Jontact

a magazine for our community

Charity Focus: What Matters Most Shouldn't Be Left to Chance News from Your Parish Church

St James' Church, Exeter - Autumn 2021











Parish Office

Wednesday

Rector Fr Henry Pryse Mount Pleasant Road, Exeter. EX4 7AH. 01392 420407. office@stjamesexeter.org www.stjamesexeter.org

10.00 am

6.00 pm

6.00 pm

Please contact us here for baptisms, weddings, hall bookings and any other Church-related matters.

Parish Eucharist

Evening Prayer with Benediction (1st Sunday)

Evening Worship

(3rd Sunday)

12.00 noon Holy Communion

Weekly Pattern of Services Sunday 8.00 am Holy Communion (said)

Assistant Priest Fr Martin Poolton

Assistant Curate

Fr Steve Turner

Churchwarden

Rachel Martindill

Churchwarden Andrew Mimmack Daily 8.30 am Morning Prayer Online: Monday and Wednesday In the church: Tuesday, Thursday and Friday The Parish Eucharist on Sundays is also available to watch live or later at www.youtube.com/channel/ UCQD6kl2luliuDg2mHu9mw-A.

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Please call Simon Shattock on 07970 273603 01392 490411 From the Library At the moment, we are enjoying a time when COVID restrictions have been lifted, although many are still choosing to wear masks and maintain social distance. I hope that this relative freedom to be



with one another will continue, but we have come to realise all too well that we do not know what the future will bring. How strange these last 18 months have been for us! We have all had different experiences and different issues to deal with, but these are linked by common threads of isolation, loneliness, grief and pain. Of course, there have also been bright, hopeful threads of joy, as communities have been able to come together and help each other in new and positive ways.

In these difficult times, many of us have been compelled to reassess our lives and our priorities. We have found that things we considered sure and certain, written in stone and unchanging, are in fact uncertain. When thinking about this, I am reminded of Jesus' parable of the wise and foolish builders, in which one house was built on rock and another was built on sand. When the storms came, only the house built on rock was left standing. This has been a stormy time, a time when foundations have been shaken, and I have come to realise more and more that the only sure foundation for our lives is God, the Rock of Ages. As verse 31 of Psalm 18 says: 'For who is God besides the Lord? And who is the Rock except our God?"

Joan Ridgway, Reader In Training

Copy deadline for the next issue: Sunday 34st October

Sylvania Community Stores

Estate agents often describe the Sylvania estate as 'sought-after', and in many ways they are right to do so. Yet, for a long time, despite its pleasant situation and relatively easy access to the rest of Exeter, the area has benefited from few community facilities. The sole exception to this has been the Sylvania Community Hall at the bottom of Collins Road. Sylvania Stores, the local corner shop, closed three years ago, leaving residents with no shopping facilities nearer than the convenience store on Bridespring Road and the supermarket on Prince Charles Road, almost a mile away. A group of residents therefore decided to take action. One of the Stevenson. group co-ordinators. Pete describes the results.

"We live on an estate of over 1000 homes, where there is no shop, café, restaurant, public house or place of worship. So, in September last year, a group of us approached the landlord of the small supermarket in Sylvania Drive, which closed in 2018, to ask whether we could run it as a co-operative, with residents working in a voluntary capacity. Happily, he agreed, and we formed a community benefit society approved by the financial conduct authority. I chair the management committee and on 24th July this year we opened a community store and café.

Our business plan speaks of research that reveals profound levels of local social isolation, especially for older people, and of a great local need for a

convenient shop, so that people do not have to drive off the estate or take the bus to a supermarket. To add to the experience, our community café offers high-quality coffee, tea and homemade cakes as well as social and cultural activities, such as an art class, book club, storyteller, oral history sessions and more. We plan to provide a sensory room for children with learning disabilities and there will be activities for our newly formed youth club, Young Sylvas. These teenagers have shown remarkable commitment to the project by getting involved with shifting rubbish, cleaning and helping with interior decorating.

