



# Contact

A magazine for our community

Easter: What's It All About?  
Choose the World You Want  
To All Super-Hero Young People

St James' Church, Exeter - Spring 2021



Rector  
*Fr Henry Pryse*



Assistant Priest  
*Fr Martin Poolton*



Assistant Curate  
*Fr Steve Turner*



Churchwarden  
*Nigel Ridgway*



Churchwarden  
*Nigel Williams*

## Parish Office

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[www.stjamesexeter.org](http://www.stjamesexeter.org)

*The office is at the north end of the church hall (nearest to Prince Charles Road). This is the first point of contact for baptisms, weddings, hall bookings and any other Church-related matters.*

## Weekly Pattern of Services

Sunday	8.00 am	Holy Communion (said)
	<b>10.00 am</b>	<b>Parish Eucharist</b>
Monday – Friday	8.30 am	Morning Prayer online

*Other services are not being held and our organisations are not meeting at present. We hope they will resume soon. Reflections and weekly recorded services are available on our website.*



## From the Rectory

On a recent bit of permitted exercise, I found myself at the cricket pavilion on Prince of Wales Road. A handsome bench between the pavilion and the squash club caught my eye and I was delighted to see a dedication to the memory of David and Pearl Tipper. They were both strongly involved in the cricket and squash clubs and I took both of their funerals, David's in 2005 when I had just started as Rector and Pearl's in 2019. Somehow, seeing the bench gave me the nudge to look back at that period of my life and ministry here in Exeter. After 2019, of course, ministry soon became rather different.

Just after the third Sunday of Lent in 2020, the church building was closed when the first lockdown began. At Easter one year later, our church building is open once again, albeit with restricted attendance numbers. The closed building felt quite tomblike at times and it has been good to 'roll the stone away', as on the first Easter Day, and to open the doors on Sundays.

The responses of those experiencing that first Easter Day included amazement, terror, fear, alarm, perplexity. Many of these responses and the Easter accounts of the gospels convey great energy. There is a lot of running, for example to the tomb where Jesus lay, and there is a sense of freedom when the tomb is opened. Also, there is an emphasis on light: we are told that the sun has risen, angels are here with clothing as white as snow as well as men in dazzling clothes and an angel who looked like lightning.

In our own lives too, these themes have played out during the last year. Mixed emotions emerged in another national lockdown during the weeks of Epiphany and Lent. Many of us are yearning for freedom. Please count me out when it comes to running though! Although our movements have been curtailed, the natural world has sprung into new life and growth.

That theme of light at Easter has also become increasingly present, as the first quarter of 2021 is already behind us. As Easter continues, for fifty days until Pentecost when we celebrate the sending of the Holy Spirit, our journey also continues.

A week after Pentecost we celebrate Trinity and we begin what the Church sometimes calls 'ordinary time'. That somehow sounds very comforting, yet we know that the months ahead will not be entirely ordinary. God willing, however, we will be able to savour the extraordinary gifts and the light that will emerge.

May God bless us and keep us and make his face shine upon us and give us his peace this Eastertide and in the months ahead.

Fr Henry

*Fr Henry, Fr Martin, Fr Steve  
and all the team at St James'  
wish you a very happy Easter.*

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Copy deadline for the next issue:  
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## Part 2: The River Exe to Pennsylvania



The Green Circle offers a varied day out using neither your car nor public transport. Maps are available online or from the tourist office and the route is clearly marked by arrows at regular intervals along the route.

Our second and final leg begins as you cross the flat ground beside the river and the canal. As you cross the third Valley Park – Riverside – a sheet of blue meadow cranesbill flowers will herald your approach to the canal, if you are walking in July. The path is now close to the Double Locks pub, so a short diversion for refreshment may beckon, if you have not brought a picnic lunch. After the route leaves the canal, a caravan is sometimes parked under the trees and offers the opportunity to buy wood carvings (cash only).

