



# 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, Bill Pattinson and Richard Barnes supported by Sue Holden and Stephanie Aplin, invites you to submit appropriate articles which reflect Church, Parish or Community interest

Please send to: **[newleavesnews@gmail.com](mailto:newleavesnews@gmail.com)**

Please note that all articles will be acknowledged with the writer's name

Enjoy this month's read.

We welcome critical comments over the following months on the evolving changes of the magazine.



# Refreshing the M Magazine

When I was eighteen, my ambition was to become a journalist, preferably a sports journalist. I hoped to read English at Durham University before getting a job with a national newspaper, preferably the Manchester Guardian. Well, my “A” level results killed that ambition. My heart goes out to all those students who received their “A” level results in August. I trust you performed better than I did. Mum said it was all because I was too keen on either kicking or hitting a ball rather than studying for my exams.

I’ve always maintained an interest in journalism so I’m very pleased to be part of the new editorial team for our magazine. The team comprises Richard Barnes and myself supported by Sue Holden and Stephanie Aplin, appropriately two members from each church. Since Tom became our vicar over six years ago he has organised the magazine articles ensuring they have all reached Ashley Potter and Joh Ryder, our magazine designers, in time for publication. Ashley and Joh send the finished copy to Graham Lerwill at Exeter College who then prints the magazine, before it is picked up by Tom for distribution. There’s a great deal of thought and organisation which goes into the production of the magazine.

Tom now wishes to hand over the responsibility for all this work, although I’m sure he’ll be keeping a close eye on things. So it’s thanks to Tom for all his hard work and thanks also to Ashley and Joh who print the crossword, children’s page and Dates of Note each month using a

subscription, which they pay for themselves, from a website called the Parish Pump. While we are giving thanks it's also important that we thank Glynis Harfleet, who organises the advertising in the magazine.

As an editorial team we have met twice at the time of writing, the second time being joined by Ashley. Of course we were full of ideas. Was the quality of paper right? How about using colour? What about a list of contents with pagination? Should we publish once a month, or once every other month? Surely a welcome page would be valuable? How can we get a greater variety of articles which perhaps reflect the Church, Parish and the Community? What are the links we need to make with the website and social media? (Did you know that you can read the magazine on both of our churches' websites?). Steady, steady we told ourselves. Let things evolve. For the moment we will just refresh the magazine. Also we believed it was important that we contacted the readers for their thoughts.

With all these thoughts in mind we have this month produced a questionnaire for you to complete which will also appear with the October, November and December issues. Please give your completed questionnaire to one of the team members. We are also on the look-out for contributors who might write about their involvement in Church or Parish life, or perhaps write a review of a book, film or CD or even write a poem. To this end we have created an email address, [newleavesnews@gmail.com](mailto:newleavesnews@gmail.com) to which we encourage you to send your articles. Richard and myself will access these articles before sending them on to Ashley and Joh.

This is our magazine so we encourage you to contact us with your thoughts and ideas and we will welcome positive criticism. You may notice one or two small changes in this month's edition. We have

included a welcome page. We have updated the directory at the front of the magazine. Also we are delighted to receive an article from Anne Fletcher, who is being ordained with Christopher at St. David's Church on Sunday September 25th. at the usual time of 9.30a.m. Please put that date in your diaries, if you have not already done so.

We are excited at the possibilities of taking "New Leaves" forward.

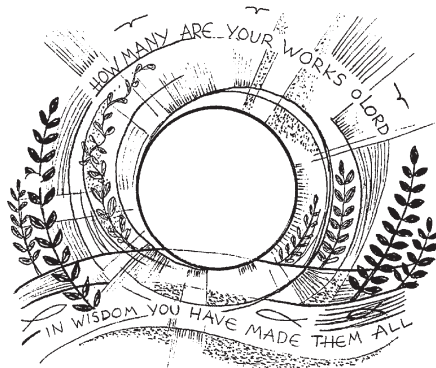
Please support us by filling in a questionnaire or offering an article for publication or forwarding your thoughts and ideas to:

[newleavesnews@gmail.com](mailto:newleavesnews@gmail.com)

Thank you and we look forward to hearing from you.

**Bill Pattinson**

27.07.2016



# May I Introduce Myself

I'm so looking forward to being with you at St David's to be ordained priest, alongside Christopher. Thank you so much for hosting the service. Thank you, too, to Bill and the editorial team for this opportunity to introduce myself.

I'm an assistant curate in the Holyford Mission Community – where I've had a wonderful year as deacon, working across the parishes of Colyton with Colyford, Branscombe, Musbury, Southleigh. Having grown up in central London, rural ministry's been something of a learning curve – and a delightful one at that!

My working life started with teaching briefly in Swansea, before becoming an educational psychologist in 1983. I moved to Dorset where I hoped to stay a good while. It turned out, though, that God had different plans. For after struggling for years over whether to convert from Judaism to Christianity, my uncertainty was resolved. Friends thought I might find their 'nice young curate' helpful in talking through my issues about faith - the rest, as they say, is history... A lot happened rather quickly. In the space of 6 months, I was baptised, confirmed, married to Christopher, moved to Hertfordshire, and beginning a new job!

In 1988, James (now a captain in the Royal Artillery) was born and Charlotte (a paediatric staff nurse in London) followed in 1990. From All Saints' Pin Green in Stevenage, we moved to St. Stephen's,

St Albans and, in 2000, to St. Nicholas, Harpenden. During this time I worked in Local Authority management roles for Hertfordshire, and then for Luton, where I mainly led early intervention services across education and social care as an assistant director of children's services.

