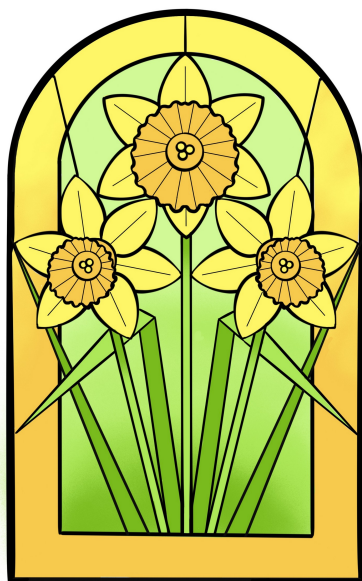


New Leaves

March 2023



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

*Suggested voluntary
contribution*
50p

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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

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@stdavidschurhexeter.org.uk or Nigel Guthrie at nigel.guthrie1@gmail.com

New Leaves

From the Vicarage – March 2023

Retirement announcement

As some of you may be aware I've been planning to retire fairly soon and I have now agreed with Bishop Robert that I should finish on 15 August this year. With about two weeks of leave to take that will mean that I will effectively leave at the end of July.

I will be leaving after 35 years of full-time ministry, and it has been a huge privilege to serve. In fact Tina and I will both be leaving full-time work in the summer and moving to Crediton. We are looking forward possibly to some part-time work, but also to more opportunities for volunteering, music and a bit of free time!

I will leave with mixed feelings, of course, but overwhelmingly with a sense of gratitude to God for having been ordained to this ministry, and also gratitude to the many people who have been generous in their support and encouragement of me over the years. But in the meantime I look forward to sharing in the life and worship of our churches over the coming months.

Archdeacon Andrew Beane will soon be in touch with the parish to put plans in place for the vacancy and you should also know that he and the Bishop of Crediton are actively pursuing the possibility of appointing an interim minister to help with the vacancy. Then there will be the need to create, or revise, our parish profile for a future appointment.

Lent and Holy Week



We are offering a Lent group this year to study the USPG course '*Who is Our Neighbour?*' Tuesday afternoon 2pm at 95 Howell Rd, EX4 4LH although it started on 28 February there is still the opportunity to join our other meetings on 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 if you would like to join the group.

During Lent on Wednesdays Stations of the Cross will be led at 6pm at St Michael's Church and on Thursdays our 10.30am Holy Communion at St David's will include a short address from one of our ministry team.

And locally, on Tuesday 14 March at 7.30pm, our good friend Bishop Martin Shaw will be giving a talk "Music and the Inner Life: Comfort or Disturbance?". The talk will be given in the nave of Exeter Cathedral and all are welcome.



We will soon be finalising our plans for Holy Week and they will be published shortly. Palm Sunday is on Sunday 2 April and we will celebrate Easter on 8 April.

Electoral Roll Revision

Between March 23rd and April 5th we will be revising the electoral roll. If you would like to have your name added or if you have changed your address please let Sue Wilson know on electoralrollofficer@stdavidschurch.org.uk or in church.

Lift Sharing Scheme

We hope to trial a lift sharing scheme to enable members of the congregation to get to the 9.30 service on Sundays at St David's, using fewer cars. This would hopefully make parking easier and help the environment. If you need a lift to church, can offer one on a

regular or occasional basis or would like to share lifts with other drivers, please speak to Sue or Clive Wilson. We will then try to match you with someone living nearby.

Wednesday Mass at St Michael's

With several faithful supporters of our 10am Wednesday mass unable to attend now we have had to suspend the service. But would anyone like to regularly attend and support this service because we would be willing to restart it if there was sufficient interest? Please get in touch with Nigel or Ash if you would appreciate this. We will continue to offer Angelus and said Mattins at 9.30am on Wednesday at St Michael's Church anyway.

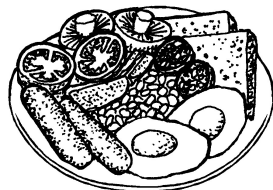
Some other dates for your Diary

Saturday 4th 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 11 March at 9am will be our next Men's Breakfast and will be held at The Imperial. Please let Nigel know if you would like to be added to the mailing list for a reminder for the Breakfast.

Saturday 18th 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 18th. 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 22nd 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 24th, the proposed date for our Parish Summer Fête.

With every blessing

Nigel Guthrie



Services & Events for St. Michael's - March 2023

Our thanks to all who have joined us in worship at St. Michael's during February; special thanks to our visiting clergy Fr. Nigel Mason and to our visiting organist, Richard Stephens. We were very sorry not to have Fr. Dominic Cyrus with us due to his admission to hospital. We all wish him a steady improvement in health.

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.

We now have five people in the team who are happy to read the first lesson on Sundays. Thank you for volunteering.

Please note that Low Mass on Wednesday mornings has been suspended for the time being. There will still be at 9.30am the service of Matins

We have already begun the season of Lent – a period of self-examination of our faith, conscience as well as of our attitude and action towards others. We also travel, in a spiritual sense, with Our Lord and the Disciples through His time of trial and anguish leading up to Holy Week, His betrayal and crucifixion. The year seems to be racing by but there are now signs of spring time which herald Easter and Our Lord's glorious resurrection.

Please note that during Lent an extra service will take place on Wednesday evenings at 6pm, and this is Stations of the Cross. This will be lay-led – please come and support this if you can. It is a service of approximately 40 minutes visiting each stage of Jesus' walk from the halls of judgement to Calvary. Along the way he meets his mother, the Blessed Virgin; Veronica and Simon of Cyrene. There is His crucifixion and death on the Cross, and the placement in the tomb by Joseph of Arimathea. The service is a time of readings, prayers and quiet reflection.

