



WELCOME



To all Readers of “New Leaves”, the magazine
for the Parish of St David’s with St. Michael
and All Angels.

The editorial team invites you to submit appropriate articles which re-
flect Church, Parish or Community interest

Please send as Word documents to:

newleavesnews@gmail.com

Please note that all articles will be printed with the author’s name and
the date of writing

Enjoy this month’s read.

We will welcome critical comments on the magazine

Editorial Team: Bill Pattinson and Richard Barnes supported by
Sue Holden and Stephanie Aplin

First visit to Greenbelt



It was with complete ignorance and sheer enthusiasm that I accepted the invitation to join some fellow St David members at Greenbelt this year. If like me, you have no idea what Greenbelt is about then I can only describe it as a festival that sits somewhere between mainstream church and arts and culture. It is a festival that is uniquely distinctive; whilst it is Christian, it is also culturally relevant and credible.

I was not the only first timer to Greenbelt, joining me was Katy and Sue, Abby and her friend Lilly. We were joining a stalwart of regular Greenbelters including Tom, Jeanie and Jess who have been devotees for the last 16 years! Of course this is a festival so that entails all the usual paraphernalia of festival camping; tent, toilet paper, wellies and wet wipes. I can't say we were traveling light but we travelled in style by Jaguar but that luxury was soon short-lived as with all camping adventures you are at the mercy of the weather! More on that later



As first-timers to Greenbelt we were naively ignorant and we devoured the Greenbelt programme with the enthusiasm of a child locked in a sweet shop. Hoping to fill each hour of our days with some of the cocktail of talks, music, artworks, theatre and spiritual experiences. We had mulled over our expectations for the event. Katy was looking forward to visiting the Jesus Arms and entering into the ‘vibe’ of the festival; Sue was keen to listen to some inspirational speakers, hear some amazing music and if possible find a husband! For me, I was curious, I had never been to a festival and to be frank I had never had any inclination of doing so. Sleeping rough, queuing for the toilet and being in a confined area with thousands of other people doesn’t sit high on my priorities in life. However, I was intrigued to know why this particular festival pulled in the crowds and retained a loyalty that must be the envy of every event organiser. What drew people back year after year - some for over 40 years?

Without doubt, Greenbelt is different, it has to be one of the most spiritual and political places there are in our culture today. As the influence of the established church and old politics wanes, festivals are increasingly where people gather to celebrate, to remember, to re-charge, to



re-think, to tap into some sort of communal meaning and purpose.

The format is simple, people live communally under canvas (or camper van if you are posh)!, you share facilities - yes, you just have to get over your prejudices on that one; and you are free to dip in, dive in or skirt around a myriad of events. The programme is extensive, from the Archbishop of Canterbury to techno house-music and everything in between. The organisers do not seek to reinforce opinions, beliefs and experiences as much as to enlarge, disrupt, and animate them. They do this in the firm belief that arts and ideas, faith and justice can transform our hearts and minds, our sense of what we can do with what



American poet Mary Oliver calls “our wild and precious life”.

The weekend exceeded all my expectations, the extensive programme means you can only scratch the surface of what is on offer. The theme of the festival this year was Silent Stars, introducing ‘stars’ that may well have been silent in our worlds - until now. There was certainly plenty to choose from and my personal highlights included, inspirational words from Satish Kumar, gut wrenching humour from the google box vicar, Kate Bottley; heart-wrenching honesty from Nadir Bolz-Weber and honest and frank engagement with Justin Welby. I could go on, as frankly there were highlights all weekend and the festival truly had something for everybody.

But festivals being festivals, they are never without some drama. One



thing the Organisers could not arrange was the weather.... And God’s presence as Mother Nature was never more evident than during the storms and torrential rain. Just imagine the worst from a camping perspective and we experienced it, even the main Big Top venue had to be paused due to the ferocity of the thunder and lightning! But this failed to dampen anyone’s spirits, after all, a festival is not a festival without mud, wellies, sodden clothes and a ‘washed out’ hair style.

Greenbelt is undoubtedly an intergenerational festival like no other. If you have not been, do not be misled into thinking that this is a festival like any other. The content plays second fiddle to the community of the event and this is the real specialness of Greenbelt. Friends are made, conversations broadened, new ideas evolved and a huge amount of laughter shared. Camping may not be your 'cup of tea' but there is always glamping - this has already been booked for next year, so come rain or shine, we will be back, why not join us? <http://www.greenbelt.org.uk/>



Emma White

September 2016

Finding Oneself in Iceland

“One day’s exposure to mountains is better than a lifetime in the city” says George, passing the chocolate raisins to Kiki, and pulling his hat further down on his head. “No – one day’s exposure to the mountains is better than weed!” says Jon, nodding fervently. There is laughter from the group, but also nods in agreement and serious looks. We are sitting in our group shelter – a bright red piece of tent canvas that we have stretched like a parachute around the twelve of us - as we huddle on a crowd-shrouded, freezing cold mountain top Sellandjafall in Iceland. Jon, George and Kiki are three 17-year-olds who have embarked with youth organisations Catch22 and British Exploring, and twenty other young people, on an ambitious three week expedition to explore this remote corner of Iceland and develop their experience and skills.

These young people are coded by society as ‘at risk of being Not in Education Employment or Training (NEET)’ and they come from all sorts of backgrounds – low income families, substance misuse, leaving care support, and school exclusions. Most of them have never even left the UK or slept in a tent before this project, let alone hiked 20km a day, carried all of their equipment for three weeks, worked as a team, nor survived in the wilderness with no toilets, showers, nor food that is not dehydrated ration packs.

And I have both the pleasure and challenge of leading them through this expedition and out the other side.

We have come to Iceland to explore the wilderness – Iceland has a population of only 300,000, 60% of whom live in the capital Reyka-

vik. The rugged north east therefore contains very few people, but a huge range of exciting landscape to explore – volcanoes, lava fields, ash deserts, rivers, waterfalls, mountains. In the words of our spiritual guide, John Muir, founder of the national parks movement, “I found that by going out, I was actually going in”. This is the place where we can find the beauty of creation, but also understand ourselves.

And whilst the country is stunning, there is no underestimating this challenge – by the end of three weeks there will have been laughter, banter, tears, arguments, punches thrown, tents dumped in rage, sleepless nights and even a medical evacuation. I for one have moments when I wonder if this is too hard, too much for me to ask them to cope with, too much for me to ask myself to do. Sometimes, when the group is low and not eating their ration packs and yelling at each other, and the rain is lashing on their tents and someone has just run out of dry socks and declares to me, for the fiftieth time “I am done with this. I am going home” I wonder if, this time, God has asked me to do much, that I am not worthy of walking across this raging water, that I cannot help these young people who have already seen too much pain and destruction in their lives.