A brief walk through the Marsh Barton industrial estate brings you to the edge of Alphington. Although still in the city suburbs, parts of Clapperbrook Lane and Ide Lane are lined with thatched properties and allotments. Here, where there is little traffic, you can glimpse how the area looked in the early twentieth century.

When you leave Alphington, you will need your wits about you as you negotiate the traffic by the Ide roundabout. The Green Circle then quickly returns to the rural idyll, as you walk along the meadows by the A30 and cross the Alphin Brook. Here, it remains free of the concrete banks that confine it further downstream.

A stiff climb up Roly Poly Hill, with views across Ide, brings you to Hambeer Lane, one of the many green lanes around the boundaries of the city. After you emerge at the top of

Dunsford Hill, head for Barley Valley Park via a few hundred yards on Bowhay Lane, another of Exeter's green lanes.

I have not yet found any fruit trees in this park but there is no shortage of blackcurrants in the autumn. There are also sloes, perhaps to flavour your gin. If you need a rest here, the benches in the park offer the opportunity to enjoy some remarkable views across the city. From this point, the descent to the Exe is mostly through built up areas, until you reach the allotments. In the late summer, these present a mass of fruit, flowers and vegetables, thanks to the enthusiastic efforts of the tenants.

Now the route dips under the railway and passes the rugby field before crossing the river on the dramatic footbridge at Miller's Crossing. The walk along Exe Street and up St David's Hill is the only inner-city section of the walk and full of interest in its own right.

Peace is soon regained when you turn off Velwell Road and join the path along the Hoopern Valley, which I once shared with a relaxed-looking fox. From here, continue across the campus and you emerge in the fifth and last valley park of the route, Duryard and Belvidere. In the spring and early summer, Belvidere Meadows display an abundance of wild flowers and, if you have timed it right, you may see a spectacular sunset to round off your tour.

Andrew Mimmack



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## Puzzle Page

### Word Search

Find these drinks in the grid.

- |        |       |          |
|--------|-------|----------|
| Ale    | Cola  | Sake     |
| Beer   | Gin   | Soda     |
| Brandy | Juice | Spritzer |
| Chai   | Mead  | Tea      |
| Cider  | Ouzo  | Vodka    |
| Cocoa  | Port  | Whisky   |
| Coffee | Rum   | Wine     |

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

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

### Sudoku: Hard

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contains the numbers 1 to 9.

*Solutions on page 15*

## News from Mount Pleasant Health Centre

As you might expect, the health centre has been busy running Covid vaccination clinics. Their success has been due in no small part to the amazing help of the volunteers from the patient participation group, who have marshalled patients in the car park, assisted when wheelchairs were required and guided patients through the health centre. When the Pfizer vaccine was being administered, the volunteers also helped clinicians with the fifteen-minute post-observation period, before ensuring that patients left the premises safely. We are very touched to have received many messages of thanks from patients and carers. The genuine relief visible on their faces after vaccination makes this essential work hugely rewarding. In addition, our GPs and nurses also continue to see and consult with routine and urgent patients on a daily basis.

To find out more about the patient participation group, please leave your name and e-mail address at reception.

Julie Croze, Practice Manager

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## Parish Profile: Veronika, Diego and Valentin

A small, German-speaking family arrived in Exeter in early 2020. They have quickly become a welcome and important part of the congregation at St James'.

Veronika was born and raised in Munich, Germany. Before moving to Exeter, she had lived and studied in Munich (Germany), Bolzano-Bozen (Italy), Paris (France) and Manchester (UK). She has always enjoyed meeting new people and discovering new places and their distinctive cultures. Veronika also admits to being a fan of English humour and she appreciates Devon's wonderful landscape and generous people.