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

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.stmichaelsmountdinham.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 March are as follows –

Wednesday 1st March – St. David

9.30am Matins

Sunday 5th March – Second Sunday in Lent

11.00am – Sung Mass

Setting: Mass in Phrygian Mode - *Wood*

Motet: O Lord, Increase our faith – *Loosemore*

6pm – Evensong and Benediction

Responses – *Smith*

Canticles – *Walmsley* in D Minor

Motet: Turn Thy face from my sins – *Attwood*

Wednesday 8th March

9.30am Matins

Sunday 12th March – Third Sunday in Lent

11.00am Sung Mass

Setting: Missa Brevis – *Lotti*

Motet: Thou Knowest Lord – *Purcell*

Wednesday 15th March

9.30am Matins



Friday 17th March – St. Patrick

Sunday 19th March – Mothering Sunday – also St. Joseph of Nazareth

11.00am Sung Mass

Setting: Mass in F – *Wood*

Motet: Ave Maria – *Parsons*



3pm “Let there be light” – a selection of seasonal music by composers of four centuries performed by Exeter Chorale. Composers include Tallis, Byrd, Pearsall and Purcell. Tickets - £10.00 on the door or via Ticket Source; children and students are free!

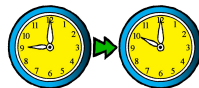
Monday 20th March – St. Cuthbert

Wednesday 22nd March – Bishop Thomas Ken

9.30am Matins

Saturday 25th March – The Annunciation of Our Lord also known as Lady Day

N.B. CLOCKS GO FORWARD BY ONE HOUR – BRITISH SUMMER TIME BEGINS



Sunday 26th March – Passion Sunday

11.00am Sung Mass

Setting: No details at time of going to press

Motet: No details at time of going to press

Wednesday 29th March – John Keble

9.30am Matins



Sunday 2nd April – Palm Sunday

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 or simply telephone EXETER (01392) 677067 (between 10am and 2pm Monday to Thursday).

Finally, immediately after Easter there is an opportunity to see a musical with a Biblical theme. Crediton Operatic and Dramatic Society (CODS) are presenting "Children of Eden" from Monday 10th to Saturday 15th April, 2023. This will be held at Queen Elizabeth's School, Barnfield Site, Crediton. Tickets are £15.00 with concessionary at £12.50 and for those under 16 £10.00. Full details may be found on www.codsonline.com or call 07912 551102



Anthony Pugh – 25th February, 2023

Readers and Leaders in Prayer at St David's for March 2023

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

Sunday 12th March (3rd Sunday of Lent)

1st Reading: Exodus 17:1-7
2nd Reading: Romans 5:1-11
Gospel Reading: John 4:5-42
Preacher: Katy Gough Bible Reader: Paula Lawford
Prayer Leader: Geoff Crockett

Sunday 19th March (4th Sunday of Lent also Mothering Sunday)



1st Reading: Exodus 2:1-10
2nd Reading: Corinthians 1:3-7
Gospel Reading: John 19: 25b-27
Preacher: Bill Pattinson Bible Reader: Gina Redman
Prayer Leader: David James

Sunday 26th March (5th Sunday of Lent also Passion Sunday)

1st Reading: Ezekiel 37:1-14
2nd Reading: Romans 8:6-11
Gospel Reading: John 11:1-45
Preacher: Howard Friend Bible Reader: Jenny Baker
Leader in Prayer: Helen Friend

Sunday 2nd April (Palm Sunday)

1st Reading: Isaiah 50:4-9a
2nd Reading: Philippians 2:5-11
Gospel Reading: Dramatic Reading of the Passion acc. to Matthew
Preacher: Ash Leighton-Plom Bible Reader: Roslyn Mitchell
Leader in Prayer: Pete Francis



Chapel - Part 1

The recent visit of a Methodist minister to St. David's church set me thinking about my early experiences. My mother had a photo of me as a member of the Victor Street Primitive Methodist chapel. I was three and my parents and I were sharing a house near the chapel. I can't remember that, but have vivid memories of the years from then to when we moved when I was eleven. I went to a church school close to the church and we had a close relationship. I suppose it was rather "high". On certain days we went to services, then had the rest of the day off. We had to dip our fingers in a stone recess and make a cross on our foreheads and genuflect as we went towards the altar. There was incense too, which made me dizzy. It was much more elaborate than our light and cheerful chapel. During Lent everything was draped in purple. The minister was called "Father" and wore long robes unlike ours who wore an ordinary suit.

Children were warmly welcomed and took part in services, reading our own prayers and sometimes recited short sermons. My brothers would groan when it was me, because I could go on for quite a long time if I wasn't shut up. (I'm sure that sounds unlikely.) We had anniversaries when we marched around the streets behind banners, singing cheerfully. There were treats, when we would go to a large park and run races. Sometimes we went to the newly opened Dudley Zoo. We moved when I was eleven to a new council estate so went to another Methodist church, opposite the C of E where I had been baptised. The chapel had lots of social activities. There was a competition amongst local chapels for a banner and we won it. We also acted out bible stories. When I was about fourteen, my brother who was in the choir across the road told me that a certain choirboy fancied me. Sorry to say I defected across the road. Only briefly though, as I didn't like the services. They were boring after our more easygoing ones and I didn't like the boy either. When I left school in 1942, I didn't go to the chapel. I worked for the Post Office and sometimes had to work Sunday. When my dad was called up, Mum and I became street air raid



wardens and spent our weekends training, so church was abandoned. In later years I did have connections to another chapel but more about that in part 2.



Eileen Jarman 14/2/2023



*Little Wayne couldn't sing a note, so they
made him mascot*

The Problem of Suicide

Recent global annual statistics for suicide were 800,000, and this may be of the order of ten below the reality. Views of suicide vary vastly, and this must depend strongly on one's view as to whether there is life after death.