And then Jon smashes all my selfish doubt, and restores those hopes that make me get out of my sleeping bag every morning and put on multiple layers of clothing and light up the stove for breakfast. On returning to civilisation, Jon logs onto facebook, and writes this comment that I find now, three weeks later:

“So I went to Iceland on expedition with British exploring. Had to walk everyday and then set up camp to eat freeze dried food. Managed to climb a volcano and a mountain taller than any in England. Saw some water falls and walked over 130k total. Really found myself, who I am

and what I want to do with life. it was great to get away :p made some great memories too. really proud of myself and everyone else for all that we've achieved while we where away”

And I remember – to be part of this, is the best thing I can ever do with my life. And I start packing for the next adventure.

You can find out more about the project and the two youth organisations that support it here:

www.catch-22.org.uk

www.britishexploring.org

Ellen Wilson

15th. September 2016

St David's Eucharist October		
October 02 : 19th Sunday after Trinity		
Reading 1	Habakkuk 1: 1-4, 2: 1-4	Jeremy Lawford
Reading 2	2 Timothy 1: 1-9	Paula Lawford
Gospel	Luke 17: 5-10	
Time of prayer		Mollie Curry
<i>No Junior Church:</i>		
October 09 : 20th Sunday after Trinity		
Reading 1	2 Kings 5: 1-3, 7-15	Stephanie Hills
Reading 2	2 Timothy 2: 8-15	Emma White
Gospel	Luke 17: 11-19	
Time of prayer		Sarah Black
Junior Church:		
October 16 : - <i>Family Service</i>		
Reading 1	~	
Reading 2	~	
Gospel	~	
Time of prayer		
Junior Church:		
October 23 : Bible Sunday		
Reading 1	Isaiah 45: 22-end	Hilary Francis
Reading 2	Romans 15: 1-6	Karen Facey
Gospel	Luke 4: 16-24	
Time of prayer		Glynis Harflett
Junior Church:		
October 30 : All Saints Sunday		
Reading 1	Daniel 7: 1-3, 15-18	Hilary Todd
Reading 2	Ephesians 1: 11-end	Geoff Crocket
Gospel	Luke 6: 20-31	
Time of prayer		David James
Junior Church:		

Family Services at St David's: October 2016 – March 2017

We hope you are enjoying the non-Eucharistic family services on the third Sunday of each month. Please find below details for the next six family services. We look forward to seeing you there.

Remember there is an Edibles Stall each month (not August and December) Please bring and buy homemade cakes and biscuits.

Sunday 16th October 9.30 “The Parable of the Widow and the Unjust Judge” Wrestling with God Luke 18:1-8

Leader: Christopher

Sunday 20th November 9.30 “Christ the King” Luke 23:33-43

Leader: Bill

Sunday 18th December 9.30 “Mary, the Mother of Jesus” Matthew 1:18-25

Leader: Tom

Sunday 15th January 9.30 “Come and See” John 1:29-42

Leader: Simon

Sunday 19th February “Do not Worry” Matthew 6:25-end

Leader: Christopher

Sunday March 19th “The Samaritan Woman at the Well “ John 4:5-42

Leader: Bill

Bill Pattinson

17.09.2016

October from St Michael's

A point of view from St Michael's for October 2016

This month sees us looking at a number of celebrations, after a fairly quiet August and then September which was marked by the gradual return to the choir and congregation of those who were away during the Summer. We had two joyful weddings early in September and we wish both couples long and happy marriages.

We have the Feast of Dedication, Bible Sunday and All Saints Day rounding us off on October 30th. Amongst those festivals there will be Harvest and a remembrance of St Jerome who translated the Scriptures into the version known as the Vulgate, or common, Bible, a Latin translation which he completed in about 400 AD. Not an easy man, Jerome was quarrelsome and controversial, but clarified for the first time the difference between Old Testament books known only in Hebrew, and thus legitimately identified as the Old Testament in Christianity, and those books in Greek, which comprise the Apocrypha. In his early life he was a hermit, scholar, priest and monk and had contact with rich Roman women who were interested in philosophy and the newest ideas, including Christianity; he visited, amongst other places, Antioch, the Syrian desert and Constantinople (now Istanbul). It is hard to imagine the back-story of some of these sites, seeing the destruction that has been wrought in modern times, allegedly in the name of faith. Without Jerome's scholarship and ability, we would not have the Bible we have today, as he translated some of the Vulgate directly from the Septua-

gint Hebrew version, instead of re-editing an already existing work. It will be a timely celebration of Bible Sunday on October 23rd, with the echoes of St Jerome's work and that of other scholars and martyrs who often put their lives on the line to ensure that the Word of God was available to all. In the days of tweets and snapchat, the painstaking and dangerous work of handwriting the translations of the Bible ought to show us the value of the text we can so easily access and read. Its history is crucial to our understanding of modern life.

Here at St Michael's we recall one of the Archangels, Saint Michael, along with all the angels, too numerous to mention, at the end of September. It was also the day this year on which Father Christopher chose to celebrate his first Mass, surrounded by 'a cloud of witnesses', the saints of our faith. My rather ancient Dictionary of Christian Theology directs me from 'Saint/s' to see 'Sanctification'. Here I find that we cannot be made holy or sanctified by our own efforts, but that it is 'the work of God's grace, brought about by the Holy Spirit.' In this, we can allow God to enter our lives and to be reflected there. Those whom we would regard as saints in the Church, for example St Paul, or St Francis, have been the means by which the Spirit of God is 'outstandingly manifest.' These are not perfect human beings; there are errors in their lives, but they are able to demonstrate the love of God in their lives and in their dealings with others.

I'm sure we can all name saints and know our own patron saint. I'm not sure whether I should lay claim to the saint whose name I have, or the one who is celebrated on my birthday (St Scholastica, for whom I now have some affection.)

With the recent canonisation of Mother Teresa, who could be the next modern saint? What about Dietrich Bonhoeffer? David Jenkins? He certainly got people thinking about God, as did John Robinson, which is

one of the marks of sainthood. As well as ‘keeping the rumour of God alive’, saints should be able show the fruits of the Spirit (Galatians 5:22) in their lives. For some, miracles worked in the name of the saint may be essential evidence of a special relationship with God.

It is this business of sainthood that leads me to ask without intending any offence: Are you a saint?



