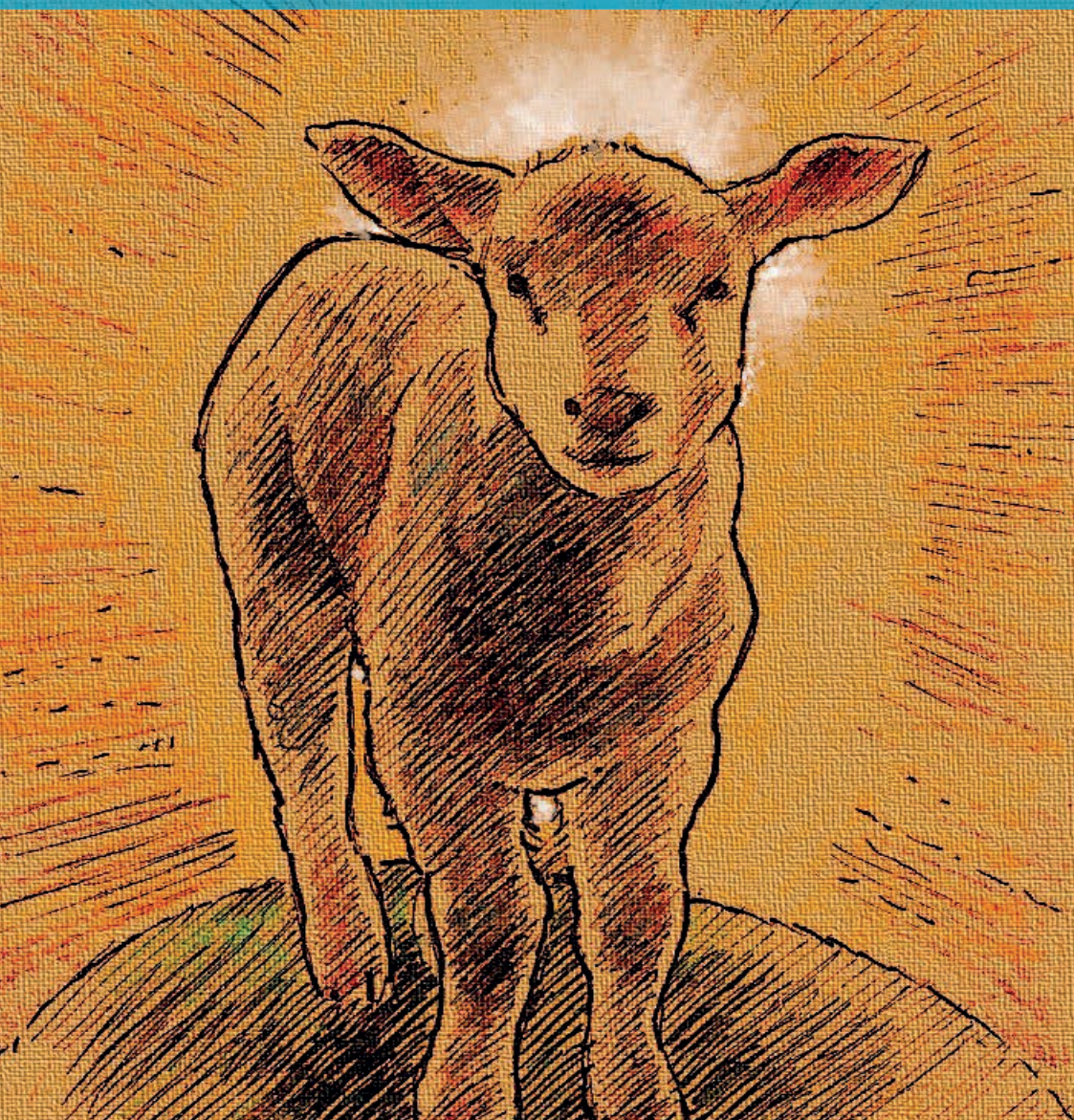


# Contact

A magazine for our community



St James' Church, Exeter - Spring 2024





Rector  
*Fr Henry Pryse*



Licensed  
Lay Minister  
*Joan Ridgway*



Churchwarden  
*Rachel Martindill*



Churchwarden  
*Andrew Mimmack*

## Parish Office

Mount Pleasant Road, Exeter. EX4 7AH.  
01392 420407. [office@stjamesexeter.org](mailto:office@stjamesexeter.org)  
[www.stjamesexeter.org](http://www.stjamesexeter.org)

