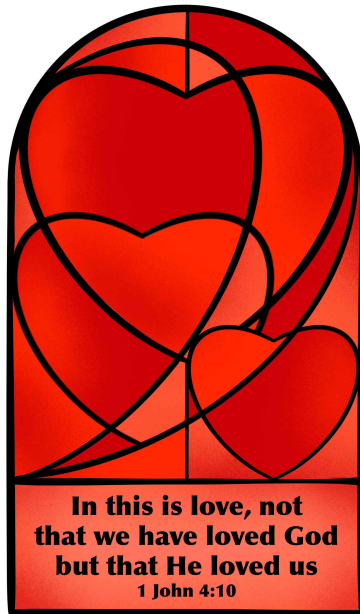


# New Leaves

February 2023



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

*Suggested voluntary  
contribution*  
**50p**

# **Parish of St. David with St. Michael and All Angels Directory (December 2022)**

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# 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.

**Although this magazine is free of charge voluntary contributions would be gratefully received. This can be done via the wall safes found close to the exit of the west and north doors. Alternatively you can give to a member of the editorial team, Bill Pattinson or Clive Wilson. Many thanks.**

We will welcome critical comments on the magazine

Editorial Team: Bill Pattinson and Clive Wilson



## Regular Services and Events

### Sundays:

**9.30 -10.30 am** Parish Communion from St David's Church (also streamed on Facebook)

**11am – 12 noon** Sung Mass with Angelus at St Michael's Church

**4pm** Thrive at St David's Church

**6pm** Evening Prayer at St David's Church

### Weekdays:

**Tuesdays at 9.30am** Morning Prayer on Zoom

**Tuesdays 10.30am – noon** Friendship Café at St David's Church

**Tuesdays at 6pm** Sung Vespers (Evening Prayer) at St Michael's Church (also streamed via Friends of St Michael's Facebook Group)

**Wednesdays at 9.30am** Mattins (Morning Prayer) at St Michael's Church

**Thursdays at 10.30am** Holy Communion at St David's Church

**Thursdays at 6pm** Sung Vespers (Evening Prayer) at St Michael's Church (also streamed via Friends of St Michael's Facebook Group)

**Fridays 9 -10.30am** *Tea and Toast at St Michael's Church*

### Monthly:

*Please watch out for the dates on our weekly notice sheets*

**Saturday 9 – 10am** Men's Breakfast at The Imperial or Boston Tea Party

**Saturday 10.30am - 12 noon** Knit and Natter at St David's Church

**Sunday 6pm (first Sunday of the month)** Choral Evensong and Benediction at St Michael's Church

If you don't already receive our regular weekly notice sheet by email and would like to, please contact Helena Walker at [notices@stdavidschurchexeter.org.uk](mailto:notices@stdavidschurchexeter.org.uk) or Nigel Guthrie at [nigel.guthrie1@gmail.com](mailto:nigel.guthrie1@gmail.com)



# New Leaves

## From the Vicarage – February 2023

### **Living in Love and Faith**

On 20<sup>th</sup> January the clergy of Exeter Diocese received a short pastoral letter from our local Bishops. They were writing about the proposals which have come out of the six year long process of consultation about identity, sexuality, relationships and marriage known as ‘Living in Love and Faith’. Bishops Robert, Jackie and James wrote to us:

*‘It is vital to find a way forward for the Church of England and we believe that these proposals offer such an opportunity. We welcome the proposed prayers of thanksgiving, dedication and God’s blessing for same sex couples. It is significant that same sex couples will now be able to have their civil marriage or partnership publicly affirmed in a church ceremony.*

*We recognise that these proposals go too far for some people and not far enough for others. We pray that the College of Bishops’ proposals will be received in a spirit of generosity by the General Synod and by the wider church.’*

Many of the parish clergy I know will welcome these proposals. The Christian faith recognises the value of all faithful committed relationships, where mutual love and respect leads to mutual flourishing. When committed same-sex couples approach the clergy many of us would wish to be able to offer prayers of blessing in a public service. But we also recognise that there are a significant number of our fellow Christians and Anglicans for whom marriage can only be between a man and a woman. I’m sure this is why the College of Bishops have reached this compromise which, to the disappointment of some, does not go as far as offering marriage in church to same-sex couples. And I’m sure that in our congregations, as in most congregations, there will be those who feel the proposals

go too far and those who feel they don't go far enough. But I hope that they will, as our Bishops pray, be received in a spirit of generosity, recognizing the pastoral need which drives these proposals.

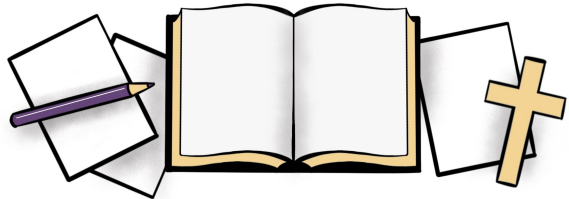
### **Ash Wednesday and Lent**

This year Ash Wednesday falls on 22<sup>nd</sup> February and we will be offering evening services at both of our churches at 7.30pm. At St David's Church there will be a service of Holy Communion with the imposition of ashes and St Michael's a Sung Mass with the imposition of ashes. Do please join us for one of these services to start off Lent. We will be offering a series of short talks at our 10.30am Thursday Communion services in Lent at St David's Church. Do look out for other special services during Lent in our weekly e-notices.



### **Lent Group**

We are offering one Lent group this year to study the USPG course '*Who is Our Neighbour?*' Tuesday afternoon 2pm at 95 Howell Rd, EX4 4LH on 28 Feb, 7, 14, 21, 28 March.



The studies in this course are from Jerusalem and the Middle East, the Caribbean, Zimbabwe, Tanzania, Sri Lanka, and the Diocese of Europe. Our theme for this course is informed by the Parable of the Good Samaritan, but we will also draw on other biblical passages and offer shared experiences of what it is to be a good neighbour today. Ian Cartwright and I will share the leading of the sessions. Please email me at [nigel.guthrie1@gmail.com](mailto:nigel.guthrie1@gmail.com) by 24th February if you would like to join the group.

## **Works at St Michael's Church**

As I am writing we are hoping that scaffolding will soon be going up so that repairs can begin on the windows in the North Transept (often known as St Clement's Chapel). The large windows are showing their age and some of the small diamond panes have already fallen out with a lot of distortion visible in the window structure due to the weakening of the leading. The windows will be taken away for restoration and the project is likely to take around three months. Fortunately we will be able to continue using church during this period, except the north transept itself.

A new wooden stair and safety railing are also due to be fitted in St Michael's tower which is another significant logistical exercise! I will keep you posted about progress with these works which are both important for the safety of the church and its future maintenance.

## **Some Dates for your Diary**

### **Saturday 4<sup>th</sup> March, 7pm - St David's Quiz Night**

Tickets £10 per person including ploughman's supper and a drink. Please pre-book if possible from St David's Church on Sunday mornings or tel. 07792 188253 (Tickets will be available on the door also). Bar available.

Teams of 8 max, can be formed on the night or organised in advance. Do please come along for an enjoyable evening.

### **Saturday 18<sup>th</sup> March – Hospiscare Men's Walk**

We will be putting a parish team in for the Hospiscare Men's Walk again this year which is on March 18<sup>th</sup>. Clive Wilson has kindly set up a team page for us again for those who would like to take part or to sponsor our group effort.

<https://www.justgiving.com/team/StDavidsExeter2023>

If you would like to take part and haven't already expressed an interest please let Clive know and you can share in the team page.

You can also sponsor us through the team page – thank you!

### **Saturday 22<sup>nd</sup> April, 7pm – Three Choirs Concert**

Three choirs, The Wyndham Singers, DyNaMix and St David's Church Choir will combine their efforts in a charity concert with proceeds supporting Hospiscare and St David's Church. There will be a raffle and interval drinks. Tickets priced at £10 are available in advance at Exeter Tickets Exeter Corn Exchange, 89 Fore Street, Exeter EX4 3HX, phone 01392 665938

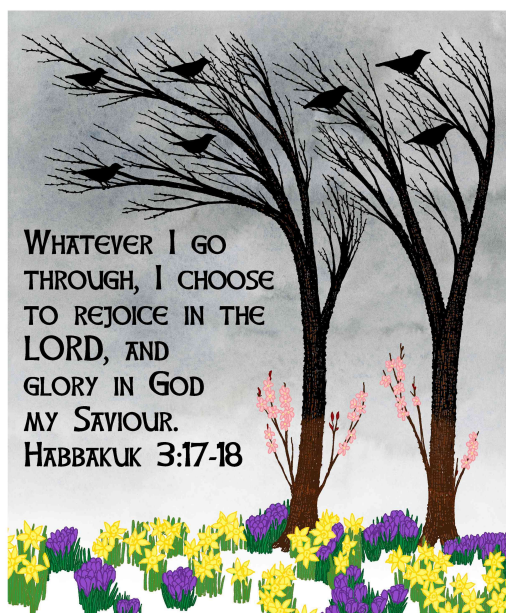
or on sale after 9.30am Sunday Service at St David's from the beginning of March.