Stephanie Aplin

16.09.2016

Serving at St Paul's

St Paul's cathedral is a unique building designed by Christopher Wren and situated in the City of London, not far from the Bank of England and city institutions. There is a Cathedral community but as there are no houses, flats, etc apart from the clergy accommodation and Cathedral officers, all people have to travel for worship hence most of the congregation is made up of visitors to London from the United Kingdom and all over the World.

The services are variable but Sundays follow a regular pattern, i.e

8am	Holy Communion
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10.15am	Mattins
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11.30am	Sung Eucharist
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3.15am	Evensong
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Each service is well attended with the 11.30am Sung Eucharist having the largest congregation. The Cathedral choir sing in the stairs for Mattins and Evensong but during the Sung Eucharist they are situated in the semi-circle the north side of the Nave Altar in rows so they are close to the congregation. As many of you may know the present Dean of the Cathedral the Very Reverend Dr David Ison was for some time the Canon Chancellor of Exeter Cathedral before being appointed Dean of Bradford Cathedral from where he left to take his role of Dean of St Paul's.

My serving duties in Exeter brought me into close contact with David

and his wife Hilary who was also a priest vicar of the Cathedral. After visiting St Paul's a few times Hilary asked me if I would consider voluntary duties at St Paul's to suit me, knowing the distance involved. After a conversation with the Canon Sacristan, Canon James Milne who looks after the servers and vergers it was decided I would go on the rota around once in five or six weeks. Robes for servers are virtually identical with St David's Church, ie cassock albs with the crucifer, wearing a tunicle representing the colour of the Church calendar.

The only service with crucifer and servers is the Sung Eucharist at 11.30am and any special services for example the Queens 90th Birthday service. The Eucharist service is very similar to a service at St David's, but with no preparation at the beginning which is the domain of the vergers, the procession can be quite large after leading from the Dean aisle the gospel reading is undertaken in the middle of the Starburst which is directly beneath the dome with the two servers and candles with the crucifer holding the gospel for the deacon. During communion however the servers take the jugs and top up the chalices, there can be quite a number of chalices and ciboria, the crucifer looks after the ciboria, topping up as required.

St Paul's have just completed a refurbishment of the gift shop and toilets in the Crypt which has enhanced the visiting experience of the Cathedral.



Bruce Skidmore

7/9/16

ST MICHAEL'S LECTURES 2016

7.30pm Weds 28th Sept

**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 26th Oct

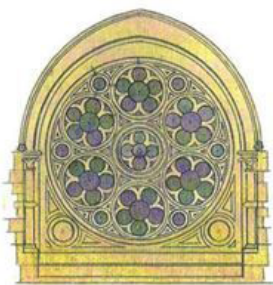
**Deliverance Ministry (Exorcism)
in the Church of England**

The Reverend Deacon John Underhill

7.30pm Weds 30th Nov

Theology and Vegetarianism

Doctor Matthew Barton



A warm welcome to our free public lectures.

Followed by Q & A and light refreshments.

Please email or write to us to arrange wheelchair access.

stmichaelslectures@outlook.com

ST MICHAEL'S CHURCH

DINHAM ROAD

MOUNT DINHAM

EXETER, EX4 4EB

Music & Events @ St Michael's – September 2016



Sun 2nd Oct, 10.45am, Dedication Sunday, Sung Mass. Rheinberger, Bruckner.

Sun 2nd Oct, 3.40pm, ExeVox Chamber Choir, Mini-Concert + Refreshments.

Sun 2nd Oct, 6pm, Choral Evensong & Benediction. Clucas, Dyson, Harris.

Thu 6th Oct, 6pm, CBS Plainsong Mass. St Bruno, Founder of Carthusian Order.

Sat 8th Oct, 4pm, at Exeter Cathedral. Orchestral Evensong! Brahms, Stanford, Parry.

Sun 9th Oct, 10.45am, Trinity XX, Sung Mass. Palestrina, Fauré.

Fri 14th Oct, 7.30pm, Concert with St David's Neighbourhood Partnership.

Sat 15th Oct, 7.30pm, Tudor Dance Group – StDNP ArtsFest.

Sun 16th Oct, 10.45am, Harvest, Sung Mass. Ireland, Loosemore.

Sun 23rd Oct, 10.45am, Trinity XXII, Sung Mass. Byrd 5, Farrant.

Wed 26th Oct, 7.30pm, St Michael's Lecture. Deliverance – Fr John Underhill.

Sun 30th Oct. 10.45am, All Saints' Sunday. Victoria, Harris.

Wed 2nd Nov, 7.30pm, Sung Requiem Mass. Victoria, Stanford.

Other Regular Services:-

Tuesdays & Thursdays, 6pm Plainsong Vespers & Meditation.

Wednesdays, 9.30am Morning Prayer, 10am Low Mass.

See the Website links & Twitter posts for Music List & Service details.

Concerts & Lecture

Please support the ExeVox Concert on Sun 2nd Oct, directed by Peter Adcock. They will give a half-hour mini-Concert at St Michael's, followed by Refreshments. It's one of three mini-concerts of classical and lighter pieces in an afternoon of music-making in aid of Hospiscare; starting at 2.00pm in St Stephen's Church on the High Street, continuing at 2.45pm in St Pancras' Church in the Guildhall Centre and coming to St Michael's for 3.40pm. Each is free, with voluntary collections for Hospiscare. You may like to stay or return to St Michael's for our monthly Evensong at 6pm.

Please also support a joint Concert with St David's Neighbourhood Partnership on Fri 14th Oct featuring internationally known local flautist, Candice Hamel, with Mariko Asakawa-North, piano, and St Michael's Choir; and a Tudor Dance Display in Church on Sat 15th.

On Wed 28th Oct we welcome back to Exeter John Underhill, now a curate in Eastbourne, to talk on the subject of Deliverance Ministry & Exorcism.

Choir Music

On 2nd Oct, Dedication Sunday, we have a romantic 19th century

Mass setting by Rheinberger (1839-1901). The Motet “Locus Iste” by Bruckner (1824-96) translates - This place was made by God, a priceless (inaestimabile) mystery; it is without reproof (irreprehensibilis).

Our Evensong music is mainly “mellow” for Autumn, Dyson in F Mag & Nunc, and Elgar & Fauré Benediction Hymns, but the Clucas Responses are new to us, while Harris’s Anthem “Behold the Tabernacle of God” is suited to the Sunday & the Service.