In recognition of over 20 languages spoken on the estate, we have also formed an International Friendship Group. This group will enrich the neighbourhood by organising events that feature food and music from around the world. As a creative arts teacher (see my website, www.petethepoetcreativity.co.uk) I hope to be a central part of the art, music and drama activities that take place in the shop.

Before opening, we predicted that £60,000 would be needed to open the shop. However, that figure has been reduced, because Deb Murphy and I have chosen to run the shop and café in an unwaged capacity for a while. This will be a good opportunity to practise the skills of community shop management and to welcome volunteers, some with learning disabilities, into the project. We have also benefited from funding offered by Exeter City and Devon County councils as well as a small grant from the National Lottery. In addition, residents have purchased shares at £25 each; nearly £10,000 has been raised, which has helped us to paint the exterior of the building, buy a commercial freezer, construct a counter and have all the electrical circuits serviced. Since the Community Stores opened with a fanfare in July, our shelves have been stocked with basic produce and special treats from local suppliers.

Please come and use the shop. This is a project by the community and for the community.





Puzzle Page Word Search

Find these British wild mammals in the grid.

Badger	Hedgehog	Squirrel
Bat	Mole	Stoat
Beaver	Otter	Vole
Deer	Pine Marten	Weasel
Dormouse	Rabbit	Wildcat
Fox	Rat	
Hare	Shrew	

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Sudoku: Medium

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

The Imaginarium of Us

Exeter-based theatre company Burn the Curtain believes that any place can be magical, and any one of us can create magical moments. The company's new community project, *The Imaginarium of Us*, is proof of this, working with the community to create a fantastical museum, a celebration of things that are special to us in the green spaces Exeter folk know and love.

The Imaginarium of Us is a place that exists outside time and space, just for you. Part exhibit, part performance, this is a place in which Burn the Curtain celebrates the extraordinary and the everyday, our hopes and dreams. The performance takes you on a mysterious and magical walk, guided by curiositors, through weirdly wonderful exhibitions, mad machines, unique music and bizarre objects. Experience your park in a way that you have never seen before!

A 15% local discount code is available to people who live near Ludwell or Mincinglake Valley Park. Just send an e-mail with your postcode to kerrie@burnthecurtain.co.uk to obtain the code and book your slot for a relaxed, family-friendly performance on 17th or 18th September. The hour-long walking performances take place between 5.00 pm and 10.30 pm, and tickets are available from www.tickettailor.com/events/burnthecurtain.

This is a gentle, warm and extraordinary celebration of Exeter, the perfect antidote to the strangeness of the last twelve months. As director loe Hancock says: 'Seeing people slowly coming back to live performance and getting back presenting something to unexpected in people's favourite spaces is what it's all about. Watching the first group of people walk towards us during our Wondrous Ramblings workshops in May reignited the nervous anticipation I feel just

before meeting a new audience. I like it when an arts activity has a function beyond itself, because it shows more people how transformative shared arts and cultural activity can be.'

Since 2008 Burn the Curtain has toured the UK with extraordinary outdoor promenade shows, such as Don Quixote by Bicycle (theatre on bicycles), The Company of Wolves (theatre for runners and walkers) and most recently The Hunting of the Snark. The company has worked with national partners including the National Trust and the Forestry Commission as well as in local collaborations, making shows that ask audiences to become playful participants in the action and creating a space for performers and spectators to meet on equal terms, ready for adventure.

The focus here is on working with audiences to cherish their landscapes and communities, helping them to celebrate the places that they love as well as telling great stories. As shared public spaces become increasingly scarce, Burn the Curtain has adopted the role of reminding people of the beautiful places close to where they live. Through the creation of memorable stories and events, the company seeks to underscore the value of these places and the sheer joy of sharing simple things in a common space.