**and a little further ahead...**

**Saturday June 24<sup>th</sup>, the proposed date for our Parish Summer Fête.**

With every blessing

**Nigel Guthrie**



# Services & Events for St. Michael's - February 2023

Our thanks to all who have joined us in worship at St. Michael's during the seasons of Advent, Christmas and Epiphany; special thanks visiting clergy Fr. David Gunn-Johnson, Fr. Nigel Mason and Fr. Dominic Cyrus and to our visiting organists. Richard Stephens and Lorna Cowdray. Also, I must mention a thanks on behalf of the congregation for the splendid Advent Procession service on Sunday 4<sup>th</sup> December. The choir was augmented by choristers from other churches (including our friend Nigel Walsh from St. David's) and this was a wonderful event. Thank you. Some of our choir members joined with the choir and musicians at St. David's Church for their Christmas carol service later in December. We will have already marked Candlemas on 29<sup>th</sup> January and the end of the Christmas season. Later this month we begin the season of Lent – a period of self-examination of our faith, conscience as well as our attitude and action towards others. Already, this year seems to be racing along.

Thanks to Barry Mather for the organisation of the newspaper collections. Please continue to support this venture as it brings in an extra source of income.

At time of writing no further lectures are planned.

I am still looking for a for two people willing to read the first lesson on Sunday mornings in order to bring our reading team up to strength again – if you feel confident to try this, please see me or Fr. Nigel after service. It's not as daunting as you might think! Don't forget you are reading among friends and helping with our service to Almighty God, albeit in a small but nevertheless important way.

Below are our regular patterns of worship in Church and on-line:-

Sundays: 11am Sung Mass & Sermon

**First Sunday in the month:** 6pm Evensong & Benediction (check regular notices for variations)

**Wednesdays:** Matins at 9.30am and Low Mass at 10.00am (Has reverted to

the original timings).

**Fridays:** During school term times we welcome folk to Tea and Toast between 9am and 10.30am

**Plainsong Vespers led by Dr. Richard Parker on Tuesdays and Thursdays at 6pm** is public worship, also broadcast to <https://facebook.com/groups/2227703237>

Friends of St. Michael's Facebook Group - details on the Church website <https://www.stmichaelsmountdinhams.org.uk>

Choir rehearsal – this takes place immediately after Vespers on Tuesday evenings at 7pm. If you are interested in joining the choir please contact Tasha Goldsworth – Musical Director or speak to a choir member.

Services and events for February are as follows –

### **Wednesday 1<sup>st</sup> February**

9.30am Matins

10.00am Low Mass



### **Thursday 2<sup>nd</sup> February – The Presentation of Christ in the Temple (Candlemas)**

### **Sunday 5<sup>th</sup> February – Septuagesima**

11.00am – Sung Mass

Setting: Mass is F - *Sumsion*

Motet: If ye love me – *Tallis*

6pm – Evensong and Benediction

Responses – *Reading*

Canticles – *Nobel* in B Minor

Motet: When to the Temple – *Eccard*

### **Wednesday 8<sup>th</sup> February**

9.30am Matins

10.00am Low Mass

**Sunday 12<sup>th</sup> February – Sexagesima**

11.00am Sung Mass

Setting: Mass for five voices – *Byrd*

Motet: O sing joyfully – *Batten*

**Tuesday 14<sup>th</sup> February – St. Valentine**

**Wednesday 15<sup>th</sup> February**

9.30am Matins

10.00am Low Mass

**Sunday 19<sup>th</sup> February – Quinquagesima also Transfiguration Sunday**

11.00am Sung Mass

Setting: Missa O Quam Gloriosum – *Victoria*

Motet: O nata lux – *Tallis*

**Wednesday 22<sup>nd</sup> February – Ash Wednesday**

No morning services

7.30pm Sung Mass

Setting: Missa Christi Aeterna Munera – *Palestrina*

Motet: Lord, let me know mine end – *Greene*

**Thursday 23<sup>rd</sup> February – St. Polycarp (Bishop of Smyrna, Martyr)**



**Sunday 26<sup>th</sup> February – First Sunday in Lent**

11.00am Sung Mass

Setting: Mass in A minor – *Cascolini*

Motet: Wash me thoroughly – *Wesley*

**Monday 27<sup>th</sup> February – Remember George Herbert**

**Wednesday 1<sup>st</sup> March – St. David**

9.30am Matins

10.00am Low Mass



The DLRC Courses continue during for the Autumn/Christmas Term:

Tuesday Noon - 2pm Ukulele for Your Recovery

3pm – 5pm Taking Your Recovery Further

Thursday 10am – Noon Yes, You Can Sing!

1pm – 3pm Introduction to Rhythms for Recovery with Djembe  
Drumming

3.30pm – 5.30pm Taking Recovery Further with African Djembe  
Drumming

Booklets about the DLRC Courses are to be found in St. Michael's Church or you can find out more by looking on the website: [www.devonric.co.uk](http://www.devonric.co.uk) or simply telephone EXETER (01392) 677067 (between 10am and 2pm Monday to Thursday).



**Anthony Pugh – 21st February, 2023**





## **Readers and Leaders in Prayer at St David's for February 2023**

### **Sunday 5th February (3rd Sunday before Lent)**

1st Reading: Isaiah 58:1-9a  
2nd Reading: 1 Corinthians 2:1-12  
Gospel Reading: Matthew 5:13-20  
Preacher: Ian Cartwright Bible Reader: Lawrence Sail  
Prayer Leader: Alistair Mackintosh

### **Sunday 12th February (2nd Sunday before Lent)**

1st Reading: Genesis 1:1-2:3  
2nd Reading: Romans 8:18-25  
Gospel Reading: Matthew 6:25-end  
Preacher: Howard Friend Bible Reader: Dilys Thorpe  
Prayer Leader: Chris Gill

### **Sunday 19th February ( Sunday next before Lent ))**

1st Reading: Exodus 24:12-end  
2nd Reading: 2 Peter 1:16-end  
Gospel Reading: Matthew 17:1-9  
Preacher: Belinda Speed-Andrews Bible Reader: Robin Thomas  
Leader in Prayer: Robert Mitchell

### **Sunday 26th February (1st Sunday of Lent)**

1st Reading: Genesis 2:15-17;3:1-7  
2nd Reading: Romans 5:12-19  
Gospel Reading: Matthew 4:1-11  
Preacher: Nigel Guthrie Bible Reader: Ann Watts  
Leader in Prayer: Nigel Walsh



### **Sunday 5th March (2nd Sunday of Lent)**

1st Reading: Genesis 12:1-4a  
2nd Reading: Romans 4:1-5;13-17  
Gospel Reading: John 3:1-17  
Preacher: Nigel Mason Bible Reader: Stephanie Hills  
Prayer Leader: Helena Walker

# Prayer??

Is there any point in being a monk or a nun? - in living an enclosed life, separated from the "real world", dedicated entirely to "waiting upon God"? I believe there is, but I struggle to say what it is.

A related question: does prayer change anything? Of course, it changes me, but does it change anything else? What are we doing when we pray for an end to wars or for wiser governments? I believe prayer does make a difference in the world but that we can only begin to approach an understanding of it by praying...

But is "changing things" the most important reason for praying?

Is prayer an individual thing or a communal thing? Both, of course, each valuable in its own right and each enhancing the other. So how can we enrich our communal prayer whilst respecting our individual differences?

If we believe in the value of prayer, how can we as a church promote and even teach it? How do we acknowledge that, whilst we will all forever be beginners, few of us are inexperienced?

What role do St David's and St Michael's have to play in this - as buildings, spaces, in particular places in this city - a city shared with many other religious spaces and even non-religious but prayerful spaces?

