

# New Leaves

September 2019



**Parish Magazine  
of St David with  
St Michael and  
All Angels,  
Exeter**

*50p*

## Parish of St. David with St. Michael Directory (March 2019)

Vicar	Nigel Guthrie	<b>01392 660226</b>
Assistant Curate	Alison Whiting	<a href="mailto:rev.alisonwhiting@gmail.com">rev.alisonwhiting@gmail.com</a>
Reader	Bill Pattinson	860 880
	Howard Friend	07733739453
	Charlotte Townsend	01392 660285
Parish Missioner	Simon Harrison	01392 840166
Churchwarden	Emma White	07833453067
Churchwarden	Glynis Harflett	01392 214787
PCC Secretary	Helena Walker	<a href="mailto:pccsecretary@stdavidschurchexeter.org.uk">pccsecretary@stdavidschurchexeter.org.uk</a>
Parish Treasurer	Johnathan Johns	07831486987
		<a href="mailto:electoralrollofficer@stdavidschurchexeter.org.uk">electoralrollofficer@stdavidschurchexeter.org.uk</a>
Electoral Roll Officer	Sue Wilson	uk
Safeguarding Rep	Mary Kirkland	07872 626 168

### St. David's [www.stdavidschurchexeter.org.uk](http://www.stdavidschurchexeter.org.uk)

Treasurer	Barbara Allin	<a href="tel:270162">270 162</a>
Asst. Treasurer	Geoff Crockett	468 073
Director of Music	Nigel Walsh	273 237
News Sheet	Helena Walker	<a href="mailto:notices@stdavidschurchexeter.org.uk">notices@stdavidschurchexeter.org.uk</a>
Junior Church	Bill Pattinson	860 880
Servers	Shaun Smith	01626 3670765
Church Bookings	Mary Quest	07792 062 403
Readers & Time of Prayer	Avril Pattinson	860 880

### St Michael's [www.stmichaelsmountdinham.org.uk](http://www.stmichaelsmountdinham.org.uk)

Chapel Warden	Stephanie Aplin	<a href="mailto:stephaniecaplin@yahoo.co.uk">stephaniecaplin@yahoo.co.uk</a>
Chapel Warden		
Treasurer	Paula Lewis	<a href="mailto:lewispf9@gmail.com">lewispf9@gmail.com</a>
Church Bookings	Jane Bellamy	432 172
		<a href="mailto:jane-bellamy@hotmail.co.uk">jane-bellamy@hotmail.co.uk</a>
Director of Music	Neil A Page	<a href="mailto:neil@4victory.net">neil@4victory.net</a>
Secretary		
Organist	Matthew Clark	
Notices	Oliver Nicholson	<a href="mailto:opn@umn.edu">opn@umn.edu</a>

### Magazine

Advertising	Glynis Harflett	214 787
		<a href="mailto:bissom@icloud.com">bissom@icloud.com</a>
Designer	Clive Wilson	437571
		<a href="mailto:newleaves_mag@btinternet.com">newleaves_mag@btinternet.com</a>
Editorial Team	Richard Barnes	<a href="mailto:newleavesnews@gmail.com">newleavesnews@gmail.com</a>
	Bill Pattinson	



# 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 reflect Church, Parish or Community interest**

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

Please note that all articles will be printed with the author’s name

Enjoy this month’s read.

We will welcome critical comments on the magazine

Editorial Team: Bill Pattinson and Richard Barnes supported by  
Stephanie Aplin and Clive Wilson

# **New Leaves**

## **September 2019**

### **New Leaves - From the Vicarage**

#### **Harvest Festivals**

We have had some interesting and challenging articles on the subject of the environment in recent editions of New Leaves. As Stephanie Aplin reminded us in our last edition celebration of the created order has always had a central part in the Jewish and Christian faiths. Our Christian Harvest Festivals can be seen to have their roots in the life and traditions of the ancient Hebrew peoples (as described in Deuteronomy chapter 26). The Anglican Harvest Festival is believed to have been started in 1843 by The Rev Robert Hawker, the eccentric Vicar of Morwenstowe in Cornwall. It may be that the Victorian clergy embraced such celebrations to try and tame the raucous feasting and drinking that tended to accompany the completion of harvest!

But today there is much to think and pray about as we thank God for our daily bread. Buying food from a shop raises all sorts of ethical and environmental concerns; or it would if we stopped to think! Do we want cheap food, if the real cost is an industrial scale use of antibiotics and pesticides? Are our agricultural practices genuinely sustainable? Do those working overseas for large companies actually receive a fair reward for their labour?

So I believe that Harvest Festivals are as much needed as ever – even in the city. We will be celebrating Harvest Festival on September 15 at St David's Church with a 9.30am Family Communion service and, later, with a 6pm Harvest Evensong and Supper with entertainment (supporting the work of our local Esther Community). Tickets need to be bought in advance from St David's.

At St Michael's Church Harvest will be celebrated on Sunday 6<sup>th</sup> October with 11am Mass and a 6pm Choral Evensong and Benediction. Don't forget about the Exeter Foodbank collection point which is always available at service times in St Michael's Church for donations.



## **Heritage Weekend**

Do look out in this edition for the activities at St Michael's over the weekend of 14-15 September. The church will be open for refreshments and entertainments. And to celebrate the end of the 150<sup>th</sup> anniversary year at St Michael's the choir will be singing Evensong in the chapel at Tyntesfield, which was built, like St Michael's, by the fortune of William Gibbs. The service will be a 3pm on Saturday 5 October and any visitors will be very welcome, but membership of the National Trust, or a fee, will be necessary to enter the property.

## **St Wilfred's Community**

St Wilfred's Community is represented in our parish by the present St Wilfred's School and in the city by the continued work of St Wilfred's Educational Trust. But there is now to be a Plaque in Exeter Cathedral commemorating the Christian work of the community, which was based in and around our parish. The plaque is to be dedicated at 5.30pm evensong on Tuesday 8 October and any one is welcome to attend.

## **Confirmation**

The Bishop of Crediton has agreed to come and lead a confirmation service on Sunday 17<sup>th</sup> November at 9.30am. If you would like to be confirmed or know someone who would value the opportunity please let me know as soon as possible so that we can plan our preparation.

## **Dates for your diary**

Howard and Helen Friend have organized a Parish Quiet Day at Mill House Retreats with Prebendary Graham Stones coming to lead us. This will be on Saturday 12 October and further details can be found elsewhere in this edition. The ministers' team have also planned an autumn bible study which will run on alternate Tuesdays starting on Tuesday 8 October at 2pm at 95 Howell Road. We will be studying St Paul's brilliant Letter to the Colossians.

With every good wish and blessing,

**Nigel**



# September 2019 from St Michael and All Angels

‘What I did on my hols’ was jokingly regarded as the default title for essay writing on the return to school in September. At St Michael’s, things trundled along, with peaks of excitement, including a thrilling organ concert given by Jean-René André, the *titulaire* of the organ in Rennes Cathedral. The peregrines are all flying and have reached an accord with the gulls who now regard the west end of our roof as equal with an oceanic cliff-face. We are planning the repair of the Victorian tiles in the aisle and crossing. The Bountiful Table in July provided a generous donation to the Mission to Seafarers and to church funds in August. As for the future, preparations are being made for the Heritage weekend and ‘Ride and Stride’. Michaelmas is on 29<sup>th</sup> September. Early in October, the choir will sing Evensong at Tyntesfield, a fitting end to our 150<sup>th</sup> anniversary year of celebrations.

In the past, wealthy young men indulged in the Grand Tour; the workers were lucky to have a charabanc outing on one day to the sea-side. Now we are being virtue-shamed if we dare to travel by plane, dumping loads of carbon in the atmosphere, unless we are rich or have rich friends who can off-set the damage for us. The ‘staycation’ has recently been lauded as the way to enjoy the time off. When Chris and I retired, the talk was of being on permanent holiday, not that we noticed: there was always some kind of work to undertake, tasks to be fulfilled, so that we had to plan to be away from daily life to enjoy the cessation of routine.

Tim Stanley, journalist and contributor to Radio 4’s ‘Thought for the Day’, recently reported on some serious philosophical reading that he had undertaken. The recommendation was to live ‘monastically’, sharing one’s time equally for work, rest and restoration, and sleep. With this plan, the frenetic fortnight’s holiday would seem to be more damaging than not going anywhere. That may be so, but we are now so used to the escape

from regularity that I wonder if we could cope with not having the prospect of travelling away for a time to another place.

Scripture readings and hymns for Sundays V111 and 1X all suggested 'another place', another realm, beyond this one, towards which we strive. Cynics may call it 'pie in the sky', but it is becoming clear to me that there is a sense of separation from, an un-ease with, the noisome life and morals of this time, that we are bemused by the cult of celebrity and materialism, in a spiritual limbo in western Europe. The Jewish Diaspora was well aware of being separated from the anchor of faith; the Psalmist said 'How shall we sing the Lord's song in a foreign land?' Hence the establishment of small worshipping communities away from the Temple laid the ground for synagogues in the Middle Eastern world, and for the seeds of the Christian faith to grow, as St Paul and others often went first to the local synagogue to preach as they travelled.

That prospect of that other place was emphasised last Sunday (Trinity 1X) by an inspiring and impassioned sermon from Fr Dominic who, partly abandoning his prepared notes, took us on a journey covering not more than 20 metres physically, but a whole lifetime, past, present and future, in about 12 minutes. We went from the approach to the altar through the welcome and hospitality provided by the elements of the Mass, past the physical presence of the crucifix to the presence of God Himself, the Author of our faith, and the true resting place of all who seek to make the journey. There was clearly a spiritual path to follow through the material elements of our building leading us to 'another country, Far beyond the stars...'