Mary Culhane



St James' Singers

During the pandemic, when Church services were not taking place live, a small group of singers from St James' recorded a hymn each week at home. Each singer then sent his or her recording to Jim Weeks, who cleverly knitted them together with other contributions to the weekly, online service.

When the restrictions were lifted, the singers expressed a desire to become part of a live choir. Initially, the restriction on numbers and the required social distance between singers made this a difficult time to start a new venture; with so few singers, it also felt rather like singing into cotton wool.

As the pandemic eased further, more singers were allowed to gather together and rapid progress was made with singing in three or four parts. Regular rehearsals on Monday evenings now include the hymns and music setting for the following Sunday as well as occasional anthems. Although the singers sit together in the choir stalls, they remain very much a part of the congregation, there not to perform but to bring added colour to the worship through singing in harmony.

Would you like to join them? New members are always welcome and although an ability to read music is helpful, it is by no means

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essential. Practice tracks are circulated in advance, so it is easy to learn your part. Further details are available through the parish office.

Pat Read



Charity Focus: What Matters Most Shouldn't be Left to Chance

A recent UK report revealed that only 4 in 10 adults have made a will, despite owning a property. A will ensures that loved ones are looked after and final wishes are understood – what happens to the people who are precious to us when we're gone shouldn't be left to chance.



Having a will makes life that much easier for families at one of the most difficult times. Without a will, loved ones can face worry, hardship and potentially costly legal bills. With a will in place, you can feel confident that loved ones will be looked after and final wishes carried out.

While loved ones come first when the time comes to make or update a will, this can also be an opportunity to leave a gift to the causes you care about – a lasting gift to the charities close to your heart. At Hospiscare, the local hospice for Exeter, Mid and East Devon, gifts in wills left by supporters fund the care of one in five patients.

It is simple and easy to make a will. The charity has partnered with local legal



professionals to offer a will-writing service, whereby the partner solicitors waive their usual will-writing fee in return for a donation to Hospiscare. The hospice also has a free will -writing guide to help people who are thinking of making a will.

Hospiscare supporter Ali and her husband Steve wrote their wills using the scheme and Ali said:

We have two young children and it had been playing on my mind that neither of us had a will. We were so happy and relieved to know our affairs were in order at last. The solicitor was incredibly helpful and made sure we considered things that might not otherwise have occurred to us. With the children, savings and a house to think about, this was really important. It's very simple to organise through Hospiscare's willwriting scheme and it made so much sense to me that we were able to support a wonderful local charity at the same time.'



To find out more about making your will with a solicitor near you, through Hospiscare's will-writing partnership, simply visit www.hospiscare.co.uk/will-writing.

Kaite, the partner of a Hospiscare patient writes:

'One of Philip's last acts of kindness was to change his will so that he could leave a donation to Hospiscare to say "thank you." We both felt it was important to support such a vital charity.'

Katrina Hurford

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From the Parish Registers

Baptisms 27/06/21 Maisy Gledhill 18/07/21 Arlow Hawkins-Rowe 08/08/21 Cody Margrie

Marriage

03/07/21 Nathan Foggin & Maxine Stokes

Winkworth

Funerals	
08/01/21	Deryck Rawle
19/05/21	Marilyn Dingle-Shevlin
02/07/21	Phil Johnstone

Dates Ahead September

Tue 21st Book Group: The Girl Who Saved the King of Sweden by Jonas Jonasson 7.30 pm October Fri Ist Craft group in the committee room 2.00 pm Sun 3rd 10.00 am Harvest Festival Parish Eucharist Mon 4th 7.30 pm PCC meets Wed 6th Messy Church in the hall 3.30 pm Thu 7th 7.30 pm Fr Brian's house group November Wed 3rd 3.30 pm Messy Church in the hall Thu 4th Fr Brian's house group 7.30 pm Fri 5th 2.00 pm Craft group in the committee room Sun 14th 10.00 am Parish Eucharist for Remembrance Sunday Mon 29th 7.30 pm PCC meets 10

Parish Profile: Christa McKittrick

At St James', people were very sad recently to say goodbye to Christa McKittrick, who has moved to Edinburgh to be nearer her daughter and two granddaughters.