In her book *Bridges Between Life & Death*, Iris Paxino, a clairvoyant Romanian psychotherapist, who works with her clients after as well as before death, confirms the assertion of all religions that immortality is reality, and that to snap the threads of destiny, prepared with infinite care by Higher Beings, is to leave oneself desperately exposed to the chaotic elements seething in the Spiritual Worlds.

Nearly all suicides have one thing in common: suicide is an existential act of desperation: a tragic life decision. Those affected find their situation hopeless and unbearable and see no other way out than to put an end to their existence.

But to quote Iris Paxino: "When we accompany such a person beyond the threshold, we first perceive their horror that suicide has ended neither their existence nor their suffering. With dismay they realize they have only destroyed their physical body; the problems they wanted to erase, along with the feelings that oppressed them, remain part of their existence. Deprived of their physical instrument, they cannot now intervene in their earthly development to change and reshape it."

They experience themselves trapped in a maze of constantly reoccurring thoughts and feelings. They can remain trapped for a long time, but at some point they begin to be aware of something of the loving gestures of those they have left behind. These gestures flow into their destructive nightmare like tender streams of light and over the months they become a river that finally penetrates the darkness of their inner being. Later still, they begin to notice the being of Christ shining behind this dark world. From then on an active inner dialogue can begin in them. Although they still may not leave this sphere for some time, they have at least found a real guide outside their darkness.

Suicides are by no means relegated to a 'place of terror' from outside themselves, as is sometimes mistakenly assumed. It is their own state of mind that is reflected back to them: confusion, fear, self-reproach, shame and repentance torture them: they cannot forgive themselves nor can they believe that they are entitled to forgiveness. At the same time, they shrink from the light-filled spirit beings that could help them.

Yet not all suicides have the same experiences after crossing the threshold. There are some who, while it is painful for them to see the chances they have missed in the life just ended, and who must also spend time in a gloomy, lonely world of their own making, still their experiences are not as terrifying or as tormenting as it is for others.

Iris Paxino narrates that during her meditative work with suicides, she met Titus, a friendly soul who had left the earth a long time ago. In his past life he had been a young soldier who fought in a war. He was the last survivor of his battalion and the enemy was approaching. He was seriously wounded and completely alone. He did not know what his captivity would be like: whether the enemy, soldiers would torture him, kill him or leave him alone. Believing that he was doing the honorable thing, he decided to take his own life, committing suicide in a quiet, dignified state of mind.

In a flash back he showed her his experiences after crossing the threshold. He looked down on the battlefield and watched as the enemy soldiers searched the lifeless bodies of his comrades, one by one. Titus saw the soldiers were sorry not to find any survivors. They were not murderers. Indeed, it was a matter of honour for them to keep their enemies alive and take them as prisoners.

Titus remained with this troop of soldiers, accompanying them in spirit, and saw where he would have been taken as a prisoner. He realized that his life there would have given him tasks that would have allowed him to acquire new skills and abilities. In captivity, he would have experienced a humility that would have clearly shaped and changed his soul configuration. He would have encountered a new culture, with its unique customs and traditions, and in this way he would have enriched his understanding of the world. Over time his captivity would have eased and he would have gained an entirely new experience of freedom.

Titus became aware that through his suicide he had lost a valuable life, rich in experience. A deep sadness lay on his soul.

His spirit always returned to the battlefield, to the place where he had died. There he mourned the loss of his earthly life. In general he remained very attached to this place. From there he repeatedly followed the traces of his un-lived life on earth. A few years later he would have met and married a certain young woman. Titus realised they had planned to live a life together before this incarnation, but now this could not take place.

Unconsciously this young woman waited for him, and in her soul, though barely noticeable, there resonated a quiet mourning of this unfulfilled life. There were also two unborn souls who would have been in this family. Now this possibility of incarnation had been denied to them and they had to give their destiny a completely different form.

What can we do to help people who have committed suicide? First, we must love them without reproach and forgive them. This makes it easier for them to forgive themselves and accept the love of the spiritual world. However, at the same time, it is crucial they accept the consequences of their actions. They have to learn this lesson: any evasion only delays their further learning and development. A compassionate but firm and unsentimental approach is needed so that the suicide perpetrator can progress and not become a burden for their relatives and friends.

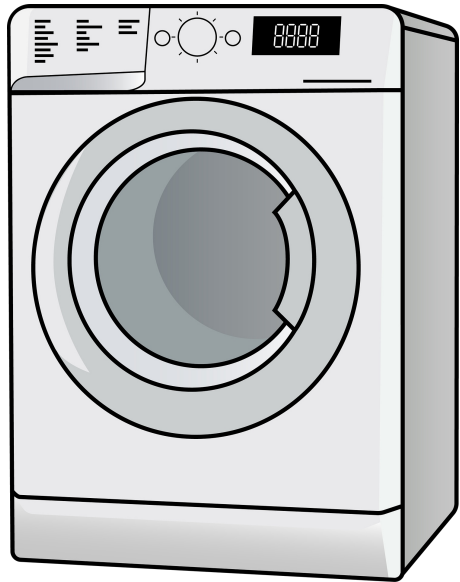
Seen from the spiritual side, suicide signifies an aborted life. Iris Paxino compares a suicide-terminated life to a painting, saying it is unfinished, not rounded off. Its colour palette is not exhausted; its landscapes are not complete, it lacks certain nuances and brushstrokes. It is all the more our task to offer compassion, understanding and an inner light to a person who ends their life in this way. To condemn a suicide burdens their already difficult condition, but to give them forgiveness and confidence in their further path gives them back their dignity.



John Hammond – February 2023

Green Matters – Laundry balls

Like most people these days I try to recycle, keep landfill to a minimum. I use non-biological washing up liquid and non-biological laundry materials. I saw an advert for laundry eco balls. It said that they could be used up to 1000 times. I decided to try them. I found that they wash alright but do not remove stains. But one could use a non-biological stain remover. I lent one to a friend and she came to the same conclusion. I shall continue to use one, they will reduce the use of pods and powder and no chemicals and should save money too.