I would love to find a way of exploring these questions together, in the hope of strengthening a prayerful base for the development of our parish's active ministry and of making our churches places that stand for the value of prayer in its own right.



**Robert Mitchell – Jan. 2023**



This article was published by Exeter YMCA . We reproduce it with Lucy Pieterse's kind permission.

## **Celebrating YMCA Exeter's volunteer team of bakers**

Behind the scenes, quietly working away, YMCA Exeter have an incredible team of eight volunteer cake bakers. Every week, without fail, a delicious homemade cake and welcome card is dropped off, ready to welcome new young people arriving to live in Stage 1 supported housing at YMCA Exeter. Cathy Knowles shares why she volunteers:

“Around seven years ago I was asked to join the team of volunteer cake bakers, but I did not realise at the time what a lovely thing it would be. I rather thought, when I agreed, that it would be a bit of a chore! Instead I found it a wonderful connection to a terrific organisation which changes the lives of young people.

I really knew nothing about YMCA Exeter but have now met so many of the great team who run it, encountered their shining faith, and met lots of the residents on the lovely heartwarming occasions when the bakers have been invited to social events and services with an opportunity to learn and to chat.

I now have an understanding about the lives and some of the difficulties the young people are facing and how they overcome those problems with the incredible help of the YMCA Exeter team.

We are fortunate to be able to welcome new residents with our homemade cakes and know that for some of the young people it will be the first time they have ever had such a treat.

The staff are always so grateful when we deliver our small gift on Mondays and I know that if they do not have a new resident then they take our offerings around to the rooms and use it as an opportunity to knock on

doors, ask if the residents would like a cake and use the moment as an opening to check on how life is for them.”

A massive thank you to Cathy Knowles, Hilary Elliott, Jenny Baker, Moira Dale, Pat Fairchild, Sam Wellbelove, Sarah Black and Sue Wilson - your cakes are simply amazing.

**Lucy Pieterse**



YMCA Exeter  
volunteer, Pat  
Fairchild's  
delivering  
homemade cakes

# Jemima's Brazil Report 4

Hi All!

Hope the New Year has found you well

Here's the link to my latest video highlights:

<https://youtu.be/SqdtfdzeE38>

5 months in Brazil!

Happy New Year! After having spent the last two new year celebrations in isolation or in lockdown it was hugely refreshing to spend the period out and about. We saw the year in with a special church service, everyone holding hands and praising God while we counted down the seconds. Overall, very wholesome. :)

I've been very grateful for the last month, for the people that God has placed in my path, for the convictions and new passions he has put on my heart as well as guiding me in new, healthier habits. I'm not sure England Jemima would be able to believe that Brazil Jemima wakes up naturally before 6:30 to go on a walk!

A bible verse that's been on my mind lately has been Acts 2:42, recounting the activities of the disciples after receiving the Holy Spirit:

"They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer."

This verse calls us, as followers of Jesus, to being undivided in our purpose, reading scripture, discipling, generosity and prayer. An example that was ever present in the life of Jesus, which I have also seen and been greatly blessed by in the Betel church community here. It's an example that I try to reorientate my own life around, though obviously falling short of everyday.

Anyway, here are my Ps for prayer for my final few weeks in Brazil, going on to Bolivia on the 2nd of February!

(I've made up some more Ps, you're welcome)

**P**ARENTS: That's right my friends! Andrew and Wendy Firman are coming to visit me this Sunday and staying in Brazil for two week! Please be praying for protection as they travel, and for us as tourists navigating Brazil by ourselves.

**P**lacements: Sadly, the placement that I was going to be joining in Bolivia has fallen through. I'm not too disappointed having not really known many details about my placement but it means that I probably won't be serving in a Portuguese speaking church, so that's going to leave me dependent on my

Spanish, which is in dire need of resuscitation. Please pray for my language abilities in this transition period and that I will have a project to go to in Bolivia!

Peace: I mentioned in my previous update that I manage to tie myself in knots over time running out and wanting to leave well. Please pray that I would cling on to the peace of God as I say my goodbyes and step out into the unknown again.

That's it for now, thank you everyone for your continued support, I feel so lucky to have you all.



## Love, Jemima

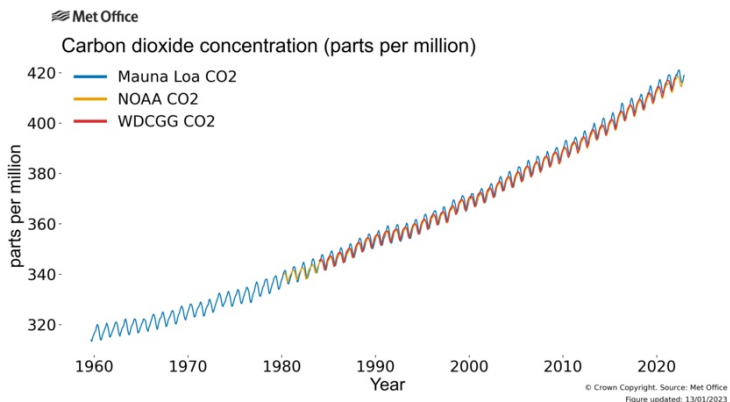
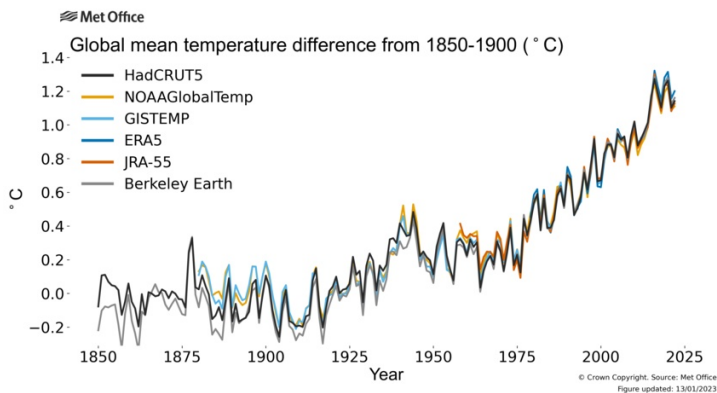
January 6th 2023



“He moved here after the PCC voted to lower the church heating bill. He says it is warmer out here.”

# Green Matters- Saving the planet

The latest figures from the Met Office show that the global mean temperature for 2022 was 1.16C above the pre-industrial average (for 1850-1900), increased from 2021 and the sixth warmest year since 1850. Indeed 2022 is the ninth year in succession that the global temperature has been 1.0C or more warmer. This was despite the cooling effect of La Nina, the pattern of tropical climate variability which suppresses global temperatures. The outlook for 2023 is for warmer temperatures as La Nina weakens and the tropical oceans return to more normal temperatures. Greenhouse gas concentrations continue to increase year on year with no significant evidence that national targets and reduction policies are having an impact yet.





So what can be done to effectively combat and reduce the large man-made change to the planet's climate ? Two recent books attempt to provide some answers: *Saving the Planet without the B\*\*\*\*\*t, What they don't tell you about the Climate Crisis* by Assad Razzouk, and *39 Ways to save the Planet* by Tom Heap. Both books are clear and well written and easily understood without the need for deep scientific or professional knowledge. Tom Heap's book is a companion to the Radio 4 series made in collaboration with the Royal Geographical Society that was broadcast in Autumn 2021. This is still available from the BBC Sounds app and well worth tracking down. The book is divided into 7 sections – Energy, Nature, Farming, Society, Transport, Buildings and Industry, and Waste with short chapters looking at real solutions and the men and women delivering them. As Heap says climate change is real and a present danger to humans on the planet, but the book could have been titled “39 Reasons to be Cheerful”. He aims to counter the disempowering focus on gloom that leaves people feeling anxious and helpless by writing about the positive moves and means by which we can address the problems. He is concerned to emphasise solutions that are already available and working and the “heroes” developing them, rather than hoping for a stunning scientific breakthrough such as functional nuclear fusion, that comes like the cavalry to rescue us. Concentrating on the humans and companies behind the ideas each chapter easily grabs the reader's interest and ends with a summary of how big an impact on reducing the greenhouse gas burden they could make , how we could get to these targets and side benefits from each proposal. In a short book details are necessarily absent but Heap's journalistic approach succeeds in highlighting what may be possible, help inform discussion and spark more support for changes needed internationally and by governments across the world. There is no suggestion that the 39 were chosen because they were likely to be the most effective but rather to cover the breadth of possibilities.