What a holiday!



**Stephanie Aplin.**



# St David's Eucharist September

## Sunday 1st September Trinity 11

Reading 1	<b>Ecclesiasticus 10:12-18</b>	Karen Facey
Reading 2	<b>Hebrews 13:1-8,15-16</b>	Maggie Draper
Gospel	<b>Luke 14:1,7-14</b>	
Time of prayer		Charlotte Townsend

## Sunday 8th September Trinity 12

Reading 1	<b>Deuteronomy 30:15-end</b>	Debbie McNeile
Reading 2	<b>Philemon 1-21</b>	Paula Lawford
Gospel	<b>Luke 14:25-33</b>	
Time of prayer		Carol Gerry

## Sunday 15th September Harvest Festival & Famil

Reading 1		
Reading 2		
Gospel		
Time of prayer		

## Sunday 22nd September Trinity 14

Reading 1	<b>Amos 8:4-7</b>	Philip Dale
Reading 2	<b>1 Timothy 2:1-7</b>	Charlotte Townsend
Gospel	<b>Luke 16:1-13</b>	
Time of prayer		Alison Whiting

## Sunday 29th September Trinity 15/St Michael and

Reading 1	<b>Genesis 28:10-17</b>	Keith Postlethwaite
Reading 2	<b>Revelation 12:7-12</b>	Katy Tyler
Gospel	<b>John 1:47-end</b>	
Time of prayer		Geoff Crocket

## Sunday 6th October Trinity 16

Reading 1	<b>Habakkuk 1:1-4; 2:1-4</b>	Jeremy Lawford
Reading 2	<b>2 Timothy 1:1-14</b>	Hilary Todd
Gospel	<b>Luke 17:5-10</b>	
Time of prayer		Alistair Macintosh



# **Journey Of a Lifetime – John O’ Groats to Land’s End (JOGLE) by bike – part 1 ,Scotland**

Recently the charity Sustrans responsible for the National Cycle Network (NCN) published a route for the end-to-end cycle ride Land’s End to John O’ Groats following national cycle routes. My friend Mick and I decided it would be a good challenge for us as we both were nearing partial and full retirement and were looking for something to do to mark it. We soon decided that we’d prefer to go from north to south ending nearer home. We also decided that camping was out as we’d get better rest, showers and food in hostels and bed-and-breakfasts. We’d start at the end of June and began training and planning. Unfortunately Mick’s parents needed more care with his father going in and out of hospital, so he reluctantly decided to drop out. I thought I’d better carry on by myself as who knows what next year would bring.



Regular training rides around Cornwall and Devon helped improve my fitness and prepare me for the physical effort. I booked trains to London, the sleeper to Inverness and the final 4 hour journey to Wick, which is still 16 miles from John O’ Groats and determined how long I’d cycle each day and booked suitable accommodation. I planned to take 3 weeks, with a rest day on day 5 (not quite biblical) and calling in at home to attend a wedding reception before the last four days to Land’s End. As much of the Sustrans route is on minor roads, old railway lines and canals or other off-road tracks progress would be slower than the more direct road routes which regular cyclists complete in about 2 weeks. I also had two panniers of luggage which some end-to-enders don’t have to carry on their cycles but are taken on ahead by van, so 3 weeks seemed more comfortable. With the route guidebook, a new saddle, new back tyre, spare inner tubes, repair kit and tools, new (more padded!) shorts, various sun creams and

ointments, I set out in the last week of June in my Samaritans cycling jersey to travel north. I'd decided to fund raise for Samaritans as they are always there for people who are desperate and in need, and in memory of a work colleague.

After a final good luck beer with my son-in-law Ben at Euston I was disappointed to find the old rolling stock for the sleeper train as the new trains with ensuite bathrooms are still having teething problems. Still, I slept well and woke to a sunny early morning ride through the Cairngorms to Inverness and a breakfast of hearty porridge. Boarding the small diesel train to Thurso and Wick were several other cyclists heading for the start, and I started from Wick at 3pm with a student who was planning to rough camp and attempt to get to Land's End in 11 days. His legs were better at countering the head and cross winds so I soon fell behind but met again for the obligatory photo at the signpost at John O' Groats, which is fairly bleak and has a large car park and gift shops for visitors but the tea shop closed at 5pm just after I arrived. Nearby Dunnet (or Easter) Head, the most northerly point of mainland Britain is far more serene and beautiful. With a full headwind the journey to Thurso took twice as long as anticipated and I wondered if I'd massively overestimated my ability to cycle around 60 miles a day and would I have to alter all my plans and accommodation. Tomorrow would tell as it was a longer section of 80 miles to Lairg.

I set off early and was soon fighting the westerly wind and the steep hilly coastal road past Dounreay (now decommissioned as a nuclear facility). I soon met another student from the train and we agreed to pair up for the day as we were both heading for Lairg and Invershin. It was good to have company and he didn't seem to mind waiting for me at the top of the hills. At Bettyhill we stopped for coffee in a converted horse-box. The lady proprietor had retired from the deputy headship of the local primary school to pursue her new venture. She was very hospitable and chatty, giving us free water to refill our bottles and biscuits with the coffee and good advice about heading for Altnaharra rather than going via Tongue. Tongue was the small port from where many of the highland crofters displaced from the land by sheep in the 19<sup>th</sup> century, set off for Canada and America. Tongue also involved a very sizeable climb and as we were tiring we took the road through Strathnaver to Altnaharra, leaving behind the sea mist and winds. Soon we were enjoying the sunshine and

magnificent views. Strathnaver was cleared for sheep which were the main living animals we met apart from the numerous cyclists (mostly travelling north rather than south like us). Altnaharra has the record for the lowest temperature recorded in the UK (-27.2C 30/12/1995) and second lowest (-22.3C 08/01/2010) and its highest May temperature of 28C on 26/05/2017 was one of the highest in the UK. I am glad to say that it was closer to the warmest rather than the coldest when we got there, so much so that the sun burnt my knees!

The next stop was the isolated Crask Inn beneath Ben Kilbreck. The previous owners donated the inn to the Scottish Episcopal Church and services are regularly held there – evening prayers every day and a parish lunch after an informal service every 3<sup>rd</sup> Thursday of the month. Behind the bar is a sign which says (among other things) “we do REAL”, “we do MISTAKES”, we do “I’M SORRY”, we do “HUGS”... They also do excellent green tea and cakes! The landlord also gives great advice on the best routes for cycling. We left refreshed to descend the 150m and 14 miles to Lairg, where we parted company and I booked into the hotel and a welcome shower and evening meal of haggis and whisky cream starter, steak pie and tatties.

After a tasty kipper breakfast I set out on the 62 miles to Inverness with an easier 2000 feet of ascent and descent about half that of the day before. Again I was fortunate with the weather being sunny. In fact I only really had one wet day (in Manchester you won’t be surprised to hear) in the whole of my trip. The scenery was again superb. After Invershin and Bonar Bridge I bowled along beside the Kyle of Sutherland and enjoyed the views over the Cromarty Firth, so much so that I mistook the turning where the alternate route 1 goes via the Black Isle and Cromarty. Realising I was heading north again I turned around to pass over the Kessock bridge to Inverness and the youth hostel.

I shared breakfast with an Australian school pipe and drums band who were taking part in the European championships in Inverness and chatted to a year 11 pupil who told me he hoped to join the air police thereby achieving his twin ambitions of flying and being a policeman. I hope he makes it as he was outgoing and not afraid to strike up a conversation with an ageing sunburnt lycra-clad cyclist. The first village I came to was

Culloden the site of the last Jacobite rebellion battle of 1745 and stopped at Clava Cairns, an impressive Bronze age burial chambers over 4000 years old. The Sustrans route 7 then mostly runs along the old A9 next to the very busy new road and climbs to Slochd summit at 401m above sea level (which felt like it at times) before descending to Carrbridge. I ate lunch next to one of the 300 pieces of wooden sculpture to celebrate the 300<sup>th</sup> anniversary of the old packhorse bridge from which it takes its name. Then it was a lovely ride through Bridge of Garten and the Rothiemurchus estate to Kingussie despite the attack of midges at Ruthven barracks (built to keep the peace after the Jacobite rising of 1715). The guesthouse rooms in Kingussie were named after whisky distilleries and the owner met me with a welcome dram of Speyside. Scottish hospitality continued with breakfast of local smoked salmon and scrambled eggs. I was beginning to appreciate that the best meals of the day were breakfast and the evening meal. Whilst cycling you tend to keep “topped-up” with energy bars, lighter snacks and the all important water rather than large meals.

The next stage from Kingussie to Pitlochry again mostly follows the old A9 but as it includes the Drumochter pass (451m above sea level) the surface has been badly degraded by frost and snow so it was quite hard work. It also meant battling against wind and Scotch mist (low cloud intercepting the ground due to the altitude), which at the top was actually rain. Descending, the weather rapidly improved so that at Blair Atholl the sun was shining again and I stopped to visit the Pass of Killecrankie where the first Jacobite rebellion battle took place and a government soldier, called Donald MacBrae, escaped by leaping 18ft over the river Garry. When I was 5, I came here on a coach trip, except I didn't as I was feeling sick and they let me off in Pitlochry with my mum. It was great to finally get there having arrived by transport that doesn't make me feel sick – tired, aching, exhilarating downhills, just coasting along ... etc but not sick.