Diego was born in Bolzano-Bozen, Italy. His name might be Spanish and his passport Italian but don't be fooled: Diego's mother tongue is German. That's the official line, although his true nature surfaces when he speaks the beautiful South Tyrolean dialect with his parents. So why does he speak German? The northern Italian province of South Tyrol belonged to Austria before it was given to Italy in the aftermath of World War I. Consequently, the region has become a melting pot of Italian and Austrian culture, mixing the best (wonderful food and 'la dolce vita') with the worst (love of rules and strict adherence to them) of the respective cultures. Coupled with the marvellous scenery of the Dolomites, the area has its own magic. Diego, however, decided to move north to study, first in Linz and then in Munich, where he met Veronika whilst studying in the same PhD research group.

Why did the family come to Exeter? Diego loves to lecture and is passionate about guiding people through the intricacies of formal methods and security issues in blockchain technologies. After he convinced the committee

in the Department of Computer Science at Exeter University of his talents, the couple decided to take the plunge and start a new life in the UK, by this time also with little Valentin in tow.

Away from work, Diego is passionate about most sports that can be practised on mountains (mountain biking, hiking, ski touring, Alpine skiing).

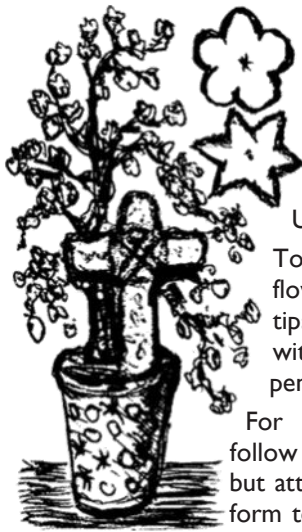
In contrast, Veronika spends much of her free time reading or playing music in various ensembles, both small and large. She always loved looking at mountains but it turns out that climbing them has also grown on her – so much so, that she suggested crossing the Alps with Diego and the couple successfully tackled the challenge in 2017.

After arriving in Exeter, the family initially went to worship in the city centre. However, Veronika and Diego also wanted to try their local parish Church and have found that they love it. At one of the last services before the lockdown in March last year, they were welcomed so warmly that they kept coming back when services began again. Veronika has now also joined the book club – and Valentin



is sometimes keen to join in too! Veronika says: 'The contacts we have forged at St James' have been a great assurance to us during the phases of lockdown and we are very much looking forward to meeting up again, whenever that might be possible.'

## Easter Activities



### Easter Blossoms

Find a large twig with no leaves

Cut or tear tissue or crêpe paper to form flower shapes. Alternatively, use paper cake cases.

Gather each flower shape at the centre of the base to make it three-dimensional.

Use UHU, PVA or similar glue to attach each flower to the twig.

To decorate the flowers, colour the tips of the flowers with thick paint or felt pen.

For a single flower, follow the same process but attach only one paper form to the top of a twig or straw.

Lash two sticks together to make an Easter cross. Decorate this with cut paper, sequins, wool or paint. Use sand, earth or stones to secure your blossoms, single flowers and cross in a plant pot, vase, jar or bottle.

Anne Killingback

### Easter Egg Painting

Painting eggs for Easter has long been a tradition in many European countries, as a celebration of new life. In Germany and Austria, people decorate their homes with hollow (blown) eggs, which dangle from yellow forsythia branches or are fixed to twigs decorated with ribbons and arranged in vases. It is also common to decorate hard-boiled eggs, which is probably easier than the process of blowing them.

Eggs can be dyed with food colouring. Try drawing patterns on them with a wax crayon before dyeing them. You might also want to paint them afterwards or colour them with a marker pen. The more intricate your designs, the finer your paint brushes will need to be.

Joanna Mimmack

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## Choose the World You Want

Fairtrade Fortnight this year ran from 22<sup>nd</sup> February to 7<sup>th</sup> March. However, its focus, 'Choose the World You Want', remains important throughout the year. This year in particular, the Fairtrade Foundation is aware that the farmers and workers who have done the least to contribute to climate change are the people most affected by it. We know that the world faces enormous issues relating to development and the fair sharing of crops and resources, and many of us are anxious about climate change and our global future. In countries such as Kenya, Ethiopia and Honduras, the existing levels of poverty only exacerbate the challenges. Unlike here in the UK, farmers and workers there lack the political systems and resources to make their voices heard and to ensure fair prices for labour and goods. Furthermore, systems are not in place to help with the many effects of Covid-19.

