



Contact

A magazine for our community



St James' Church, Exeter - Spring 2025



Fr Henry Pryse
Rector



Joan Ridgway
Licensed
Lay Minister



Rachel Martindill
Churchwarden



Andrew Mimmack
Churchwarden &
Safeguarding
Representative



Caroline Adams
Safeguarding
Representative

Parish Office

Mount Pleasant Road, Exeter4. EX4 7AH.
01392 420407. office@stjamesexeter.org
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)
	10.00 am	Parish Eucharist
	6.00 pm	Evening Prayer with Benediction (1 st Sunday)
	6.00 pm	Evening Worship (3 rd 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 you can find the Parish Eucharist on Sundays available to watch live or later.





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From the Rectory

My garden statue of St Francis of Assisi has been liberated from a venerable but vigorous rosemary bush. I can now see him again from my kitchen, an old friend (from my time as a curate living at St Francis House).

It all feels rather 'Eastery'; we also use sprigs of rosemary at the Easter Vigil, to sprinkle everyone with the newly blessed baptismal water from the font. St Francis too, having been somewhat 'entombed' by the gnarled yet lively rosemary, is now on full view, part of a resurgent garden that is growing at full pace in this Easter Season.

The natural world resonates with Easter themes of light and hope and new life: the days are lengthening, the hedgerows are full of fresh growth, bird life is clearly audible, and the sun continues to grow stronger (I feel it on my weekly bike rides to Orcombe Point). The lateness of Easter this year further heightens the cues from the natural world.

There is a hymn we sing in church, which is based on St Francis' *Canticle of the Sun*, a hymn in praise of creation:

*All creatures of our God and King,
Lift up your voice and with us sing
Alleluia, alleluia!*

*Thou burning sun with golden beam,
Thou silver moon with softer gleam...*

The fifty days of Easter coincide with a beautiful time of year. May brings a couple of Bank Holidays, as well as our Big Cream Tea on the 18th. Ascension Day on 29th May brings a change of gear, as the Church prepares to celebrate Pentecost and the outpouring of the Holy Spirit on 8th June. A week later we come to Trinity Sunday and begin the long season of Ordinary Time in the Church year.

Yet our world is anything but ordinary in 2025. In these uncertain times I pray for a renewed sense of St Francis' spirit of reverence for the whole created order.



Fr Henry

LEROY

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Train Tracks: Easy

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

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

Next issue copy deadline: Sunday 10th August

Across

1. Sets of two (5)
4. To last (6)
7. Kith and... (3)
8. Gentle poke (5)
9. Gloomy (6)
10. E.g. oxygen/hydrogen (3)
11. Long for (5)
13. Used to keep feet warm (5)
15. Edith Nesbit novel:
Five Children and... (2)
16. A greeting (2)
17. Guiding beliefs (5)
19. Nickname of Leicester City FC (5)
22. Key on a computer keyboard (3)
23. Sport of Coco Gauff (6)
24. Elephants' tusk material (5)
25. E.g. cherry/apple/humble (3)
26. Florence Nightingale was
one of these (6)
27. Roofing material (5)