Razzouk's book is longer and more polemical. He is an entrepreneur based in Singapore and is mostly involved in greenhouse gas mitigation technologies and renewable energy deployment especially in Asia. He has participated in many of the climate change conferences either as a government negotiator or an observer and speaks with an inside knowledge of the issues and main players. He shows that a slow decarbonisation path will cause more damage than a very fast one, likening it to paying off a mortgage early (much reduced greenhouse gas emissions) so save a lot of interest (climate impacts) and so



much reduced overall impact. Rather than dwell on the failure to control emissions and the extreme weather and climate disasters he wants to focus on strategies in our daily lives that deliver outcomes. He is though quite sceptical about individual behaviour changes as they may make little difference compared to the real problem of the fossil fuel consumption responsible for 89% of emissions. The real villains for him are the giant oil and mining companies and big systematic and structural changes are needed – governments' policies and international cooperation coupled with the force of regulations and law. He attempts to debunk many myths peddled by oil company lobbyists but also well-meaning citizens which he views as green-washing to obscure the real issues. The chapter titles show the combative nature of his arguments eg : *Plastic is your new diet, Your fresh air is asphyxiating you, Never buy carbon offsets for anything, especially your car gasoline, Please don't plant trees, Have as many babies as you like, Fly without guilt, Going vegan to go green, don't bother, Drive Electric shamelessly, Green bonds do more harm than good, Don't worry about Bitcoin's energy use, Sue the bastards, It's raining renewable energy.* His most scathing ire is on the *Nasty Ninety* companies in 43 countries responsible for two thirds of all the greenhouse gases emitted since industrialisation; 57 are oil and gas, 37 coal producers and 7 cement manufacturers. More broadly an analysis of 6000 companies shows they are doing very little to meet the reduction targets of the 2015 Paris agreement an limit the warming to 2C but rather are on course to deliver a 4C rise. Drawing on the global fight against AIDS and HIV and the abolition of the slave trade he argues for a focused campaign to change the financing and taxation of the 90 companies. If they change all else follows. An interesting chapter deals with the big tech companies, Google, Facebook, Apple , Amazon and Microsoft who profess green credentials and 100% renewable energy but are actively facilitating the big fossil fuel companies to greater exploration and deployment of resources that should remain in the ground.

There is much food for thought in Razzouk's book, especially his key point that the focus needs to be on phasing out existing oil, gas and coal use as soon as possible and stopping deforestation. However I was somewhat disturbed by the relish with which he attacked personal behaviours and efforts such as reduced consumption, eating more healthily with reduced meat diets, driving, flying and cruising less. I think he is also rather too evangelistic and optimistic about the abundant supply of renewable energy ,

especially electricity which reminded me of the propaganda that accompanied the introduction of Nuclear Fission power in the 1960s. His enthusiasm for cryptocurrencies seems to stem from mopping up all the excess electricity! Similarly his encouragement to continue flying without guilt, despite aviation expecting to make up 25% of global emissions by 2050, is based on a naive view that a technological fix is or very soon going to arrive in the form of electric planes or hydrogen fuelled ones. It's the evil oil companies that have held up research and progress, so police them better and hey presto the problem's solved. A proper examination of the science and engineering would reveal rather more sober expectations.

Both books are worth reading but miss some important aspects about individuals who try and change their behaviour and engage in climate change. By making changes, albeit small in the overall effect, we feel less helpless and hopeless and better about ourselves. Walking, cycling gardening etc all help us to feel better. Also by understanding the issues we are more likely to support, vote for and demand actions that change the way we live and organise the stewardship of the world's natural resources.



**Clive Wilson**

25 Jan 2023

PS Both books are available from Exeter Library



*"But look", said Martin, "Maltesers have hardly  
any chocolate on"*

## **Green Leaves- Interesting Links from St David's Green Team- Feb 2023**

**Wild Spaces** Butterfly Conservation are on a mission to create 100,000 wild spaces by 2026 to improve the state of butterflies and moths in the UK. Also see their website for advice on how to help butterflies found indoors in the winter.

<https://butterfly-conservation.org>

**Hedge Hub** Learn more about the benefits of hedges and how we can look after them, including the bird nesting season laws

<https://hedgelink.org.uk>

**People's Trust for Endangered Species** See their new infographic and webpage for examples of which species to include in a hedge

<https://ptes.org> You can also join their hedgerow survey at

<https://hedgerowsurvey.ptes.org>

**Arthur Rank Centre: Confident Rural Christians** have a Lent study guide written with a focus on feasting and fasting which enables space to reflect on the many aspects of food for today

<https://arthurrankcentre.org.uk/resources/lent-course-2023/#Lent>

**Show the Love** A campaign by the Climate Coalition, of which A Rocha UK is a member. It is an invitation to everyone in the UK to ask the government to take urgent action to tackle the climate, nature and cost of living crises by, among other things, sharing green heart with your MP <https://theclimatcoalition.org>

**Fairtrade Fortnight** will take place from Feb 27 to March 12. Go to <https://fairtrade.org.uk> to find out how you can get involved. There's a lot more you can do in addition to buying fairly traded goods.

**Climate Action Hub Exeter** is now open at 40 Bedford Street (where Crew Clothing used to be) offering a physical space for the public to interact with local environmental and social groups and projects and

come together to tackle the climate and ecological crisis. They are looking for volunteers to talk to the public and make tea. The more volunteers the more they can be open

<https://climateactionhubexeter.net>

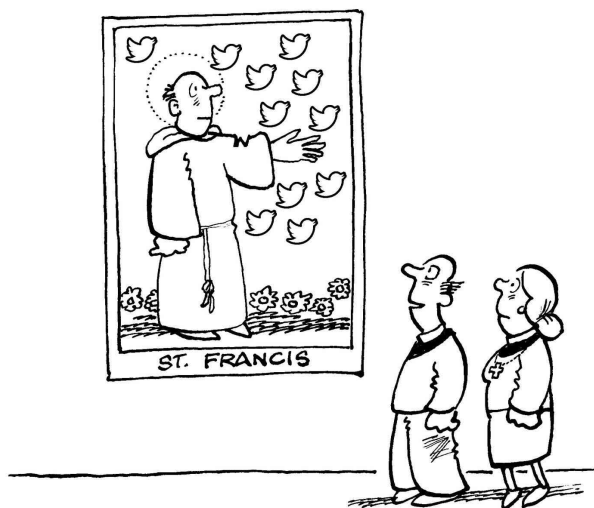
**Net Zero Carbon Webinars in 2023** These run from January to March and are a great starting point, or valuable refreshers, for anyone interested in the Church's work to cut their carbon footprint and help to safeguard creation in very practical ways. Open to anyone.

<https://www.churchofengland.org/about/environment-and-climate-change/webinars-getting-net-zero-carbon>

And finally, congratulations to Exeter Cathedral for achieving their Eco Church Bronze Award. St David's hope it won't be too long before we can join them!



Sue Wilson



*He's been updated. He's now the  
patron saint of tweeting!*

# Angel Tree and Our Local Prison

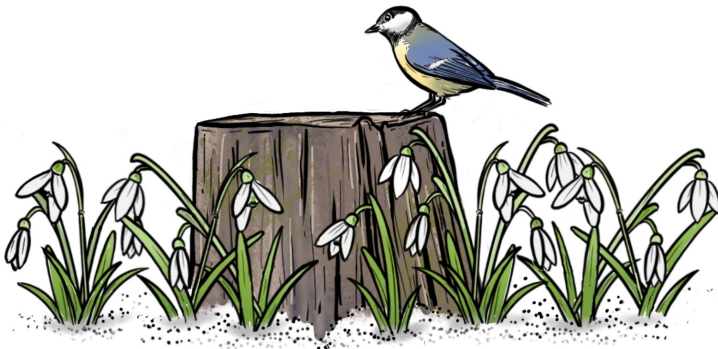
I have received letters of thanks from both Angel Tree and Prison Fellowship for St Davids' amazing contribution of £928. Kerry Taylor of Supporter Care quotes a mother who said "My twin boys were so happy and so was my partner. I would like to say a big 'Thank you' to you. It means a lot in a hard time".

Peter Holloway, CEO Prison Fellowship, writes, "Thank you for bringing joy to families separated by a prison sentence this Christmas. Your support makes a lasting difference in the lives of the prisoners and their families".