The French dramatist Jean Racine (1639-99) provides the words for the much loved “Cantique” by Fauré (1845-1924) on 9th Oct. This beautiful Hymn to Christ translates thus:-

*O Word, equal to the Most High, Our sole hope, eternal
day of the earth and heavens,*

*We break the silence of the peaceful night. Divine
Saviour, cast Thine eyes upon us!*

*Shed the fire of Thy mighty grace upon us. Let all Hell
flee at the sound of Thy voice.*

*Dispel the slumber of a languishing soul That leads it to
forget Thy laws!*

*O Christ, be favourable to your faithful people Now gathered
to bless Thee.*

*Receive the hymns we offer to Thine immortal glory, And
may we return laden with Thy gifts.*

Harvest is celebrated on 16th Oct – if you can, please bring some non-perishable items to be added to our collection for the Exeter FoodBank. The Mass setting is new to us, John Ireland in C.

October ends with All Saints’ Sunday, singing Tomas Luis de Victoria’s Missa “O quam gloriosum”, published in 1583, and Sir William Harris’s “Holy is the True Light” from 1947.

All Souls’ Day Requiem, Wed 2nd Nov at 7.30pm, with the Missa Pro

Defunctis a 4, also by Victoria.



Richard Barnes

17 Sep 2016



ExeVox

Exevox is a registered charity no: 1166675

*Musical Director –
Peter Adcock*

**Autumn mini-concerts
in the Churches of St Stephen,
St Pancras & St Michael, Exeter**

One of the South West's leading chamber choirs
present short informal concerts of
classical, modern and traditional music
in the churches of central Exeter

Sunday 2nd October 2016

- 2.00pm St Stephen's Church, High Street
2.45pm St Pancras Church, Guildhall Centre
3.40pm St Michael's, Mount Dinham

FREE ENTRY with a voluntary retiring collection
in aid of *Hospiscare*

Hospiscare
Caring in Devon

**making
music**

Bible Study Groups @ St. David's

Q) What is it?

A) An opportunity for us to gather as a small comfortable group to read scripture, share our reflections and receive some teaching.

Q) Will it be like a school class?

A) No, thankfully! I believe everyone present will have something important share. Be assured though, the clergy will have prepared a little something to start things off ;-)

Q) What sort of things will come up?

A) We're not sure, but each evening will have a theme – e.g. Creation, The Fall, God's Covenants, Sacrifice of Isaac, Jacob's Ladder, etc.

Q) I'm still not sure...

A) Come along! I pray this will be an encouraging and affirming group as we explore some of the richness of the Book of Genesis together.

We shall meet on THURSDAY evenings, 20:00 - 21:15
October 6th 13th 27th & November 10th at Ann's House
November 24th & December 8th 15th 22nd at Iris' House

Please sign your name on the list by the North Door

(Add your telephone number if you'd like to come, but don't know where
Ann or Iris live – we'll provide directions)



Rev. Christopher

18th September 2016

Teaching English in Paraguay

From January to August of my gap year I volunteered as an English teacher in Santa María de Fe, a small village in Paraguay.

Paraguay is one of the poorest countries in South America and it's very difficult for many young people to pay for tertiary education. The charity which I volunteered for, The Santa María Education Fund, offers scholarships to the brightest young people from Santa María who would otherwise be unable to go to university. It allows teenagers who come from great poverty to have a real career and life prospects. SMEF also offers a free English course to both children and adults taught by British volunteers. I was one of two volunteers and taught 5 English classes a day. I had 4 adults classes, aged 13 to 45, which I taught every weekday and 2 children's classes, aged 8-13, which I taught on alternate days. The students were incredibly grateful and motivated and I absolutely loved teaching them. As most of my students were university age they also became my friends and made me feel very welcome. I loved hopping on the back of my friends' motorbikes (the most common form of transport in Paraguay) and going to visit the beautiful lakes and hills that surround Santa María.

I enjoyed a rich musical life as well as my English classes. I started a singing group in Santa María which was small but very enthusiastic. We met in the church on Saturday mornings and our repertoire varied from pop to Taize music. Twice a week I also taught rhythm and singing to the Food Technology classes which were part of the institute where I was teaching. It was really something to hear a class

of 40 loudly sing “My Heart Will Go On” in Spanish, accompanied by homemade maracas.

I lived with a wonderful older woman called Demetria. Her children had all left home and she really welcomed me into her home as a member of the family, introducing me to friends as her new daughter. She cooked me delicious meals and helped me to kill the more terrifying spiders in my room. Demetria was also the choir leader at church and I really enjoyed singing with her every Sunday, accompanied by acoustic guitar and Paraguayan harps.

Even though Santa María is a tranquil village, with no restaurants or clubs and only one supermarket, I was always busy. My classes kept me very occupied and everyone I met made a real effort to make me feel welcome and invite me to gatherings and meals. Every time I passed a house I would receive a warm greeting and a smile and I would often pass an afternoon popping in to people’s houses and sitting down to chat and drink tereré (a traditional Paraguayan cold herbal tea).

I had a very happy 6 months in Santa María de Fe but it was totally different to anything I’d ever experienced. My pace of life was slower; having no WiFi in my house really helped me to appreciate the importance of taking time to sit and talk, to relax and watch a sunset or go on an early morning walk. I would definitely recommend a visit to Paraguay, purely because it is so unvisited. It’s not in the least bit touristy, its scenery is stunning and its people are openhearted and warm.

I can’t wait to go back!

Jess Honey

14.09.2016

DEVON HISTORIC CHURCHES TRUST – SPONSORED WALK 10th September.

At 8:25am after an encouraging prayer from Chris I set off from St Michael's on my walk to raise money for Devon Historic Churches Trust and St Michael's. The route was planned and marked on my map, along with my list of Churches. I had a raincoat but the morning was comfortable enough set off in a T shirt.

From St Michael's I set off to cross the Exe Bridge. My first stop was the church of St Andrew and then a long stretch to St Michael and All Angels', Alphington. I arrived there at 9:05am and I noticed the beautiful carpet of pink and white cyclamen that covered the church yard.

Then by prior arrangement I had a quick coffee at Tony Pugh's before the long walk back to town.

I arrived in town at 10:30am for a quick tour around the city centre Churches and then a rest with coffee and cake in the Cathedral café.

At 11:30 I dropped into St Sidwell's and paused at St Sidwell Methodist Church to look at the gallery. Followed by St Matthew's and the Chapel of St Luke. Then onto the Chapels at the Hospice and the R.D. & E. and St Michael's, Heavitree. After a welcome stop for lunch with Olive Folland and before my legs decided they had walked far enough I left for St Mark's and St James'.