Christa has led an exceptionally interesting life. Born in Germany, in the Rhineland, at the time when Adolf Hitler came to power, she was fortunate to live in the small town of Bad Ems, where dissent from Nazi ideology had fewer repercussions. Her grandparents lived in Wuppertal, where her grandparents lived in Wuppertal, where her grandfather had been active in local politics and was opposed to National Socialism. After Claus von Stauffenberg's failed attempt on Hitler's life in 1944, Christa's grandfather was among those who were rounded up; he subsequently spent some months in prison. Her father, a teacher, was conscripted into the army and

Back in Germany, Christa read about an English student in Durham who was seeking German а She exchange. was happy to participate in this and so to study at Durham University, where she made many friends. Together the



group travelled around Scotland, staying in various Youth Hostels. Christa was impressed by her visit to Edinburgh, although it was at Hadrian's wall that her life changed most significantly. This was where she met her future husband, Noel, who was studying the excavations.

taken to Cherbourg as a prisoner of war after the D-day landings. He was one of the soldiers who undertook the back long walk to Germany and eventually arrived home on Christmas Eve.

After the war, Christa read French and English at the University of

Freiburg, in the Black Forest. Travel abroad was difficult, because no money could be taken out of the country. However, Christa was able to come to England with some other



German students. Here, she took part in a scheme to help with harvesting **DOTATOES** in Yorkshire. As the students received a small amount of pay, they were able to hitchhike around the north of England at weekends.



hailed Noel from Northern Ireland and was an ordained Anglican priest. After they were married, Christa spent one year with Noel in Belfast before the couple moved to Keynsham and subsequently to Glastonbury, where

they lived for 22 years. Later they moved to Weston-Super-Mare for 10 years. Christa played an active part in all these parishes, such as by running the Mothers' Union or acting as organist, when a position unexpectantly became vacant.

On retirement, Christa and Noel settled in Exeter, where their daughter lived and taught at the university. In recent years, Christa has been a tremendous help at Messy Church and played an active part in the life of St James' Church. Her skill on the piano has been enjoyed both at Messy Church and in annual piano recitals at Fellowship. She will be greatly missed.

Joanna Mimmack

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Young People at St James'

It will be a real joy to see our young people at St James' again, as the autumn term starts. With the restrictions imposed on us to limit the spread of Covid-19, we have missed our regular contact with young people, and we are now looking forward to October and the start of Messy Church on the first Wednesday of the month. For children aged 4 to 10, JAM (Jesus and Me) will start again on Sunday mornings from mid-September, and there will be a range of activities for our tweens and teens, the II-Ups, during the autumn term.

Over the summer we enjoyed several Zooms and a couple of parties. Braving the torrential rain, a group of intrepid families battled the weather on Pentecost Sunday. We made kites as a reminder of the Holy Spirit coming to the disciples in wind and fire, and we ate birthday cake to celebrate the birthday of the Church.

The end of term fell during the July heatwave. At our celebration, families were able to cool off, as they played water games in the church garden and explored every nook and cranny of the blessedly cool church in search of answers to a picture quiz entitled 'Where's This?'.

Caroline Adams, Jill Mather, Jim Weeks





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Came to take my tree down. Efficient and quick. Very professional and happy with the job and price. Would definitely recommend. Janet, 16 Aug 2019

A very efficient company, felt very safe with them.

News from Your Parish Church

On page 6 you will see that some of our regular activities have now resumed. There are also some exciting initiatives coming up, including a fresh and varied form of evening services on the third Sunday of the month. Inspirational new ideas are being discussed for our children, young people and others to enjoy one another's company, relax together and see our faith in action.