On December 28<sup>th</sup> HMP Exeter held a Family Day, games in the morning, lunch and carol sing song in the afternoon. A small group from St Davids went along to lead the singing. The most moving part was seeing how gentle and focused the men were with their babies and toddlers. I think that the day was considered a success because there was talk of a possible follow up in the not too distant future.



**Margaret Grimsey**





## **Churches Together in Central Exeter Lent 2023**

This year three churches are offering different groups or events which are open to anyone.

For the specific Lent groups please contact the leader or administrator if you want to attend.

**St David's Church is offering one group to study the USPG course 'Who is Our Neighbour?' Tuesday afternoon 2pm at 95 Howell Rd, EX4 4LH on 28 Feb, 7, 14, 21, 28 March.**

The studies in this course are from Jerusalem and the Middle East, the Caribbean, Zimbabwe, Tanzania, Sri Lanka, and the Diocese of Europe. Our theme for this course is informed by the Parable of the Good Samaritan, but we will also draw on other biblical passages and offer shared experiences of what it is to be a good neighbour today. Please email [nigel.guthrie1@gmail.com](mailto:nigel.guthrie1@gmail.com) by 24th February if you would like to join the group.

**St James's Church will host one group to study the Rhythm of Life Lent Course. Tuesday afternoon 2pm at St James's Church Hall (behind church) 28 Feb, 7, 14, 21, 28 March.**

This comes from the Diocese of Leeds and the five sessions will provide an opportunity to engage with the *Rhythm of Life* areas for deepening commitment:

Praying Reflecting      Encouraging      Sharing      Resting  
Celebrating      Creating

Plus Lenten themes combined with some key issues: Poverty, Racism and the Environment.

For further information and to book contact St. James Church [office@stjamesexeter.org](mailto:office@stjamesexeter.org)

**The Parish of Central Exeter is hosting two different events.**

**In St Petrock's church on 4 Thursday mornings 2, 9, 16 & 23 March  
10.30am – 11.45am**

***"Jesus' Mother as the Early Christians remembered Her."***

Over four sessions Chris Bryan will reflect with us on the New Testament passages where she appears.      Session 1: Mary in Paul and in the Gospel according to Mark

Session 2: Mary in the Gospel according to Matthew

Session 3: Mary in the Gospel according to Luke and in

Acts

Session 4: Mary in the Gospel according to John and in

Revelation

*To book please contact Mary Keaney*

[admin@parishofcentralexeter.co.uk](mailto:admin@parishofcentralexeter.co.uk)

**On 5 Thursday evenings 8pm at St Olave's church, Fore St, on 23 Feb, 2, 9, (not 16), 23, 30 March.**

**Compline: A contemplative journey through Lent**

The ancient close-of-the-day service of Compline, with plainchant and polyphony. Hosted by Margaret Aagesen Hughes (Soprano) and Clare Bryden (Alto). This short service will remain broadly similar week by week, with additional music that will change to accompany our journey together through Lent. There will be opportunities for reflection through the simplicity of the setting, the beauty of the music, and the periods of silence.

Free and unticketed, retiring collection for church upkeep, recommend that you wrap up warm!

***Also in St Stephen's church on Thursday 30 March at 1pm 'Utterly Staggering'***

Richard Skinner will give a reading of his extended poem based on the gospel accounts of the first Easter and will be complemented by poems from Helen Evans and music from Bee Harley.      Drinks from 12.30pm. Free entry with donations for *Exeter Food Action*.

**City Centre Churches annual Agapé on Maundy Thursday 6<sup>th</sup> April at 6pm at the Mint before the 7.30pm service in the Cathedral. More details later.**

# Let there be light...and then there wasn't

Our ancestors relied on the sun and moon for light. We, however, can have it at a touch of a button (if we have paid our ever-rising energy bill).

Recently, on returning from the bathroom at 5 am, I switched on the light, a flash and the bulb died. Next morning, I went to the Manager's office, and the ever helpful Julie brought a new energy-saving light bulb. Kicking off her shoes she leapt, lightly onto my bed and inserted the said bulb. We left the room closing the door. Late that night, I entered my bedroom. To my surprise, the bulb was flickering and refused to switch off. Being somewhat less active than Julie, I couldn't remove the bulb. Problem, how to sleep with a constantly flickering bulb. Just pulling the duvet cover over my head didn't work. After some wriggling, I almost reached the bottom of the bed. Bliss, complete darkness. Unfortunately it was, also, claustrophobic. After some thought, I remembered that I have a comfortable sofa-bed in the lounge. Dragging the duvet on to my walker, I made it to the lounge. It was exhausting removing cushions and seating, but there was revealed the promise of some sleep. But, there's always a "but" isn't there? I wasn't strong enough to unfold the mattress. Wearily, I replaced the cushions. Stalemate!

However, I have a riser, recliner chair. During the day, it takes very little effort to fall asleep on it. Adjusting the footrest, I arranged myself on it and cuddled the duvet around me. But, another "but" – I couldn't sleep. It was now almost dawn, so I got up. Julie removed the bulb and replaced it with the one from the hall- guess what? Now I didn't have light in the hall, either, as that died too. Being almost Christmas no electrician was available, so, I managed with a bedside lamp and torch when searching the wardrobe.

All this reminded me of a large picture that hung in the classroom in my church school. It was of Jesus, holding a lantern, with the words "I am the light of the World". Somewhat irreverently, I thought that it is fortunate that Jesus is a strong, steady light and that He shows us the right way.



**Eileen Jarman**

5/1/2023





**The Light of the World (Manchester version) by  
William Holman Hunt.**

Revelation 3:20: "Behold, I stand at the door and knock; if any man hear My voice, and open the door, I will come in to him, and will sup with him, and he with Me".



# St. David's Church Social Committee

## 2022

The St. David's Church Social Committee have had another busy and varied year and I hope you have all enjoyed the events we have arranged.

The committee comprises Alan Baker, Sarah Black, Maggie Draper, Glynis Harflett, Cathy Knowles, Mary Quest, Robin Thomas, Emma White and myself as Chair. We are delighted that we have recently been joined by Susan Veitch.

Our aims remain the same as when we established the group four years ago, i.e. To set a social calendar for the year, to help build community spirit, listening to feedback, involving the wider St. David's community and to raise funds for the Church and for charitable causes.

We have held four meetings during the past year, one via Zoom, and the remainder in person at The Vicarage.

Our first event was a Quiz Night in March with Peter and Alice Francis kindly setting and asking the questions. A good number of teams, of varying ages, set about answering some challenging questions. The Social Committee provided a ploughman's supper and a bar and the evening was most enjoyable. We were delighted to welcome teams and individuals from the wider community, including the winning team, from St. James's Church.

In May the Social Committee helped to organise a concert in support of Latin Link, a Christian charity for whom Jemima Firman, one of our choir members, is currently working in

South America. The committee and members of the congregation prepared delicious cakes and cream tea to follow the concert, which featured performances by our church choir as well as individuals and small groups from the church community.

One of the main fundraising events of the year is the annual Church Fete, sadly cancelled in 2020 and 2021 due to Covid- 19. This was successfully held in 2022 on 25th June. The Social Committee helped by making cakes, manning stalls, including a very popular Pimm's stall, and running the dog show which proved to be a great attraction. Dogs competed for rosettes in classes which included: the best child handler, the dog with the waggiest tail and the dog who could eat a Bonio the fastest! We are extremely grateful to St. David's Veterinary Practice for kindly sponsoring the Dog Show and

providing some expert judges.

In early September we hosted an afternoon concert by Isca Voices, a group of former girl choristers from Exeter Cathedral, who provided us with a varied programme from Mendelssohn to Elvis Presley. The concert was again followed by a cream tea.

At the St. David's 'Green Event' on 24th September committee members provided and served a soup and ploughman's lunch. Then the following evening we organised a 'bring and share' supper following the Harvest Festival Service. A small gathering but greatly enjoyed by all who attended.

Finally the Social Committee served mulled wine and mince pies after the carol service on 18th December.

We hope that you have enjoyed some, or all, of our social events in 2022. In total, more than £4000 has been raised this year through the events listed above thanks to the efforts of the committee and of all those in our community who help by running stalls, serving refreshments, washing dishes, making cakes, performing and simply taking part. We have been pleased that in addition to church funds we have been able to support the DEC and Latin Link.