Pitlochry is best known for its pioneering hydro-electric dam built after the Second World War and its festival theatre completed in 1981 to replace a temporary tent theatre that had lasted 30 years. At the youth hostel I met a French Canadian family with two daughters who were keen footballers and they had been in France to see some of the Women's World Cup matches. Their Dad was a Liverpool supporter but not too disappointed that I supported Man City. As it was my rest day I took the opportunity to get the



bike serviced as the gears were slipping badly due to a stretched chain, and the brake pads needed replacing. As I still had three-quarters of the journey to go the bike needed to be back to full working order. I visited the dam and salmon ladder, looking at the exhibition in the John Muir Trust centre and a tour of the Blair Atholl distillery. John Muir was a Scottish-American naturalist who helped establish national parks such as Yosemite. He advocated preservation of wilderness and wrote: *"Thousands of tired, nerve-shaken, over-civilized people are beginning to find out that going to the mountains is going home; that wildness is a necessity."* The trust is a conservation charity dedicated to the experience, protection and repair of wild places. The exhibition was very informative with superb visuals and inspiring.

For my second night in Pitlochry I stayed with a family of actors. Diedre was rehearsing a play at the festival theatre whilst Greg was "resting" by working at the golf club. Diedre was also active in the local Baptist church and we shared our experiences of church committees and initiatives. Returning from dinner at the excellent Moulin Hotel which brews its own beer I found a card from Diedre who wanted me to have the room "on the house" and donate the money to the Samaritans.

Pitlochry to Killin was a relatively short ride but lovely scenery along the rivers Tummel and Tay, passing through the village of Dull (twinned with Boring, Oregon!) to Kenmore at the end of Loch Tay for lunch. The afternoon was very sunny and warm and a great ride alongside the Loch Killin and the Falls of Dochart where I recovered with an ice cream.

The next day's ride from Killin to Glasgow was one of the highlights of the trip. Leaving Killin early because I had 70 miles to go, I was surprised by a magnificent stag in the woods as I approached the old Killin railway line through Glen Ogle which is part of NCN route 7. Cycling over the viaduct the view was stunning and then got even better with the incredibly beautiful Loch Earn. A bit later I stopped to complete a survey by a volunteer for Sustrans on cycling and well-being. If only the views and cycle track could be bottled it would keep me going for a year. Skipping the chance to look at Rob Roy's grave I pressed on past Loch Lubnaig to Callendar and a coffee. After Callendar, route 7 continued to be superb passing Loch Venechar and then through the Queen Elizabeth Forest park to Aberfoyle. After a



Loch Earn

homemade venison pie and salad, it was back on another old railway line and the road heading for Balloch. Crossing the river Forth, distant views of Loch Lomond could be seen before a lovely descent through the Balloch Castle country park. The route into Glasgow follows the river Leven and more old railways and the Forth and Clyde canal. It is surprisingly pleasant and well away from most traffic. A counter showed that I was 296<sup>th</sup> cyclist that day on this green route to Glasgow which is one of Sustrans big successes. Reaching Glasgow through Clydebank and Partick I found the way past the University and Kelvingrove Gallery to the Glasgow youth hostel in a magnificent crescent building. The only difficulty was the double flight of steps that confronted me as I approached through Kelvingrove Park, which necessitated a small detour. Like other hostels I used Glasgow was very comfortable with my own room and run by very friendly and competent staff. It was a far cry from my youth when hostels were often run by sadists who humiliated hostellers and demanded they do all sorts of household “chores” before returning your membership card and allowing you to leave.

The next day I took NCN 75 along the Clyde, or at least it should have been but the police were staging a training major incident exercise and kept blocking parts with diversions up and down steps which they seemed to think would be no problem for cyclists. Passing a great mural of Charles Rennie Macintosh and the famous rose design the route improved and mostly followed the Clyde down to Uddingston home of Tunnock's caramel biscuits and teacakes. I crossed the Clyde over the David Livingston memorial bridge to his birthplace at Blantyre where he worked in the cotton mill at age 10. Although I was passing through south Lanarkshire which was known for its industry and mills the route was again surprisingly green through the Chatelherault Country Park and the hunting lodge of the Dukes of Hamilton and their huge impressive Mausoleum, which apparently has one of the longest echos in the world ( at 15 seconds). Later in Larkhill I found the lovely Coalyard Tea rooms, which is an enterprise run by the local college to give work and training to students with support needs. The staff and students were lovely and friendly and I enjoyed neeps, tatties and haggis followed by a great strawberry tart. It was saved from closure as a budget cut in 2015 after a petition from 3000 locals and questions in parliament. After this I headed for New Lanark the famous mill town where in the 19<sup>th</sup> century Robert Owen, a pioneer socialist cooperative owner, experimented with radical social reforms and much better housing and conditions. It is now a World Heritage site and well worth a visit. I stayed in the Wee Row hostel which used to house the mill workers.

The next day's ride was along the N74 which is parallel to the A74 motorway for most of the way. It is quite fast as it passes through the Southern Uplands but is less interesting than the highlands routes. I thought I was cycling quite fast when I was passed by a recumbent bike and 2 other fast road cyclists with a cheery "hello mate". Later on I caught up with the recumbent cyclist as he was waiting for the other 2 who couldn't keep up with him. His name was Michael Swain and had started yesterday(!) at John O' Groats and was attempting a record for the JOGLE of 4 days. He was a double amputee who had served in Afghanistan and was raising money for 65 Degrees North a charity for rehabilitation through adventure, and Blesma, the limbless veterans. Michael achieved the record finishing 89 hours, 55 minutes and 40 seconds after starting. So inspiring.

My destination was a small village near Lockerbie called Ecclefechan that

was the birthplace of Thomas Carlyle; he wrote "A loving heart is the beginning of all knowledge" and "I've got a great ambition to die of exhaustion rather than boredom" - hope this one doesn't apply on this trip although I've not been bored. My brother Neil, who was following my progress via Instagram, told me he'd taken refuge here with my parents during a flood. Again I've been really lucky with the weather so far.

I set off in fine sunshine with views over the Solway Firth to Cumbria and was soon in Gretna, a planned town built for the largest ammunitions factory in the world that was established here during World War 1. There is a memorial and museum to the women workers who were described by Sir Arthur Conan Doyle as mixing "the devil's porridge" as they mixed the cordite. Gretna is more interesting than nearby Gretna Green known for the village blacksmith's wedding venue. Soon I had crossed into England and heading for Carlisle. 450 miles down and about 700 more to go!



**Clive Wilson**

25 August 2019



New Lanark

# Christians in Politics

I offer this article to give this organisation a little publicity. The web site [www.christiansinpolitics.org.uk](http://www.christiansinpolitics.org.uk) contains the following mission statement:

*Christians in Politics is an all-party, non-denominational organisation which seeks to encourage and inspire Christians to get involved in politics and public life. Emphasis is placed on our membership of the Kingdom of Jesus Christ, as opposed to the earthly allegiances which may separate us.*

“All-party” may be a little inaccurate in the context of current British politics, but it does link the Christian groups within the Conservative, Labour, and Liberal Democrat Parties. I had an indirect association with the organisation during five years in which I edited the quarterly magazine of the Liberal Democrat Christian Forum.

Some people will express surprise at there being *any* practising Christians in politics, or assume that those they know of are very much in a minority. In fact, practising Christians probably form a *greater* proportion of members of Parliament and local councils than they do in the population as a whole. And this really ought not to surprise us. Apathy is a pervading vice of modern society: we readily complain about things we don’t like but rarely do anything to try and change them. But practising Christians are by nature activists: simply turning out for regular Sunday worship shows more engagement than is exhibited by most of the population. And most Christians take an active interest in the community of which they are part, so I do not think we should be surprised that a significant number have a political involvement.

Those who accept that Christians are involved in the political life of our country, may well still harbour doubts that membership of a political party is compatible with Christian profession. Isn’t party political campaigning incompatible with “loving your neighbour as yourself”? Certainly party loyalty can be taken too far, and I think that “Christians in Politics” has a particular role in curbing this tendency. But in my experience, there are not many party chauvinists at local or national level. Real friendships develop across party lines, not least because electoral politics is a minority interest, and shared interests generate such friendships!

*We beseech thee also to defend all Christian Kings, Princes, and Governors:* regular prayer for those who govern us goes back to the 1662 prayer book and beyond. But should we leave everything to God, or may He want us to play a part in the process? The main purpose of the web site is to offer guidance to Christians who want to take part in the political life of the country, and to encourage us to do so. Our parliamentary democracy needs candidates willing to stand for election, and those candidates need supporters to help them campaign. It is not supposed to be a purely spectator sport, although the news media do tend to push in this direction.

The independent observer may still maintain that political parties should be unnecessary. Reasonable people should always be able to agree on the best policy in any particular situation. But while all the great religions, and certainly Christianity, remain divided into sects and denominations, should we expect secular life to be any different?!



**David Cannon**

St David's

cannon380@btinternet.com



*The Churchyard working party  
was never seen again*

# September Events mainly at St Michael's

The way the Sundays 'fall' this September, each one is a 'named day'. Well 1<sup>st</sup> Sept is St Giles, so we don't keep his feast here, but thereafter it's Birthday of Blessed Virgin Mary, Holy Cross Sunday, St Matthew, and finally Michaelmas itself with a Bring & Share Lunch. Mid-month 14<sup>th</sup> & 15<sup>th</sup>, we have the Heritage Open Days weekend, with several activities.

Looking ahead, Saturday 5<sup>th</sup> October, a visit to Tyntesfield near Bristol, home of William Gibbs, now a National Trust property. Is planned, including Evensong in the Chapel at 3pm – do look out for details nearer the time.

Please do support your Church this busy month, and invite/welcome visitors, students & newcomers.

Thanks to all who supported or helped with the Fête, Concerts, Bountiful Table and Services over the Summer.

## Diary.

**Sunday 1 September, Trinity XI, St Giles. 11am** Choral Mass. Hymns: 333: 294: 362. Setting: Mass in F, Harris. Motet: Thou knowest, Lord, the secrets of our hearts, Purcell. 12Noon Bountiful Table of Baking, Preserves & Produce.