The singers now meet every Monday evening to rehearse harmonies for the Parish Eucharist, the social justice group continues to encourage us to make a positive difference within our



community and beyond, and Fr Brian's house group offers the opportunity for deeper study of God's word. Dramatic growth in the book group has led to interesting discussions on varied topics as well as the formation of new friendships. At the beginning of each week. the Parish Eucharist is an opportunity to reflect on and find out more about what is happening here. Come and join us!

Woods, Rivers and Railways: Part 1 This is the first instalment of a beautiful ramble in the country, just beyond the northern edge of St James' parish. It is a varied and, in places, mildly strenuous walk. The full route to complete the circuit via Brampford Speke, Stoke Canon and Huxham in part 2 normally takes three to four hours. In addition you may wish to allow time to stop for conversation with other walkers or possibly refreshment at one of the two pubs en route. As the trail crosses several fields that are sometimes used for grazing stock, please remember to follow the country code.

A convenient starting and finishing point is the Stoke Woods car park, which you leave via the marked path through the woods, towards New North Road. Initially this takes you through mixed oak, ash and beech woods. Fortunately, to date, the ash trees appear to avoided the ash dieback fungus. About half way down the slope, you cross a foresters' track and enter a stand of conifers. Continue until you come to a second track and after a few metres another marker will point you down some wooden steps. Turn left and you will come to the lower car park. Plenty of alternative paths meander through the woods and you may wish to extend the walk by exploring the woodland, which has many wild flowers to enjoy in the spring.

As you leave the lower car park, follow the main road for about three hundred metres in the direction of Tiverton. Be aware that there

are no pavements here, so you should walk on the side of the oncoming traffic and may wish to consider donning a high visibility jacket. On the opposite side of the road you will come to a public bridleway. Follow this across the meadow beside the River Exe until you reach Stafford Bridge. Cross the river and then turn left over the railway; there is good visibility in both directions but be sure to take no chances here. In the distance you will see Pynes House, the manor house of Upton Pyne, which was built in the early eighteenth century and is now a wedding venue.

A few minutes' walking will bring you to the edge of the flood plain. Where the ground slopes upwards, you will see a signpost next to a traditional apple orchard. Here, Cowley is indicated to the left and Upton Pyne is marked as straight ahead. Take the third direction, which leads sharply uphill across grassland, with no obvious path. On your left is a pleasant, nineteenth-century farmhouse, and a waymark in front of you points to a narrow gap in the fence, which is your route ahead. Continue until you cross a farm track and take the stile into the next field. Leave the field as you pass a corrugated iron barn. The path then follows a metalled road lined with oak trees and the occasional cottage including one at which the occupier provides an honesty box and offers home grown vegetables for sale in season.

Andrew Mimmack



The Twirly World You will need:

- rou will need:
- Dark blue card
- Pale yellow card
- Compasses or a round object with a diameter of roughly 8 cm
- 40 cm string, wool or ribbon (floristry ribbon is ideal)
- Stickers, diamantes, flat collage materials
- PVA or other strong glue

Instructions

Draw a circle with a diameter of around 8 cm on the blue and the yellow card respectively. Cut around each circle to form a disc.

Extend the string, wool or ribbon across one disc, so that the middle is in the centre of the circle. Glue it in place.

Next, glue the two discs together with the string, wool or ribbon between them.

Decorate the blue face with diamantes, glitter or bright motifs. Use coloured stickers or pictures on the yellow face.

To operate the Twirly World, hold the ends of the cord and wind up the disc in the middle. Now pull the ends taut, so that the disc twists. While it is spinning, you will see the illusion of night and day merging, as both sides seem to be visible at the same time.

Anne Killingback

	Puzzle Solutions													
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Tree Care & Tidy Up Priory Road Park Wednesday 8th September 6.30 pm – 7.30 pm



bridging the gap in the community

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- Help with tidying up
- Bring tools if you can
- Enjoy a drink and chat afterwards in the Stoke Arms function room

F Polsloe Community

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