



Contact

A magazine for our community



St James' Church, Exeter - Autumn 2022



Rector
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Assistant Priest
Fr Martin Poolton



Assistant Curate
Fr Steve Turner



Churchwarden
Rachel Martindill



Churchwarden
Andrew Mimmack

Parish Office

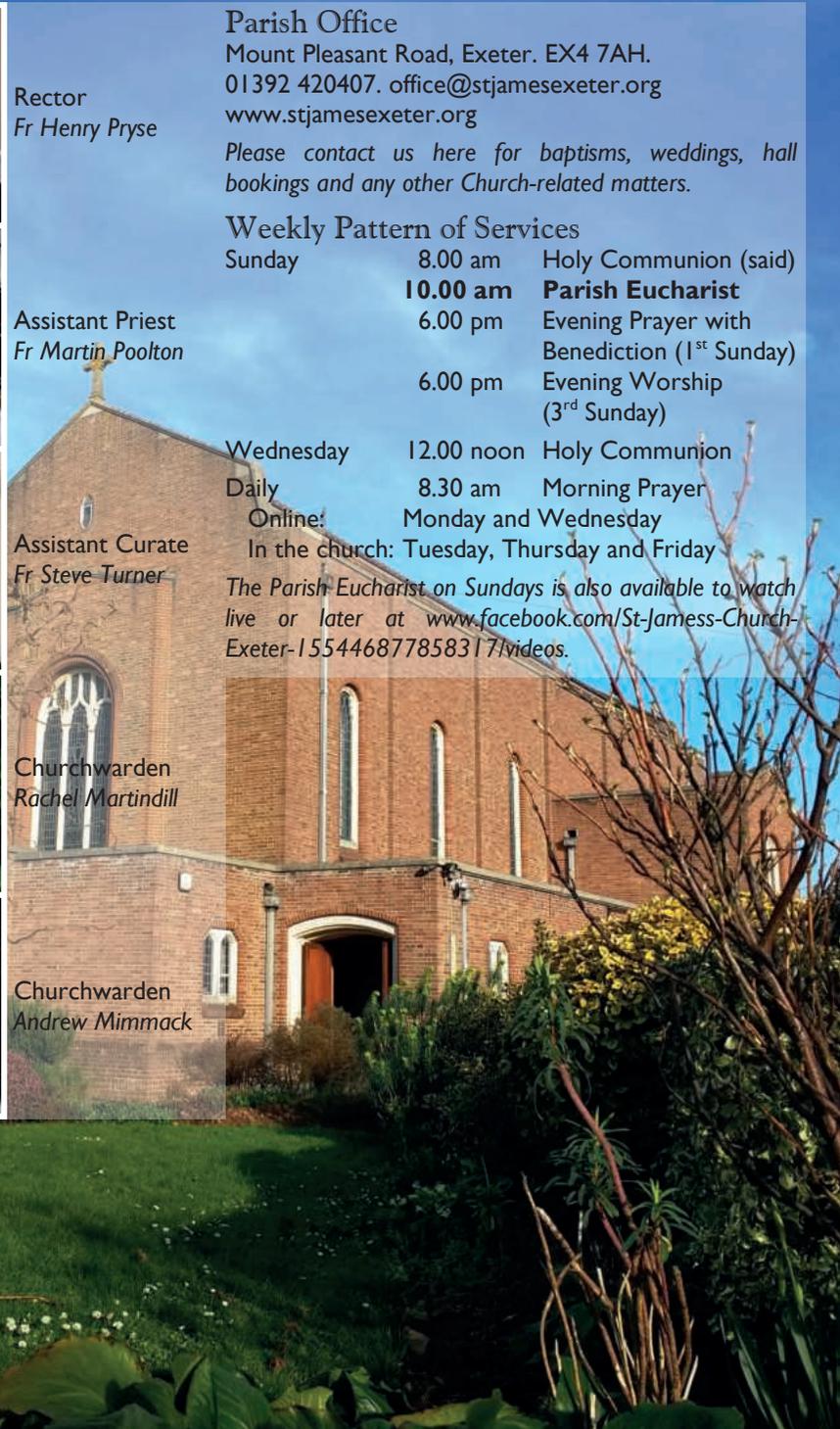
Mount Pleasant Road, Exeter. EX4 7AH.
01392 420407. office@stjamesexeter.org
www.stjamesexeter.org

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

Weekly Pattern of 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	

The Parish Eucharist on Sundays is also available to watch live or later at www.facebook.com/St-James-Church-Exeter-1554468778583171/videos.