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

## Regular Services

Sunday	8.00 am	Holy Communion (said)
	<b>10.00 am</b>	<b>Parish Eucharist</b>
	6.00 pm	Evening Prayer with Benediction (1 <sup>st</sup> Sunday)
	6.00 pm	Evening Worship (3 <sup>rd</sup> Sunday)

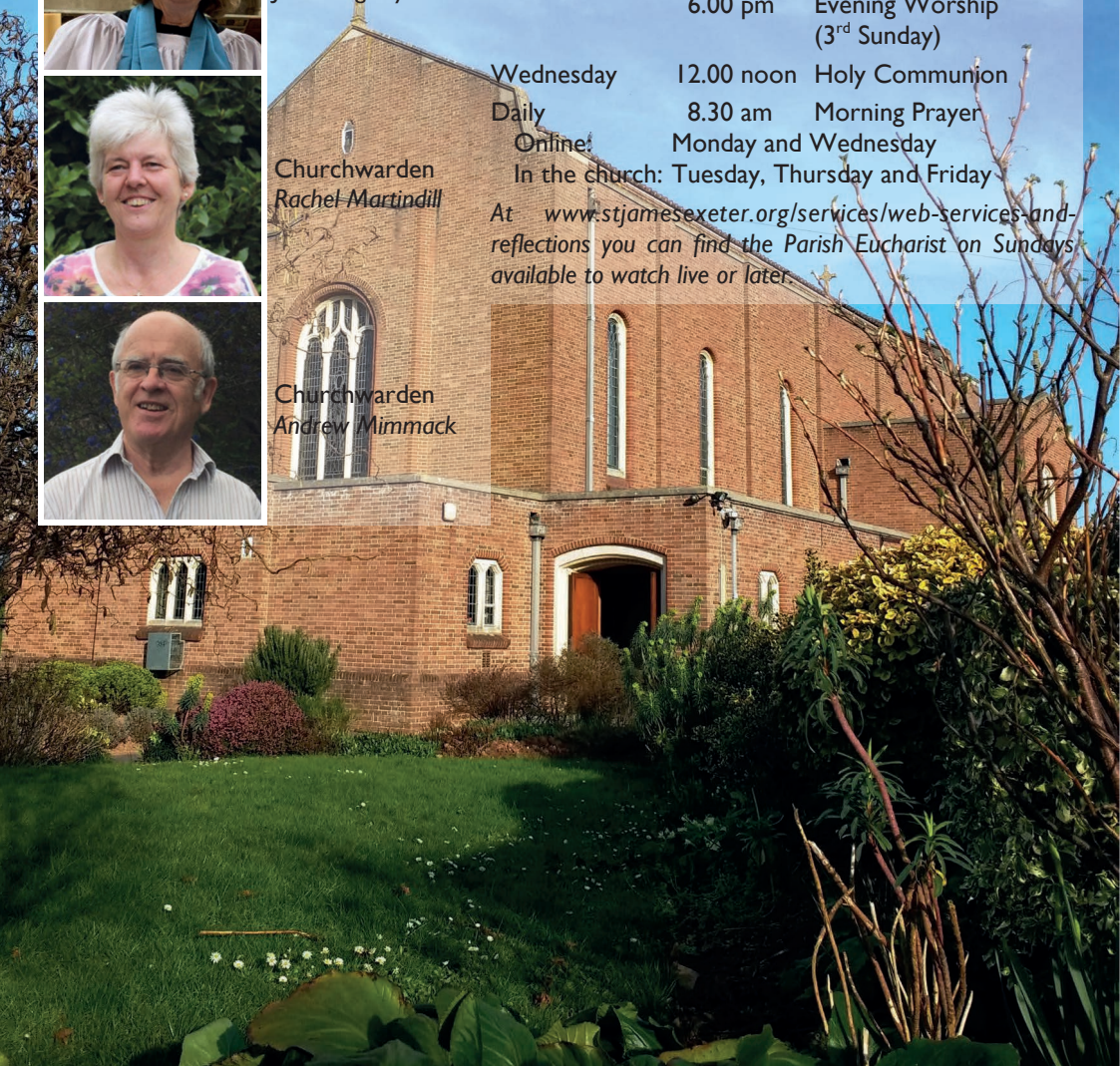
Wednesday 12.00 noon Holy Communion

Daily 8.30 am Morning Prayer

Online: Monday and Wednesday

In the church: Tuesday, Thursday and Friday

At [www.stjamesexeter.org/services/web-services-and-reflections](http://www.stjamesexeter.org/services/web-services-and-reflections) you can find the Parish Eucharist on Sundays available to watch live or later.