When we think about these problems globally, we might feel overwhelmed or unable to help, but the small things that we do can make a big difference. One simple way to help is to support Fairtrade. The Fairtrade mark indicates the best deal for producers in the developing world, such as tea farmers in Kenya or coffee growers in Ethiopia and Honduras. As these products are not typically



grown in the UK, choosing Fairtrade does not diminish our support for local farmers in Devon. Fairtrade can be a part of a lifestyle that aims to ensure fair provision of enough food for everyone.

In normal times, St James' Church promotes Fairtrade Fortnight with a Traidcraft stall on a Sunday morning. This year, many online events were offered instead. For example, Fairtrade Devon organised various activities to encourage schools and individuals to listen to the voices of producers, including banana growers in the Caribbean. Interns at Devon Development Education also focused on creating a social media presence to raise awareness of three main themes: environmental justice, social justice and trade justice. They will be heavily involved in

supporting and promoting Fairtrade, as they continue to establish a good social media base.

What can you do? Think about swapping one everyday item for a Fairtrade product. By doing this, you too can help to secure a better deal for farmers in developing countries. Now is the time to 'Choose the World You Want.'

Charlotte Payne

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## The Best of Times, the Worst of Times

In our family, like many others, we struggled through 2020 and there were moments of near-despair. However, there were also moments of amazing kindness.

At the start of the year, Barbara and I were fully occupied with various projects and activities. One that we particularly enjoyed was volunteering at Killerton House. We also regularly walked our daughter's dog and took part in activities at St James' Church. However, Barbara had an accident and broke her shoulder at the beginning of the year, which stopped us walking the dog and helping with Messy Church. Then Covid-19 struck and everything else also came to a halt.

This was when we 'discovered' our neighbours, who we had previously known only vaguely. As we followed the advice to stay at home, people started talking over garden fences and looking for ways to help one another. We offered what we could and we found a new style of friendship. In the past, we had never thought to phone

neighbours and ask whether they were OK. Did they need to talk? Could we collect medication or food for them? Loneliness suddenly became apparent, perhaps because we finally stopped being too busy to notice.

As Barbara's health recovered and we were able to get out more, we experienced a need for open space and contact with nature. Garden birds became both an important part of our daily lives and a subject for discussion with our neighbours. Many of us gained a fresh realisation of the importance of personal interactions and of caring for our neighbours.

For those who live apart from family, isolation can be a constant struggle. Yet the experience of the last twelve months has taught us to care in new and profound ways. Even a quick phone call or knock at the door can make a big difference. As we look forward to better times, I hope we will remember the lessons of 2020. May we continue to make time for one another and to appreciate our surroundings.

Jim Jackson



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## Easter: What's It All About?

Easter is the most important festival in the Christian calendar, when we celebrate the glorious resurrection of Jesus Christ and his victory for us over sin and death. In 2021 it takes place on 4<sup>th</sup> April. Since it can fall on any Sunday between 22<sup>nd</sup> March and 25<sup>th</sup> April, Easter Day is a moveable feast. This is because of a decision in the 4<sup>th</sup> century, that Easter should be observed on the first Sunday following the first full moon after the spring equinox – rather a complicated calculation!

Some people think that the name 'Easter' comes from 'Eostre' or 'Eostrae', the Anglo-Saxon goddess of spring and fertility, who was celebrated in the spring. At Easter, we do indeed celebrate new life, as we think about Jesus rising from the dead. Others, however, think that the word comes from an older German word, 'Eostarum', which is derived from an even older Latin word for dawn; this represents new life, new beginnings and new hope. Of course, our Easter eggs and Easter bunnies remind us of all this.

