

Benefice Events E-Letter

Dawlish with Holcombe & Cofton
Sunday 20th March



Some of you may know, although many may not – that alongside my administrative work for St Gregory's and Holcombe, I've actually been re-training as a Counsellor for the last two years. I recently came across a talk by Gabor Maté, who is a doctor, speaker and author within the field of counselling and psychotherapy. Maté specialises in working with people who suffer with addictions of all kinds, childhood trauma, attachment and development. It all sounds complicated, and it can be, but in many ways – the message is very simple. Most people have at some point,

experienced difficult or upsetting life events: bereavement, illness, divorce, relationship difficulties, stress and so on, which have been experienced as traumatic. You can watch Gabor talk about this in a little more detail [here](#), if you are interested to learn more.

But this got me thinking – in my work as a counsellor and within my faith, if we know that most people, in fact, almost everyone – is suffering, or in pain, or has emotional difficulties, what can we do about that? How can we have healing, therapeutic relationships with each other? Is it even possible?

In Japan, there is an art called Kintsugi: according to legend, a Japanese Shogun broke his favourite tea-bowl and had it replaced, only to have it returned repaired with metal staples. After this, the art of repairing broken ceramics with gold began – making the ugliest, most damaged pieces of the pottery the most beautiful part of the whole ceramic.





When we see each other as flawed, broken and damaged human beings, but treat each other with kindness, this is where positive changes can begin to be made. I recently learned that in a client-counsellor relationship, 70% of positive outcomes come from the client themselves, closely followed by the quality of the relationship that exists

between the client and the counsellor. Simply, positive changes begin when we feel that we have control and agency over our lives. When we can make changes for ourselves and can have relationships in our lives that are compassionate, empathetic, non-judgemental and when we feel heard by others, we can begin to thrive. Of course, this is always a challenge – for ourselves, and for us in our relationships with each other, in our church community.

I think that when we meet other people, wherever we are, there is a reason. They will be the person to change our life, or we will be the person to change theirs. That said, as Christians, we know that Jesus is the ultimate person-changer. The bible says ‘Come to me, all you who are weary and burdened, and I will give you rest.’ Matthew 11:28-30

Sabrina

Services next week

20th March 10am Greg’s @ 10 @ St Gregory’s
9.30am Holy Communion
@ St George’s Holcombe
11am Morning Worship
@St Mary’s Cofton

23rd March 10am midweek
Communion @
St Gregory’s

27th March 10am Holy Communion
Mothering @ St Gregory’s
Sunday 9.30am Holy Communion
@ St George’s Holcombe
11am Morning Worship
@St Mary’s Cofton



START
YOUR
day
WITH
PRAYER

Tuesday 22nd March Prayer meeting

Topic: Dallas Ayling's Zoom Meeting

Time: 22nd March, 2022 09:00 AM London

Meeting ID: 659 184 2294

Passcode: 995468

Join Zoom Meeting

<https://us02web.zoom.us/j/6591842294?pwd=hakfR92W-WBnpl1CBn5jr6oxpSCzOg>

Lent Course



Just a reminder that the Lent course is happening now! This year's Lent course is LIVING STONES, LIVING HOPE. The course has been prepared by USPG, the missionary society. The metaphor of the Christian community in 1 Peter 2 as living stones that constitute the household of God is a richly evocative one.

It reminds us not only that we are one among the many stones that make up God's household, but also that we are each connected in a unique way to Jesus Christ, the cornerstone of our faith. Each week we will explore this theme drawing on examples from around the world and scripture. Please pray for a successful course and maybe see coming along as part of your Lenten life, either to the in-person presentation on Wednesdays at 2pm at St Gregory's or 7pm each Thursday via Zoom.

The in-person course will continue on the 23rd, 30th March and the 6th April. The Zoom lent course will be running on Dallas's usual Zoom account. Dates will be Thursday evening: 17th, 24th, 31st March and 7th April at 7pm.