Eileen Jarman 11/2/2023

PS They cost about £12 for two from Cooper's brochures which regularly come through the post. I have a feeling that I saw something similar in Lakeland – worth a look.



Green Matters – Green Team

At a recent meeting of the Green Team we discussed further initiatives for the churchyard. We will be placing some shallow bird baths amongst the graves. We plan to build some raised beds for growing herbs etc. The first bed will be at the west end towards St David's Hill.



The transport survey we did pre-pandemic identified the potential support for expanding the number of people sharing lifts for the 9:30 Sunday service. With the disruption of the road works and the reduction of car parking spaces we thought it would be a good time to consider a lift sharing scheme. If you would like to offer or participate in a car share please contact Sue or Clive Wilson and we will try and match-up people living nearby.

The Green Event will again be held this year, on 16 September. We have exciting things planned and hope to encourage new stalls and activities building on the very successful last two events.



Clive Wilson

28 February 2023



Exeter Fairtrade

As you may be aware Traidcraft is now in administration. This does not mean we will no longer have the Traidcraft stall at St David's. The local organiser writes:

Although Traidcraft has had to go into administration, I shall still make Fairtrade goods available for sale or return under the heading of **Exeter Fairtrade** as before. Many of the same importers sell through other companies as well as through Traidcraft, so | can still order their products, such as Divine chocolate.

Products produced especially for Traidcraft, such as Strawberry & Yoghurt chocolate, are no longer available. When | have sold my present stock, I will not be able to get them again.

I will continue to include some small craft items on every stall.

I have been selling Bio-D cleaning products such as washing up liquid because they are good for the planet. | can still get them if you order them from me; however, they are not strictly "Fairtrade".

I will continue to stock greetings cards, which will come from a number of charities. Although also not given the Fairtrade mark, these will be helping the relevant charity.

I will continue to sell these items: and perhaps some more:

Advent calendars	Hot Chocolate
Banana chips	Jam (various flavours)
Biscuits	Lentils
Chickpeas	Mango
Chocolate bars	Marmalade (various flavours)
Chocolate gift boxes	
Christmas cards	Nuts

Chutney
Cocoa
Coconut milk
Coffee (instant or ground)
Cookies
Couscous
Curry sauce
Dates
Easter eggs
Fudge
Honey

Olive oil
Pasta sauce
Peanut butter
Pickle
Rice
Sugar
Sugar sticks
Tea
Toor Dahl
Tuna tins
Za'atar

We hope to continue having our regular Fair Trade stall every month.

**CHOOSE THE WORLD
YOU WANT**



FAIRTRADE



Annual Revision of the Parish Electoral Roll

Revision of the parish electoral roll will take place between Thursday March 23rd and Wednesday April 5th 2023.

In order to be entitled to attend the Annual Parochial Church Meeting on Thursday April 20th and to take part in its proceedings, your name must be on the electoral roll. Similarly if you wish to stand for any office (other than Churchwarden) your name must be on the roll.

If you would like to have your name entered on the roll, please contact Sue Wilson at St David's or Paula Lewis at St Michael's, who will be happy to give you an application form and/or more details.

AS THIS IS A REVISION ANYONE WHOSE NAME IS ON THE CURRENT ELECTORAL ROLL NEED NOT APPLY- BUT PLEASE INFORM PAULA OR SUE OF ANY CHANGES OF ADDRESS.

Sue Wilson

Electoral Roll Officer Parish of St David with St Michael and All Angels

electoralrollofficer@stdavidschurhexeter.co.uk

01392 437571

Biblical storytelling performance in Exeter

I thought some of your congregation might like to know about *Crying Like a Fire in the Sun*: a storytelling performance for adults at the Cygnet Theatre in Exeter on 10th March. Hugh Lupton will be retelling tales from, amongst others, *The Book of Tobit* and *The Book of Job*, with reference to *Ecclesiastes* and the *Song of Songs*. More details and how to buy tickets here: www.artemis-storytelling.co.

With best wishes,
Katy Cawkwell

10 Mar 2023 Crying Like a Fire in the Sun

Performed by Hugh Lupton

A stunning new set of stories from one of Britain's greatest wordsmiths, full of spirit, passion and humanity.

Demons and Angels, Animals and Birds, Men and Women and the Voice from the Heart of the Whirlwind contend in this rich interweaving of mysterious Apocryphal and Old Testament tales drawing from Jewish, Islamic and Christian sources... all spliced with songs and spoken lyrics from the visionary end of Bob Dylan's repertoire.

Hugh Lupton is an award winning storyteller, performer, poet, lyricist and author who has toured nationally and internationally for over 35 years. Early in his career, he co-founded the Company of Storytellers with Ben Haggarty and Sally Pomme Clayton, stimulating a nationwide revival of interest in storytelling. Since then, he has performed at the RSC, the National Theatre and the Barbican, as well as at schools, community venues, festivals and arts centres the length and breadth of Britain.

Lunchtime event

A poetry recital by Richard Skinner.

Thursday 30th March 2023

St Stephen's Church, High St, Exeter

1.00 pm

tea, coffee & biscuits available from 12.30pm

Richard will give a reading of his extended poem, *Utterly Staggering*, based on the gospel accounts of the first Easter. The poem is written in the form of a 'lyrical ballad' and begins:

*That time of the year had arrived
When every Jew celebrates,
So Jesus went up to Jerusalem
Along with a number of mates.*

*He'd arranged for a room to be ready
Where they could meet for a meal;
The food was inviting, the flagons
were full:
No hint of a coming ordeal.*

*The feasting was well under way
When Jesus sprang his surprise.
He tapped on the table for silence:
"Hey, listen to me, you guys;..."*

Richard's recital will be complemented by poems from Helen Evans and music from Bee Harley.