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## From the Lay Minister

The days are at last beginning to lengthen, so that many of us are no longer getting up before the sun rises, or arriving home from school or work after darkness has fallen. There are also other signs that spring is here: trees that have been bare for so many weeks are showing off their new leaves, and blossom trees are bursting out in all their glory, while spring flowers are pushing through and opening up beneath them.



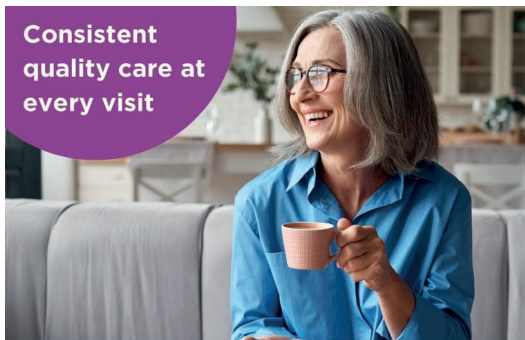
As we enjoy the beginning of spring, we also look forward to Easter. This is one of the principal holidays, or feasts, of Christianity and it is a time of joyous celebration. On Easter Day, Christians throughout the world celebrate the astounding resurrection of Jesus on the third day after his death by crucifixion, which took place at the time of the Jewish festival of Passover, in the springtime. Indeed, it makes sense that the concept of new life, which we see all around us in springtime, should be associated with Jesus conquering death and rising from the tomb.

Easter is the greatest ever story of hope. When Jesus rose from the dead, he smashed through the despair of death. It is a story of life overcoming death, and goodness triumphing over evil. 'Death, where is thy sting? Grave, where is thy victory?' St Paul wrote these triumphant words 2,000 years ago, and I pray that this Easter they will ring out loud in our hearts and minds.

May God bless you, and may you have a very happy Easter.

Joan Ridgway  
Licensed Lay Minister

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## Puzzle Page

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

## Sudoku: Medium

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

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

## Word Search

Can you find these Easter words in the grid?

Angels	Friends	Saviour
Betray	Life	Thorns
Cross	Passover	Tomb
Donkey	Praying	Victory
Forgive	Resurrection	Vigil

Solutions on page 15



## Exeter Twinning Circle

As you travel around, have you seen 'twinning with...' signs and wondered what they mean?



Twinning began as a movement after World War II, when a number of cities vowed that war should never again tear peoples apart. It was a way of bringing people together, in the

belief that the horrors of war could be averted if ordinary people got to know one another. Idealistic? Almost certainly. Practical? A resounding yes. At a basic level and when done well, twinning enables all kinds of exchanges of experience and best practice between groups, not only across Europe but also further afield.



How does it work? In line with the original dream, twinning relies on ordinary folk offering three to six nights' accommodation for like-minded people or even like-minded groups from the twin cities or villages. This is done in conjunction with a programme of activities organised by the host town.

In Exeter we are twinned with locations in three countries: Rennes (France), Bad Homburg (Germany), and Terracina (Italy). The movement here is organised by the Exeter Twinning Circle, which has existed since 1956, when Exeter was first twinned with Rennes. Bad Homburg followed in 1965, and Terracina in 1986. This is a wholly voluntary organisation, funded through member subscriptions and social events.

Each year there are one or two exchanges in both directions. In 2024 Exeter is hosting groups from both Rennes and Terracina. Last year, Exeter Photography Club and their counterparts in Rennes jointly organised an exhibition, and the Bad Homburg Festival Choir staged a concert in Exeter Cathedral.