It was during a parish retreat in 2002 that I first knew God was calling me to something else, and in 2011, I was licensed as a Reader. While loving this role, I realised (with surprise!) that I was possibly being called to ordained ministry. With Christopher's appointment to Exeter as Archdeacon came an opportunity for me to explore my vocation further. And so, in 2012, after being recommended by the national selection panel for ordination training, I spent two wonderful years at Ripon College, Cuddesdon.

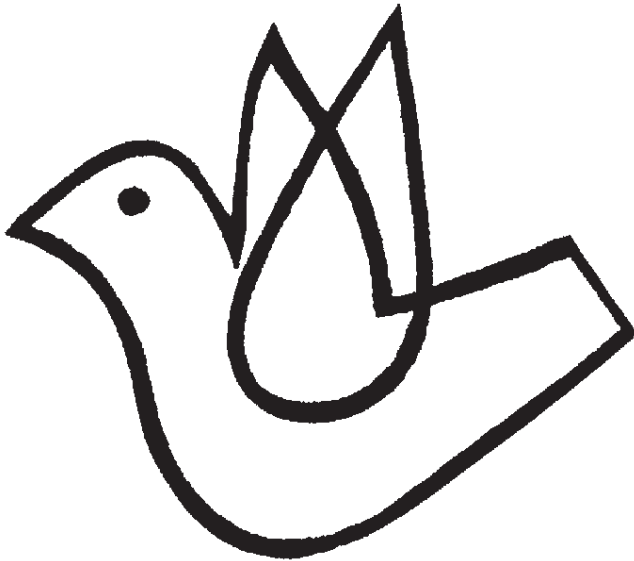
I've learnt so much in my year as deacon. It's been a time of growing, listening, observing, reflecting – and of love and laughter. I've thought a lot about what might change when I'm priested. In three ways at least, I think, there'll be little change. First, and foremost, I continue to be a deacon - being there for others and for God. Second, I continue learning and growing; being ordained priest is different from becoming one - I anticipate becoming a priest over the rest of my life! Third, I expect little change in the nature of parish and community relationships, other than a natural deepening over time.

Of course, there will be some change. I anticipate, in some way, having a greater sense of 'completeness'; of a natural movement towards fruition. There'll be, I think, something different – and special - in seeing those at the altar rail whom I've accompanied pastorally. And I look forward hugely to the priestly ministry of offering assurance:

in God's sacramental presence; in his blessing; in his forgiveness and absolution; and I think this will bring with it a stronger sense of being God's instrument, and of being under authority.

So, September 25th is a big day! I look forward to meeting a number of you then. Meanwhile, please could I ask for your prayers - for Christopher and for me - as we begin our priestly ministry. Thank you.

**Anne Futcher**



# St David's Eucharist      September

## September 04 : 15th Sunday after Trinity

Reading 1	Deuteronomy 30: 15-end	Gabriel Kirby
Reading 2	Philemon 1, 4-5, 10-16 (NB I have shortened this one)	Katy Tyler
Gospel	Luke 14: 25-33	
Time of prayer		Charlotte Townsend
<i>No Junior Church:</i>		

## September 11 : 16th Sunday after Trinity

Reading 1	Exodus 32: 7-14	Lawrence Sail
Reading 2	1 Timothy 1: 12-17	Gina Redman
Gospel	Luke 15: 1-10	
Time of prayer		Alistair Macintosh
Junior Church:		

## September 18 : - *Harvest Festival Family Service*

Reading 1	~	
Reading 2	~	
Gospel	~	
Time of prayer		
Junior Church:		

## September 25 : 18th Sunday after Trinity Ordination Service

Reading 1	~	
Reading 2	~	
Gospel	~	
Time of prayer		
Junior Church:		

## October 02 : 19th Sunday after Trinity

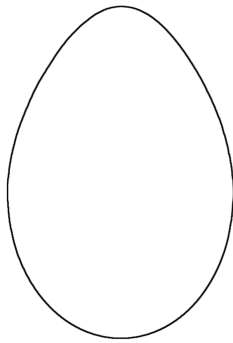
Reading 1	Habakkuk 1: 1-4, 2: 1-4	Jeremy Lawford
Reading 2	2 Timothy 1: 1-9 (NB I have shortened this one)	Paula Lawford
Gospel	Luke 17: 5-10	
Time of prayer		Mollie Curry



# September from St Michael's

For the first time this morning I noticed that it is getting cooler and the days are getting shorter. We are approaching Autumn and all the riches of the season. We are enjoying the later days of the summer holidays, and weather-wise, it has been good for most of us, with sunshine, dry days and some gentle breezes. Our lavender bush is singing with bees and the myrtle hosts them too; pollen is gathered daily and transported back to the hive. The industry of bees amazes me. I have watched them wriggling into agapanthus florets, spreading the petals and backing out, only to tackle another flower in the umbel before flying off. What would a trade-union of bees do for the workers? Complain about hours and conditions? Demand retention of more honey? Ban smoking? Just a touch of too flippant imagination, I fear, because without the bees we would soon be desperate for food. Pollination would cease and there would be no growth. It is incumbent upon us take our responsibility for the planet seriously. I know we are told in the Bible that the best example for all sluggards is the ant, and they do have an amazing social system, but somehow I cannot warm to ants. Bees, despite the possibility of a sting, are more appealing.

Changes are afoot at St. Michael's. You will notice scaffolding and boarding; the gutters, hoppers and downpipes, called 'rain-goods' are in need of repair and replacement. We have had to wait until August in order to accommodate the young peregrines so that they can be fully independent. Of the four eggs, two hatched, both male; one of those



met with an accident recently (we are awaiting a vet's report) and so we have only one young male who has joined the population. A couple of days ago, I heard both adult and juvenile making a real fuss as they approached the spire, but could not discover the reason. Usually it's because another bird has come too close. Apparently they have not bothered the men working on the scaffolding, who are amazed at the number of pigeon legs, many of them ringed, that they are finding in the gutters. These will have accumulated over some years.