Free entry

Donations on behalf of Exeter Food Action welcomed

The event will last about one hour



Utterly Staggering

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Hear a Survivor's Story:
How to Help End Human Trafficking

'Canary Singing' will be sharing her story of generational trafficking, alongside her lived-experience expertise, to arm you with knowledge of this hidden reality & with wisdom to do your part in improving our abuse-riddled world. Her testimony will shock but also empower you.

If a world without abuse is important to you, you have a role in creating it. It's time to find out what that is. And take action. Now. The victims can't wait for tomorrow.

■ ST STEPHEN'S CHURCH,
EXETER, EX4 3LW | SATURDAY
4TH MARCH | 1pm - 3pm

■ BY DONATION


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Lunchtime Concert 'Aspects of Love'

Wednesday, **March 8th @1pm**

St. Stephen's Church
High St, Exeter
EX4 3LW

Iryna Ilnytska – Mezzo-soprano
Oly Obertas – Soprano
John Draisey - Piano

*Arias and piano masterpieces by G. Caccini, G. Bixet,
C. Saint-Saens, G. Rossini, G. Puccini, E. Granados,
E. Grieg and many more . . .*

Free entrance, collections.
All collections will be forwarded
to Ukrainian volunteers.




Bible Bite

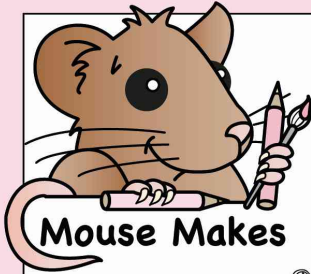
A short story from the Bible

It can be read in the Bible in

Jn 1:29-34, Mt 3:13-17, Lk 3:21-4:13, Mk 1:9-12

People came to John to be baptised - washed in the river Jordan - to say sorry for what they had done wrong. Then Jesus came...

<p>Please baptise me.</p>  <p>No, it should be the other way round.</p>	<p>No, this is the right way now to complete God's plan</p>  <p>So John baptised Jesus in the river Jordan.</p>	<p>The Holy Spirit filled Jesus and God spoke...</p> <p>This is my precious son.</p> 
<p>Jesus then went into the desert for 40 days.</p> 	<p>He didn't eat or drink, and at the end was very hungry</p>  <p>The Devil came to test him.</p>	<p>Show me you are God's Son by turning this stone into bread.</p> 
<p>The Bible says 'You need more than bread to keep you alive.'</p> 	<p>The Devil took him to the highest roof of the temple in Jerusalem.</p>  <p>Why don't you jump? God would make sure His angels would catch you</p>	<p>The Bible says 'Don't try to manipulate God.'</p> 
<p>The Devil took Jesus to where he could see the whole world.</p>  <p>I have power over all this, and I could give it to you.</p>	<p>Just worship me</p>  <p>Go away! Only God is to be worshipped!</p>	<p>Then angels came to care for Jesus</p> 



WHO IS MY MOTHER?

CAIN	ELIZABETH
ISAAC	HANNAH
JESUS	RACHEL
JACOB	REBEKAH
TIMOTHY	EVE
JOSEPH	MARY
SAMUEL	SARAH
JOHN	EUNICE

Look up the Bible verses then find the answers and the names below in the word search



REBEKAH
ELIZABETH
EUNICE
RUTH
MARY
RACHEL
LEAH
ZIPLAH
MOTHER
MUM

BIBLE MOTHERS

Who had two sons called Cain and Abel?

Genesis 4:1-2

Who was 90 years old when she had her son Isaac?

Genesis 17:19

Whose prayers for a child were answered by God?

1 Samuel 1:20

Who was Ruth's Mother-in-Law?

Ruth 1:1-5

Eunice was Timothy's mother, but who was her mother?

2 Timothy 1:5

Who saved her baby by putting him in a basket in the river?

Exodus 6:20

Look up the Bible verses and find out who the Bible mothers are.



M _____ Matt 1:16

O _____ 2 Tim 1:5

T _____ 1 Kings 1:11

H _____ 1 Sam 1:20

E _____ Gen 34:1

R _____ Gen 30:22

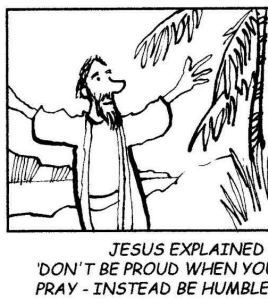
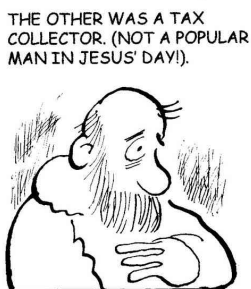
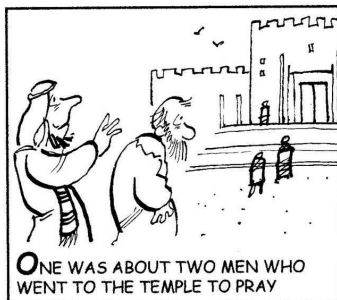
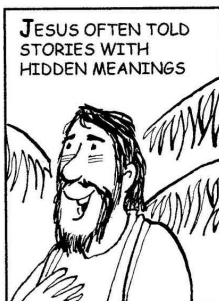
How many other words can you make from:

MOTHERING SUNDAY



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

The
Tale of the
**TWO MEN
SAYING
THEIR
PRAYERS**



Smile Lines

Put it this way...

Some people have a keen sense of rumour.

Some people's vocabulary is small, but their turnover is terrific.

The Bible according to children

Children's version of biblical stories and events have a charm all their own. The following efforts have not been retouched or corrected (i.e. bad spelling has been left in).

~ Adam and Eve were created from an apple tree.

~ Noah built an ark, which the animals came on to in pears.

~ Lot's wife was a pillar of salt by day, but a ball of fire by night.