Current opening times:

Monday – Friday 8.00 am – 5.00 pm

Saturday 8.00 am – 4.00 pm

Sunday 10.00 am – 4.00 pm

Post Office: Thursday 2.15 pm – 4.15 pm

Come and try our lovely cakes, barista coffee, local produce, free range eggs, bread and milk.

Have a few hours to spare?

Come and join our band of volunteers

All training provided

Contact Deb Murphy on 07443 460529

Find Sylvania Community Stores and Café on YouTube and Facebook!

From the Lay Minister

September is a time of fruitfulness. For anyone with a garden or allotment it can also be a busy time of gathering produce. At St James' we will be celebrating Harvest Festival on Sunday 2nd October. This is a good time to pause and to thank God for all the good things we can enjoy, as well as to think about what we can do for those who have less than ourselves and for the millions of people in the world who live in food poverty.

Although January is the start of the calendar year, September is the start of a new year for anyone involved with education. Children and students as well as teachers, lecturers and many others are beginning a new year, perhaps with a fresh start in a different school or college. After the years we spent in education as we grew up, many of us still think of September as a time to take a fresh look at our lives. We might no longer be at school, but the mentality remains the same: this is a good opportunity to take stock of where we have come from and where we are heading, and to think about whether or not we want to change direction.

I often think how fortunate we are to live in a temperate climate and so to be able to enjoy the different seasons. Now that Autumn is upon us, the days are starting to grow shorter and we will soon see the leaves light up with colour before they fall to the ground. The obvious changes we see around us, as the seasons move through their annual cycle, can be a useful prompt to consider the changes in our own lives. This could be a good time to take a fresh look at our relationship with God and to consider whether we want to make any changes there.

Through the changing seasons of life St James' is here as your local parish Church, where everyone is welcome.

Joan Ridgway, Licensed Lay Minister

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Copy deadline for the next issue:
Sunday 30th October

Puzzle Page

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

Sudoku: Easy

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

Solutions on page 15

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

Word Search

Can you find these words in the grid?

- | | | |
|----------|------------|----------|
| Archery | Football | Running |
| Baseball | Golf | Skating |
| BMX | Gymnastics | Swimming |
| Bowls | Judo | Tennis |
| Cricket | Pool | |
| Fishing | Rugby | |

St David's Church Green Event

Talks

- Exeter Cycle Campaign
- Our Blue Planet: The Oceans
- St Sidwell's Point and Passivhaus

Eco Church

- Greening the Church
- Greening the Churchyard

Churchyard tours

Mending & making things: Knit & natter

Children's activities

Helping hedgehogs

Participation table: Have your say

Traidcraft stall

Harvest produce

Tea, coffee and cakes

How can we live more sustainably?

Saturday 24th September

10.00 am to 2.00 pm

Vegetarian Lunch: £5.00

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Something for Young People

St James' has a variety of activities and events for young people, both on Sunday mornings and at other times. The 11-Ups have recently enjoyed social activities including an evening's bowling and a visit to the cathedral roof. From 10.00 on Sunday mornings, the group often works on a project. This is also a chance to talk about current issues or concerns and especially about our response to the changing world around us. In the autumn we hope to explore how we can make a practical difference to climate change.