We have had a small section of the interior east wall cleaned to test feasibility and effect; if the funds are forthcoming, and it can all be done, it will make a dramatic difference to the church. At some point, the ceiling could do with a good restoration, too. It is just possible to make out the decoration, but it has got very dark. Even so, when it is lit, the body of the church provides a welcoming space for concerts, as it did on August 10th, for a performance on the Theremin by Olesya Rostovskaya, including the organ and piano. A strange instrument, the Theremin, requiring perfect pitch of the player and a great deal of control to keep the sound true. A piece by Arvo Paart, about mirrors, seemed to cradle the listener in a fragile network of notes, whilst a piece composed by Olesya had us thinking that the roof might come down, with crashing, palpable organ notes felt right in the floor. Amaz-

ing. Many thanks to Nigel Browne and John Draisey for their participation in a fascinating concert. There are more concerts coming and the lecture series will be happening again in the autumn, so watch out for details.

At evensong in August, the hymn ‘Glory to thee, my God, this night’ (244 in the English Hymnal) was included. The doxology at the end is also found at the end of the parallel hymn, ‘Glory to thee, who safe hast kept /And hast refreshed me while I slept’ (E.H.233). Thomas Ken, the writer, has created a sense of being enveloped in God’s care throughout the day and night. The words stand guard at the end of the day and at its beginning. With that watchfulness, we should not be afraid of anything, but we are so often fearful of events and outcomes.

Fr Tom’s recent sermon reminded us that the words ‘Do not be afraid,’ or ‘Fear not’, or their synonyms, appear in the Bible 365 times. With these and Thomas Ken’s encouraging words in the hymns, we could remind ourselves every day of the surrounding love of God. That could be very important when we look at some of the Propers that are set for services; they are sometimes less than peaceful and loving in tone, calling for vengeance against enemies. There are also some terrifying prophecies in the Old Testament and the book of Revelation that ends the New Testament. With development of Biblical Criticism, and the availability of good textual commentaries, we can allow our understanding of Biblical literature to grow in a way that can enrich our faith. The vivid descriptions can be seen as imagery rather than literal descriptions; a sense of the dramatic poetry of history, prophecy and literature increases our knowledge of the ground of our being.

We are looking forward to the ordination of Fr Christopher at St David’s, (Sunday 25th September, 9.30 a.m.) and to his celebration

of his first Mass at St Michael's on Thursday 29th at 7.30 p.m. Please come and support him, on both occasions if you can. Pray for him and all those being ordained at this time

With this edition of New Leaves, you should find a questionnaire for our readers. Please complete it, as we would really like to know your opinions in order to refresh the magazine effectively.

**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**

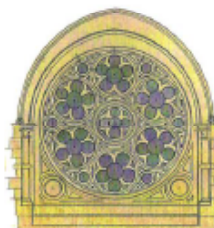
**7.30pm Weds 16<sup>th</sup> Mar**  
**What could the Aftermath of**  
**the Anglican Primates'**  
**Gathering mean for the**  
**Future of the Anglican**  
**Communion?**  
**The Reverend Dr**  
**Barry Norris**

**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)**

# Music & Events @ St Michael's – September 2016

**News! St Michael's, Mount Dinham, is a Pokestop in the #PokemonGO game.** So please visit us, and if we're open come in and have a look around. We have some interesting characters of our own.

**The Roof Repair Fund** work has started, so please be careful near the scaffolding.

With the new academic year, it's a busy month.

**Tuesday & Thursday 6pm Sung Vespers & Meditation** resume early in September. Matins & Low Mass are said at 9.30/10am on Wednesdays, and "St David's Communion" is also likely to continue at St Michael's at 10.30am on Thursdays during September. All are welcome to all services and events at St Michael's.

**Sunday 4th September, Trinity XV, 10.45am Sung Mass.**

Please see Website for new Music List.

**Sun 4 September, 6pm, Evensong and Benediction.**

Psalm: 121. O salutaris. Tantum Ergo.

**Thurs 8 September at 6pm, CBS Plainsong Mass** celebrating the Birthday of the Blessed Virgin Mary.

All welcome.

**Saturday 10th September, Heritage Open Day 9am-6pm, and Devon Historic Churches Trust Ride & Stride.**

Guided Tour of Mount Dinham & our Church at 4.30pm with Richard Parker.

**Sunday 11th September, Trinity XVI, 10.45am Sung Mass.**

Also **Heritage Open Day 10am-5pm**, with Cream Teas served during the afternoon.

**Tuesday 13th September at 7pm. Open Choir Practice,**

for anyone wanting to sing a wide variety of sacred choral music in a relaxed and friendly atmosphere with the rather good choir at St Mike's. We hope to appoint some more Choral Scholars from the University following auditions. Junior Scholars looking to gain experience while considering applying for a University or College Choral Scholarship are also welcome. Please contact Erika Borley, Director of Music.

On Fri 16 Sept, we can remember Ninian, Bishop of Galloway (432) and Edward Bouverie Pusey, one of the founders of the Oxford Movement (1882). And on Sat 17 Sept, Hildegard, Abbess of Bingen, Visionary and Musician (1179).

**Sunday 18th September, Trinity XVII, 10.45am Mass.**

**Tuesday 20th September at 7pm. Another Open Choir Practice** at St Mike's.

**Sunday 25th September, Trinity XVIII, 10.45am Said Mass.**

Because the Choir and Congregation are invited to 9.30am Ordination Service at St David's Church, at which Bp Robert Attwell will ordain as Priests our Curate, Fr Christopher Durrant, and Rev Ann Futchter from the Holyford Mission Community based around Branscombe & Colyton in East Devon.