~ The Egyptians were all drowned in the dessert. Afterwards, Moses went up on Mount Cyanide to get the ten amendments.

~ Samson slayed the Philistines with the axe of the Apostles.

Adam and Eve's true nationality

A Brit, a Frenchman and a Russian were viewing a painting of Adam and Eve frolicking in the Garden of Eden. "Look at that garden they are maintaining so well," mused the Brit. "They must be British."

"Nonsense," the Frenchman disagreed. "They're naked, and so beautiful. Clearly, they are French."

"Ah, but no clothes, no shoes, no shelter," the Russian pointed out, "they have only an apple to eat, and they're being told this is paradise. They are Russian."

Musings on daily life

'Ecclesiastic' is material used to fasten a clergyman's robes.

A day without sunshine is like, well, night.

I am in shape. Round is a shape.

I plan on living forever. So far, so good.

I am having an out of money experience.

What's the leading cause of dry skin? Towels.

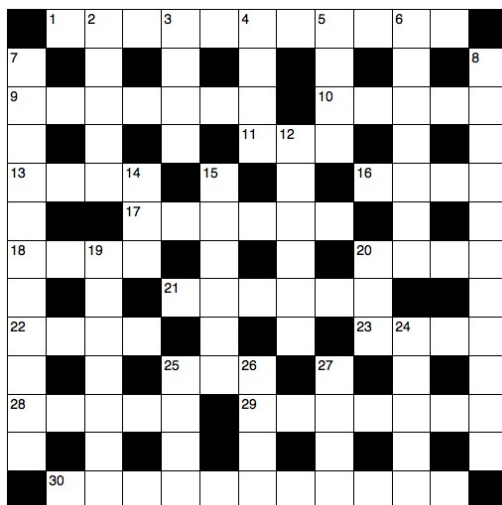
A cashew is a peanut with back trouble.

A gesticulation is any movement made by a foreigner.

What's a perfect gift for a person who has everything? Storage space.



"The new vicar is really cool, Dad.
Did you know that God emailed the Ten
Commandments to Moses' Tablet PC?"



Across

- 1 These letters come between Romans and Galatians (11)
- 9 'You will not — me to the grave' (Psalm 16:10) (7)
- 10 King of Moab to whom the Israelites were subject for 18 years (Judges 3:14) (5)
- 11 Town possessing mineral spring (3)
- 13 Mede (anag.) (4)
- 16 High-fidelity (abbrev.) (4)
- 17 He succeeded his father Rehoboam as king of Judah (1 Kings 14:31) (6)
- 18 A son of Simeon (Genesis 46:10) (4)
- 20 Controversial religious book of the 1970s, The — of God Incarnate (4)
- 21 'He has received from the Father the promised Holy Spirit and has poured out what you — — and hear' (Acts 2:33) (3,3)
- 22 'You — me together in my mother's womb' (Psalm 139:13) (4)
- 23 Edit (anag.) (4)
- 25 'Who has believed our message and to whom has the — of the Lord been revealed?' (Isaiah 53:1) (3)
- 28 Abraham's brother (Genesis 22:23) (5)
- 29 'When Mordecai learned of — that had been — , he tore his clothes' (Esther 4:1) (3,4)
- 30 Sympathetic (Proverbs 11:16) (4-7)

Down

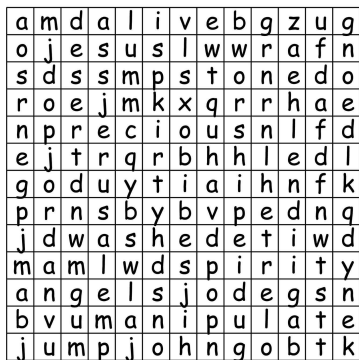
- 2 'That was why his parents said, "He is — —; ask him"' (John 9:23) (2,3)

- 3 Integrated Services Digital Network (1,1,1,1) 4
- 4 'Saul has slain his thousands, and David his — of thousands' (1 Samuel 18:7) (4)
- 5 Concept (John 8:14) (4)
- 6 'Do we, then, — the law by this faith? Not at all! Rather, we uphold the law' (Romans 3:31) (7)
- 7 Industrious (2 Timothy 2:6) (11)
- 8 'I pray also that the eyes of your heart may be — in order that you may know the hope to which he has called you (Ephesians 1:18) (11)
- 12 'Out of the same mouth come — and cursing' (James 3:10) (6)
- 14 This was how many of the Jewish leaders described Jesus (John 10:20) (3)
- 15 Vitality (Job 20:11) (6)
- 19 He urged David to kill Saul at Hakilah (1 Samuel 26:8) (7)
- 20 'So for a whole year Barnabas and Saul — with the church and taught great numbers of people' (Acts 11:26) (3)
- 24 'Hear, O Israel: The Lord our God, the Lord — — ' (Deuteronomy 6:4) (2,3)
- 25 Parched (Matthew 12:43) (4)
- 26 'In the image of God he created him; — and female he created them' (Genesis 1:27) (4)
- 27 Disparagement (Psalm 15:3) (4)

Sudoku - Medium

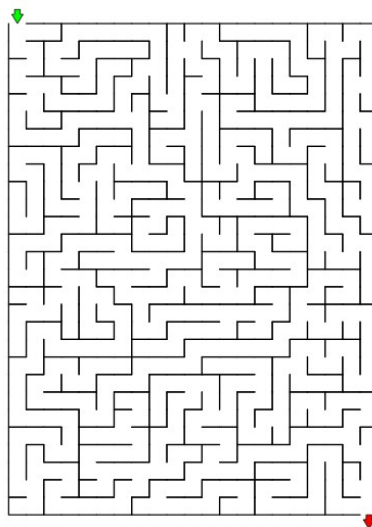
	2	4	3	8				
					6			7
	5	8				4		
4				1				
			7		5			
				2				8
		1				6	7	
3			5					
				4	9	2	1	

Word search



alive	Spirit	baptise
washed	Devil	eat
God	world	sorry
Jesus	stone	bread
manipulate	temple	angels
jump	river	desert
Jerusalem	John	worship
precious	drink	Jordan

Maze



Days of Note - March

1st March: **St David (Dewi Sant)**

On 1st March Wales celebrates its patron saint, David - or, in Welsh, Dewi or Dafydd. He is revered wherever Welsh people have settled. As with most figures from the so-called 'Dark Ages' (he lived in the sixth century), reliable details about his life are scarce, but there are enough for us to form a picture of a formidably austere, disciplined and charismatic leader, who led the Church in Wales through turbulent years and fought tenaciously for the faith.