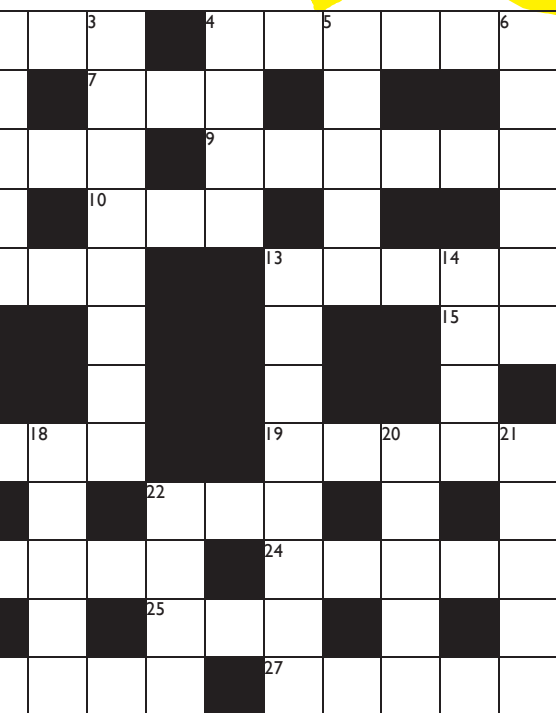
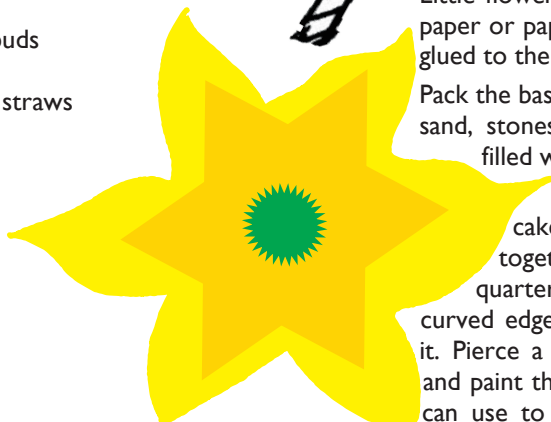
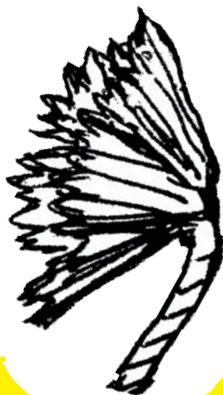
1. 100th of a pound (5)
2. 9th letter of the NATO phonetic alphabet (5)
3. Lincolnshire seaside resort (8)
4. Odds and... (4)
5. Music genre associated with Donna Summer (5)
6. Join the Army (6)
12. Way out (4)
13. Taylor Swift fans (8)
14. Flying toy (4)
16. Classic Hollywood actor; Charlton (6)
18. Noises made by pigs (5)
20. Bantu language spoken in South Africa (5)
21. Stand-up comedian and author; Alexei (5)
22. Snakes that supposedly killed Cleopatra (4)

1		2
8		
11	12	
16		
17		
23		
26		

An Easter Gift Presentation Container

You Will Need

- Plastic milk bottle
- Scissors
- UHU glue
- Stickers
- Tissue/crêpe paper
- Small twig
- Sellotape or masking tape
- Ribbons
- Paper cake cases
- Sand or stones
- Paper
- Cotton buds
- Paints
- Drinking straws
- Egg box



To Make the Container

Cut a window in the front of the milk bottle, leaving the sides and the entire handle in place. Decorate the bottle with stickers, or use UHU glue and tissue paper or collage; PVA is unsuitable here, as it will peel off.

Paint the twig and then use tape to secure it at the base of the bottle. Tie ribbons around the top of the handle. Decorate the twig with Easter gifts, if desired.

Little flowers can be made from tissue/crêpe paper or paper cake cases, which can then be glued to the twig.

Pack the base of the bottle with a thin layer of sand, stones or paper. The bottle could be filled with gifts or paper flowers.

To make a flower from a paper cake case, fold the case (or two together for additional strength) into quarters. Cut petal shapes into the curved edge of the segment and then unfold it. Pierce a hole in the centre. Now cut off and paint the end of a cotton bud, which you can use to make a centre for your flower. Thread the painted end through the hole in the cake case and then glue it in place. Next, glue the open end of the cotton bud inside the top of a drinking straw.

To make a paper daffodil, draw a circle with a diameter of 8 cm. Inside the circle, draw an equilateral triangle and then an inverted equilateral triangle, to form a six-pointed star. This can be used to produce a flower head with six petals. Cut and paint one cup from an egg box, and glue this to the flower head. Form a stalk and make cardboard leaves, then glue these to the painted egg box cup.

The flowers can be secured in the base of the container or tied with a ribbon and presented as a bunch. Use your creation as a presentation container for gifts or flowers, or as the base of a miniature Easter garden.

Anne Killingback



News from Stoke Hill Junior School
At the Stoke Hill Federation our motto is: 'We work together to make Stoke Hill a great place to learn, work and play.' All children have unique skills and talents, which we endeavour to allow them to show during their time with us. We give them opportunities to experience new things and, with the help and support of the local community, we work hard to show the children what is available to them, including by visiting some wonderful places across Devon.

Our children are growing up in a world that presents many challenges. At Stoke Hill we value diversity. We teach the children about their emotions and how to deal with situations. In this we are very pleased to work with HeadsUp, an organisation that supports children's mental health in schools, working with classes, small groups and individuals to develop understanding of ways to help their mental health. Linked with this, we also have Mental Health Ambassadors, who are involved in many activities across the school, from assemblies to clubs. One thing they are really proud of is our new mental health mascot, Oreo. After a competition, won by Demi from Year 5, the bears were made at Build-A-Bear Workshop, so that each year group has a bear of its own, suitably dressed in the Stoke Hill uniform.