The home stretch took me through Lower Hoopern to St David's and I was back where I started by 3:05. The day was enjoyable, I met a few other walkers and the rain held off.

I would like to say Thank you to everyone who sponsored me – total raised £190.00 (50% DHCT and 50% to St Michael's).



Paula Lewis

September 2016

A N OATH TO OBEY CANON LAW

Our Curate, Christopher, at his Ordination will have renewed an oath which he first took on being made a Deacon and which he will be required to renew every time he moves to another parish or assumes an office in the Church of England. The oath swears allegiance to the Queen, as Governor of the C of E, the Bishop of the Diocese and the Canons or Laws of the Church.

We might well ask what are these Canons and where did they come from?

In the Acts of the Apostles we read:

“The Apostles and elders were gathered together to consider this matter. And after they finished speaking James replied: Therefore my judgement is that we should not trouble those Gentiles who turn to God, but should write to them to abstain from the pollution of idols; and from unchastity and from what is strangled, and from blood.” ACTS 15 v 6

Here we have the early Church ordering itself by rules and regulations in order to avoid disputes and to facilitate the proclamation of the Kingdom of God. Such “measures of good order” or CANONS provide a

framework of expectation to enable the smooth running of the Church's work.

It is important to grasp this fact, "The basis of the Canons is theological." The Law is devised to enable those who are bound by it to love and serve God. It is impossible in the short time available to us to trace more than an outline of the gradual development of the Canon law. In the early Church the local customs varied and were controlled by local episcopal regulations, which soon built up a series of elastic and rudimentary systems. Later local councils and General Councils issued canons of a more general application. With the growth of papal authority the decretals of popes assumed an ever growing importance. Decretals were letters of Popes in answer to specific questions - the modern equivalent would be an "ad Clerum"(letter sent to all the clergy in the diocese by the Bishop)

Church lawyers and scholars in canon law then produced "codes" of the known current canons and rules. The history of this process is for the most part divided into two periods: that of the ancient canon law up to about 1100AD and the period of the new canon law dating from 1100 onwards. The law relating to the Church of England, called Ecclesiastical law, is part of the General Law of England, and the clergy and laity (in so far as it applies to them) are subject to it just as much as they are subject to any part of the law. This is another important point to be grasped. General Synod Measures have the same legal effect as Acts of Parliament and become THE LAW OF THE LAND.



Raymond Ravenscroft

September 2016

National Poetry Day Event

Thursday 6th October 18:30 - 20:00

Waterstone's Exeter High Street

COME AND JOIN US!

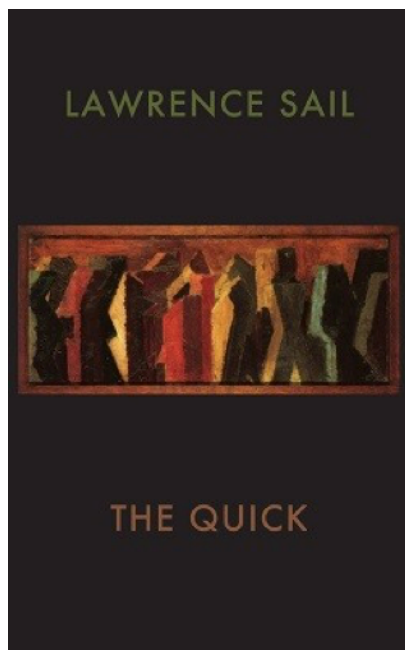
Following last year's highly successful event,

Lawrence Sail and Anthony Wilson

return to celebrate National Poetry Day 2016,

reading their own and others' poems on this year's theme, 'Messages'.

£3



Further details: 01392 218392

A Favourite Poem

‘They told me, Herclitus, they told me you were dead

They brought me bitter news to hear and bitter tears to shed

I wept as I remembered how often you and I

Had tired the sun with talking and sent him down the sky

And now that thou art lying, my dear old Carian guest

A handful of grey ashes, long, long ago at rest,

Still are thy pleasant voices, thy nightingales, awake

For Death, he taketh all away, but them he cannot take.’

I first met this poem in Ivo Mosley’s “The green book of poetry” many years ago and it has stayed with me ever since. It is a translation by William Cory, a Victorian schoolmaster, of Callimachus’s elegy on the death of his friend, Heraclitus, who lived in Helicarnassus .

Callimachus lived from 305-240 BC so that gives an approximate time for Heraclitus (there are many bearing that name). Callimachus was a well regarded librarian at the great Library of Alexandria, not too far

from Helicarnassus. He is thought to be the first man to catalogue the holdings at that library, the Pinakers.

Helicarnassus is where Bodrum in Turkey is now so both places are on the Mediterranean coast and it is quite possible that travel at that time would have been by sea.

I have read that Callimachus had written a “perfect poem in Greek”. Translation of poetry is far from easy, and Cory seems to have managed to create a poem in English that is both a good translation and also reads well. It is very memorable. Well it certainly stuck in my memory.

The ‘nightingales ...pleasant voices’ are the poems that Heraclitus wrote and sadly only one survived. This was in the voice of Aretemias, who died in childbirth. She had borne twins, one ‘I left behind to help him (her husband) when he is old’ and one ‘I took with me to the grave to remind me of him.’ I do not know who translated it.

Iris Sutton

September 2016

<http://www.poetryfoundation.org.harriet/20/10/04/literaryfriendships-part-ii/>

Exeter Central Library

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

Please use this link for more information

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

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

Woolly Wonders Knitting Group

Date: Every month - Tuesdays

Time: 14.00 - 15.30

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

Audience: Everyone welcome

Cost: Free

Bookings: Drop in - no need to book

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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

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.

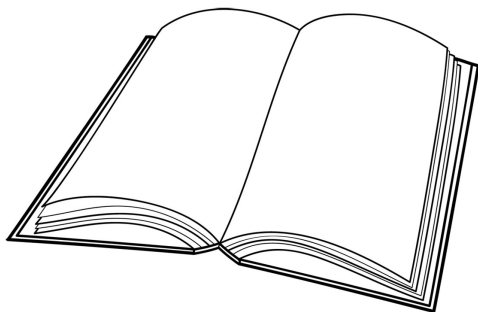
After discussing with the clients the sort of books they like, (eg romantic fiction, travel books, particular authors), WRVS volunteers choose books for their clients which they deliver to them from once a fortnight to once every six weeks, depending on the needs of the client, at a mutually convenient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



The Angel Tree 2016

Once again we will be having a Charitable Giving Collection for The Angel Tree. We have been supporting this locally based charity for many years now and our efforts are deeply appreciated. As many of you know The Angel Tree enables prisoners here in Exeter Prison to give their children a personal gift at Christmas. This simple act works powerfully to maintain family relationships when Dad is in prison as it means the children know that he has not forgotten them whilst serving a sentence.