**Wednesday 28th September, 7.30pm, St Michael's Lecture.**

We welcome Professor David Horrell from University of Exeter Department of Theology & Religion to talk about "Ethnicity, Race and Religion in early Christian and Jewish Texts and Modern Biblical Schol-

arship.”

**Thursday 29th September is Michaelmas** and we have our **Festival Sung Mass at 7.30pm**, at which Fr Christopher Durrant will celebrate Mass for the first time. All are most welcome to this service, which will be followed by a Bring & Share Party – please join us. Music will include the Introit “Angeli Archangeli” by Andrea Gabrieli, movements from Haydn's St Nicolas Mass, and the Anthem “Faire is the Heaven where happy soules have rest”, by Sir William Harris.

**Sunday 2nd October, Dedication Sunday, 10.45am Mass.**

**Sunday 2nd October at 3.40pm, ExeVox Chamber Choir,**

directed by Peter Adcock, will give a half-hour mini-Concert at St Michael's, followed by Refreshments. This will be one of three mini-concerts featuring classical, modern and traditional music in an afternoon of music making across the city centre 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 at 3.40pm. Entry at each venue is free, with voluntary collections for Hospiscare. You may like to stay at or return to St Michael's for...

**Sun 2 Oct, 6pm, Choral Evensong and Benediction.**

Psalm: 142. O salutaris, Tantum Ergo.

**Richard Barnes**





# The Upper Room

## -where the world meets to pray

It was with Maggs's encouragement that some years ago I explored the current range of Bible Reading Fellowship (BRF) notes via the free samples she had. As she put it: 'these [BRF} booklets form an accessible route and insight into a deeper knowledge of scripture for a range of users of all ages.' There are a number to choose from and so I found The Upper Room.

The format is a subject title for the day, a Bible passage to read, a Bible verse to think about, a piece of writing by an individual on the subject, a prayer, thought for the day and a group to pray for. It is about people, hence the subtitle 'where the world meets to pray' and that is one of the things I like most about it – the sense of being part of a great number of people reading, thinking and praying on a subject that day in a community of prayer. The written passage is not an elucidation of the reading as such but rather something drawn from the person's experience linked to the subject for the day, some happy, some sad, but always insightful and worth pondering.

I always found it best to sit with it first thing as part of a routine before going to work, a good foundation for my day. It never ceased to amaze me how many times the subject and writing were completely appropriate to what was on my mind. It always made me smile when I opened the booklet and saw the subject and knew I was in safe hands. God works in mysterious ways! Now we are retired, Roger and I share our after-breakfast time, an oasis of peace before the busyness of the day and the same thing continues to happen. Do have a look at the BRF

booklets. If not this then something else may be for you. 'His word is a light to our feet.'

## **Hilary Todd**

If you would like to know more, ask our own BRF Coordinator, Ann Barnett, in church or on 01392 431486 and look at the BRF website: <http://www.biblereadingnotes.org.uk/>

Current BRF titles: Day by Day with God, Guidelines, New Daylight, Quiet Spaces and Upper Room



# IN THE BEGINNING WAS THE WORD

## *WHAT IS THE WORD?*

To consider this, eight studies and discussions on the book of Genesis, with modern uptakes and applications, are planned.

These will be taking place in evenings, from the beginning of October until just before Christmas.

The first four will be in Ann Watt's home  
and the second four in Iris Sutton's.

More information will be available nearer the time

Please try to come.

We need contact with each other to unite and encourage us  
all.

**Iris and Ann**

# Seeing More Clearly with the Eyes of Love

An inter-active liturgy for voices with music and singing, based on Shakespeare's play "A Midsummer Night's Dream, was presented at Holy Trinity Church, Stratford upon Avon, on Tuesday 2 August 2016. Five poets, including Lawrence Sail, read poems they had written on various characters in the play. Below is the poem Lawrence wrote about Titania, Queen of the Fairies.

## **TITANIA, LATER**

There must have been a wall in my head –  
with every idea or affection assigned  
to one or the other side of it. I thought  
I knew where I was.

There were only two seasons, then – one  
of moonlit snow, the other of sand  
seared by heat. I watched these weathers  
build to a climate:

dreams and history, a taper lit  
against the dark, accusing words  
against absolving blankness, the garment  
of praise against heaviness.

Even in the squint dream within the dream  
of the wood at night, I could easily distinguish  
the ash from the oak, the key from the cup,  
reason from love:

and when the divisions became too long  
I could always conjure the boy with the arrows,  
or his spitting image, the child with his glittering  
wound of need.

I thought I knew where I was, in the shade  
of the wind-stirred wood, under the moon  
that set the tides seething. I saw too clearly  
and misunderstood:

what I thought would be exploration  
had been there all along, a known place –  
as if I had been holding the right map  
the wrong way up.

Only at some dazzling moment of forgiveness,  
dreamt or bestowed, could I know acceptance  
as a true mystery and, with lips closed,  
find the way on:

only then could the wall be unpicked,  
brick by rasping brick, until  
I recognized where I was – and ahead  
the land lay shimmering, single, wide open.

## **Lawrence Sail**

*‘Titania, later’ is included in Lawrence Sail’s collection The Quick, published by Bloodaxe Books in 2015.*

# HERITAGE OPEN DAY at ST MICHAEL'S

SATURDAY 10<sup>th</sup> SEPTEMBER  
2016

.....

Incorporating  
DEVON HISTORIC CHURCHES TRUST RIDE & STRIDE

.....

**St Michael's Church will be open all day**

**9 am – 6 pm**

**to welcome visitors.**

Light refreshments available.

Proceeds divided between St Michael's and DHCT.

.....

# HERITAGE OPEN DAY

On SUNDAY 11TH SEPTEMBER 3:00 – 5:00 pm.  
ST MICHAEL AND ALL ANGELS, MOUNT DINHAM  
will be hosting a SUMMER CREAM TEA in the Church.