**6pm Choral Evensong and Benediction.** Responses: Reading. Psalm 119 v81-96. Hymn 252. Canticles: Brewer in D. Anthem: Cantique de Jean Racine , Fauré. O salutaris: 269 Tantum Ergo: 268.

**Sun 8 Sept, Blessed Virgin Mary. 11am** Sung Mass. Hymns: 185: 188(2T,om\*): 186. : Missa super 'Dixit Maria', Hassler. Ave Maria, Parsons.

**Sun 8 Sept, 7pm at Exeter Cathedral,** Holy Ground alternative

service will feature Rev Prof Tim Gorringe and Jess Nicholls on Climate Change – Christian Responses.

**Sat 14 Sept, Church open all day** – see Poster and Paula Lewis for full details – Heritage Open Day and Devon Historic Churches Trust Ride&Stride. 3pm Informal Organ Recital by Matt Clark. 4.30pm Guided Tour of Mount Dinham & St Michael's with Richard Parker, Architectural Historian.

**Sun 15 Sept, Holy Cross. 11am.** Hymns: Lift high the cross: 439: 76. Missa Brevis & Crucifixus, Lotti. Church open 10am-5pm. **3pm onwards Cream Teas** and musical entertainment.

**Wed 18 Sept at 7.30pm. St Michael's Lectures** Autumn Series begins with Oliver Nicholson: Why were the Early Christians persecuted ? Professor Nicholson is General Editor of the Oxford Dictionary of Late Antiquity and has published on the Great Persecution and the Age of Constantine the Great.

**Sun 22 Sept, St Matthew, Apostle & Evangelist. 11am.** Hymns: 214: 189: 216. Missa Inter Vestibulum, Guerrero. Holy is the true light, Harris.

**Sun 29 Sept, St Michael & All Angels. 11am.** Introit: Locus Iste, Bruckner. Hymns: 478: 190: 336. Mass in C&F, Stanford. And I saw another angel, Stanford. Followed by a Bring & Share Lunch in church – see Stephanie for details.

**Sat 5 October.** A day trip to Tybtesfield, National Trust property, former home of William Gibbs. We will sing Evensong in the splendid Chapel there at 3pm.

**Sun 6 Oct,** 11am Sung Mass will be kept as our Harvest Festival, with Bountiful Table at 12noon and Choral Evensong & Benediction at 6pm.

At St Michael's, worship is traditional, music is excellent, people are friendly, and all are welcome. Please join us.

The website [www.stmichaelsmountdinham.org.uk/events/](http://www.stmichaelsmountdinham.org.uk/events/) also



lists Events or follow @StMikes\_Exeter on Twitter.



**Richard Barnes – 25/8/19.**

## **Would you like to join the Choir?**

St Michael's Choir is an integral part of the church community, leading the singing and maintaining the strong musical tradition built up over the years.

We are hoping to recruit a couple of Choral Scholars for 2019/20 – for balance across the parts, a Bass is particularly needed at present. Scholars have good sight-reading, potential to sing solos, and receive a modest honorarium. Scholars have usually been University students. The commitment is about 20 hours per month for Sunday Masses, Tuesday Practices, our monthly Choral Evensong and an occasional midweek Feast.

But September is also a good time for other singers to join or try out the Choir, as we work towards Michaelmas and later a liturgical performance of Fauré Requiem. A blending voice and team spirit are key, and we realise not everyone can be at every practice and service.

We look forward to welcoming a few more singers – Soprano, Alto, Tenor or Bass, all are welcome.



**Richard Barnes –  
25/8/19**



# Mini Deaths and Retirement

A couple of years ago, Christopher preached on what he called 'mini deaths'. Missing from his list was retirement, which can take many forms, whether from a lifelong career or a position such as choir director or member of the PCC. Whatever form it does take, it needs time to absorb. What I don't recommend is the car-crash version of retirement that happened to me. I had picked up a virus that recurred no matter what my employers or I did to try to help me overcome it and finally it was decided by family and work and me that I should retire. Absolutely the right decision on all sides, but suddenly, in the space of just a few weeks, I went from working almost full time as I had for almost 40 years to not working at all. It came much earlier in my life than I had anticipated, with absolutely no planning and I was utterly unprepared for the total loss of identity and purpose which occurred almost overnight - my work, my colleagues, the whole structure of my world vanished and I was left feeling washed up, worn out and useless. It has taken a very long time to get over the shock and come to terms with what happened and the process continues.

So this is my Car-crash Retirement Survival Guide which I hope may help someone else facing a similar situation. It falls into two sections: what not to do and what to do. So:

## **Don't:**

*Panic!* Whatever you do, don't panic. As with any bereavement, allow yourself time and feel whatever you feel. Talk to family and friends about what is happening, but do also try to recognise when you need more help (see below).

*Fall into the trap of filling the void with anything and everything* put in front of you. A wise friend told me not to take on any long-term commitment for at least two years if not longer. Early on I did take on a couple of things and then found I could not sustain them which made me feel even worse. So wait. Take your time. The Psalmist says: 'Be still' – wise words at the start of retirement!

## **Do:**

*Sleep.* For months, I found I needed to be in bed early and slept for anything up to 10 hours. Thankfully, that need diminished but all I would say is if you need it, don't fight it.

*Reflect.* I needed a lot of time alone reflecting on all sorts of things. Oddly enough, part of that took the form of gradually turning out the loft and the house and taking my work clothes to a charity shop (a good moment!). I journaled when I felt the need and I also used (and still use) a version of the Examen. At the end of a day, I reflect on its events and think about firstly, what has made me smile, given pleasure or helped make me feel alive, and then secondly what has drained me, brought me low or depressed me. I keep a little notebook and write three of the first and if necessary up to three of the second. Over time, the patterns have proved useful pointers. I've found that things I thought I would want to put time into no longer interest me but other things do.

*Take care of yourself physically.* I found I needed a little bit of structure on my day, so being a morning person, I try to go for a short walk as soon as I roll out of bed. I love the early morning, be it winter in the dark or summer in the light. One's senses are alert to appreciate the start of the new day, its sights and scents. I also diared in my sessions at the gym/pool just as I would coffee with a friend.

*Take care of yourself spiritually.* Whatever else I couldn't do, I kept going to church and singing. I also got into the habit of using BRF notes each morning for a quiet session of prayer and meditation as I found my day went better when I did it!

*Take care of yourself mentally.* I began to enjoy the more leisurely coffees, lunches and outings with friends and not having to rush back to the office. I tried to make sure I spoke face-to-face or on the phone with someone outside the home every day. But after one too many close bereavements, I went to what is now TalkWorks and two sessions there helped hugely. I was also fortunate to find someone who specialised in career counselling who talked through with me my work life, its highs and lows, what I had enjoyed and what I had not, and that was a very interesting process.

*Dump the words 'should' and 'ought',* the introducers of stress and guilt (as

in 'I should be doing something useful'), and replace them with 'could'. Could implies choice – 'I could do this today or I could do it tomorrow or maybe not at all!' So, if my heart sinks when asked to do something, I have learnt gently to say 'thank you, but no'. This was the biggest gift that came out of the TalkWorks sessions.

*Try new things* – this is your big chance after all the years at work!

*Enjoy it!* You've earned it, however it has come! It took me a long time to grasp this idea!

My final 'don't' as you might imagine is, if you can possibly avoid it, don't retire overnight from anything without thought and preparation. It is too much of a shock to the system. But if you do, I hope the above might be of some help.

Do let me know if you have other thoughts on the subject.



**Hilary Todd**

16.8.19



# Junior Church

I would like to write a few lines to add to the thanks already expressed at a recent service to the retiring leaders of the St David's junior church. Both my daughters have enjoyed it thoroughly and derived great benefit from it, so thank you for your commitment, generosity of time, kindness and your impressive flexibility (you never knew who was going to turn up until 9.30 each Sunday morning!) over several years. Inevitably, children grow up and want to do different things but it has been excellent and I'm sure all the children have many happy memories.

I was reflecting on the junior church and I don't think the value of a solid, Christian background at a young age can be over-estimated, and junior church is a major contributor to that Christian upbringing. It helps children in numerous ways – learning about the bible and the Christian message, having fun with craft and building confidence. I remember well one of my daughters playing a keyboard and the other narrating a play in front of the congregation, the sort of experiences that are so important in children's development, particularly if their nature is to avoid the limelight. And our house has at different times been decorated with tissue paper fish, painted stones, chalk pictures of disciples' boats, holy stickers, prayer bookmarks, what seemed like ALL the animals from Noah's ark and all sorts of other wonderful creations from down in the parish room.

Finally, may I say it is not just the children who benefit. For a while a few years ago I was happily worshipping elsewhere most weeks when one of my daughters suddenly announced that she would like to return to St David's for the junior church, with the result that we both returned to St David's forthwith. So while I suspect I am too old to really qualify for junior church, it has been a positive thing for me as well!

For all the above, thank you.

**Philip Walker**

# Opening of My Eyes

I went to the University College of the South West, as it was then called, in 1950 and the experiences of life in the vacations was, I think, rather different to that experienced by my own children and grandchildren in latter years. I regarded it as opening my eyes to decidedly different lifestyles and experiences to that I had previously encountered.

My grant, not a debt to be repaid, covered tuition and the basic cost of the university hall of residence fees. My parents were able to give me 25 shillings a week pocket money, which they sent by post each week. I was fortunate that my parents could afford to do that. One girl in my hall had been sent up with 50p for the term. She was a north country lass and said she intended to marry “a hard headed businessman with none of that there slop”. I do not know whether she achieved that ambition but she did become Head of History in the school where she eventually taught.