Our collection in 2015 ensured that 86 presents were given to children of prisoners thus supporting strong family bonds.

It is all a team effort. St David's helps financially, the chaplaincy team at the prison contact the prisoners to ascertain the ages and gender of their children, members of The Prison Fellowship buy appropriate presents and a Christian book if that is desired. More people from The Fellowship wrap the presents and ensures the prisoner writes the gift tag, and yet more people take on the responsibility of getting them all posted. All are involved in The Body of Christ, each part dependent on others for The Angel Tree to achieve its purpose.

Extracts from letters from prisoners after Christmas tell the importance of this simple act:

“My partner told me of the joy on my children's' faces when they received the gift from The Angel Tree and it made me feel better.”

Another wrote,

“....though I wasn’t there to see her face, when she opened the present at least she knows I am still here and she knows her Dad loves her very much.”

So please give generously to our collection on Sunday November 27th at St David’s. If you know you won’t be in church on that day, get in touch with Margaret Grimsey. Cheques made payable to “The Prison Fellowship”.



Margaret Grimsey

13.09.2016

Winchester Tour

The morning of July 25th saw St Mike's choir playing 3D Tetris outside the church as we tried to pack the assorted luggage of seven people into two fairly small cars, not forgetting cassocks and no small amount of music! By 10am we were all in the Undercroft at Winchester Cathedral, meeting the American contingent of the choir and Neil's various friends, before diving straight into rehearsals for the first service that evening. Harris' Holy is the True Light was a beautiful sing in a beautiful building and it was a tired but happy group of St Michael's singers who then went off to accommodation.

Whilst the Tenors were staying in a Travelodge, the rest of us were sharing a family home just outside Winchester, which allowed for a lovely sociable environment; enormous thanks to Marianne and Adam for doing the cooking throughout the week! The youngest members of the choir (i.e. myself and Rebecca) proved just how grown up we were by getting vastly over excited about the park outside the house and spent much of the evening playing on the swings!

Tuesday was back to the cathedral first thing where the familiar Stanford in C was balanced by the far less so Anna Mater Matris by John Plummer, a 15th century motet about Jesus' granny. Despite the excess of classicists in the choir we were unable to come up with a sensible translation, so it's probably a jolly good thing that we sang it in Latin. New to everyone in the choir we really enjoyed getting to grips with it, and hope to sing it again at St Michael's at Advent.

The following day was our 'rest day' so the various members of the choir split off in different directions, walking, relaxing, or, in the case of one group, taking a day trip to Portsmouth and visiting the cathedral



there! You can take the choir out of the cathedral methinks...

Back to work on Thursday although with Howell's gorgeous Like as the Hart on the cards it wasn't too much of an imposition! Friday marked the beginning of our foray into completely unfamiliar territory with Fre-muit Spiritus Jesu by Clemens non Papa, again a tricky but lovely piece, in which the second sopranos had their pitch and counting sorely tested, holding together the backbone of the 8-minute piece with a sustained repetition of the exclamation "Lazare, veni foras!"

A successful rendition of the piece was rewarded with a full choir dinner at The Stables: an incredibly enjoyable and sociable occasion where St Michael's choir, led by Erika, presented Neil and Bob (the American Director of Music) with thank you gifts. In Bob's case we gave him a picture of Winchester Cathedral (to ensure that we were not forgotten) and a selection of English beers, both positively received!

Saturday saw the premier of a piece by our very own Graham Keitch, Veneror adoroque, a beautifully simple setting of a prayer of St Alban, and the onset of a minor panic about the three services to be sung on Sunday, the last of which had canticles new to almost everyone and at that point unseen.

Sunday was therefore a very busy day, with Matins followed immediately by a Eucharist. The whole week was rounded off with a final Evening song at which Erika shone with a brilliant solo in an American piece a little too informal to be finding its way into the St Michael's repertoire! On Sunday we were joined by members of our own congregation, Chris and Lis Heaven and Stephen Wagstaff: it was really lovely to see them and so thoughtful of them to make the journey for one day only!

After eight services in seven days it was definitely a very tired choir that turned homewards to Devon on Sunday evening, but there was no time to rest: we were back in rehearsal on Tuesday ready to serve our own church once again.



Amy Down

17 Sep 2016

SUMMER CREAM TEA

held in St Michael's, 11th September

Our summer Cream Tea was a great success with everyone enjoying themselves. We were delighted to welcome local residents to sit and join us for scones with lashings of cream and jam.

We all chatted over numerous cups of tea while Nigel entertained us with organ music. The sun shone, the West doors were open - a perfect finale to our Heritage Weekend.



Connie Cannon, Elizabeth Hughes, Paula Lewis



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





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



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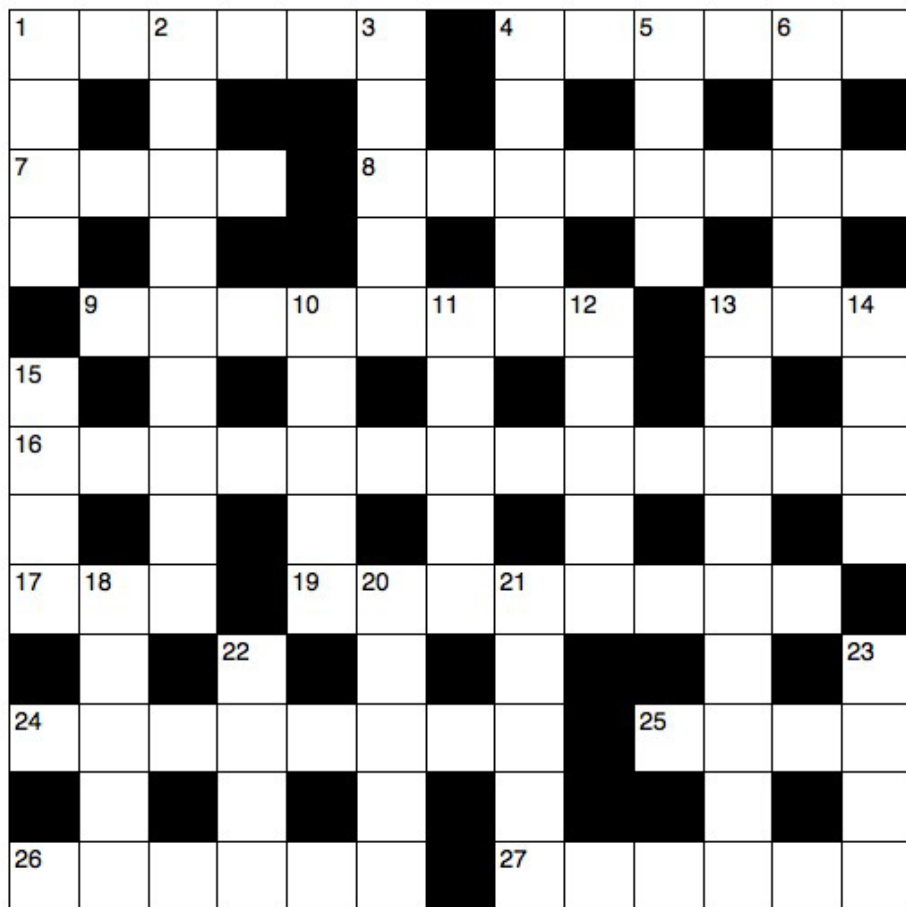
"St Sidwell's is a good school where teaching is good and pupils' achievement is high"