Do you have to speak the language of the twin? Not necessarily, although it is helpful. Membership of Exeter Twinning Circle costs only £15/year, or £20/year for families. In return, you will gain friendships across Exeter and Europe. To join, or for more information about Exeter Twinning Circle, please contact [membership@exetertwinningcircle.org.uk](mailto:membership@exetertwinningcircle.org.uk) or visit <https://exetertwinningcircle.org.uk>.

Beryl Whidden

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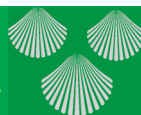
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**Sunday 11<sup>th</sup> August**







Badges were the main focus of all three sections in the group for the first half of the spring term. The Beaver colony was working towards Experiment and Global Issues badges, discovering fun, new experiments with heat and air, and finding out about endangered animals and fair trade. The Cubs made Airfix Spitfire planes for both the Hobbies badge and the Artist badge. The sets – enough for one model per Cub – were donated by Airfix UK as a part of the company's sponsorship of the Cubs' Hobbies badge. The Scouts took part in problem-solving: among other activities, they pitched tents in the dark and they enjoyed their own interpretation of Ready Steady Cook. For the latter, each of the Scouts brought along one item and the troop then produced food using all the ingredients.

In the second half of the term, the badge theme is continuing. The Beavers are concentrating on the Book Reader badge and the My Faith badge, for which Fr Henry has helped out by showing them around the church one evening. The Cubs are working towards the safety badges and the popular Home Help badge, as well as the Scientist badge. For the Air Scouts there will be a visit to the Guildhall and participation in UK Parliament Week.

As Easter approaches, so does the Exeter Scout and Guide Gang



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Show. After an absence of several years, this long-running event is now back where it belongs, at the Barnfield Theatre. Tickets for performances at 2.00 pm and 7.00 pm from Wednesday 10<sup>th</sup> to Saturday 13<sup>th</sup> April are on sale from the theatre box office on 01392 726363 or online at <https://exeternorthcott.co.uk/events/exeter-gang-show-2024/>.

Brad Warwick







We serve at the Sunday Eucharist

We care for creation

We sing in the choir

We write, direct and perform the Nativity play

We learn and grow in our faith

We do crafts together

We go on outings with friends



## It's All Happening at St Katherine's Priory



This twelfth-century, hidden gem in the lane off St Katherine's Road is a community centre run by Stoke Hill Community Association, and it hosts a variety of activities. There are whist drives, prize bingo, quiz nights, Craft 'n' Chat, Kenpo (Karate) in the evenings, as well as music groups, Sense sessions for deafblind adults, and a community larder on Fridays. With picnic tables outside and gardens maintained by volunteers, there is plenty to do here. Come along to the Community Café in the historic building between 10.00 am and 2.00 pm on Fridays or, to find out more, visit [www.stkatherinespriory.co.uk](http://www.stkatherinespriory.co.uk). The priory is also available to hire for parties and events.

Two of the regular groups that use the priory and grounds are the Exeter and District Model Engineering Society (which runs the Exeter Miniature Railway) and the Junction 72A Model Railway Club.


If you have walked the path between St Katherine's Priory and the rear of Morrisons, you might have noticed people working in the priory grounds. Exeter and District Model Engineering Society (EDMES) has established its home here, and work started in April 2019 to build a dual-gauge miniature railway track. Members of the society volunteer on Tuesdays and Thursdays to help with building the track. The costs are met by various grants and donations, as well

as proceeds from public running on the first Sunday of every month, weather permitting. The last section of track to complete the loop will be a 24-metre bridge. To offer any donations, materials, machinery or your time, please get in touch at [info@edmes.org.uk](mailto:info@edmes.org.uk). We would love to hear from you.

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The miniature railway is a unique community attraction. Here, families and friends can enjoy riding the train, have a picnic, sample light refreshments, enjoy the gardens, and spend a couple of hours in the attractive setting of the priory. First-time visitors are frequently surprised to find such a marvellous attraction so close to the city centre, and they are actively encouraged to get involved. We also endeavour to keep costs to a minimum, so that those on lower incomes or with large families can enjoy their visit.

EDMES members love nothing better than to demonstrate and explain how a steam engine works, and visitors are often given hands-on experience blowing the whistle or shovelling coal onto the fire. The society tries to run at least one steam train every month, but other types of engine are also used if necessary.