During this year we are hoping to spend some money raised on some sturdy and easy to erect gazebos for events such as the Church Fete and the Green Day. It is intended that these gazebos would then be available for members of the Church to hire for a small fee for their own events.

The Committee met recently to discuss social events for the forthcoming year and these will include another Quiz Night on 4th March and a Three Choirs Concert on the evening of 22nd April. We would welcome ideas of other possible events that members of the congregation and the wider St. David's community might enjoy.

I am grateful for the dedication, enthusiasm and hard work of the Social Committee and wish to thank all who support and enjoy the social life of the church.



**Tina Guthrie ( Chairman )**

January 2023



### Exeter Forum programme – January to March 2023 programme

The weekly programme of Exeter Forum talks from Wednesday 4 January to Wednesday 29 March is listed here. Meetings take place in the Mint Methodist Church, Fore Street, Exeter, EX4 3AT from 10.45 to 11.45 am each week.

Full descriptions of talks and speakers appear in the weekly newsletter sent to Forum members. Any programme changes are always updated on the Exeter Forum website.

Date	Speaker	Title
Wednesday 4 January 2023	David Oates	<b>How to look at Exeter's Heraldry</b> Heraldic designs and coats of arms are a common sight in our streets, churches and many other places. From pub signs to elaborate shields on tombs in cathedrals, they tell us much about the individuals, places and organisations that they represent. David will use a wide variety of examples from Devon, with an emphasis on Exeter, to show how to interpret this rich symbology.
Wednesday 11 January 2023	John Monks	<b>The Exeter Ship Canal: Why It Matters</b> This talk will cover different attitudes over the years to Exeter's historic canal. John will challenge the city not to turn its back on its waterways but recognise them as part of its future.
Wednesday 18 January 2023	Tony Davis	<b>Doctor at Sea</b> Tony Davis spent 6 months as a Ship's Surgeon on Union Castle's <i>Braemar Castle</i> . This humorous talk is about some of the more curious adventures which happened during that time.
Wednesday 25 January 2023	Imogen Salmon	<b>The Exe Estuary - wildlife, threats and management</b> This talk will look at the importance of the Exe Estuary and Dawlish Warren for wildlife and the current threats to its ecosystems and species. Imogen will describe the ways that the estuary is being managed for the benefit of both wildlife and people.
Wednesday 1 February 2023	Mike Richards	<b>A History of Exeter Hospitals</b> Exeter Forum member Mike Richards will look at the long history of hospitals and medical care in the city of Exeter from Mediaeval times to the present day. He will outline how some of the main establishments evolved and detail some of the local characters. He will also show the important part Exeter has played in introducing significant medical procedures.
Wednesday 8 February 2023	Dr John Salvatore	<b>What the Romans did for Exeter!</b> Archaeologist and Roman historian Dr John Salvatore will provide an overview of how the Romans shaped the development of Exeter as a city, from water supply and baths to roads and villas.
Wednesday 15 February 2023	Charlie Courtenay, The Earl of Devon	<b>Exeter and the Earls of Devon – frenemies for a millennium</b> Charlie Courtenay, the Earl of Devon, will tell the story of the relationship between the Earldom and the City of Exeter over the last 1000 years, recounting the good times and bad that helped shape our historic community.
Wednesday 22 February 2023	Derek Gore	<b>The Kingdom of the Dumnonia</b> Historian David Gore from the University of Exeter will describe the Kingdom of the Dumnonia in the South West and how it evolved after the Romans left. He will show how recent excavations, stone sculpture inscriptions and pottery finds are helping to provide a clearer picture and explain how an organised church and trade, high status activity and some fabled kings feature in this still mysterious period.

<b>Wednesday 1 March 2023</b>	<b>Professor John Bryant</b>	<b>Human Genetics – what's Ethics got to do with it?</b> Rapid developments in human genetics are raising very important questions about privacy, testing, confidentiality and genetic therapies. Professor John Bryant will make a welcome return to the Exeter Forum to look at the ethical issues associated with the developments in human genetics.
<b>Wednesday 8 March 2023</b>	<b>Salli Carr- Griffin</b>	<b>A La Ronde, Exmouth</b> A La Ronde is a fascinating, unique house on the edge of Exmouth owned by the National Trust. This talk will focus on the transformational A la Ronde project which includes the conservation of the internationally important Shell Gallery. The project also incorporates working with the local community and partnerships in a new way and will set the direction of how A La Ronde will continue to develop in future years.
<b>Wednesday 15 March 2023</b>	<b>Robin Thomas</b>	<b>The Incorporation of Weavers, Fullers and Shearmen and Tuckers Hall</b> 400 years ago, a Royal Charter granted by King James 1 allowed the Weavers Fullers and Shearmen of the City to become an Incorporation, based at Tuckers Hall. Robin's talk will look at the history and development of the Incorporation and its present role. He will also show the importance and historical significance of Tuckers Hall in Fore Street, Exeter.
<b>Wednesday 22 March 2023</b>	<b>Leigh Edwards</b>	<b>Human Microbiome Part 2</b> Leigh makes a welcome return to the Forum to give his talk on the Human Microbiome Pt2. The Human Microbiome is the ecological community of microorganisms that literally share our body space. This talk focusses primarily on the gut microbes and the link between our immune systems, our brain, and our gut, and how it affects our general health.
<b>Wednesday 29 March 2023</b>	<b>Robert Hesketh</b>	<b>Devon Castles</b> Devon has a fascinating array of castles and historic fortifications. Photographer and author Robert will explain how they were developed and altered over the centuries to meet the changing military, political and domestic needs of the people who used them. Examples from every major period from the Iron Age to England's newest castle, Castle Drogo will feature in the talk.
Wednesday 5 April	<i>No meeting</i>	<i>Easter break</i>
Wednesday 12 April	<i>No meeting</i>	<i>Easter break</i>
Wednesday 19 April	<i>Exeter Forum restarts after Easter break</i>	<i>The programme from April to August will be published in February 2023</i>



# Bible Bite

## A short story from the Bible

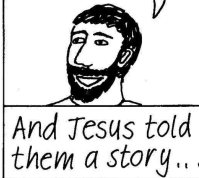
It can be read in the Bible in  
Matthew chapter 18 verses 21-35

Jewish teachers used to say you only had to forgive people three times before getting revenge, so Peter asked Jesus..

How many times do I have to forgive? Seven?



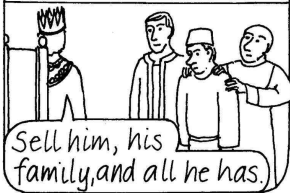
You must never stop forgiving.



A king decided to check his accounts



One servant owed him 50 million silver coins



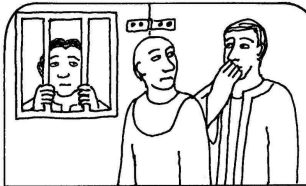
Please give me more time to pay



Then the servant saw someone who owed him 100 silver coins



Please give me more time



The other servants found out what had happened..

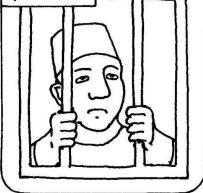
and they told the king.



You bad man! I forgave you so much - why did you not forgive?

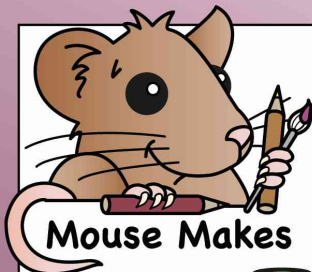


So he was put in prison



Jesus ended by saying...





What was the special meal  
Jesus was preparing to eat?

Matthew 26:18



What did Jesus take,  
bless and break?

Matthew 26:26

What did Jesus give  
thanks for and share?

Matthew 26:27

What did Jesus say  
this represented?

His \_\_\_\_\_  
Matthew 26:27-28



What did Jesus say  
this represented?

His \_\_\_\_\_  
Matthew 26:26

Jesus instructed his disciples to continue  
to break bread and share the cup "in

of me."