Morning Prayer

Topic: Morning Prayer on Zoom with prayer for Ukraine

Time: Mar 24, 2022 09:00 AM London

Join Zoom Meeting

<https://us04web.zoom.us/j/2198890557?pwd=Y3FmUmFqdDVpNW1ETVUrZ2RoS2MxUT09>

Meeting ID: 219 889 0557

Passcode: 5y1GPu

Southwest Prays

Pray for Ukraine - southwestprays.com is hosting an event this Sunday - 20th March on 6-7pm whereby you can pray for the people of Ukraine.

St Mary's Cofton will be open for a Prayer Vigil during that time. Doors open from 5pm. Come and go as best for you. Light a candle. Prayers will be led from 6pm and then on the quarter hour until 7pm. All welcome from across the benefice. Attendees are kindly requested to wear a mask unless they are medically exempt. For more information on the main event, please take a look at the website www.southwestprays.com



St Gregory's Churchyard Tidy Group

Churchyard tidy group will begin on the last Saturday of the month beginning from the 26th March, 9.30am. All welcome! New volunteers are always welcome and very much appreciated.

Mothering Sunday

We will be celebrating Mothering Sunday at our 10am Holy Communion service on Sunday 27th March – but we felt that this might not be the most suitable service to invite our baptism families to join, so instead we have another way to invite everyone to celebrate. Dallas, Georgie and I would like to invite everyone to help decorate our prayer



gate at any time over the Mothering Sunday weekend, with a colourful ribbon with either a single flower tied to the ribbon and then subsequently the gate or to add a single flower to our floral wreath that will hang on the gate too. It's our hope that these ribbons and flowers will be a simple yet beautiful way to thank God for all those who have done and still do, the 'mum like' things in our lives. We hope that everyone will get involved in this and please spread the word to others who may like to join in with this and celebrate Mothering Sunday together with us in this way.

Cath Chappell

Donations to the Ukraine via Dawlish Funeralcare



Just to let you know that Dawlish Funeralcare will be accepting donations for the Moldovan people to help Ukrainian refugees into their country via CR2EE. We do ask where possible that people deliver donations to Dawlish Funeralcare after the 28th March as this will coincide best with when deliveries can be made to their local warehouse.

St Gregory's electoral roll

At our Annual Parochial Church meeting on April 25th there has to be a brief report on our Electoral Roll, which should be as accurate as possible. Please kindly check that your name is included on the Roll which is now displayed in the Lower Narthex. If you're not yet included but would like to join, please contact Graham Reynolds on 01626 772249. The final version has to be displayed no later than April 9th. Many thanks for your help.



St Gregory's APCM reports

Reports for the APCM are to be emailed to Nicola Twibill by Sunday 10th April. Reports will be emailed out to save on printing costs and paper. If anyone does not have an email account and would like a copy of the reports we can organise that from the church office. Please contact Nicola



Twibill or Sabrina in the church office if you need more information.

A notice for St Greg's - supporting Strand Church

Since the beginning of the pandemic as you will know I have been working with Helping Dawlish on behalf of the church. One aspect of our work has been to provide food for those who were left struggling through the pandemic. We have delivered this through ROC



(Redeeming our Communities) in partnership with the other organisations, who are part of Helping Dawlish. The Dawlish Food Larder has evolved over time but its purpose is to continue to support those who are in need of food and continues to be delivered through various partnerships. We have been, and continue to be grateful, for those individuals who support us by putting food in the baskets in the local shops, or have given financially to help us buy in, what is needed including our use of an organisation called Fareshare. We have also built relationships with local

supermarkets who are part of the food waste movement and who give us left over fresh food, which cannot be sold on, so we pass this on in a number of ways.

When we are able to, we support the Strand Centre to help them in their provision of meals to people too. We have been asked by Mary May, who is a volunteer at the Strand Centre, if we as a church could respond to supporting the Strand Centre. As a response to our series on the Generosity of God, the Standing Committee have agreed to hold a collection specifically for tins of soup, which the centre can either pass on to customers or use in their own provision of meals. This collection will take place on Mothering Sunday, an easy day to remember. Please consider bringing a can of soup or two which will then be given to the Centre.

Many thanks,
Dallas.

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:

Revd. Dallas Ayling: 867386

Margaret Noel: 863148

Will Halse: 866054