New members are welcome and can benefit from monthly club nights, visits to engineering-related places, use of the workshop and more.

If you hire the priory for a party, you can also hire a train and enjoy unlimited rides for the duration of your event.

Upstairs in the priory, the award-winning displays of the Junction 72A Model Railway Club are open to visit on the first Sunday of every month, and club meetings take place on Monday and Thursday evenings. With N- and OO-gauge models, the detail of the layouts is amazing. If you have any questions, are looking for advice on building your own layout, or would like information about joining, please contact [thejunction72amrc@gmail.com](mailto:thejunction72amrc@gmail.com).

**THE JUNCTION**



**MODEL RAILWAY CLUB**

Opening times on the first Sunday of the month are from 11.00 am to 3.00 pm. Parking is available, and numerous bus routes pass close by. Furthermore, Polsloe Bridge railway station is only a 5-minute walk away. Visitors and new members of all ages are welcome: come and join the fun!

Pete Hackney

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## Parish Profile: Pat Read, A Lifetime Love of Music and Moorland



Pat Read has devoted her life to music, to educating young people, and to Dartmoor. In recent years you may even have

seen her on television, introducing the moor and its magic to a succession of celebrities, including Michael Portillo, Susan Calman and Chris Hollins.

Pat's fascination with the moor dates back to her appointment as a PE teacher at The Maynard School, almost fifty years ago. One of her main responsibilities at the school was to develop teams of students to take part in the annual Ten Tors challenge. This involved designing a training programme to suit their needs and then taking the students through a sequence of preparatory trips which exposed them to the moor in all its moods. Under her guidance the school was able to field two teams tackling the 35-mile course and one team undertaking the 45-mile option. Although the challenge does not boast winners and losers, she is quietly proud of what the girls under her tutelage were able to achieve.

Since retirement in the mid-1990s, Pat has continued her devotion to the moor, making regular visits during every part of the year. 'There is something therapeutic about Dartmoor,' she explains. She has also developed an interest in Dartmoor Letterboxing, an invaluable way of encouraging young people's interest in exploring the landscape, as they search for the elusive boxes among the tors and rock formations. Letterboxes are usually replaced and relocated once or twice a year, and they may be sited in memory of a loved one or in support of a charity. Like all enthusiastic



letterboxers, Pat has built up an extensive collection of stamps from all parts of the moor. As a true expert, she has also been called on to explain the letterboxing system on national television.

Her period at The Maynard School was the last phase of a teaching career that Pat balanced with the life of a vicar's wife in various parts of the county, including at Babbacombe, Swimbridge, and St Matthew's (now St Matt's) in Exeter. With her late husband, she raised a family of four children and was delighted when her two sons were both selected to be choristers at Exeter Cathedral.

Living in Exeter has given Pat the opportunity to join a number of amateur choirs, singing a wide range of music under numerous conductors. While her sons remained as choristers, she took a regular part in the life of the Cathedral. Once they had moved on, she concluded that her own needs were best served by joining her local parish church. Having settled in Pennsylvania, this logically meant that Pat came to St James'.

For Pat, the move to St James' was a great pleasure, and she describes the church as warm both in temperature and in feel, with its

light and beautiful interior. In particular she values the sociable approach, with the Church family gathering for coffee and chat after the Sunday service, as well as regular bring-and-share events

marking the major festivals of the year. Here too, the choir has provided the opportunity for Pat to revisit and develop her love of singing. It goes almost without saying that she has also enjoyed introducing some of the young families to the delights of Dartmoor.

Andrew Mimmack





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## Make an Easter Basket

### You will need

- 2 large paper plates
- 1 sheet thin A4 card
- PVA or similar glue
- Scissors
- Felt pens, paints or stickers
- Paper napkin or tissue paper
- Aluminium foil

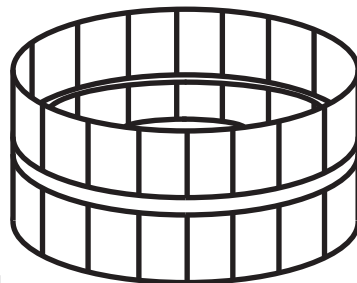
### To make the Easter basket

Fold one of the paper plates in half, then in half again, and again, and again, so that you have folded 4 times in total. Open out the plate to reveal 16 creased segments.