"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."

October crossword



Across:

- 1 He must be 'the husband of but one wife and must manage his children and his household well' (1 Timothy 3:12) (6)
- 4 'For we must all — before the judgement seat of Christ' (2 Corinthians 5:10) (6)
- 7 'They reeled and staggered like drunken men; they were at their — end' (Psalm 107:27) (4)
- 8 See 19 Across
- 9 It concerned who among the disciples would be the greatest (Luke 9:46)

(8)

13 Formed by the Jews in Thessalonica to root out Paul and Silas (Acts 17:5) (3)

16 'He has sent me to bind up the — ' (Isaiah 61:1) (6-7)

17 Moved rapidly on foot (Matthew 28:8) (3)

19 and 8 ' — a great company of the — host appeared with the angel' (Luke 2:13) (8,8)

24 Hindrance (Romans 14:13) (8)

25 Comes between Luke and Acts (4)

26 Empower (Acts 4:29) (6)

27 'Get these out of here! How dare you turn my Father's house into a — !' (John 2:16) (6)

Down:

1 Sunrise (Psalm 119:147) (4)

2 The part of the day when Cornelius the Caesarean centurion had avision of an angel of God (Acts 10:3) (9)

3 He was one of those who returned with Zerubbabel from exile in Babylon to Jerusalem (Nehemiah 7:7) (5)

4 'No one can see the kingdom of God unless he is born — ' (John 3:3) (5)

5 Animal hunted or killed as food (Ezekiel 22:25) (4)

6 'He encouraged them — — remain true to the Lord' (Acts 11:23) (3,2)

10 Ruses (anag.) (5)

11 Jewish priestly vestment (Exodus 28:6) (5)

12 Visible sign of what had been there (Daniel 2:35) (5)

13 This was the trade of Alexander, who did Paul 'a great deal of harm' (2 Timothy 4:14) (9)

14 'This is my — , which is for you; do this in remembrance of me' (1 Corinthians 11:24) (4)

15 One of Noah's great-great-grandsons (Genesis 10:24) (4)

18 Traditionally the first British Christian martyr (5)

20 Relationship of Ner to Saul (1 Samuel 14:50) (5)

21 Jacob had one at a place he named Bethel while on his way to Haran, fleeing from Esau (Genesis 28:12) (5)

22 Bats (anag.) (4)

23 'You strain out a — but swallow a camel' (Matthew 23:24) (4)

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originally published in Three Down, Nine Across, by John Capon (£6.99 BRF)*

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 playdough, 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.

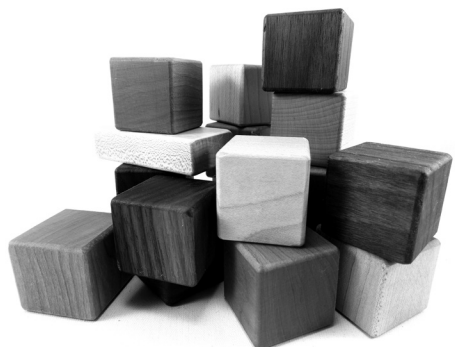
Our thanks go to the Church for letting us use the Parish Room for the last seven years, thereby supporting what is a very necessary resource for parents of young children. Over the years we have had several parents who have made lasting friendships through the group and given each other a lot of practical 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 a

grandchildren, then please do reco

They are welcome to pop in any

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



Dates of Note

2 Guardian Angels – keeping an eye on us

The teaching of Jesus encourages us to believe in guardian angels. He once said, ‘See that you do not look down on one of these little ones. For I tell you that their angels in heaven always see the face of my Father in heaven.’ (Matthew 18:10)

The existence of angels was suggested in various Old Testament texts, Jesus mentioned them explicitly, and the early Christians accepted their existence and work (Acts 12:15).

In England, devotion to the angels, both in Anglo-Saxon times and later, was strong. In modern times, the great American evangelist Billy Graham has written an entire book on the existence and work of angels.

Alcuin described them as intercessors (in the 11th century Leofric Misal); Herbert of Losinga, bishop of Norwich (d 1119) specially praised them, and his contemporary, Reginald of Canterbury, wrote prayers in their honour.

Honorius Augustodunensis (d 1151) clarified the existing belief of the time by asserting that each human soul, when infused into the body, is entrusted to the particular care of a single angel, who protects both body and soul and offers prayers to God.

For many centuries Christendom was satisfied with the feast of St Michael (and all Angels), but the special feast of the Guardian Angels was introduced in Austria, Spain and Portugal in the 15th – 16th centuries. Guardian Angels were then seen as guardians of particular towns or regions, or of each individual. Pope Clement X made the feast day universal in 1607, fixing its date to 2 October.

4 **St. Francis of Assisi – love for the Creation**

St Francis (1181 - 1226) is surely one of the most attractive and best-loved of all the saints. But he began by being anything but a saint.

Born the son of a wealthy cloth-merchant of Assisi, Francis' youth was spent in fast-living, parties and on fast horses as a leader of the young society of the town. Then he went to the war between Assisi and Perugia, and was taken prisoner for a year.

By the time of his release, Francis had changed. Perhaps his own suffering had awakened him to that of others. In any case, he abandoned warfare and carousing, and began to help the poor and the lepers of his area. Then one day a voice which seemed to come from the crucifix in the small, semi-derelict church of Damiano Assisi 'Go and repair my house, which you see is falling down'.