Music is an important part of school life, and the school even has its own song, learnt by our youngest children and sung proudly all the way through to the final assembly in Year 6. 60 children at the Junior School are currently learning a musical instrument. This takes dedication, and we are delighted that children have the chance to perform at a concert to their parents each term. On Friday afternoons, when we



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are visited by the company Rocksteady, 30 children take part in rock bands; their final concert is a fun way to end each term. Our choir also continues to grow and has performed in some of the local care homes.

Taking the children into the wider world is a valuable part of the Stoke Hill experience. At Christmas every child sees live performances at Exeter Phoenix. Children in Year 4 recently spent two nights at Magdalen Farm on the river Axe. And can you imagine sleeping with sharks? That's what the Year-5 children do at Plymouth Aquarium. The culmination of the children's time at Stoke Hill is a four-night trip to Heatree Activity Centre on Dartmoor.

We love being a part of this community and look forward to working here for many years to come.

Jamie Sullivan,
Head of Junior School



Squirrels is the new section for the youngest children in Scouting. It has been running here for nearly two terms and is about to lose its first members to Beavers. Our 'drey' has ten Squirrel Scouts who, like squirrels in the wild, have been very active. They have been on plenty of trips out and about, including to see the Moon exhibition at the Cathedral, to the Mosque, and to play board games with residents at the Old Rectory nursing home. Back in the hall, the Police met the Squirrels and showed them around a police car, as well as giving them the chance to try on some uniforms. Representatives from St John Ambulance also popped along to offer some first aid sessions for Squirrels and Cubs.

Beavers too have been busy. They sang carols at The Lilacs care home before Christmas, and visited Danes Castle fire station as a part of their safety badge. In the winter the Beavers joined the Cubs and Air Scouts at the Norman Lockyer Observatory, an amazing place that is obviously best visited at night.

This term, the Cubs have tried their hands at archery and fencing, as well as playing chess in preparation for the district Cub chess competition: four of our Cubs took part and did very well. The Police visited to put the Cubs through their paces for the Police badge, and a Morris dancing troupe brought their hankies and sticks to show the Cubs how it's done and to give them a go.

The Air Scouts are preparing for their first weekend away of the year: in London they will play human-size monopoly with nearly 8000 other Scouts, Explorers and adult volunteers. In 8 hours they will try to get to

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every location on the London Monopoly board, as well as some undisclosed locations for Chance and Community Chest. Before they return home, the Scouts will also visit the Berkshire Museum of Aviation. As well as tasting the excitement of the capital, the Scouts have been out and about on many night walks closer to home, including around the grounds of Killerton, and on the orienteering trails and walks around Exeter and the quay.

In addition to all the activities of the Squirrels, Beavers, Cubs and Scouts, we also opened an Air Explorer section in the last few weeks. During term time the Explorers now meet at St James' on the first and third Friday of each month. As a result, 3rd Exeter now proudly offers Scouting from the age of 4 right through to 18.

To find out about any section in the group or for any other enquires about Scouting, including waiting lists, please e-mail info@exeterairscouts.org.uk.

Brad Warwick

Charity Focus: Hospiscare

Every day matters when living with the challenge of a terminal illness. Hospiscare, the local hospice for the heart of Devon, supports its patients and their families to make the most of every single day.

The charity was founded after a local hospital consultant, Dr John Searle, addressed a packed crowd in Exeter's Guildhall one cold January night in the early 1980s. He spoke about the urgent need for a local hospice to provide specialist end-of-life care. Following the meeting, a team of volunteers successfully raised funds for a community palliative care nursing service, which started later that year.

In 1992 Searle House was opened. This is Exeter's own hospice, with an 8-bed ward that provides 24-hour palliative care for critically ill patients. It also offers outpatient treatment rooms, an onsite café, therapy rooms, family rooms, and a relaxing garden. As well as Searle House, the charity now has treatment centres in Tiverton and Honiton, offering support tailored to individual needs and preferences. For the more than 2,000 patients every year

across the heart of Devon, in an area that covers over 1,000 square miles, the support is all free of charge.

Hospiscare is proud of its five-star rating from patients and families across Devon, and of its 'outstanding' rating from the Care Quality Commission. The community team of specialist nurses regularly visits patients to discuss medication, to help with obtaining the right pain relief, and to address concerns and wishes. Everyone is treated with dignity and respect, and patients are supported to remain at home if they wish.