From the edge of the plate, cut along each crease from the rim to outer edge of the base. Now fold each of the 16 flaps towards the centre of the plate but with a slight offset, to overlap with the adjacent flap; all the overlaps must be in the same direction.

Keeping the flaps overlapped, unfold them, so that they all point upwards to form the sides of the basket. Cut around the base of the

second paper plate, and glue this disc inside the basket to strengthen the base.



From the A4 card, cut 4 strips, each 1.5 cm wide. To increase the length, glue the strips together end-to-end in 2 pairs. Now apply glue to one side of one strip and stick it around the inside about halfway up the basket sides for additional strength. Overlap the ends slightly and then trim the excess length. Repeat this with the other strip on the outside of the basket.

Decorate the basket with felt pens, paints or stickers, and line it with a paper napkin, tissue paper or aluminium foil. Now fill the basket with Easter gifts.

Anne Killingback

An Exeter Little Theatre Company Production



**AGATHA CHRISTIE**

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## Friends of Mount Pleasant Health Centre

Happily, we started 2024 with a new chairperson who comes with a wealth of experience, after our previous chairperson retired last year. Our Co-ordinator, Bev, can still be contacted on Monday, Tuesday and Thursday mornings or a message can be left on 01392 499291.

A number of fundraising events are planned for the coming weeks and months. Please do come along to as many as you can! Your support is invaluable

### Thursday 28<sup>th</sup> March

10.00 am – 1.00 pm  
Easter Bake Sale in the waiting room, with cakes, savouries, competitions and refreshments.

### Saturday 4<sup>th</sup> May

10.00 am – 1.00 pm  
Plant Sale in the car park, with many other items and refreshments.

### Saturday 17<sup>th</sup> August

10.00 am – 1.00 pm  
Summer Fayre with stalls, competitions and refreshments.

We would love to welcome new members to the Friends of Mount Pleasant Health Centre, and especially any new volunteers. Could you help with fundraising? Do you have a little time to drive patients to appointments during the week? To find out more, call Bev or visit [www.mountpleasanthealthcentre.co.uk](http://www.mountpleasanthealthcentre.co.uk).

Nesta Scales



## Charity Focus: Devon Wildlife Trust

Nature is in trouble, and the mission of Devon Wildlife Trust stems from the need for urgent change. For more than 60 years, as the only charity that exists to protect all wildlife in Devon, both on land and at sea, we have been at the forefront of protecting wildlife and the wild places that make Devon so special. We passionately believe that a better world is one in which nature and people thrive together.



Incredible amounts of our wildlife have been lost. Species that once thrived in Devon have gone, and many that were commonplace are now rare. Urgent change is needed: it is time to put nature into recovery. We need to restore what has been lost and we need to do this on a grand scale. That means being bold: restoring degraded landscapes and seas, recreating wildlife habitats, reintroducing key species that have become locally extinct, and properly protecting what we still have. Everyone can play a role.

Over the next ten years, Devon Wildlife Trust wants to double the area of land and sea that is rich in nature. We want all of Devon's soils and rivers, farmland and urban areas to be managed sustainably, so the air we breathe, the water we drink and the fields and streets we

walk through make us healthier and happier. We hope to create a natural environment that helps in the fight against climate change, in which at least a quarter of the population makes nature and action for nature a part of their daily lives.

All over the county, Devon Wildlife Trust tackles the most pressing environmental concerns of our age:

- Looking after our 60 nature reserves, precious havens for nature which are all free for people to explore.
- Working with hundreds of Devon farmers and landowners to help them bring nature back to our countryside.
- Taking wilder learning to thousands of children in Devon every year.
- Linking up with parish and community projects across the county, inspiring local change for nature.
- Pioneering the return of beavers to England after an absence of 400 years.

Nature is for everyone, and everyone has a role to play in its recovery. We hope to enable individuals and communities to connect with nature, taking action for wildlife where they live, learn and work. Because we cannot do it alone, one of our priorities is to establish a network of wildlife champions across Devon.

Our 38,000 members help to give us a powerful voice in our campaigns for wildlife and its protection. To find out more, please visit [www.devonwildlifetrust.org](http://www.devonwildlifetrust.org) for information on our latest wildlife events, volunteering opportunities, and how to support Devon Wildlife Trust.