If the sun is shining the West door will be open

**Cups of Tea, 2 Scones with Clotted Cream and Strawberry**

**Jam £4.00**

**Cups of Tea, 1 Scone with Clotted Cream and Strawberry Jam**

**£3.00**

Come and join us – you will be most welcome.

Proceeds to St Michael's Church.

# Hi,

My name's Nichola and I am the Marketing Assistant at Exeter Deaf Academy. We have kindly been donated a £22k Mercedes Benz A-Class to raffle off in Princesshay Exeter to help raise money for our essential work for Deaf young people.

The raffle runs every Friday and Saturday until December 24th and hence we need a number of volunteers to help run the raffle stall on these days and sell tickets.

If you are interested please contact me: [NBirch@exeterdeafacademy.ac.uk](mailto:NBirch@exeterdeafacademy.ac.uk)

Thanks for your help in advance,

Nichola Birch

Marketing Assistant

Exeter Royal Academy For Deaf Education





# Hiroshima- Nagasaki International Fast



It's August 9. I'm with a small group of friends who have gathered outside the Ministry of Defence (MoD) in Whitehall. We have been fasting here, early morning until evening, since August 6 when 71 years ago Hiroshima was destroyed by an atomic bomb. Three days later Nagasaki was the target. These two bombs, small by the standards of 2016, killed nearly a quarter of a million people, both in the initial blast and firestorm and in the ensuing long-term effects of radiation.

Our fast is both commemoration and protest: remembering the Japanese dead and injured with sorrow, and expressing our total opposition to present-day nuclear weapons. For four days we have fasted, given out leaflets, and hung banners on the MoD railings. We have vigils at the actual times when the bombs exploded in 1945, sharing songs, prayers and poems, and reading from the writings of the Hibakusha – the survivors. Fellow campaigners have fasted and protested around the world: in France, Germany, The Hague, USA, Togo and

Nigeria. Some evenings we have spoken to them via Skype.

This is the fourth annual fast in the UK, but it has been held since the 1980s in France and Germany.

Some thoughts about nuclear weapons:

There is a special urgency to our UK fast this year, following as it does the Government's decision to upgrade the UK Trident nuclear weapon system, in contravention of the 1970 nuclear non-proliferation treaty. When he visited the USA last September, Pope Francis called for the "full application of the non-proliferation treaty in letter and spirit". This call is being ignored by our government as it continues to spend over £200 billion on upgrading Trident.

Worse even than its illegality and the gross squandering of resources it represents, is the sheer immorality of this hideous weapon of mass destruction. I am unable to comprehend how political leaders can square a readiness to use nuclear weapons with a Christian faith. How can they, how can any of us, call ourselves Christian if we are not willing to try as best we can to imitate Christ's non-violence?

**Julia Mercer**

*Editors' Note: Please note that "Some Thoughts about Nuclear Weapons" are the personal views of Julia and do not necessarily reflect the opinions of the editorial team.*

# HOSPISCARE SWIMATHON 2016

Exeter Friends of Hospiscare organised their first Swimathon on Saturday 19th March. It took place at the headquarters of the Devon and Cornwall Police swimming pool at Middlemoor and three teams from our two churches took part. These were St Mike's, the Divine Divas and the Speedy Badgers ( St David's Junior Church representatives). Each team endeavoured to swim one at a time continuously for 55 minutes and to try to raise as much sponsorship as possible for Hospiscare. There were young and old, speedy crawlers and stately breast-strokers, men ,women, boys and girls and it didn't matter how fast or slowly you swam - the point was to enjoy yourselves and raise money for this local charity.

There were twenty four teams and they raised just over £10,000 which is absolutely marvellous. Exeter Friends would like to thank all those who took part and all the members of our two congregations who gave so generously.

Thanks to the support of the Police there will be a second Swimathon next year on 1st April. Do consider taking part!



# 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

.....

## **Exeter Audio Book Group**

Date: Once a month meeting

Time: 10:00 - 11:30

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

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

Cost: Free

Bookings: Just turn up

Organiser: Ask for Liz Cordin 01392 384 209

.....

## **IT Drop -in Sessions**

Date: Every Wednesday

Time: 10:00 - 12:00

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

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

Cost: Free

Bookings: Just drop in

Organiser: Mike Mills & James Knight 01392 384 209

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.

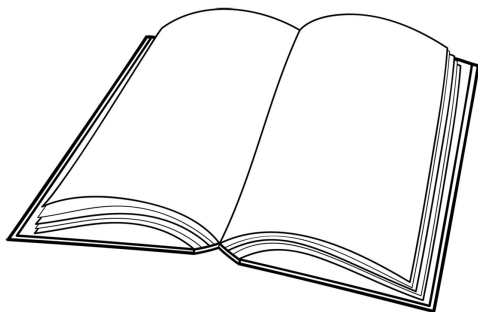
After discussing with the clients the sort of books they like, (eg romantic fiction, travel books, particular authors), WRVS volunteers choose books for their clients which they deliver to them from once a fortnight to once every six weeks, depending on the needs of the client, at a mutually convenient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



# Read any good books lately?

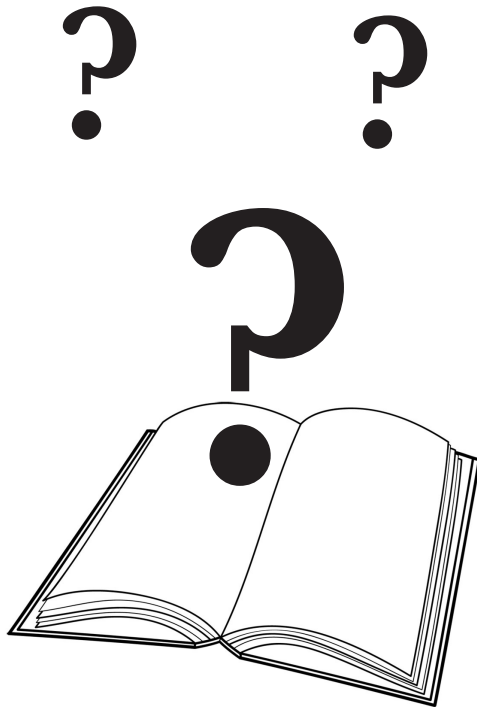
We would like to introduce a review section to our magazine and invite all you readers, film goers, music fans to write a short recommendation of something that you have seen or heard recently and really enjoyed.