An advice and support line run by the charity is available for patients, family members, carers, and healthcare professionals. Hospiscare also offers help with managing symptoms, specialist dementia support, wellbeing courses in Exeter, outpatient clinics, spiritual care, care navigators, support for family and friends, and complementary therapies. For hundreds of healthcare professionals every year, the charity provides training in palliative care skills.



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Hospiscare

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How Can You Help?

Only around twenty percent of Hospiscare's funding comes from the NHS. The charity therefore needs to raise around £10 million per year from the generous support of local people and communities. Sarah Smith, Head of Public Fundraising, told us: 'We couldn't do this without our amazing team of more than 500 volunteers, and our regular donors and supporters.'

Anyone can help. You might host a coffee morning, make and sell arts and crafts, open



your garden to the public, or take on a challenge. There is a weekly Hospiscare Lottery to play, or you could make a regular donation or leave a gift in your will. Our fundraising team would be delighted to help you with all the details. To donate or buy items, you could pop in to one of our 18 Hospiscare shops.

Changes in lifestyle, health and welfare mean that we are living longer, but not necessarily in good health, and often with multiple health diagnoses. The need for end-of-life care is currently greater than the provision available, and Devon's ageing population means that demand is only going to increase.

For more information, and to help Hospiscare raise funds, visit www.hospiscare.co.uk.

Martin Niebroj



Book Review: *The Afternoon of Christianity: The Courage to Change.*

By Tomáš Halík (Notre Dame, Indiana: The University of Notre Dame Press, 2024).

This intriguing book with an equally intriguing title is written by an interesting man. Tomáš Halík is a Catholic priest from the Czech Republic. Born in 1948, he grew up under the communist regime; active in the 'underground Church', he was ordained – clandestinely – in 1978. Close to the future President, Václav Havel, he became one of his advisers after the 1989 Velvet Revolution and was instrumental in the democratic renewal of his country.

Even now, Halík remains a significant figure in Czech public life, combining an academic post in Prague with a ministry to 'seekers' at what is called the Academic Parish. In 2014 he was awarded the Templeton Prize, created to honour individuals who have made 'an exceptional contribution to affirming life's spiritual dimension'. Trained in theology, philosophy and social science, Tomáš Halík is well placed to scrutinise the present situation and the place of the Church – more especially the Catholic Church – within this.

Thus, *The Afternoon of Christianity* offers the reader a poignant reflection on the current crises in the Catholic and other churches, but points at the same time to the possibility of a more positive future.

The reasons for these crises are multiple: some bear down on the Church from outside, for example out-of-control globalising forces and the reactions they induce, alongside a global pandemic that cost many millions of lives. Other pressures erode it from within, notably the exposure of multiple cases of abuse and a seeming inability to deal adequately with these. On both counts, Anglican readers will know what he means.

So, what is to be done? The choice, Halík suggests, lies between a road that looks inwards towards more division, more in-fighting and growing irrelevance, and a road that strikes outwards, discovering a deeper, more credible understanding not only of the Church itself but of the theology and spirituality that underpins this. It is the latter

that presages the 'afternoon of Christianity', understood as a time of generosity, kindness and welcome as much to outsiders as to those within.

The metaphor of the passing day is developed at some length. The 'afternoon' follows the 'noonday crisis'; indeed, only when we have passed through the tribulations of that crisis are we ready to embark on the relative serenity that follows. But the afternoon, surely, signifies the eventual coming of darkness and the ending of the day. I thought as much when I started reading, but in the very last sentences of the book Halík points the way forward. He reminds us that in the Biblical concept of time, a new day begins in the evening. We must therefore be attentive, taking care 'not to miss the moment when the first star appears in the evening sky' (p.211).

Grace Davie

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Messy Church is 100!

On Saturday 8th March, we celebrated the 100th Messy Church at St James'. Special invitations were sent to families and helpers who have attended in the past, as well as current regulars. Over a hundred people came to reunite with old friends, take part in favourite craft activities, and celebrate in the church. The anniversary party ended with tea and a special birthday cake.

Messy Church is a fun, relaxed time for families. It takes place after school on the first Wednesday of each month except August. Look out for the poster by our notice board on Mount Pleasant Road! All sessions run from 3.30 pm until 5.30 pm in the church hall.

We would love to see you and your children at our next session, for fun, friendship and food. To give us an idea of numbers, it's really helpful if you can let us know you're coming: just e-mail messychurch@stjamesexeter.org.

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What's Happening at St James'?

St James' is your parish church. At the heart of the community, it has plenty going on for everyone.