I did not go off to interesting places in the vacations, I found jobs to cover the cost of living, and these jobs gave me interesting insights into other peoples lives. Mostly they bored me to bits.

Christmas was usually easily settled – I delivered post most years. There was a great increase in post at Christmas and extra staff were taken on to deal with it. We delivered even on Christmas day. In some houses, I not only delivered but also read to the recipients. Not everyone could read in those days and that is probably still the situation.

In 1951, I worked as a chambermaid in a hotel in Bracklesham bay. It was popular with Jewish people and that gave me a different perspective on their life. They were very family oriented and of all the families I encountered in those months, the mothers were particularly well regarded. I seemed to me that they were the 'queens' of their families. Vivien Finnegan's article last month made me think of this.

At the end of my time in Bracklesham, we went to Goodwood for a day. The races seemed very boring – I waited for ages and then the horses went past in a blur, but I did make 30 shillings that day by betting on Gordon Richards; that was the extent of my gambling days.

Next year, I spent the time checking a street directory, which was not too bad. There were lots of suburbs in Plymouth and in one house, when I enquired who lived there, I was told they would not tell me because the husband was wanted by the police, so I looked at the last year's list and read what was down then ... and it was the same person. So the police could have found him if they had wanted to. The very idea of lack of privacy would not be acceptable nowadays. My first year at Exeter the names, home addresses, subjects and Exeter addresses of the students were printed in a handbook; I have it still.

One of the worst jobs was at Paignton Woolworths and we did that in the school holidays. Several of us went up on the train and were granted a slightly shorter day to allow for the travel. Even so, the day seemed endless and the boredom was excruciating, standing behind a counter. Someone was caught pocketing some money and after that all sleeves had to be rolled down – not comfortable when it was hot.

My last holiday job was at a big hotel in St Ives as a still-room maid. That was distinctly better: there were three of us, making tea, doing some washing up on a rota, 9–5 one day and then 9–1 and 5–10 the next. Never a day off, but we were out of the public eye, and when work was done we all went out for a drink. There were a couple of older men but mostly younger ones and the young ones were, without exception, gay. They 'mothered' me and looked after me. I was surprised but grateful – they really protected me. Now and then there would be someone heterosexual we had to be careful with and I took my cue from the other two women. We women had bedrooms on the fourth floor and running up there took the steam out of the situation. The men had rooms in a house opposite the hotel. One of the chambermaids was raped and beaten while I was there but going out in a large group was some protection.

So what did I learn ... people were people. Being gay made no difference, neither being Jewish. I was out of my normal routine and one took people as they were. I also knew that, for many, life could be rather boring and I am glad that the work I did – teaching, working for the CAB, and taking a Master's degree in local history – was never boring. I have been fortunate.



**Iris Sutton**

# Five Languages of Love

I spoke with Stephanie at S. Michael the other day about an excellent concept called the 5 Languages of Love, or Love Languages for short. She liked it and asked if I could write a precis for the magazine. To that end, I append such a thing, and I hope it might be useful. Do let me know if you have any questions or if I can make any changes to help get it published. Here it is:

Have you ever been in a situation with someone - a friend, spouse, child, parent, colleague... churchmate(!), anyone - where you are trying really hard to show love but the other person just doesn't seem to appreciate it? Or they don't seem to show you any love in return? Then you might find the 5 Languages of Love helpful.

Love Languages is a theory that says different people 'speak' and 'hear' love in different ways. This is true for all forms of relationship – friends, couples, families, coworkers, and our brothers and sisters in Christ. The 5 Love Languages are, in no particular order:

Words of Affirmation - saying nice things to others and being complimented by others

Acts of Service - doing things for others and being helped out by others

Gifts - giving nice things and receiving nice gifts

Quality Time - wanting to spend time together, and having your time sought

Physical Touch - touching and being touched

Now, you will naturally have one or two languages that you prefer above the others, and this is where it gets interesting... what if those around you speak the other languages more naturally, and don't speak your main language so well?

Take for example my friends Mick and Pam. Mick's primary love language is



Acts of Service: he likes to do nice things for Pam to show her he loves her. And he feels loved when she does things for him. Pam's primary love language is Quality Time: she likes to spend time with Mick, and she feels loved when he wants to spend time with her.

A while after they got married, they got into a rut. They'd get home from work, and both want to show their spouse how much they loved them. So, Mick would throw himself into doing chores - cooking the dinner, vacuum cleaning, taking the bins out, you name it. Pam would be sat on the sofa, wanting him to spend time with her. Tragically, they were both 'speaking' love, but neither of them were 'hearing' it from their spouse!

Fortunately, they encountered the Love Languages theory, and realised what was going on! Now, Mick takes time out from chores to sit with Pam, and she loves it! And Pam helps out with the chores, and Mick loves it! They have learnt to speak one another's primary Love Language and can now speak love in a way their spouse can hear.

Also, Pam tries to appreciate it more when she sees Mick doing something around the house - she tries to hear it as him speaking love, even though it isn't her main Love Language. And he tries to hear it as love when she asks to spend time with him, even though it's not his main Love Language. They have learnt to hear love from one another much more effectively.

Or take for example my friend Paul and his boss, Emma. Paul's primary Love Languages are Words of Affirmation and Physical Touch. Emma's primary Love Language is Gifts. This means that when Emma wants to show Paul she is pleased with Paul's work, she buys him a card or a little thank you gift. However, for Paul, this is basically just stuff for the recycling or the next church jumble sale! But whenever Paul wants to thank Emma for being a good boss, he says it with affirming words, and offers a high five.

Thankfully, they did the Love Languages training at work, and now Emma knows that Paul appreciates kind words and a high five way more than a card or present when she wants to thank him for his hard work. She is 'speaking' his Love Languages more effectively.

Meanwhile, Paul has also learnt to try to 'hear' Emma's gift-giving as an

expression of love. And likewise, he tries to remember to buy her thank you gifts from time to time to show he appreciates the effort she puts into being a great line manager. And she also tries to 'hear' his verbal affirmation and high fives the way she would appreciate a card or a gift.

Does that make sense to you? I wonder what your primary Love Language might be? And what about the people around you?

You can take a short quiz online at the address below, and also buy books and other resources which explain more about Love Languages, and how they can help revolutionise all your relationships:

<https://www.5lovelanguages.>

Have fun, and every blessing in Jesus as you become more 'multi-lingual' with the 5 Languages of Love!

**- Ash Leighton Plom**



# Orationibus XVII – The 57 to Topsham

Flaming June had another bite of the cherry in its final week, and July seemed to be sunbeams scorching all the day.

The 4-dimensional bus service (I,J,K,T) does still cover Topsham, but the 57 is more regular. The 57 Bus runs from Iceland (well Sidwell Street) to Exmouth, via Topsham, where the Church of St Margaret of Antioch (dragon slayer!) was hosting June's Deanery Synod Meeting.

Little things amuse me – like the Chiropody Foot Clinic being next to the NHS Walk-In Centre in Sidwell Street. The 57 heads out past the new ziggurat of student accommodation on Cheeke Street towards Heavitree, takes a right turn at the Almshouses, and then a left into Topsham Road.

Beyond Countess Wear are the new housing developments of Newcourt and 'Ikeaville' where diggersaurs have laid little houses for those who can afford them and little mansions for a few, devouring the Greenbelt around Exeter. Now there is barely a green g-string preserving Topsham's modesty.

Although the 57 rolls on down to Exmouth, I alight in Topsham. St Margaret's Church must have the most beautiful outlook in our Deanery, with the door open to the Exe Estuary on this warm evening.

Our main speaker was Rt Rev Jackie Searle, Bishop of Crediton. Strangely the Conservative Evangelical clergy, who hold to 'male headship', were unable to attend.

Bishop Jackie gave an engaging Bible Study on Mark 6, its edges



View from St Margaret's  
Topsham

as well as the famous 5 loaves & 2 fishes – Jesus & his disciples coming away to a quiet place by boat, sharing their stories of success and disappointment, the hungry people, the attitudes and preparations of the disciples so that Jesus could feed the crowd. In Devon we are called to pray, grow, and serve with joy – not exhaustion! The chief quality of Shepherds of God's flock (as well as organisation & prayer) is compassion. If I can say this in a positive way, Bishop Jackie seemed less formidable than Bishop Sarah. She also announced that St Matthew's Church (henceforward Matt's?) had been approved for £1m of development funding over 5 years from a central Church of England pot of money to become a 'Resource Church', and to reach out to unchurched students in particular. Their new Rector, cloned, sorry trained, at the charismatic evangelical Holy Trinity Brompton would be arriving soon. An interesting meeting in a beautiful location. It would be good if we could fill our 4 or 5 laity places on Deanery Synod again, not least because only Deanery Synod members elect Diocesan & General Synod, where moderate and catholic views tend to be under-represented.



**Richard Barnes – 22/8/19**



## **A Busy Summer**

As well as our happy & successful Parish Fete (thanks to all who helped & supported), the last Saturday in June also witnessed Exeter's first same-sex Church Marriage, at Southernhay United Reformed Church. I was privileged with a few friends to sing for this Service. I thought it might make an 'edgy' article for "New Leaves" but actually, apart from tiny changes to a couple of words here & there, it was really just like any other Wedding. The URC voted as a church 3 years ago to allow Gay Weddings in their denomination, and individual churches could then decide whether to become registered for this or not – Southernhay had

decided Yes.

The Vows & legalities were done by Southerhay's Minister, while Sabrina Groeschel led the prayers, and preached on the Song of Songs. Nothing dumbed down here. The fourfold theology of Love – in romance, support, family & society – applied fully to these two women, who had just made permanent their relationship before God, family and friends.