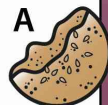
1 Corinthians 11:24-25



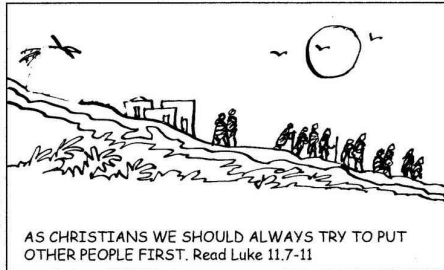
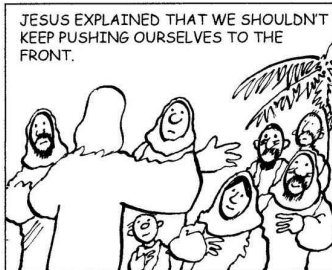
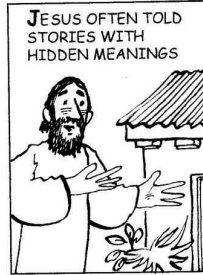
SUPPER  
LAMB • LORD  
DISCIPLES  
TOGETHER  
EVENING  
ROOM • JAR  
WATER • TWELVE  
JESUS • CHRIST  
NIGHT • TOOK  
THANKS  
BLESSING  
BROKE • GIVEN  
COVENANT  
DRINK • EAT  
FORGIVENESS  
SINS • HOLY  
COMMUNION  
EUCHARIST

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

Find the words from the questions too!









## Smile Lines

### **Sick**

During a church service my young niece had to go outside, as she did not feel well. She returned a few minutes later and admitted: 'I have been a little sick. But it doesn't matter, there's a box at the door marked 'for the sick'.'

### **Advantages of marriage**

Marriage is a very good way to promote civilisation – according to Socrates, if you get a good partner, you will be happy; if you get a bad one, you will become a philosopher.

### **With Valentine's Day in mind...how do you define love?**

- "When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth." Billy - age 4

- "Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other." Karl - age 5

- "Love is when you go out to eat and give somebody most of your chips, without making them give you any of theirs." Chrissy - age 6

- "Love is what makes you smile when you're tired." Terri - age 4

- "Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mum and Dad are like that. They look gross when they kiss." Emily - age 8

- "If you want to learn to love better, you should start with a friend who you hate." Nikka - age 6 (We need a few million more Nikka's on this planet)

### **Seen in a church pewsheet:**

For those of you who have children and don't know it, we have a crèche downstairs.

Next Friday the church will host an evening of fine dining, super entertainment and gracious hostility. Do come along!

### **Miscellaneous observations on life...**

Marriage licence - the only permit taken out after the hunt is over.

It's easy finding reasons why other folks should be patient.

Families are often like fudge - mostly sweet, with a few nuts.

Some people cause happiness wherever they go. Others, whenever they go.

It is said that if you line up all the cars in the world end to end, someone would be stupid enough to try to overtake them.

You can't have everything - where would you put it?

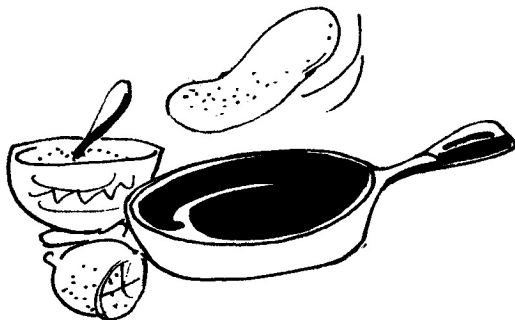
Latest survey shows that 3 out of 4 people make up 75% of the world's population.

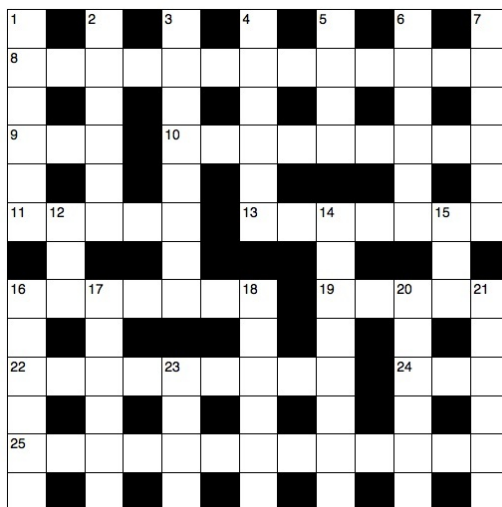
If the shoe fits, get another one just like it.

Love is grand. Divorce is a hundred grand.

The trouble with referees is that they just don't care which side wins.

A hangover is the wrath of grapes.





### Across

8 Interrogated (Acts 12:19) (5-8)

9 'Burn it in a wood fire on the — heap' (Leviticus 4:12) (3)

10 Tobit, Judith, Baruch and the books of Esdras and the Maccabees are part of it (9)

11 Science fiction (abbrev.) (3-2)

13 Clay pit (anag.) (7)

16 Went to (John 4:46) (7)

19 'Therefore, I urge you, brothers, in view of God's mercy, to — your bodies as living sacrifices' (Romans 12:1) (5)

22 David's plea to God concerning those referred to in 14 Down: 'On — — let them escape' (Psalm 56:7) (2,7)

24 Royal Automobile Club (1,1,1) 25 How the book of Ezekiel refers to God more than 200 times (Ezekiel 2:4) (9,4)

### Down

1 Seas (Proverbs 8:24) (6)

2 One of the sons of Eli the priest, killed in battle by the Philistines (1 Samuel 4:11) (6)

3 Specialist in the study of the Muslim religion (8)

4 'Do not rebuke an older man harshly, but — him as if he were your father' (1 Timothy 5:1) (6)

5 One of Esau's grandsons (Genesis 36:11) (4)

6 Taking a chance (colloq.) (2,4)

7 God's instructions to the Israelites concerning grain offerings: ' — salt to — your offerings' (Leviticus 2:13) (3,3)

12 Confederation of British Industry (1,1,1)

14 'All day long they twist my words; they are always — to harm me' (Psalm 56:5) (8)

15 The crowd's reaction to Jesus bringing back to life a widow's son in Nain (Luke 7:16) (3)

16 Disappear (Psalm 104:35) (6)

17 How Jeremiah was likely to die if he wasn't rescued from the cistern where he was imprisoned (Jeremiah 38:9) (6)

18 What the prophets do to a wall, with whitewash (Ezekiel 13:10, RSV) (4,2)

20 Made by a plough (Job 39:10) (6)

21 Noah was relieved when the flood waters continued to — (Genesis 8:5) (6)

23 Jesus gave the Twelve the power and authority to do this to diseases (Luke 9:1) (4)

## Sudoku - Medium

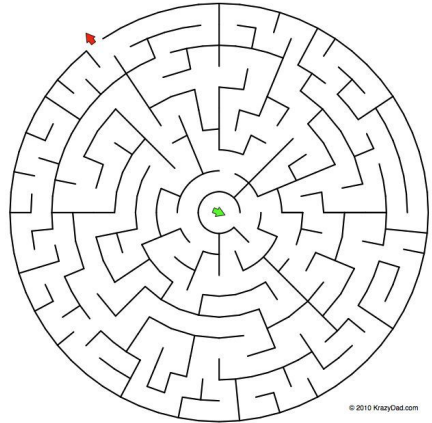
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## Word search

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

king	much	money
story	Peter	cancelled
times	three	million
prison	forgiven	family
teacher	seven	hundred
coins	now	servant
Jesus	count	bad
accounts	debt	silver

## Maze



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## Days of Note - February

### 1<sup>st</sup> Feb: Brigid of Ireland, showing compassion and love

Brigid, you could say, was the female Patrick of Ireland.

Historical facts about this first abbess of Kildare (d.c. 525) may be scarce, but her 'Lives', written from the 7th century, tell many anecdotes and miracles which over the centuries have become deeply rooted in Irish folklore. Brigid came from a village near Kildare, of parents of humble origin, and is said to have been baptised by Patrick and became a nun at an early age. She is credited with founding the monastery of Kildare, a powerful influence for Christianity in Ireland.

The miracles attributed to Brigid show her to have been a woman of great compassion and generosity. There are stories of how she could multiply

food, especially butter, for the poor. Other stories tell of her changing her bathwater to beer, in order to satisfy the thirst of unexpected visitors. Even her cows gave milk three times the same day, to enable visiting bishops to have enough to drink.

Brigid's cult grew rapidly in Ireland, where it became second only to that of Patrick. In England, there were at least 19 ancient church dedications in her honour (the most famous is St Bride's Fleet Street). There is also St Bride's Bay, Dyfed, which underlines the strong connection between Irish and Welsh Christianity. St Brigid is patron of poets, blacksmiths, and healers. She is usually depicted with a cow lying at her feet, which recalls her phase as a nun-cowgirl.