It's likely that David was strengthened in his ministry by time spent in Ireland, where the Church was stronger and more confident. Early records tell of a meeting of Irish church leaders with three 'Britons', as they were described, among them 'bishop David'. His mother, Non, is also celebrated as a saint in Wales, where a number of churches are dedicated in her name.

That he founded a monastery at Menevia, in Pembrokeshire, seems beyond doubt. It later became the site of St David's cathedral and the settlement which is now the smallest city in the United Kingdom. From Menevia David embarked on preaching and teaching missions across Wales, and probably beyond. His eloquence was legendary.

At a famous Synod of the Church, held at a Carmarthenshire village called Brefi, he preached passionately against the Arian heresy - indeed, so passionately that he was (according to some accounts) immediately named as archbishop of Wales. The village is now known as Llandewi Brefi - *brefi* in Welsh is a hillock, and legend claims that it appeared miraculously in order to provide the eloquent bishop with a pulpit.

His monks avoided wine and beer, drinking only water. Indeed, he and they lived lives of rigorous austerity and constant prayer, in the manner of the Desert Fathers of the Eastern Church. The date of David's death is disputed - either 589 or 601. It wasn't until the 12th century that he was generally accepted as the patron saint of Wales, and pilgrimages to St David's were highly regarded in the following centuries - including two made by English kings, William I and Henry II.

It's traditional for Welsh people to wear daffodils on St David's Day (*Gwyl Dewi Sant* in Welsh) - but there seems no particular reason for it, beyond the fact that they tend to make their early Spring appearance round about his day - oh, and they look nice!

8th March: Felix of Burgundy, apostle to East Anglia

East Anglia is blessed with a rich Christian heritage. Just two examples: at more than 650, Norfolk has the greatest concentration of ancient churches in the world, and at 500, Suffolk has the second greatest density of medieval churches. And that is not to mention all the churches in Cambridgeshire, Essex, Bedfordshire and Hertfordshire...

And it all began with one man, back in 630 A.D, a bishop named Felix. His name in Latin means 'successful' and 'happy' – an excellent description of someone who brought great good and stability to this beautiful corner of

England.

Felix came from Burgundy in France. At some point he was consecrated bishop, and went to Canterbury, to see Honorius, the Archbishop of Canterbury. In 630 the Christian King Sigebert returned from exile in Gaul to rule the East Angles, and Honorius sent Felix along with him, to evangelise the people. According to local legend, Felix went by boat, and arrived at Bablingley in Norfolk.

Felix may well have known Sigebert back in Gaul, for the two men worked exceptionally well together. Sigebert settled Felix in Dunwich, which became the centre of his diocesan 'see'. Then, with the support of Sigebert, Felix set up the first-ever school in East Anglia. He brought teachers up from Canterbury to staff it, and the school became, according to Bede, the place "where boys could be taught letters".

Felix had a fruitful ministry to the Anglo Saxons for 17 years. He preached Christianity, encouraged the school to grow, and did a lot of other good. All in all, Felix brought the love of God, the good news of Jesus, and the comfort of the Holy Spirit, delivering "all the province of East Anglia from long-standing unrighteousness and unhappiness," according to Bede. Certainly, the people came to love Felix.

When Felix finally died on 8th March 647 or 648, he left the Christian faith firmly embedded in East Anglia. Six ancient English churches are dedicated to Felix, and Felixstowe bears his patronage.

17th March: St Patrick, beloved apostle to Ireland

St Patrick is the patron saint of Ireland. If you've ever been in New York on St Patrick's Day, you'd think he was the patron saint of New York as well... the flamboyant parade is full of American/Irish razzmatazz.

It's all a far cry from the hard life of this 5th century humble Christian who became in time both bishop and apostle of Ireland. Patrick was born the son of a town councillor in the west of England, between the Severn and the Clyde. But as a young man he was captured by Irish pirates, kidnapped to Ireland, and reduced to slavery. He was made to tend his master's herds.

Desolate and despairing, Patrick turned to prayer. He found God was there for him, even in such desperate circumstances. He spent much time in prayer, and his faith grew and deepened, in contrast to his earlier years, when he “knew not the true God”.

Then, after six gruelling, lonely years he was told in a dream he would soon go to his own country. He either escaped or was freed, made his way to a port 200 miles away and eventually persuaded some sailors to take him with them away from Ireland.

After various adventures in other lands, including near-starvation, Patrick landed on English soil at last, and returned to his family. But he was much changed. He had enjoyed his life of plenty before; now he wanted to devote the rest of his life to Christ. Patrick received some form of training for the priesthood, but not the higher education he really wanted.

But by 435, well-educated or not, Patrick was badly needed. Palladius’ mission to the Irish had failed, and so the Pope sent Patrick back to the land of his slavery. He set up his see at Armagh and worked principally in the north. He urged the Irish to greater spirituality, set up a school, and made several missionary journeys.

Patrick’s writings are the first literature certainly identified from the British Church. They reveal sincere simplicity and a deep pastoral care. He wanted to abolish paganism, idolatry, and was ready for imprisonment or death in the following of Christ.