Elgar's Dream of Gerontius in Exeter Cathedral with Thomas Hobbs and Madeleine Shaw as main soloists was beautiful, but is John Henry Newman's complex emotional & theological vision of the Soul's passage to the heavenly realms too obscure for today's Millennials?

Apparently not. At the interval those in front of me, with friends in choir or orchestra, were saying 'Wow, what an amazing story.' One of Canon John Thurmer's recurring themes was of Christianity as a narrative, more than a set of doctrines.

A new Deanery event was "Mission Shed" warmly hosted by St Mark's Church. It is designed to 'accompany, encourage and develop' our evangelistic mission as churches & individuals – and is not about Sheds. The Curate from Exeter Network Church challenged us to prepare and practise our '15 second testimony' on what difference being a Christian made to us. The idea being to 'share' it with people (whether they want to hear it or not) as an 'opener' to a conversation about Faith. Needless to say I failed miserably at this challenge – a life-long journey of ups & downs doesn't fit well into that formula - but I also felt (along with some other 'subversives' luckily on my table – or by providence) that this was really not the approach Jesus had used in the Gospels to



Statue of Our Lady at Mary Tavy

meeting people's needs.

Then we had the Installation of Rev Ed Hodges as Rector of St Matthew's with St Sidwell's. This Service was pretty traditional, and despite my cynicism about Church Plants, there seemed genuine empathy between Ed and the existing congregation at St Matthew's that he would continue to nourish them, while also reaching out to students with the HTB franchise formula of good coffee, loud music and purple uplighting.

Archbishop Justin Welby had been saying he was 'baffled by the deference' shown to bishops and other clergy (in the context of spiritual and sexual abuse scandals in the Church). Bishop Robert in his Sermon, albeit humorously, revealed an interesting example of deference. He had had to defer to the great Nicky Gumbel and allow Ed Hodges to do his Curacy at HTB in London, rather than in Exeter Diocese.

A very different outing was St Michael's Choir visit to Mary Tavy to sing Mass with Fr Steven Martin for the Feast of the Assumption. I'm not clear when celebrating Mary's Assumption came back into the CofE – as part of the Victorian High Church revival or much later in the 20<sup>th</sup> century? There were about 50 of us at Mary Tavy and plenty of churches showing their Marian Devotions on twitter this year. Even the Archbishop of Canterbury (or an intern) tweeted Happy Assumption Day – and got well-criticised for it by the Biblical literalists.

Directed by Amy we sang Byrd's 4-part Mass, written around 1590 by a tolerated Catholic composer for a persecuted Catholic church, so an act of ecumenical reconciliation in itself.

As a useful counter-balance to the beautiful and prayerful Liturgy, Canon Chris Palmer from the Cathedral gave a radical, almost feminist, sermon reminding us of Mary's place is among the people, neither put on a pedestal for adoration, nor written out of theology by male evangelicals. Mary said her own 'Yes' to God, without consulting Joseph. Mary's Magnificat champions the poor & the oppressed. And, as Mother of Jesus and therefore Mother of God, Mary's bodily Assumption is a glorious culmination of the central mystery of Christianity, the Incarnation, reminding us that God does not despise our bodies.



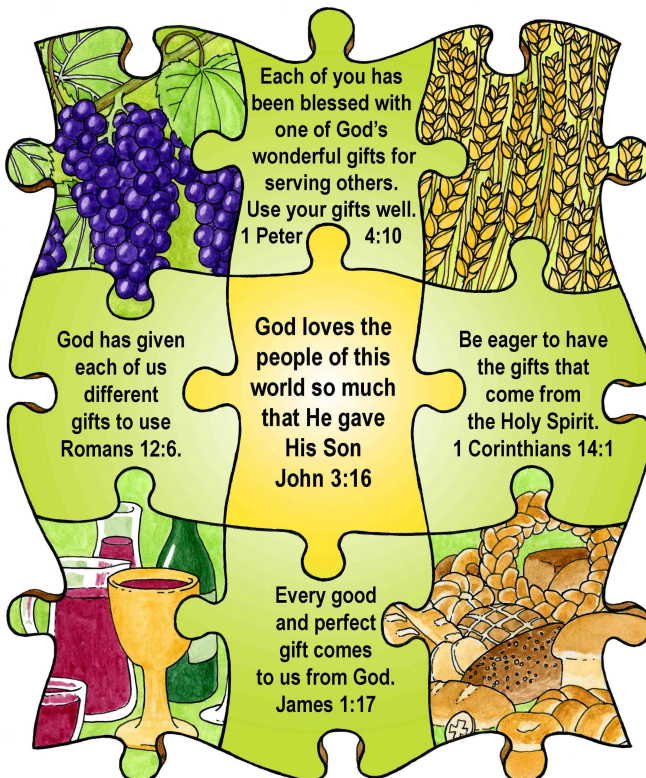
**Richard Barnes – 24/8/19.**

# Gary Morrish

Paula Morrish & family would like to thank everyone who came to Gary's funeral in June and for all the cards and support received. Thanks also to Howard who visited him in hospital during his last days, Nigel for his prayers and a lovely service, Robert for playing at the service and Mary & Sam for their help with the refreshments. The retiring collection for the British Heart Foundation raised £272.00. The care and prayers I have received are a comfort to me and are much appreciated.



**Paula Morrish**



# The Joys of Reading

Recently, I was sitting in the cafe at the Central Library, and I began thinking how different it is now, from when I was a young girl. I was eight when I joined the Public Library. It was a large Victorian building with a rather daunting entrance hall. The rooms to the left and right were reference rooms for adults. At the bottom of the staircase, there was a white marble sculpture of a little girl sitting in a chair reading a book. Climbing the stairs, an imposing picture of Andrew Carnegie, donator of public libraries, was above the entrance to the lending library. I would enter this large, silent cavern and advancing to the desk, with a trembling hand, I would place my book on the desk. Glaring at me would be Queenie, a very large librarian and holding my gaze she would check the book for any scribbles, stains or turned over pages. As I had four young brothers, it was difficult to protect my precious book from their sticky fingers. Sighing, she would inspect my hands for cleanliness and my mouth in case I was eating a sweet. With a stern warning to be quiet I was allowed into the children's section. For some reason, I loved stories about boys at boarding school - possibly I was hoping that my brothers could be transported to one. Another inspection from Queenie and a reminder to return the book on time and intact, and I would go.

I would start reading on the way home. During the week I would read as often as I could. I was oblivious to the smell of burning potatoes, letting small brothers get into mischief and letting the coal fire go out. I have always felt that being able to read is extremely important to one's well-being and am pleased to have been able to teach many children the pleasure of the printed word. Now I have books of my own and I can still feel the pleasure of buying new books. Thanks to a generous Andrew Carnegie who has given happiness to so many.



**Eileen Jarman**

30.07.2019

*A **Carnegie library** is a **library** built with money donated by Scottish-American businessman and philanthropist **Andrew Carnegie**. A total of 2,509 **Carnegie libraries** were built between 1883 and 1929, including some*



belonging to **public** and university **library** systems. 660 were built in the United Kingdom and Ireland. Carnegie died a hundred years ago in August 1919. The first of Carnegie's public libraries, [Dunfermline Carnegie Library](#) was in his birthplace, [Dunfermline, Scotland](#). It was first commissioned or granted by Carnegie in 1880 to James Campbell Walker and would open in 1883.



Dudley Library

Photo credit: Brian Clift



Andrew Carnegie

# Thanks and reminiscences

Many thanks to you all for the rose bushes presented to Roger and me on the day of the blessing - “Hot Chocolate” for Roger and “Jam and Jerusalem” for me.

Going back in years “Hot Chocolate” were I believe a pop group, so I can envisage Roger at that time “strutting his stuff” (t’was the saying) and possibly in drainpipe trousers? But since his fall (not from heaven I hasten to add) the hot chocolate has been a bedtime drink from Hilary.

“Jam and Jerusalem” for the two old timers. Well, during the war years a church Christmas party was a table full of farthing buns with home-made jam on them (plates of them). “Jerusalem” reminded Maureen of her school days. Having been schooled at a public school, “Jerusalem” was the last thing they sang at the end of term in assembly – another trip down memory lane.



**John Wakley**

Aug 2019



# GRAND DRAW 2019

Thankyou to everyone who bought draw tickets and everyone who donated prizes. Several local businesses detailed below and our MP Ben Bradshaw were very generous. The Draw did better than ever, raising £1044 and the winners were:

1.£100	Tony Pugh
2.Dinosaur café – meal vouchers	Lizzie Hewitt
3.The Phoenix – two cinema tickets	Dorothy Parker
4.@thirty four – lunch voucher	Lawrence Sail
5.The Exploding Bakery – two coffee and cake	George Nicholson
6.The Farmers Union – two Sunday carvery vouchers	Lorna Cowdry
7.Ben Bradshaw – Pebblebed rose wine	Raymond Ravenscroft
8.The Imperial – two coffee and breakfast	Mollie Curry
9.the Co-op in Queen Street – bottle of wine	Marion Vanstone
10.The Co-op in Queen Street – box of chocolates	Sue Holden
11.The Hair Hub – cut and blow dry	Helen Jones
12.Eileen Jarman – box of milk tray	Peter Grimsey
13.Roly's fudge	Caroline Martin
14.garden vouchers - £20	Esme Heath
15.Bottle of prosecco	Pennie Hartopp
16. Mercure spa Southgate Hotel Exeter – 2 day passes	Lorna Cowdry
17.Chococo – chocolate fish and chips	Mike Redman
18.Hair products from Zealous	Maff
19.Bottle of rioja	Maff
20.Dove gift bag	Pam Stephens
22.Candle Holders	Colin Knowles
23.Butterfly picture	Moira Dale
24.Timber coffee vouchers	Elizabeth Hughes

