

Benefice E-Newsletter
Dawlish with Holcombe and Cofton
11th February 2024

THE AMAZING BENEFITS TO US OF SINGING

I am sure that many of you will have read, or maybe heard through the various media formats that regularly do battle to gain our attention, of the recent survey carried out to see what health benefits we can derive from singing and not surprisingly the results of the survey were extremely positive.



Mental health issues seem to be the ‘buzzword’ at this moment in time and indeed seem to have been since the Covid pandemic, but this survey was of particular interest to me and made me want to delve a little further into the background associated with singing. For example, let’s start by taking a look at some of the benefits to each of us, either alone (yes, even in the bath!) or in a group:

Singing can:

- make you feel better
- enhance your lung function
- help you beat stress and relax
- help improve your memory
- build a sense of community
- let you express yourself
- help with pain relief
- boost your confidence



These are just a few examples and I am sure you can add many more, but if you then take it a stage further and look at the emotional and physical benefits of choral singing in church with others the list becomes even longer:

- strengthens the feeling of togetherness
- helps regulate heart beat
- reduces stress levels and depression

- improves the feeling of social wellbeing
- can even increase your life expectancy

Singing is good for your body and is good for your soul as well. It is fun and a great way of expressing one's self.

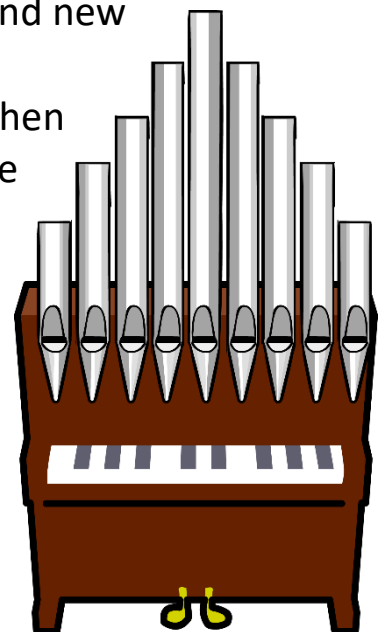
You can probably quite easily remember the church services that we had back in 2020 when the churches were allowed to re-open after the covid shutdown, but so many people said at the time that it was not the same without singing hymns/songs. This was not at all surprising when you consider the importance of singing as part of our worship.



The word 'hymn' is derived from the Greek language word 'hymnos' (not to be confused with 'hypnos' the bed manufacturer) which means a song of praise. Some hymns are narrative in form, but they remind us of the biblical story and draw us into it. Other hymns are more expressive of what we may want to say to God and give us the

words to do so. Hymns are usually simple, genuinely emotional, poetic and literary in style, spiritual in quality, and its purpose is not only to worship the Lord but to help unify the congregation whilst singing.

Sadly, in many churches nowadays hymns are a thing of the past and have been replaced with more upbeat and/or contemporary songs. Thankfully in our Benefice churches we have the benefit of both traditional and new music being used which helps us all to achieve the main objective of worship. We naturally sing with more 'gusto' when it is a tune that is familiar to us, but it never ceases to amaze me when playing the organ at our services how the vocal volume increases when the organ volume increases – singing with a degree of confidence no doubt!



If you would like to learn more about the benefits of social singing and enjoy the thought of singing with a group of like-minded folk, there is a choral singing workshop open to all which is taking place in St Gregory's on Saturday 25th May 2024 starting at 2.15pm for the afternoon, so why not put the date in your diary now and come along and find out for yourself just

how much fun and benefit can be derived from social singing. Further details will be available in church nearer to the time.



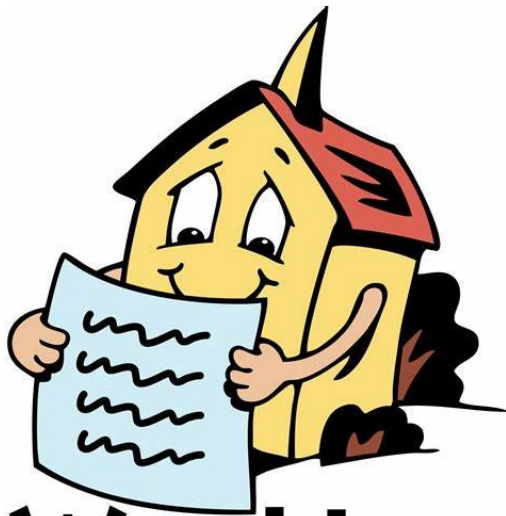
I will leave you pondering the amazing benefits of singing with those wonderful first words from the Jubilate which the combined choirs will be singing at the start of the licensing service on Thursday 15th February for our new Rector Linda – ‘O be joyful in the Lord, all ye lands; serve the Lord with gladness, and come before his presence with a song.’

Happy singing!

Ian Bartlett

Organist and choirmaster

Services:



Worship Schedule

11th February

9.30am St George's – Morning Worship

10am St Gregory's – Holy Communion

11am St Mary's – Holy Communion

12 noon St Gregory's – Baptism of Daisy-Mae

14th February

10am St Gregory's – Ash Wednesday

Holy Communion

15th February

7.30pm St Gregory's – Licensing of Team

Rector Revd. Linda Cronin followed by refreshments

18th February

9.30am St George's – Holy Communion

10am St Gregory's – Greg's @ 10

11am St Mary's – Morning Worship

6.30pm Benefice Telephone service

Coming events in February...