Our gardens are a lovely place to walk through, or to sit down for a while, to rest or to ponder, and to enjoy God's creation. Once a week, a friendly team of volunteers looks after this beautiful green space. If you enjoy gardening, come and join the team!

The church building is a light, bright space, with a beautiful ceiling in shades of celestial blue, exquisitely patterned with scallop shells and stars above the altar and choir stalls, and the kneeler cushions add vibrant colour. The windows, some in lovely stained glass, flood the space with light; the effect has been enhanced by recent repainting of the inside walls. This is a peaceful space for prayer, contemplation and worship, and you are welcome to come inside: join us for any of our services, or just pop in if the building is open.

Our services are advertised on the noticeboards and on our website and Facebook page. There are extra services too during Lent and Holy Week, before the joyous Easter services when we celebrate the resurrection of Jesus. Children are always welcome, including at Messy Church on the first Wednesday of each month.

A series of free musical recitals took place in the church on Sunday afternoons through January this year. There are other concerts here too: look out for posters with information about them!

Coming up in the next few months, everyone is welcome at our events, including the Big Cream Tea on 18th May and the summer fête on 5th July. There is always plenty going on in the church hall, with all sorts of clubs and activities to get involved in.

Just come along: you can be sure of a warm welcome.

Joan Ridgway

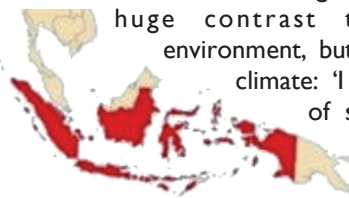
Parish Profile: Ida Birbeck

Ida, who trained to become a teacher in her native Indonesia, is the youngest of seven children. She came to live in Exeter when she met and married Nick, who works at the University of Exeter.

With more active volcanoes than any other country in the world, Indonesia is a tropical archipelago across the equator between the Indian and Pacific Oceans. We in Britain tend to think of Indonesia as a beautiful holiday destination where the sun is always shining, the people are friendly and welcoming, and the sea is warm and inviting. This represents a

huge contrast to our own environment, but Ida enjoys our climate: 'I like the change of seasons, shorter daylight in the winter, and long summer days.'

The majority faith in Indonesia is Muslim, and only seven percent of the population is Christian. As Ida's grandfather was a Christian



priest who established a Church in Central Java, she grew up hearing of God's love for us. She learnt how God sent Jesus to restore our relationship with him, and she came to own that faith for herself. Here in Exeter, Ida is now an integral part of St James' Church, where she is always smiling and dependable, exuding her love for God.

Music – especially singing – is important to Ida; she first joined a Church choir at the age of fifteen and now sings in the choir here at St James'. Ida also loves to play the piano; her mother persuaded her to follow a short piano course, ostensibly so that she would be able to play hymns, but Ida also really enjoys playing blues and jazz.

When Ida first came to Exeter, she completed a chef training course at Exeter College and then worked as a chef for a while. She certainly is a very good cook and has a wonderful ability to combine Asian cuisine with English. I think that's called fusion food – it's delicious anyway.

Pauline Goodall

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Friends of Mount Pleasant Health Centre

Our fundraising last year yielded an excellent total of just over £4,000. Volunteers raised significant amounts from bake sales and plant sales, as well as the summer fête, which alone raised over £500. Book and bric-à-brac sales were likewise very positive, and the flu clinic raffles raised over £500. Although the planned autumn Cake and Bake was cancelled because of the snow, our coordinator made £80 from sales to patients and staff.

When you enter the health centre, you will find a warm draft of air, since the Friends paid for an electric heater to be fitted above the doors. The resulting curtain of warm air heats the reception area to make it more comfortable for staff and patients.

A quiz night took place in the early part of this year, and our Easter sale is coming up soon. On Thursday 10th April between 9.30 am and 1.30 pm, the Easter sale will offer cakes and savouries, crafts and a raffle, books and puzzles, as well as our usual coffee, tea and homemade cakes.

The plant sale from 10.00 am on 17th May is your chance to purchase produce,

vegetables and seedlings, as well as cakes, bric-à-brac and puzzles, coffee, tea and homemade cakes. Tables will also be available for hire at £5 each, for those who wish to sell their own goods.

In recent months we have sadly lost more members of our fundraising team, so we would welcome anyone who would like to assist with our fundraising events. If you are able to help, please contact our co-ordinator, Bev: e-mail beverley.todd5@nhs.net or call 01392 499291 – leave a message if necessary, so that Bev can call you back.