**SAM WELLBELOVE**

# ST MICHAEL AND ALL ANGELS CHURCH

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

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DEVON HISTORIC CHURCHES TRUST 14<sup>TH</sup> SEPTEMBER

HERITAGE OPEN DAYS 14<sup>TH</sup> AND 15<sup>TH</sup> SEPTEMBER 2019

## PROGRAMME OF EVENTS

Refreshments and Stalls all weekend

Tea, Coffee, Soft drinks, Sandwiches, Cakes and Cream Tea

Bric a Brac - Books - CDs - Cards - Garden Produce - Cakes - Jams

### SATURDAY 14<sup>th</sup> Sept open 8am - 6pm

8am - open for DHCT "Ride and Stride"

10am - 12pm Choral Rehearsal

3:30pm - 4:30pm Informal Organ Recital given by our organist Matt Clark

4:30pm - 5:15pm Guided Tour of the church with Richard Parker

Fundraising St Michael's Church and DHCT

### SUNDAY 15<sup>th</sup> Sept open 10am - 5pm

11am - Sung Mass



3pm - 5pm

Delicious Devon Cream Tea

Informal piano music and songs by

*Natasha and the Boys of the Old Brigade*

Fundraising for St Michael's Church - registered charity number 1135766

# **'The Grand Duke' by Gilbert and Sullivan - presented by St David's Players**

Join St David's Players as they celebrate their 50th Anniversary with a special show for a special year.

In this last, and rarely performed piece by the Gilbert and Sullivan duo - *'The Grand Duke'* - discover a galaxy of hilarious characters, fast moving action, plenty of humour and a wonderful range of music -including a Viennese twist.

The story combines the worlds of a theatre company, the legal profession, espionage, matrimony and the glitter of a casino... all set in the 'well-known' Bavarian-style Duchy of Pfennig Halbpennig. Prepare to enter a typically topsy-turvy Gilbertian world where eating a sausage roll could be more significant than you think; drawing a playing card from a pack could be life threatening and should you ever find it necessary –how to manage being simultaneously engaged to four different people!

Come and share a golden celebration with this production which will appeal to all ages, to G&S aficionados and to newcomers alike at The Exeter Barnfield Theatre - 8th - 12th October 2019 - nightly at 7:30 with a 2:30 matinée on Saturday 12th. Ticket prices - £16:50 standard; £15:00 Tuesday evening and Saturday matinée; concessions available for 60+, students, children and groups. (Box office - 01392 271808)

The Players are proud to be supporting Hospiscare and look forward to meeting you at the Barnfield Theatre.



## Smilelines

Where now?

A teacher was finishing up a lesson on the joys of discovery and the importance of curiosity. "Where would we be today," she asked, "if no one had ever been curious?"

There was a pause, and then one child ventured: "In the garden of Eden?"

School blues

A little girl had just finished her first week of school. "I'm just wasting my time," she said to her mother. "I can't read, I can't write, and they won't let me talk!"

Church of S. Michael & All Angels,  
Mount Dinham, Exeter, EX4 4EB

The S. Michael's Lectures Autumn 2019



Wednesday September 18th at 7.30 pm:

Oliver Nicholson: Why were the Early Christians persecuted ?

Professor Nicholson is the General Editor of the *Oxford Dictionary of Late Antiquity* and has published on the Great Persecution and the Age of Constantine the Great.

Wednesday October 16th at 7.30 pm:

Professor James Clark: Re-thinking the Dissolution of the Monasteries

Professor Clark is the author of several studies on late mediaeval religion and culture, most recently *The Dissolution of the Monasteries*, (2016) and was consultant for the BBC TV series, *Tudor Abbey Farm*

Wednesday November 20th at 7.30 pm:

Dr. Glenn Roberts MD, FRCPsych:

The rediscovery of Recovery: open to all?

Dr. Roberts has been a consultant psychiatrist in Devon over the last nearly 30 years, is a past academic secretary of the Faculty of Rehabilitation and Social Psychiatry at the Royal College of Psychiatrists, and past lead on Recovery for the Royal College of Psychiatrists

Wednesday December 18th at 7.30 pm:

The Revd. Dr. Alastair Logan "In Search of Ancient Gnostics"

Dr. Logan taught for many years in the Theology Department at Exeter University, and is the author of *The Gnostics: Identifying an Early Christian Cult* (2006)

ADMISSION FREE

Charity Number 1135776

RETIRING COLLECTION

Further information from <mountdinhamlectures@gmail.com>



***Enjoy walking and want to learn or improve Map Reading skills? Then here is your chance. Learn about Grid refs. and Compass Bearings, Pacing and Timing, Route planning, Clothing and Equipment and much more in a small and friendly group***

**at Exeter Community Centre, St Davids Hill, Exeter**

**(Near the Iron Bridge)**

**on Thursdays 26<sup>th</sup> September + 3<sup>rd</sup> October 2019**

**7.15 pm – 8.45pm**

**Dartmoor days out, on Saturdays / Sundays**

**28<sup>th</sup> or 29<sup>th</sup> September + 5<sup>th</sup> or 6<sup>th</sup> October 2019**

**[The walks are both around 5 Miles]**

**Course Fee £45.00**

**For more details ring Charlie**

**01392 426692**

**[charliehpalmer@outlook.com](mailto:charliehpalmer@outlook.com)**

**This Course has run for 21 years.**



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# CLASSICS GALORE!

[classicsgalore.co.uk](http://classicsgalore.co.uk)

An evening of light popular classical music

with soloist:

**Penny Daw** (Soprano)

featuring:

**The Classics Galore! Symphony Orchestra**

**SW Comms Band**

**Ottery St Mary Choral Society**

**Members of St David's Players**

programme includes:

**William Tell Overture** (Rossini)

**Gladiator: Music from the motion picture** (Zimmer & Gerrard)

**Zadok the Priest** (Handel)

Extracts from **Mary Poppins** (Sherman Bros)

...and a **Proms Style Finale**

**SATURDAY 9TH NOVEMBER 2019**

**7.30pm**

**UNIVERSITY OF EXETER GREAT HALL**

Ticket prices: £16-£26

Available online: [classicsgalore.co.uk](http://classicsgalore.co.uk)

or Exeter Visitor Information & Tickets (EVIT): **01392 665885** or [evit@exeter.gov.uk](mailto:evit@exeter.gov.uk)

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# THE EXETER FORUM

Welcomes you to their talks

Programme for July to September 2019

Wednesday mornings in the Mint Methodist Church, Fore Street, Exeter.

Tea & coffee 10:00. Talks 10:45 – 12:00

July 3rd	John Maclean, Astronomer	<b>Standing on the Shoulders of Giants.</b>
July 10th	Emily Macaulay, Centre Manager, Exeter Library	<b>Libraries: More than you Think.</b>
July 17th	David Oates	<b>The History of Chivers Jam Factory.</b>
July 24th	Richard Haigh	<b>Buon Gusto: The Story of Italian Food.</b>
July 31st	Katherine Findlay	<b>The Icelandic Adventures of Pike Ward.</b>
August 7th	Bill Horner, County Archaeologist	<b>Archaeological Aerial Reconnaissance in Devon</b>
August 14th	Dr Darren Schreiber	<b>Your Brain is Built for Politics</b>
August 21st		No meeting
August 28th		No meeting
September 4th	Dr Peter Brinsden	<b>Admiral Lord Nelson, Hero ... and Hypochondriac?</b>
September 11th	Alan Rosevear	<b>Travel in Exeter Before the Train</b>
September 18th	Mick Harrison, Retired Police Officer	<b>Policing in Devon and Exeter</b>
September 25th	Karen Deveraj	<b>The Work of the Citizens Advice Bureau</b>

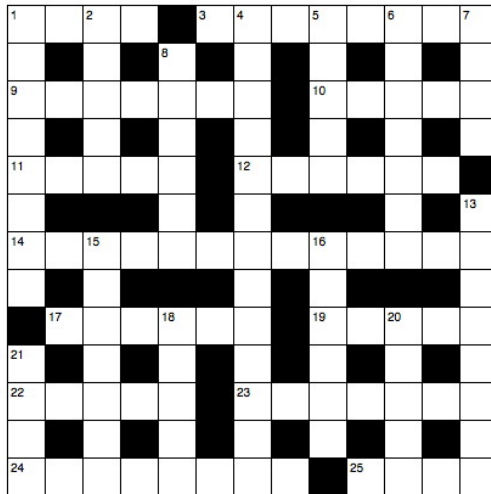
Admission £3. Members free. Membership £13 for July to September.

The Exeter Forum is a friendly social group for retired people which has been presenting interesting and entertaining weekly talks by leading local figures, experts and enthusiasts for nearly 50 years. We also have walks, outings and book and music groups.