Tuesday 13 th	Shrove Tuesday Pancakes, 3-6pm at St. Paul's Starcross
Wednesday 14 th	Ash Wednesday: Holy Communion 10am at St. Gregory's
Thursday 15 th	Licensing of Revd. Linda Cronin, 7.30pm at St Gregory's followed by Refreshments
Sunday 18 th	Benefice Telephone service, 6.30pm
Tuesday 20 th	Kid's Swap Shop, 9am-11am St Gregory's Praying for Dawlish, 12 noon at St Mary's Church Ladies Lunch 12 for 12.30pm at Amelia's Café, Cofton Julian Group for quiet prayer, 2.30pm at St Gregory's
Wednesday 21 st	A Warmer Place – 12noon-2pm at St George's
Tuesday 27 th	Eat and Enlightenment, 7.30pm at the Castle Pub, Holcombe

Tuesday prayer meeting on Zoom

Welcome to a half hour of prayer on Tuesdays at 9am. [Just click on this link or](https://zoom.us/join) go to <https://zoom.us/join> and enter: Meeting ID: 575 020 5964 and Passcode: 850653.

Licensing of Rev. Linda Cronin

The licensing of Rev. Linda Cronin as team Rector will take place on Thursday 15th February at 7.30pm in St. Gregory's. Please do come and support Linda as she begins her ministry in the Benefice.

Baptism of Daisy-Mae at St Gregory's

Daisy-Mae Scrivens will be baptised at St Gregory's on Sunday 11th February at 12noon. Please pray for Daisy-Mae and her family and come along to support them.



Benefice Telephone Service for Lent – 18th February

Our monthly evening telephone service will be on Sunday, February 18th at 6:30pm. To join the service just dial 0330 088 1927 and then enter the access code 2132492. This is the first Sunday in Lent and we will be using a special service for Lent. Please contact Ceri Lee on 07739 936286 or Will Halse on 07974 755926 if you need a printed copy of the service. All are welcome, with a special welcome to those who find getting to church difficult!

Will Halse



Christmas Tree Festival fundraising



Although it seems a while ago now – both donations and the Bric a Brac stall at the Christmas Tree festival held at St Gregory's church raised £210 each for the Dawlish Community Hub and Dawlish Community Transport. Many thanks to Jill and Graham Reynolds who organised and ran the Bric a Brac stall.

Baby Loss Services

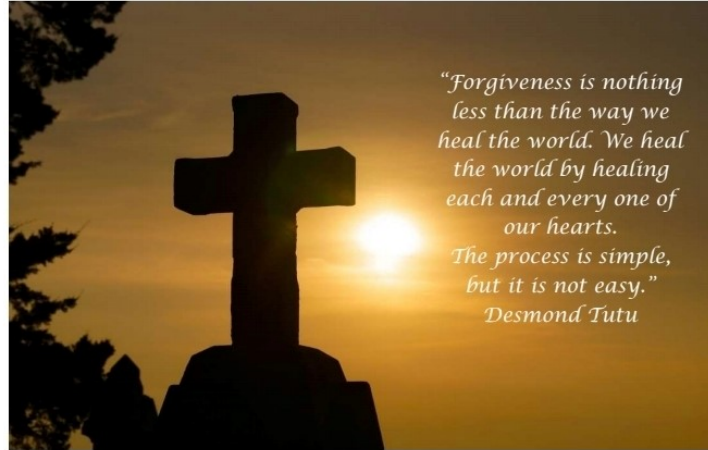
The Mariposa Trust's core objective is to support people who have lost babies at any stage of pregnancy, at birth, or in infancy. It was founded in 2012, by Zoe and Andy Clark-Coates, who saw a critical lack of support for people like them, who had gone through baby loss. On the 2nd March at 12.30 pm in Exeter Cathedral Exeter we will be hosting a Saying Goodbye Service. This is for anyone who has either personally lost a baby at any stage of pregnancy, at birth, or in early years, or who has been affected by family members' or friends' loss. Whether the loss was recent or 80 years ago, everyone is welcome to attend. We have also extended the services, and gladly welcome anyone who is grieving the fact that they haven't had children. This may be due to circumstance, infertility, or for other reasons - but all are welcome, including families with babies and children. To read more on the charity you can [view the website here](#).

The gift and challenge of forgiveness



A Lent Christian Day Retreat

with Christian mindfulness, guided meditation, and creative spirituality.



*"Forgiveness is nothing less than the way we heal the world. We heal the world by healing each and every one of our hearts. The process is simple, but it is not easy."
Desmond Tutu*

Saturday 23rd March, 2024

10am - 4pm

St Mary's Church Hall,

Dawlish Warren

£40 including refreshments and hot homecooked vegetarian lunch.

This Lent retreat day, inspired by the wisdom and lived experience of Desmond and Mpho Tutu, offers a chance to consider where we are on our own path of forgiveness, with no pressure or expectation. This is for all those struggling to find forgiveness for others or to accept the forgiveness we are offered by God and those we have hurt.

For more information or to book a place please contact Abigail on abigailhardiman@protonmail.com or 07300 106560.



Beyond self retreats are led by Abigail Hardiman, a qualified counsellor (MBACP) and accredited local (lay) preacher with the Methodist Church.

Find us on Facebook or at

<https://abigailhardiman6.wixsite.com/beyondselfretreats>

If you would like any support, or someone to talk to, or you are aware of someone else who would appreciate contact please ring one of the following:

Margaret Noel: 01626 863148

Will Halse: 01626 866054

Ceri Lee: 07739 936286