## **2<sup>nd</sup> Feb: Candlemas, The Presentation of Christ in the Temple**

In bygone centuries, Christians said their last farewells to the Christmas season on Candlemas, 2<sup>nd</sup> February. This is exactly 40 days after Christmas Day itself.



In New Testament times 40 days old was an important age for a baby boy: it was when they made their first 'public appearance'. Mary, like all good Jewish mothers, went to the Temple with Jesus, her first male child - to 'present Him to the Lord'. At the same time, she, as a new mother, was 'purified'. Thus, we have the Festival of the Presentation of Christ in the Temple.

So, where does the Candlemas bit come in? Jesus is described in the New Testament as the Light of the World, and early Christians developed the tradition of lighting many candles in celebration of this day. The Church also fell into the custom of blessing the year's supply of candles for the church on this day - hence the name, Candlemas.

The story of how Candlemas began can be found in Luke 2:22-40. Simeon's great declaration of faith and recognition of who Jesus was is of course found in the Nunc Dimittis, which is embedded in the Office of Evening Prayer in the West. But in medieval times, the Nunc Dimittis was mostly

used just on this day, during the distribution of candles before the Eucharist. Only gradually did it win a place in the daily prayer life of the Church.

### **15<sup>th</sup> Feb Sigfrid , apostle of Sweden**

If you have something big to forgive, Sigfrid may be the saint for you. This monk from Glastonbury was sent by King Ethelred to Norway and Sweden in 995. The King of Norway, King Olaf, had recently converted to Christianity, and wanted help in converting his people.

Sigfrid went first to Vaxjo in Sweden, taking along his three nephews. There he built a small church, commissioned it, and consecrated his nephews as bishops. Then Sigfrid left them, in order to evangelise the more remote regions.

So far so good, but when Sigfrid returned, he found the church had been burned to the ground and his nephews murdered. The attackers had been caught, and the king was about to put them to death. It would be an act of justice.

Instead, Sigfrid pleaded with the king for mercy. It was agreed that a large fine should be paid to Sigfrid. He did not keep a penny for himself, but used it to rebuild the church, and continue the mission. Sigfrid went on to minister in Sweden, Norway and Denmark for many years, until his death in 1045. He was remembered with love and credited with many miracles.

### **18<sup>th</sup> Feb:            Fra Angelico, patron of artists**

If you enjoy drawing or painting, Fra Angelico is the patron saint for you. This devout Dominican priest of the Early Renaissance (1387-1455) used his superlative talent to the glory of God to such an extent that even six centuries later we are inspired and blessed by his art.

For while you may not be familiar with his name, you'll know his work: Fra Angelico's *The Annunciation* or *Adoration of the Magi* has adorned many classical Christmas cards. He is reckoned to be one of the greatest Italian painters of the 15<sup>th</sup> century.

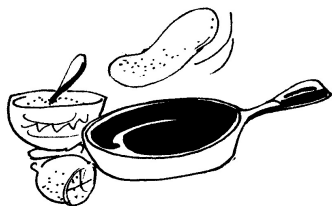
Fra Angelico was born at Vicchio near Florence, and as a young friar worked at illuminating manuscripts such as the *Dominican Diurnal*. Ordained priest at Fiesole in 1418, he continued painting, spending the 1430s decorating the interior of the friary of San Marco, Florence with his masterpieces. Work at the Vatican followed, especially his paintings of Stephen and Laurence in the chapel of the artistic pope Nicholas V.

Fra Angelico's work is sublime, revealing a marvellous command of colour, light and perspective. It radiates spiritual serenity, and a dedication to God that is matched by few others. He has been described by experts as having "a rare and perfect talent", and that "it is impossible to bestow too much praise on this holy father, who was so humble and modest in all that he did and said, and whose pictures were painted with such facility and piety."

From 1449 to 1452 Fra Angelico was prior of Fiesole. Then he moved to Rome, where three years later he died. He was beatified in 1960 and declared patron of artists in 1984. Pope John Paul II described his paintings as 'miracles'.

## **21<sup>st</sup> Feb: Shrove Tuesday, Pancake Day**

Ever wonder why we eat pancakes just before Lent? The tradition dates back to Anglo-Saxon times, when Christians spent Lent in repentance and severe fasting.



So on the Tuesday before Ash Wednesday, the church bell would summon them to confession, where they would be 'shriven', or absolved from their sins, which gives us *Shrove* Tuesday. At home, they would then eat up their last eggs and fat, and making a pancake was the easiest way to do this. For the next 47 days, they pretty well starved themselves.

Pancakes feature in cookery books as far back as 1439, and today's pancake races are in remembrance of a panicked woman back in 1445 in Olney, Buckinghamshire. She was making pancakes when she heard the shriving bell calling her to confession. Afraid she'd be late, she ran to the church in a panic, still in her apron, and still holding the pan.



Flipping pancakes is also centuries old. A poem from Pasquil's Palin in 1619 runs: "And every man and maide doe take their turne, And tosse their Pancakes up for feare they burne."

Some people have noted that the ingredients of pancakes can be used to highlight four significant things about this time of year: eggs stand for creation, flour is the staff of life, while salt keeps things wholesome, and milk stands for purity.

Shrove Tuesday is always 47 days before Easter Sunday and falls between 3<sup>rd</sup> February and 9<sup>th</sup> March.

**22<sup>nd</sup> Feb:            Ash Wednesday; mourning our sins**

Lent begins with Ash Wednesday. But why 'Ash' Wednesday? The reason has to do with getting things right between you and God, and the tradition goes right back to the Old Testament.

In the Old Testament, the Israelites often sinned. When they finally came to their senses, and saw their evil ways as God saw them, they could do nothing but repent in sorrow. They mourned for the damage and evil they had done. As part of this repentance, they covered their heads with ashes. For the Israelites, putting ashes on your head, and even rending your clothes, was an outward sign of their heart-felt repentance and acknowledgement of sin. (See Genesis 18:27; 2 Samuel 13:19; Job 2:8, 30:19; Isaiah 58:5; Jeremiah 6:26; Jonah 3:6)

In the very early Christian Church, the yearly 'class' of penitents had ashes sprinkled over them at the beginning of Lent. They were turning to God for the first time, and mourning their sins. But soon many other Christians wanted to take part in the custom, and to do so at the very start of Lent. They heeded Joel's call to 'rend your hearts and not your garments' (Joel 2:12-19). Ash Wednesday became known as either the 'beginning of the fast' or 'the day of the ashes'.

The collect for today goes back to the Prayer Book, and it stresses the penitential character of the day. It encourages us with the reminder of the



readiness of God to forgive us and to renew us.

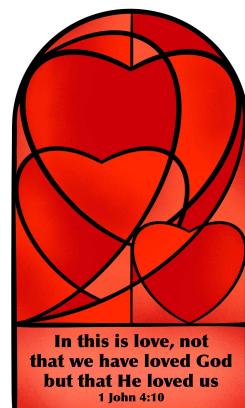
The late medieval custom was to burn the branches used on Palm Sunday in the previous year in order to create the ashes for today.

**27<sup>th</sup> Feb: George Herbert, vicar and poet**

On this day the Church Calendar celebrates George Herbert. For those who are muttering 'never heard of him', just think of the hymn 'Let all the world/ In every corner sing', which he wrote, along with several other hymns which are still popular, even if they are well over 300 years old. In the course of his short life he was a graduate of Cambridge University, a favoured politician of King James, a distinguished poet of the so-called 'metaphysical' school, and a much-loved parish priest at Bemerton, in Wiltshire.

He was born in Wales but grew up in a wealthy family in England. As a student he felt called to ordination, but when he had graduated, he was drawn instead into the government of the time. As a protégé of King James (yes, the one of the 'King James Bible') he could have pursued a career in government, but that youthful call persisted and after a while he turned instead to the ministry of the Church of England. It was an era when many clergy were absentee incumbents, paying someone else to do the parish work while they lived elsewhere, but Herbert set himself to be a true parish priest, noted for his pastoral care and practical support of his parishioners. The whole of his ministry was fulfilled in that one parish, until he died at 39 from what we would now call tuberculosis.

It is of course his hymns for which he is chiefly remembered today, though his Collected Poems are also regarded as jewels of English poetry.



# Puzzle solutions

O		H		I		E		O		O		A
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## The deadline for inclusion of articles for the March issue of New Leaves is Sunday 26th February

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.