The season of Lent, from Ash Wednesday until Easter Day, is a time of preparation, when we endeavour to spend more time with God and perhaps give up certain foods or drinks. Lent draws to a close in Holy Week, when we remember the Passion of Christ, as he resolutely set his face towards his death on

the cross. Normally at St James' Church, we begin this precious week with a procession and service on Palm Sunday. During the week, we meet to pray through the stations of the cross, remembering Jesus' final journey through Jerusalem to where he was crucified. We mark Maundy Thursday with foot-washing and we



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commemorate Good Friday with a solemn Mass. Finally, we celebrate the first Mass of Easter on the Saturday night and then hold another celebratory service on Easter Sunday morning. This year is going to feel rather different; although we do still hope to be able to get together for some of these events,



they will have to be on a smaller scale and somewhat more muted than usual. All the same, perhaps this year more than ever, we can take the time to ponder on what Easter is really about and to reach out afresh to God.

To find out more about Easter and why we celebrate it or to ask about anything else in this magazine, please contact the parish office. We would love to hear from you.

Happy Easter!

  
Joan Ridgway

## Missing Persons? From the Archives

When I was asked to find out from St James' Church archives anything about Spanish flu, it sounded like a good idea; we might get some information from an earlier pandemic that could help us to reflect on our current problems. And, I thought, there was a good chance of unearthing a lot about a likewise searing experience for the British people. After all, Spanish flu killed more than 20 million people worldwide. In England and Wales, 228,000 people died. Spanish flu struck not only the very young and the very old but also young adults. It also struck very quickly; it was said that you could be healthy at breakfast and dead by teatime. With no vaccine and little effective treatment, the pandemic was a medical and social disaster. In the short three waves of the disease between June 1918 and May 1919, the death toll in Exeter reached 210, from a population of about 48,000 (in the 1911 census).

It was therefore a surprise to find no mention of Spanish flu in our Church archives. In the monthly Parish Magazine you might have expected words of consolation and encouragement, an announcement of special services and prayers, or perhaps appeals for help from the local medical agencies. The silence is puzzling and it was tempting to turn to another topic that would offer fuller coverage. However, puzzlement won the day and I was interested to ponder more about what lay behind the silence.

One factor was the national scale of the silence; newspapers were actively discouraged from carrying reports that might both damage public morale in the time of war and alert the enemy to a possible weakness. Britain was not the only nation to censor such news and the popular name, Spanish flu or Spanish influenza, derives from the fact that Spain, not involved in the war and with no such censorship, was the first to announce an outbreak of the virus.

St James' had two Rectors during this period, since Fr Philip Williams moved to Farringdon at the end of 1917 and was succeeded by

Fr Edward Reid in March 1918. Perhaps neither was aware of the true scale of the national situation but you would expect them to have noticed the heightened local mortality. Yet how obvious was the rise in deaths? Here was the next puzzle: the Church's older registers of baptisms, marriages and burials are not kept in the archive but rather deposited in the Devon Heritage Centre and not available for inspection at the moment. Nonetheless, we do have a good set of Parish Magazines for the period, which record the number of burials each month, with names and ages, though not with cause of death. It therefore seemed a good idea to check the burial announcements for September 1918 to May 1919 (the second and third waves) and to compare them with other years. The results were frustratingly inconclusive and the figures are small: no month saw more than twelve burials and in 1920, for example, the average monthly figure was between four and five. Worse still, the figures are missing for two crucial months in the middle of the second wave. Conspiracy fans might smell a rat here but the likelihood is that the relevant pages were simply lost when the magazines were bound together.

Consequently, the puzzle remains unresolved. Perhaps the parish suffered less than poorer areas of the city or maybe the Rectors deliberately decided not to say too much. The war was a different matter: hardly a month went by without a reference to the hardship and sacrifice endured both by the army and by the civilian population. In January 1917 Fr Williams wrote: 'A little longer we are called to patience, to endurance, to sacrifice, and then, please God, long before the year is over, our end will be gained, and another Christmas shall find us at peace.' The war went on longer than he had hoped but it did eventually come to an end and so did the Spanish flu pandemic. So also, we continue to trust and pray, will Covid-19.

