Isis. 6, To



**The deadline for inclusion of articles for  
the May issue of New Leaves is  
Sunday April 10th 2016**

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](mailto: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 and please make the subject header fit the content of the email - thanks!**

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