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.



# 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







**The  
People's  
Acupuncture  
Project**

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.**

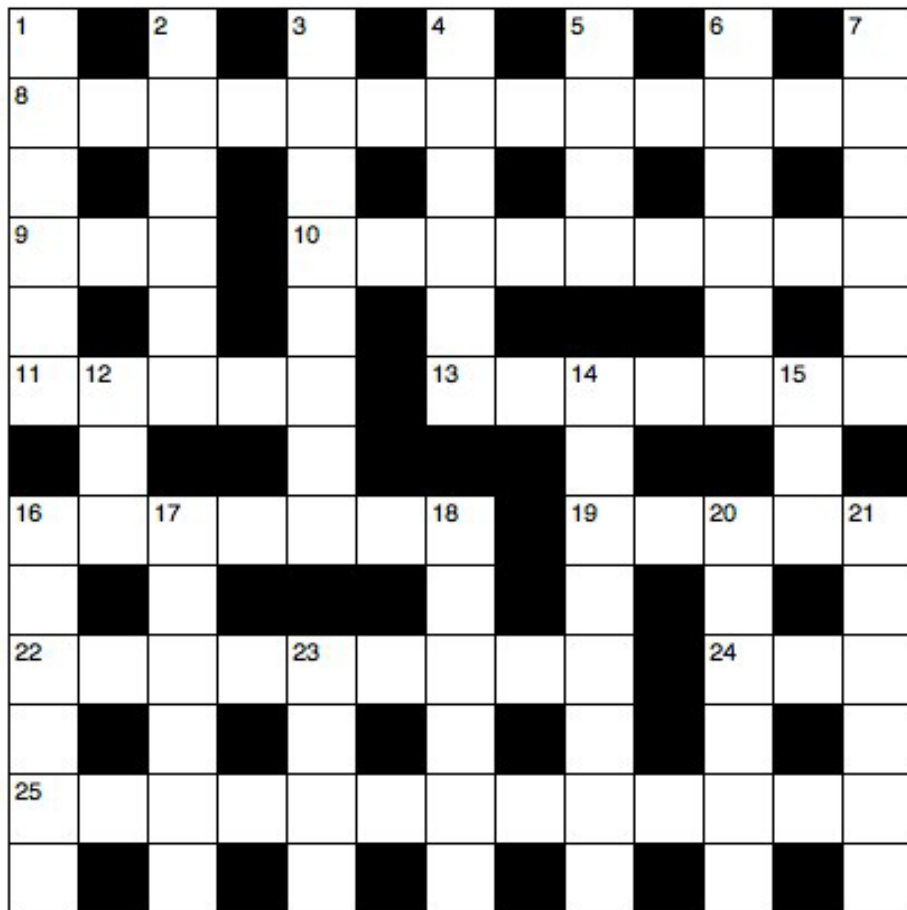
**"St Sidwell's is a good school where teaching is good and pupils' achievement is high"**

**"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."**

# September crossword



## Across:

- 8 Where the ark of the covenant was kept for 20 years (1 Samuel 7:1) (7,6)  
 9 One of the parts of the body on which blood and oil were put in the ritual cleansing from infectious skin diseases (Leviticus 14:14–17) (3)  
 10 Uncomfortable (3,2,4) 11 ‘Yet I have loved Jacob, but Esau I have —’ (Malachi 1:3) (5)  
 13 Where Paul said farewell to the elders of the church in Ephesus (Acts 20:17) (7)  
 16 ‘Jesus bent down and — to write on the ground with his finger’ (John

8:6) (7)

19 Prophet from Moresheth (Jeremiah 26:18) (5)

22 Comes between Exodus and Numbers (9)

24 and 2 Down 'Then Elkanah went home to Ramah, but the boy ministered before the Lord under — the — ' (1 Samuel 2:11) (3,6)

25 There was no room for them in the inn (Luke 2:7) (4,3,6)

### **Down:**

1 Rough drawing (2 Kings 16:10) (6)

2 See 24 Across

3 Underground literature (including Christian books) circulated in the Soviet Union (8)

4 Lo, mash (anag.) (6)

5 The Bible's shortest verse: 'Jesus — ' (John 11:35) (4)

6 'Can a mother forget the baby at her — and have no compassion on the child she has borne?' (Isaiah 49:15) (6)

7 Can be seen in a dying fire (Psalm 102:3) (6)

12 'Send me, therefore, a man... experienced in the — of engraving, to work in Judah and Jerusalem' (2 Chronicles 2:7) (3)

14 Second city of Cyprus (8)

15 United Nations Association (1,1,1)

16 One of the women who first heard that Jesus had risen from the dead (Mark 16:1) (6)

17 Braved (anag.) (6)

18 — of Evangelism, outreach initiative in the 1990s (6)

20 'Woe to those who are wise in their own eyes and — in their own sight' (Isaiah 5:21) (6)

21 'Neither — nor depth... will be able to separate us from the love of God' (Romans 8:39) (6)

23 What Jesus shed in 5 Down (4)

*Crosswords reproduced by kind permission of BRF and John Capon,  
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 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

## 1 Drithelm - vision of the after-life

Drithelm is the saint for you if you have ever wondered what lies beyond death, or have had a near-death experience. He was married and living in Cunningham (now Ayrshire, then Northumbria) in the 7th century when he fell ill and apparently died. When he revived a few hours later he caused panic among the mourners, and was himself deeply shaken by the whole experience.