Patrick remains the most popular of the Irish saints. The principal cathedral of New York is dedicated to him, as, of course, is the Anglican cathedral of Dublin.

19th March: Mothering Sunday & Mother Church

The Fourth Sunday in Lent was called ‘Mid-Lent’ or ‘Refreshment Sunday’, when the rigors of Lent were relaxed more than was normal for a feast day. It is called Mothering Sunday as a reference to the Epistle reading for the Day (Galatians 4:21-31). The Lenten Epistles follow from each other with

teaching about our life as Christians and how we are to follow Christ.

On Mid-Lent Sunday the Epistle talks of bondage and freedom; the bondage of the Law and the Old Covenant as compared to the freedom in Christ, "the promised one", and the New Covenant. Verse 26 reads "But Jerusalem which is above is free, which is the mother of us all." We gain our freedom from Christ and, as it was seen before the Reformation, the Church.

Thus, Mothering Sunday is about the freedom that we gain through the promise of Jesus Christ delivered through our Mother the Church. People were encouraged to go to their 'Mother Church' (their home church or their home Cathedral) to worship and give thanks. Hence apprentices, and others, went home for the weekend and often brought gifts (or accumulated pay) home to their family.

On the other hand, Mother's Day is a secular festival invented in 1904 and is celebrated on the 2nd Sunday in May in most countries in the world. The UK seems to be the exception. In recent years Mothering Sunday has been hijacked to take the place of a special, secular day to give thanks for our mothers.

25th March: Lady Day or The Annunciation

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

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

The Annunciation is a significant date in the Christian calendar - it is one of the most frequent depicted in Christian art. Gabriel's gracious strength and Mary's humble dignity have inspired many artists. Certainly, Mary's response

to the angel has for centuries been an example of good faith in practice - humility, enquiry of God, and trusting acceptance in His will for her life.

26th March: Harriet Monsell – compassion and humour

The daughters of baronets don't usually choose to work with prostitutes and orphans, but Harriet Monsell was no ordinary woman.

She was born in 1811 into one of Ireland's oldest families. Her father, Sir Edward O'Brien, was 4th Baronet of Dromoland, and represented his county Clare in Parliament. Harriet married Charles Monsell, an Anglican clergyman connected with the Oxford Movement, and they moved to Derry, where his father was Archdeacon. But Charles developed tuberculosis, and soon he and Harriet were sent to the milder climate of Naples.

When Charles died in 1850, Harriet moved to England and continued her connection with the Oxford Movement. She also began working among former prostitutes and unwed mothers. Soon Harriet, along with two other women, decided to profess religious vows, and dedicate their lives to caring for the poor and needy. Inspired by John the Baptist's call to penitence, in 1852 they took the name of the Community of St John Baptist, of which Harriet became the Mother Superior.

They were one of the first Anglican religious orders since the Reformation, and because much of their work was in the Berkshire town of Clewer, they were often called the 'Clewer Sisters'.

Within five years their work had gone from caring for about 30 marginalised women to dedicating a building that would house about 80 such women. Mother Harriet guided the work with endless energy and extensive correspondence. The work grew to include 40 institutions, ranging from mission houses to orphanages, schools and hospitals.

Mother Harriet was much loved for her "strength of character, firmness of faith, an infectious sense of humour, a gift for listening, and a magnetism which none could resist," according to one admirer. She had to retire in 1875 for health reasons, but maintained an interest in the work until her death on Easter Sunday March 1883.

31st March: John Donne, the metaphysical poet

John Donne (1572 – 1631) was an English poet, scholar, soldier, secretary and finally Dean of St Pauls Cathedral in London. But he is most remembered for his poetry, for he is seen as the greatest of the 17th-century 'metaphysical' poets.

Donne was born in 1572 into a Roman Catholic family in London at a time when the Church of England was the dominant faith, and those who remained Roman Catholic were considered second class citizens. Although Donne studied at both Oxford and Cambridge, because of his Roman Catholicism, he was denied a degree. So, in 1592 Donne went to London to study law at Lincoln's Inn.

In 1594 Donne decided to convert to the Church of England, and this opened up a whole new life for him. In 1596 he joined the naval expedition led by the Earl of Essex against Cadiz in Spain. When he returned in 1598, he was appointed private secretary to Sir Thomas Egerton, Lord Keeper of the Seal. All was going well, but then he fell in love with Egerton's 16-year-old niece, Anne More, and in 1601 he secretly married her. Egerton was furious, and Donne lost his job, and even ended up in prison for a short time.

For several years after that Donne worked as a lawyer. Then in 1610 he wrote a book encouraging Roman Catholics to take the Oath of Allegiance to the king. The book caught the eye of James 1, who may have suggested that Donne go into the Church. Certainly, Donne was appointed as a royal chaplain only a few months after his ordination in 1615.

In 1617 Donne's beloved wife, Anne, died. In 1621 he was appointed the Dean of St Paul's Cathedral, and proved to be a much loved and inspiring preacher.

Throughout his working life, Donne continued to write poetry, though most of it remained unpublished until 1633. It was then mostly forgotten after his death, until early last century. Then, in the 1920s, both Ezra Pound and TS Eliot openly acknowledged their literary debt to him.

Donne's place as one of the greatest of the 17th-century 'metaphysical' poets is now assured. He wrote both sacred and secular poetry, with his main theme being that of human love and divine love.

Puzzle solutions

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

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

The deadline for inclusion of articles for the April issue of New Leaves is Sunday 26th March

If you have images of any events of interest to the Parish community please send them to us. Any information and articles you'd like to submit for inclusion in future issues should be sent to the new editorial team at:

newleavesnews@gmail.com

Please send digital files via email and please make the subject header fit the content of the email - thanks!

Thank you to Graham Lerwill for organising the printing of this magazine

- his hard work is much appreciated.