Email [exeterforum@btinternet.com](mailto:exeterforum@btinternet.com)

Website [www.exeterforum.org](http://www.exeterforum.org)

# September crossword



## Across

- 1 'A little later someone else saw Peter and said, "You — are one of them"' (Luke 22:58) (4)
- 3 Giving (1 Peter 2:5) (8)
- 9 They came to Jerusalem seeking an infant king (Matthew 2:7) (3,4)
- 10 'An athlete... does not receive the victor's crown unless he competes according to the — ' (2 Timothy 2:5) (5)
- 11 Pacifist, temperance advocate, open-air preacher, leading 20th- century Methodist, Donald — (5)
- 12 'Come quickly to — — , O Lord my Saviour' (Psalm 38:22) (4,2)
- 14 'The God of Abraham, — — — , the God of our fathers, has glorified his servant Jesus' (Acts 3:13) (5,3,5)
- 17 Sear by intense heat (Revelation 16:8) (6)
- 19 'It is better to take refuge in the Lord than to trust — — ' (Psalm 118:8) (2,3)
- 22 Goods (Nehemiah 13:15) (5)
- 23 i.e. train (anag.) (7)
- 24 Surrounding area (Luke 24:50) (8)
- 25 'Righteousness will be his — and faithfulness the sash round his waist' (Isaiah 11:5) (4)

## Down

- 1 Elegant and creative (Exodus 31:4) (8)

- 2 'Listen, I tell you a mystery: We will not all — , but we will all be changed' (1 Corinthians 15:51) (5)
- 4 'I... delight to see how orderly you are and how firm your — — — is' (Colossians 2:5) (5,2,6)
- 5 Enlist (2 Samuel 24:2) (5)
- 6 Of the Muslim faith (7)
- 7 Sharp intake of breath (Job 11:20) (4)
- 8 Woven cloth (Ezekiel 16:13) (6)
- 13 Plentiful (Romans 5:17) (8)
- 15 CIA char (anag.) (7)
- 16 Paul and Silas stopped him committing suicide after an earthquake in Philippi (Acts 16:27–28) (6)
- 18 One of the ingredients in the making of incense for the Lord (Exodus 30:34) (5)
- 20 Episcopal headwear (5)
- 21 Inhabitant of, say, Russia, Ukraine, Poland, Slovakia or Bulgaria (4)

## September Sudoku - Medium

		5				1		7
				1	3	8		
	3	1						
6				7				2
			8		4			
1				3				9
						6	5	
		9	1	5				
8		4				3		

# Days of Note - September

## **1<sup>st</sup> September: 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 7<sup>th</sup> 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.

## **3<sup>rd</sup> September: 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.

Reluctantly he accepted, and then sent to work to deal with the crises facing Christendom: plague, floods, famine, and a Lombard invasion. But busy though Gregory was, he did not forget the Angles. He sent Augustine to England, and so indirectly became the apostle of the English.

### **13<sup>th</sup> September: St John Chrysostom - living a public faith**

John Chrysostom (347 – 407) is the saint for anyone who applies their Christianity to public life, and also for anyone who hates travelling in bad weather. Chrysostom did both, and had trouble both times.

Born into a wealthy home in Antioch, John Chrysostom studied both oratory and law. In 373 he became a monk, where his talents were soon spotted by the bishop, who put him in charge of the care of the many poor Christians in the city.

Chrysostom’s oratorical skills made him a popular preacher, even when he spoke out against the riots against the emperor’s taxes. The emperor, in fact, liked him so much that he had him made Archbishop of Constantinople in 397. Then the trouble began: because Chrysostom had firm moral views, and wanted to reform the corrupt morals of the court.

Nobody at court liked that at all – especially the Empress, whose make-up, clothes and behaviour were all criticised by Chrysostom. (It’s as if Justin Welby began calling the Queen’s dress sense or Kate’s lipstick immoral.) When his enemies claimed that he had gone on to call her a ‘Jezebel’, the emperor had to exile him – until an earthquake scared everyone into recalling this strict Archbishop – just in case God was trying to tell them something. Even the Empress was shaken – for a while.

A few years later, Chrysostom was exiled again over another false charge – and forced to travel for many miles in appalling weather. If you’ve been stranded in any heat-waves or thunderstorms this summer, imagine walking up the M6 in that – for weeks on end. In the end, Chrysostom died in September, on the road to Pontus.

His body was later brought back to Constantinople, and over the ensuing centuries, the Church came to see him as having been a great church leader, in

fact, one of the Four Greek Doctors (with Athanasius, Basil and Gregory of Nazianzus).

### **23<sup>rd</sup> September: When the sun goes edgewise – and daytime equals night**

23<sup>rd</sup> September is the autumnal equinox (if you live in the northern hemisphere) or the vernal (Spring) equinox (if you live in the southern hemisphere) The equinoxes occur in March and September, when the Sun is 'edgewise' to the Earth's axis of rotation, so that everywhere on earth has twelve hours of daylight and twelve hours of darkness.

### **25<sup>th</sup> September: St Ceolfrith (d 716) - baking and Bibles**

Ceolfrith is a good patron saint for anyone who has studied hard for their profession, is strong in the face of tragedy, and who can also offer some homely care to others in need.

This well-loved abbot of Wearmouth and Jarrow came from a noble Northumbrian family, and was ordained at Ripon when he was just 27. He travelled to Canterbury and Icanho (in East Anglia) where he studied ecclesiastical and monastic practices. But back at Ripon the monks soon came to appreciate him for another good reason: Ceolfrith was an outstanding cook. They asked him to be the monastery's baker, and he agreed.



In time Ceolfrith was moved on to Wearmouth, and then in 682, when the monastery at nearby Jarrow was founded, Ceolfrith became abbot. It was here that disaster struck, when a plague killed all of the monks who could sing or read. Only Ceolfrith and the boy Bede were left alive. It would have been so easy to flee that empty house of death, but instead, Ceolfrith and the young Bede faithfully stayed on, because they believed God had called them to be there. Soon Jarrow prospered once more, and by 689 Ceolfrith was made abbot of both Wearmouth and Jarrow.

Ceolfrith seems to have been a kindly and energetic leader. During his rule 600

monks joined the monastery, the library was doubled, and the endowments increased. But Ceolfrith's biggest legacy to history came when he commissioned from his own scriptoria three Pandects (complete Bibles in single volumes) in uncial script. One still survives today, as the Codex Amiatinus, an enormous volume in the Bibiloteca Laurenziana in Florence. It is the oldest surviving complete Latin Bible in one volume.

A kindly baking abbot who also happened to leave us the earliest complete Latin Bible – not a bad combination of skills!

## **29<sup>th</sup> September: Michael and All Angels**

St 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, St 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, St Michael had 686 English churches dedicated to him.

In art St 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. St 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 St Michael.





## Word search

f	o	o	d	g	o	d	e	c	f	s	h
t	y	h	e	l	p	i	n	g	e	m	e
c	n	i	g	h	t	i	r	t	s	s	g
l	m	i	d	i	a	n	i	t	e	s	r
a	n	g	e	l	d	i	s	g	c	t	o
n	g	d	p	t	e	e	a	v	r	o	w
q	u	m	e	a	k	s	o	o	e	l	n
r	o	s	r	a	s	t	i	n	t	e	a
c	p	s	e	e	h	r	n	a	l	h	l
u	i	w	m	g	r	i	d	a	y	i	t
k	r	a	i	a	g	b	a	a	l	d	a
l	t	f	w	p	p	e	p	o	w	e	r

weakest

helping

stole

Baal

tribe

Midianites

fight

rude

Israelites

altar

complain

night

food

power

God

clan

hide

grown

angel

upset

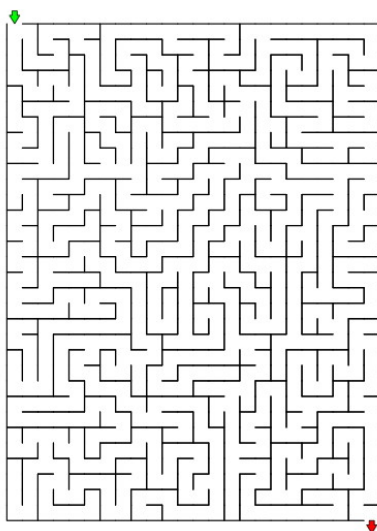
secretly

warrior

Gideon

messages

## Maze



# Bible Bite

A short story from the Bible

It can be read in the Bible in  
Judges 6:1-7, 11-16, 25-35

Once the Israelites had moved into their  
promised land, they obeyed God, but not for  
long, so God let other countries invade.

The Midianites invaded every  
year, and stole all the food  
the Israelites had grown.



The Israelites had to  
hide in the hills.



Gideon was secretly  
threshing wheat when  
an angel arrived.



The Lord is helping you,  
mighty warrior.



God said,

I will give you the  
power.



I'll be helping you. Start by pulling  
down the altar built for Baal and  
build one for Me.



Gideon did as he was told (but he  
waited and did it at night).



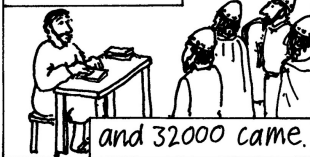
In the morning, people  
came to complain to  
Gideon's father.



If Baal is upset, he  
can take his own  
revenge, can't he?



Gideon sent out messages  
to call men to fight the  
Midianites..



and 32000 came.

## Puzzle solutions

A	L	S	O		O	F	F	E	R	I	N	G
R		L		F		A		N		S		A
T	H	E	M	A	G	I		R	U	L	E	S
I		E		B		T		O		A		P
S	O	P	E	R		H	E	L	P	M	E	
T					I	I					I	A
I	S	A	A	C	A	N	D	J	A	C	O	B
C		R				C		A				U
	S	C	O	R	C	H		I	N	M	A	N
S		H		E		R		L		I		D
L	O	A	D	S		I	N	E	R	T	I	A
A		I		I		S		R		R		N
V	I	C	I	N	I	T	Y		B	E	L	T

4	8	5	2	9	6	1	3	7
9	2	6	7	1	3	8	4	5
7	3	1	4	8	5	9	2	6
6	4	3	9	7	1	5	8	2
5	9	2	8	6	4	7	1	3
1	7	8	5	3	2	4	6	9
2	1	7	3	4	9	6	5	8
3	6	9	1	5	8	2	7	4
8	5	4	6	2	7	3	9	1

## The deadline for inclusion of articles for the October issue of New Leaves is Sunday 22nd September

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.