Drithelm went to pray in the village church until daylight, and during those long hours reviewed the priorities of his life in the light of what he had seen while 'dead'. A celestial guide had shown him souls in hell, in purgatory, in paradise and heaven... suddenly the reality of God and of coming judgement and of what Christ had done in redeeming mankind became real to him, and his life on earth could never be the same again.

Next day he divided his wealth into three: giving one third to his wife, one third to his sons, and the remainder to the poor. He became a monk and went to live at Melrose, where he spent his time in prayer and contemplation of Jesus.

Drithelm's Vision of the after-life is remarkable in that it was the first example of this kind of literature from England. It was SO early: seventh century Anglo-Saxon England! Drithelm has even been seen as a remote precursor of Dante.

On a lighter note, Drithelm can also be a saint for you if you didn't get abroad this summer, but ventured to swim instead off one of our beaches: he used to stand in the cold waters of the Tweed for hours, reciting Psalms.

# **1 St Giles of Provence**

## **- helping those damaged by life**

St Giles was an immensely popular saint in the Middle Ages, and no wonder: he was the patron saint of cripples. In those days, there must have been many people who, once injured, were never really whole again. Even today, a serious injury – either physical or mental or emotional, can leave us damaged for months, years or even longer. At such times, we, too, find inspiration in others who, though also damaged by life, have not been overwhelmed.

St Giles was probably born in Provence, southern France early in the 7th century. The 10th century *Legenda Aurea* (Golden Legend) tells us he lived as a holy hermit deep in the forest of Nîmes, near the mouth of the Rhone. A hind, or Red Deer, was his only companion. Then one day, while out hunting, King Wamba spotted the deer, and pursued it. The hind fled back to St Giles for protection. King Wamba shot an arrow which missed the deer, but pierced the saint who was protecting it. Thus the king encountered the saint. The saint's acceptance of his injury, and his holiness greatly impressed the king, who conceived a great admiration for St Giles.

In the end, much good came out of the original harm of the encounter, for the king built St Giles a monastery in his valley, Saint-Gilles-du-

Gard. The little monastery was put under the Benedictine rule, and became a source of blessing for the area roundabout. In later years, St Giles' shrine would become an important pilgrimage centre on the route for both Compostela and the Holy Land, as well as in its own right.

There is a further story connected with St Giles. Another legend tells how an emperor sought forgiveness from him for a sin so terrible he dared not even confess it. While St Giles said Mass, he saw written for him by an angel the nature of the sin in question. But his prayers for the emperor were so efficacious that the letters naming the sin faded away. As Christians we know that the Bible urges us to pray for others, no matter how hopelessly bad they seem, because Christ's mercy and forgiveness are extended to everyone who truly turns to him and repents.

St Giles, the crippled saint who helped others find wholeness with God, became patron saint of cripples, lepers and nursing mothers. In England 162 ancient churches are dedicated to him, as well as at least 24 hospitals. The most famous of these are St Giles in Edinburgh and St Giles in Cripplegate, London. In art, St Giles is represented as either a simple abbot with staff, or protecting the hind, or saying the Mass, and thus interceding for the emperor.



### **3 St Gregory the Great** **- the man who saved the ‘angels’**

Pope Gregory never called himself ‘the Great’, but instead ‘the Servant of the Servants of God’. Nevertheless, Gregory was one of the most important popes and influential writers of the Middle Ages. The son of a very rich Roman senator, he left the service of the State upon his conversion as a young man. Gregory then sold off his tremendous estates to found six monasteries in Sicily and a seventh in Rome, and gave generously to the poor. He became a monk and adopted an austere lifestyle. But he was destined to be a frustrated monk, because successive popes kept appointing him to jobs with major public responsibilities.

Christians in England owe him a great deal. When Gregory came across some English slaves for sale in Rome, he asked who they were, and was told, ‘They are Angles.’ Moved with compassion for these humiliated and despised men, he replied, “They are not Angles, but angels!” He wanted to lead a band of missionaries to England to evangelise the Angles, but then plague broke out in Italy, and during this time he was elected Pope.

# 8 The Nativity of the Blessed Virgin Mary

In both eastern and western churches, Mary has always been held as pre-eminent among all the saints. The unique, extraordinary privilege of being the mother of the One who was both God and Man, makes her worthy of special honour. Thomas Aquinas believed she was due hyperdulia, or a veneration that exceeds that of other saints, but is at the same time infinitely below the adoration, or latria, due to God alone.

The gospels of Matthew and Luke give Mary most mention. Luke even tells the story of Jesus' infancy from Mary's point of view. Her Song, or Magnificat appears in Luke 1:46-55.

The virginal conception of Christ is clearly stated in the gospels. But after Jesus' birth, Mary fades quietly into the background. During Jesus' public life, she is mentioned only occasionally, as at the wedding at Cana. She reappears at the foot of the Cross (John's Gospel), and is given into John's care. In the early chapters of Acts, Mary is with the Apostles, and received the Holy Spirit along with them on Whitsunday. But her role was not the active one of teaching and preaching.

Mary's significance grew with the centuries. By the fifth century she was called Theotokos, The Mother of God, and from the seventh century onwards, she was given four festivals: the Presentation in the Temple (2 February), the Annunciation (25 March), the Assumption (15 August) and her Nativity (8 September).