Gerry Rendle



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Dates Ahead

April

Tue 1 st	2.30 pm	Lent group
	6.00 pm	Stations of the Cross
Wed 2 nd	3.30 pm	Messy Church
Thu 3 rd	7.30 pm	Fr Brian's house group
Fri 4 th	2.00 pm	Craft group
Tue 8 th	2.30 pm	Lent group
	6.00 pm	Stations of the Cross
Wed 9 th	12.15 pm	Friends Who Lunch
Mon 14 th	12.00 pm	Eucharist
Tue 15 th	2.30 pm	Lent group
	6.00 pm	Eucharist
Wed 16 th	12.00 pm	Eucharist
Thu 17 th	10.30 am	Chrism Mass, Cathedral
	7.00 pm	Maundy Thursday Parish Eucharist
Fri 18 th	9.30 am	All-age service followed by hot cross buns and activities in the hall
	1.00 pm	Stations of the Cross
	2.00 pm	Good Friday Liturgy
Sat 19 th	10.00 am	Church decorating
	9.00 pm	Easter Vigil
Fri 25 th	10.30 am	Coffee morning
Sun 27 th	6.00 pm	Wholeness & Healing service

May

Thu 1 st	7.30 pm	Fr Brian's house group
Fri 2 nd	2.00 pm	Craft group
Wed 7 th	3.30 pm	Messy Church
Wed 14 th	12.15 pm	Friends Who Lunch
Fri 16 th	2.00 pm	Craft group
Sun 18 th	2.00 pm	Big Cream Tea
Tue 20 th	7.30 pm	PCC meets
Thu 29 th	7.00 pm	Ascension Day Parish Eucharist
Fri 30 th	10.30 am	Coffee morning

June

Sun 1 st	4.00 pm	Celebrate Together
Wed 4 th	3.30 pm	Messy Church
Thu 5 th	7.30 pm	Fr Brian's house group

June continued

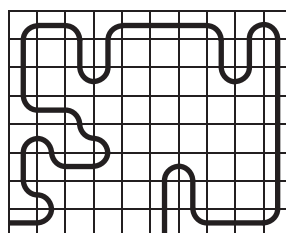
Fri 6 th	2.00 pm	Craft group
Wed 11 th	12.15 pm	Friends Who Lunch
Sun 15 th	6.00 pm	Choral Evensong
Thu 19 th	7.00 pm	Corpus Christi Parish Eucharist
Fri 20 th	2.00 pm	Craft group
Fri 28 th	10.30 am	Coffee morning

July

Wed 2 nd	3.30 pm	Messy Church
Thu 3 rd	7.30 pm	Fr Brian's house group
Sat 5 th	2.00 pm	Summer fête
Sun 6 th	4.00 pm	Celebrate Together
Wed 9 th	12.15 pm	Friends Who Lunch
Sun 20 th	6.00 pm	Wholeness & Healing service
Fri 25 th	10.30 am	Coffee morning
	7.00 pm	Patronal Festival Parish Eucharist

Puzzle Solutions

Train Tracks



Crossword

Across:

1. Pairs; 4. Endure;
7. Kin; 8. Nudge;
9. Dismal; 10. Gas;
11. Yearn;
13. Socks; 15. It;
16. Hi; 17. Ethos; 19. Foxes; 22. Alt;
23. Tennis; 24. Ivory; 25. Pie; 26. Nurses;
27. Slate.

Down:

1. Penny; 2. India; 3. Skegness; 4. Ends; 5. Disco;
6. Enlist; 12. Exit;
13. Swifties;
12. Kite;
16. Heston;
18. Oinks;
20. Xhosa;
21. Sayle; 22. Asps.

Sudoku

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

An Exeter Little Theatre Company Production

**YOU CHANGE THE WORLD WHEN
YOU CHANGE YOUR MIND!**



Book by
HARVEY FIERSTEIN

Music and lyrics by
CYNDI LAUPER

Original Broadway Production Directed and Choreographed by **Jerry Mitchell**
Based on the Miramax motion picture Kinky Boots Written by **Geoff Deane** and **Tim Firth**

THIS PRODUCTION

DIRECTOR **DANIEL McLOUGHLIN** | CHOREOGRAPHER **MAI-LIN HAGIWARA** | MUSICAL DIRECTOR **SIMON CARTER**

**EXETER
NORTHCOTT
THEATRE**

28 JULY - 2 AUGUST 2025

NORTHCOTT THEATRE, STOCKER ROAD, EXETER, EX4 4QB

BOX OFFICE **01392 726363** | ONLINE **EXETERNORTHCOTT.CO.UK**

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