This religious experience was a vital turning point in Francis' life: Jesus Christ became very real and immediate to him. His first action was to begin repairing the church, having sold some of his father's cloth to pay for materials. His father was not amused, in fact he was furious - until Francis renounced his inheritance and even his clothes by his dramatic stripping off in the public square of the town. The Bishop of Assisi provided him with simple garments, and Francis began his new life.

His inspiration was always religious, not social, and the object of his quest was always the Crucified Christ, not Lady Poverty for her own sake. Francis rebuilt San Samiano, and then travelled as a pilgrim. His compassion for the poor and lepers became famous. Soon disciples joined him, and they set up a communal life in simple wattle and daub huts. They went on occasional preaching tours. (Not until later did they become an Order whose theologians won fame in the Universities.)

In 1219 Francis visited the Holy Land, and his illusions about the Crusaders were shattered. He went on to seek out the Sultan, and tried to convert him. Back home, he found his Order was now 5,000 strong, and growing. Francis stepped down as head, but continued to preach and was immensely popular. He died after a prolonged illness at 45, and was canonised in 1228.

Francis' close rapport with the animal creation was well known. The story of his preaching to the birds has always been a favourite scene from his life. He also tamed the wolf of Gubbio. This affinity emphasises his consideration for, and sense of identity with, all elements of the physical universe, as seen in his *Canticle of the Sun*. This makes him an apt patron of nature conservation.

The 20th century witnessed a widespread revival of interest in Francis. Sadly, some films and books caricatured him as only a sentimental nature-lover or a hippie drop out from society. This ignores the real sternness of his character, and his all-pervasive love of God and identification with Christ's sufferings, which alone make sense of his life.

Two ancient, and many modern English churches are dedicated to him.

13 Edward the Confessor – helping to found Westminster Abbey

If you approve of giving money to help cathedrals survive, then Edward the Confessor (1003 – 66) is the saint for you. This early King of England was the virtual founder of Westminster Abbey. And never mind entrance charges - at one point in his life, Edward was giving a full tenth of his income to Westminster Abbey.

Edward was the son of King Ethelred the Unready and his second, Norman wife, Emma. After various ups and downs which included a brief exile in Normandy, Edward was made king of England in 1042.

As King, Edward had a tricky time of it – trying to keep the peace for over 20 years while various Danish and Norman magnates struggled for power (which eventually led to the Norman Conquest). Scholars have argued over how much of a success he was as a king.

As a Christian, there is no doubt: Edward's holiness was evident to all. He made himself accessible to his people, he was generous to the poor, and chaste. He was also reputed to have seen visions and even achieved miraculous cures for people through prayer.

Edward did much to help the Church in many ways. His lasting contribution was the original Westminster Abbey - a huge Romanesque church, 300 feet long, with a nave of 12 bays. Westminster Abbey became the place of coronation and burial of kings and queens of England. It was finished and consecrated just before his death. Edward was buried there, and his relics are undisturbed to this day.

During the Middle Ages, Edward was a very popular saint: along with Edmund of East Anglia he was widely considered to be England's patron saint for a time.

18 **St Luke the Evangelist –** **linking the sacred and the profane**

To St Luke, a Gentile, we owe the beautifully written Gospel of Luke, and the Book of Acts. He was a Greek physician, a disciple of St Paul, a companion on some of his missionary journeys, and an inspired writer.

Luke's gospel focuses on the compassion of Christ. His gospel contains some of the most moving parables, such as the Good Samaritan and Prodigal Son. This, with his emphasis on poverty, prayer and purity of heart, make up much of his appeal to the Gentiles, for whom he wrote.

Women figure more prominently in Luke's gospel than any other: look out for the extended story of the Virgin Birth, and stories of Mary, Elizabeth, and the woman who was a sinner.

In Acts, Luke is remarkably good at linking sacred and profane history, as subsequent archaeology has shown. A principal theme of his Acts is how the early Christians moved away from Jerusalem into the pagan world, and especially on to Rome.

Luke is the patron saint of doctors, surgeons and artists (due to his picturesque style of writing). His symbol is an ox, sometimes explained by reference to the sacrifice in the Temple at the beginning of his Gospel. In England 28 ancient churches were dedicated to him.



St FRANCIS

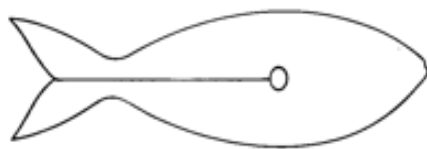
4th October is the feast day of St Francis of Assisi. When Francis came to God people thought he had gone mad and even his own father disowned him. But Francis' simple way of life soon attracted others. He and his companions went out to preach two by two. Unlike the preachers and priests that people were used to, they wore sackcloth and went barefoot. They were different in other ways too; they lived a very simple life and celebrated God's creation. And to Francis all of God's creation was equally important. In one famous story a wolf had been eating people. The town wanted to kill the wolf but Francis talked the wolf into never killing again. And the townspeople made sure that the wolf always had plenty to eat.

Even blindness did not discourage Francis' spirit when he wrote his beautiful 'Canticle of the Sun'

praising God through the miracle of His creation. Francis died aged only 45, worn out with years of poverty and wandering.

SWIM, FISH, SWIM

How do you make a paper fish swim? Cut a fish shape from a sheet of ordinary writing paper. Make it 10-12cm long, and decorate it making sure that the colours won't run when the fish gets wet.



In the centre of the fish's body cut a small circle and then a very narrow slit from the tail to the circle. Now, keeping its surface dry, gently lay the fish on the surface of a bath or large bowl of water and carefully place a few drops of cooking oil into the central hole. The oil will expand through the slit and drive the fish through the water.

Crossword solutions

October answers

ACROSS: 1, Deacon. 4, Appear. 7, Wits. 8, Heavenly. 9, Argument. 13, Mob. 16, Broken-hearted. 17, Ran. 19, Suddenly. 24, Obstacle. 25, John. 26, Enable. 27, Market.

DOWN: 1, Dawn. 2, Afternoon. 3, Nehum. 4, Again. 5, Prey. 6, All to. 10, Users. 11, Ephod. 12, Trace. 13, Metalwork. 14, Body. 15, Eber. 18, Alban. 20, Uncle. 21, Dream. 22, Stab. 23, Gnat.

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The deadline for inclusion of articles for the November issue of New Leaves is Sunday October 16th 2016

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 the new editorial team at:

newleavesnews@gmail.com

Please send digital files via email 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.