*Information from Steve Hussey,  
Communications Officer,  
Devon Wildlife Trust*

*Photos: Devon Wildlife Trust.*





## Dates Ahead

### March

Tue 12 <sup>th</sup>	6.00 pm	Stations of the Cross
Wed 13 <sup>th</sup>	12.15 pm	Friends Who Lunch
Fri 15 <sup>th</sup>	2.00 pm	Craft group
Sun 17 <sup>th</sup>	12.00 pm	Annual parish meetings
Mon 25 <sup>th</sup>	12.00 pm	Eucharist
Tue 26 <sup>th</sup>	7.00 pm	Eucharist
Wed 27 <sup>th</sup>	12.00 pm	Eucharist
Thu 28 <sup>th</sup>	10.30 am 7.00 pm	Chrism Mass, Cathedral Maundy Thursday Parish Eucharist
Fri 29 <sup>th</sup>	9.30 am 1.00 pm 2.00 pm	All-age service followed by hot cross buns and activities in the hall Stations of the Cross Good Friday Liturgy
Sat 30 <sup>th</sup>	10.00 am 7.00 pm	Church decorating Easter Vigil

### April

Wed 3 <sup>rd</sup>	3.30 pm	Messy Church
Thu 4 <sup>th</sup>	7.30 pm	Fr Brian's house group
Fri 5 <sup>th</sup>	2.00 pm	Craft group
Wed 10 <sup>th</sup>	12.15 pm	Friends Who Lunch
Fri 19 <sup>th</sup>	2.00 pm	Craft group
Sun 21 <sup>st</sup>	6.00 pm	Wholeness & Healing service
Fri 26 <sup>th</sup>	10.30 am	Coffee morning

### May

Wed 1 <sup>st</sup>	3.30 pm	Messy Church
Thu 2 <sup>nd</sup>	7.30 pm	Fr Brian's house group
Fri 3 <sup>rd</sup>	2.00 pm	Craft group
Sun 5 <sup>th</sup>	4.00 pm	Celebrate Together
Wed 8 <sup>th</sup>	12.15 pm	Friends Who Lunch
Thu 9 <sup>th</sup>	7.00 pm	Ascension Day Parish Eucharist
Fri 17 <sup>th</sup>	2.00 pm	Craft group
Sun 19 <sup>th</sup>	2.00 pm	Big Cream Tea
Thu 30 <sup>th</sup>	7.00 pm	Corpus Christi Parish Eucharist
Fri 31 <sup>st</sup>	10.30 am	Coffee morning

## Puzzle Solutions

### Sudoku

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

### Word Search

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

### June

Sun 2 <sup>nd</sup>	4.00 pm	Celebrate Together
Wed 5 <sup>th</sup>	3.30 pm	Messy Church
Thu 6 <sup>th</sup>	7.30 pm	Fr Brian's house group
Fri 7 <sup>th</sup>	2.00 pm	Craft group
Wed 12 <sup>th</sup>	12.15 pm	Friends Who Lunch
Sat 15 <sup>th</sup>	6.00 pm	Music and pizza evening
Sun 16 <sup>th</sup>	6.00 pm	Choral Evensong
Fri 21 <sup>st</sup>	2.00 pm	Craft group
Fri 28 <sup>th</sup>	10.30 am	Coffee morning

### July

Wed 3 <sup>rd</sup>	3.30 pm	Messy Church
Fri 5 <sup>th</sup>	2.00 pm	Craft group
Sat 6 <sup>th</sup>	2.00 pm	Summer fête
Sun 7 <sup>th</sup>	4.00 pm	Celebrate Together
Wed 10 <sup>th</sup>	12.15 pm	Friends Who Lunch
Fri 19 <sup>th</sup>	2.00 pm	Craft group
Sun 21 <sup>st</sup>	6.00 pm	Wholeness & Healing service
Thu 25 <sup>th</sup>	7.00 pm	Patronal Festival Parish Eucharist
Fri 26 <sup>th</sup>	10.30 am	Coffee morning

# ***Cuppa and Chat***

St James' Church Hall

10.30 am to 12.00 noon

On the last Friday of the month

All are welcome!