Stuart Macwilliam



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## From Your Community Builder

Do you have an idea that you would like to explore for the local neighbourhood? Someone contacted me recently with an idea for trees and wildflowers, others are planning tree trails and litter picks. These glimmers of hope help to make a big difference and offer plenty of opportunities to be active outside.

Maybe you are looking to take up a hobby or learn something new. Come along to one of the virtual cafés! These have featured many different topics from local residents and the feedback has been brilliant. More are planned in the next few weeks. Other opportunities to get involved include the Community Larder at St Katherine's Priory or the Sylvania Community Café/Stores.

If you have an idea that you would like to explore, please get in touch with me by email to [mountpleasantcb@gmail.com](mailto:mountpleasantcb@gmail.com) or phone 07516 692583.

  
Ebbie Peters

## To All Super-Hero Young People

The last 12 months have been tough, there is no denying it. None of us has ever had to cope with such challenging times and we have all had to dig deep to find new ways of living, adjusting our daily routines and speaking to our friends over Zoom instead of in our houses, workplaces, churches and schools.

Many heroes have emerged as well. Who will ever forget Captain Sir Tom Moore and his incredible achievement in raising over £33 million? And what about the community spirit of our weekly gatherings on doorsteps to clap for carers? There was also the footballer who had relied on free school meals as a child, who held the government to account and instigated change. The newspapers and social media have been full of the dedication and heroism of so many critical workers, friends and volunteers.

In the third national lockdown, most young people were again unable to go to school. The amazing thing is: you just quietly got on with this huge change in your lives. You coped with watching teachers in pre-recorded lessons, working on your own in your bedroom or at the kitchen table, struggling with grammar questions that your parents could hardly understand and working out maths questions without checking on your friends' answers. Maybe you sat for hour after hour of lessons on Microsoft Teams, in which teachers tried

to keep things as normal as possible – but you were still in the bedroom or at the kitchen table and the chat function was as near as you could get to being with your friends.

Despite all this, you got on with it, learning new skills and progressing even further beyond your parents' technological expertise. You walked the dog, you learned to cook, you kept in touch with friends on phones or tablets. In fact, you just got on with being the unsung super-heroes of this pandemic. Yes, of course your teachers and parents are doing fantastic jobs but let's just spend a moment to celebrate young people, to say thank you to the ones who still keep going without a fuss and to stand in awe of all you young people who have shown such resilience and patience.

At St James' too, the young people have not been able to meet physically, although you have joined in some Zoom meetings and special projects. When things return to 'normal', we look forward to being able to welcome you again at our regular activities: Messy Church for families with young children; JAM (Jesus and Me) for children aged 5 – 10; 11-ups for older children. We hope you will be able to join us later in the year, so that we can celebrate together and appreciate the chance to meet in the community of God's family.

Caroline Adams, Jill Mather and Jim Weeks





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Nicki, 25 Jan 2021

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George, 25 Nov 2020

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Xariah, 26 Jul 2020

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Janet, 16 Aug 2019

A very efficient company, felt very safe with them.

**1 in 5**  
Hospicare patients are cared for by a gift in a will

**A lasting legacy**

Every gift in a will, large or small, keeps Hospicare caring for future generations.

To find out more:  
Call 01392 688020

## Puzzle Solutions

### Sudoku

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

### Word Search

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

Because every day matters

www.hospicare.co.uk

Registered charity no. 297798



**Hospicare**

Caring in the heart of Devon



Charity number  
283904

## GET INVOLVED!

Stoke Hill Community Association helps with the running and maintenance of St Katherine's Priory as well as planning community events.

**Would you like to join us?  
No experience necessary.**

To find out more, visit [www.stkatherinespriory.co.uk](http://www.stkatherinespriory.co.uk) or contact Tim at [stkatherinespriory@gmail.com](mailto:stkatherinespriory@gmail.com).