Marian devotion has played an enormous role in the church down the

years. Mary has been the object of countless prayers, accredited with performing many miracles, and the subject of thousands of artistic endeavours. She has had hundreds of chapels or parish churches named after her. During the Reformation many images of Mary were destroyed. The Second Vatican Council 1962 made an extended statement on her, stressing her complete dependence on her Son, and regarding her as a model of the Church.

Principal Marian shrines of today include Lourdes (France), Fatima (Portugal), Walsingham (England), Loreto (Italy), Czesochowa (Poland) and Guadalupe (Mexico).

## 14 Holy Cross Day

On Holy Cross Day the Church celebrates the Cross as a symbol of triumph, as the sign of Christ's victory over death. Holy Cross Day goes right back to 14 September 335, and we have the mother of a Roman Emperor to thank for it.

Helena was a devout Christian, and after her son, Constantine, was converted, they agreed that she should travel from Rome to Israel, and seek out the places of special significance to Christians.

Of course, much of Jerusalem had been destroyed by the Romans around 135 AD. But even so, Helena finally located what she believed to be the sites of the Crucifixion and of the Burial (and modern archaeologists think she may well be correct). The sites were so close together that she built one large church over them - the Church of the Holy Sepulchre.

That church, built in honour of the Cross, was dedicated on 14 September 335.

The sign of the Cross has been used by Christians since early times. Tertullian, writing his *De Corona* (3:2) around AD 211, noted that Christians seldom did anything significant without making the sign of the cross.

What is its significance? Well, people often put their initials or some sort of personal mark on something to show that it belongs to them. The Cross is the personal mark of our Lord Jesus Christ, and we mark it on ourselves as a sign that we belong to him. Even in the book of Revelation, we read that the servants of God are ‘sealed’ or ‘marked’ on their foreheads as a sign that they are his.

A preacher once put it this way: if you were explaining to someone how to make a cross, you would say: “Draw an I.” That is you standing before the Lord, saying, ‘here I am’. Then cancel that vertical stroke with a horizontal stroke – as if to say: “Lord, I abandon my self-will and make you the centre of my life instead. I abandon myself to your love and service.”

On Holy Cross Day, we recall Jesus’ wonderful promise: “And when I am lifted up, I will draw all men unto me.” (John 12:32)

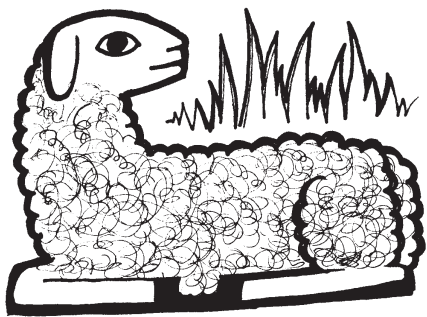
## 29 Michael and All Angels

Michael is an archangel, whose name means ‘who is like unto God?’ He makes various appearances throughout the Bible, from the book of Daniel to the Book of Revelation. In Daniel, he is ‘one of the princes’ of the heavenly host, and the special guardian of Israel. In Revelation, he is the principal fighter of the heavenly battle against the devil.

From early times, Michael’s cult was strong in the British Isles. Churches at Malmesbury (Wiltshire), Clive (Gloucestershire) and Stanmer (East Sussex) were dedicated to him. Bede mentions him. St Michael’s Mount in Cornwall was believed to commemorate a vision there in the 8th century. By the end of the Middle Ages, Michael had 686 English churches dedicated to him.

In art Michael is often depicted as slaying the dragon, as in the 14th century East Anglican Psalters, or in Epstein’s famous sculpture at Coventry cathedral. Or he is found (in medieval art) as weighing souls, as at Chaldon (Surrey), Swalcliffe (Oxon.), Eaton Bishop (Hereford and Worcester), and Martham in Suffolk. Michael’s most famous shrine in western Europe is Mont-Saint-Michel, where a Benedictine abbey was founded in the 10th century.

The ‘All Angels’ bit of this feast-day was added in 1969 when Gabriel and Raphael were included in with Michael.



## LET DOWN BY HIS FRIENDS

In the Bible there are many accounts of Jesus healing people.

You can read about one in Mark's Gospel, chapter 2, verses 3 - 12.

I like this one because it is about friends.

The four men made a tremendous effort to bring their paralyzed friend to Jesus. When they reached the house where Jesus was it was surrounded by lots of people; they could have given up and gone home. But they didn't. What did they do?

At that time houses had flat roofs and a stairway outside the house that led up to the roof. The four men broke through the roof and lowered their friend down on his bed. Imagine all the faces looking up and wondering what was going

on as the dust, earth and lumps of wood fell down! Then the Bible says "When Jesus saw their faith..."

The all important change came from faith - not from the faith of the man but from the faith of his friends. One man's life changed forever because of four good friends and one Best Friend, Jesus.

.....

**On a school trip to France,** the teachers were reminding the children about behaving properly.

'And,' said the headmaster, 'what do you do if one of the children falls overboard?'

'Shout for help, sir,' said one boy.

'Good. And what do you do if one of the teachers falls overboard?'

'Which one, sir?'

.....

# Crossword solutions

## September answers

**ACROSS:** 8, Kiriath Jearim. 9, Toe. 10, Ill at ease. 11, Hated. 13, Miletus. 16, Started. 19, Micah. 22, Leviticus. 24, Eli. 25, Mary and Joseph.

**DOWN:** 1, Sketch. 2, Priest. 3, Samizdat. 4, Shalom. 5, Wept. 6, Breast. 7, Embers. 12, Art. 14, Limassol. 15, UNA. 16, Salome. 17, Adverb. 18, Decade. 20, Clever. 21, Height. 23, Tear.

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





# **The deadline for inclusion of articles for the **October** issue of New Leaves is Sunday September 18th 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](mailto: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.