Jesus And Me (JAM), for children aged 4 to 10, also takes place every Sunday during term time, other than on the first Sunday of the

month. The children meet in the church hall at 10.00 am and begin with a story from the Bible. This is followed by craft activities and games for about 40 minutes, before joining the rest of the congregation in the church. This autumn's themes will include peace, harvest and care for the environment. With the onset of winter, the children look forward to a highlight of the year: writing and performing their own version of the nativity, with the help of the 11-Ups.

To find out more about 11-Ups or JAM, please e-mail jam@stjamesexeter.org. Alternatively just turn up and join us on a Sunday morning!



Sylvania Community Stores and Café

Sylvania Community Stores recently held a party to celebrate its first anniversary. The shop is run for the benefit of the community and any profits are channelled back into the business or invested in supporting activities within the local community. Sylvania Community Stores sells good-quality food, including freshly baked bread, pastries, fruit and vegetables. Its locally sourced produce offers the added benefit of reduced food miles.



Research has revealed both an urgent need and exceptionally strong support for a space to bring people together in a spirit of community friendship. This community facility displays the work of local artists and provides a community café, which serves delicious coffee and cakes. In addition it features a storytelling corner, art and craft activities, sing-along sessions, a board games club, a toy library and much more. A Post Office service is also available at the Stores from 2.15 pm to 4.15 pm every Thursday; if demand is strong, further opening hours will be possible, so do consider making use of this valuable service!

As it brings together people of all ages, backgrounds and cultures, Sylvania Community Stores is helping to alleviate isolation and loneliness for local residents.

The shop and café have become a social hub in Pennsylvania. Have you visited yet?

Facebook: https://www.facebook.com/sylvaniacommunitystores/?ref=page_internal

Website: <https://sylvania-community-stores.business.site/>

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Three Recommendations from St James' Book Group

Karen Armstrong's memoir *The Spiral Staircase* (2005, 336 pages, ISBN 9780385721271) took the book group into the world of the convent. After seven unhappy years there from the age of 17, Armstrong left to read English Literature at Oxford University. She describes her time in the convent with an honesty born of an intense spiritual struggle, which led her to return to the secular world as an undiagnosed epileptic, feeling a failure both in her Christian faith and in her personal relationships. She emerges from this period of her life to become a successful theologian, exploring comparative religions and Christian mysticism. An engaging and challenging read, the book led us to explore the unfamiliar world of a convent and helped us to understand the agony of living with an undiagnosed condition.

Delia Owens' *Where the Crawdads Sing* (2018, 384 pages, ISBN: 9781472154668) is set in the swamplands of North Carolina and combines a rattling good murder mystery with a

coming-of-age story of isolation, prejudice, love and friendship. The protagonist, Kya, is abandoned by her family at an early age and must fend for herself on the edge of a small, coastal community of largely petty, prejudiced and predatory individuals. Yet a few redeeming characters are ready to help this misfit of a girl and even to care deeply for her. Our group explored the themes of prejudice and growing up as well as the connections made by Owens between animal and human behaviours.

In October we will be discussing Kazuo Ishiguro's novel, *Klara and the Sun* (2021, 307 pages, ISBN: 9780571364879). Ishiguro rarely disappoints and this recent novel is absolutely stunning. The tale is told by Klara, an Artificial Friend (AF) whom we first encounter waiting in a shop to be bought as a companion for a young girl. We observe the world through her 'eyes', not only noting the fine details of the world around her but also sharing her interpretation of that world and of the emotions and actions of the humans with whom she lives. The novel is set in a not-too-distant future, in which some children have been 'lifted' (genetically modified) to ensure that they will enter the best colleges and acquire the top jobs. These children have AFs to befriend them in their lonely lives of home tuition with online tutors. Yet Ishiguro leads us to question the extent to which Artificial Intelligence can mimic creation through robots that can replicate behaviours, thoughts and even feelings of the humans around them. Klara has high intelligence and memory functions but also an extraordinary ability to empathise and operate with unconditional, self-sacrificial love for her human friend. By the end of the novel it is Klara whose fate concerns us and from whom we learn about love, friendship and faithfulness.

St James' book group meets monthly. If you would like to find out more, e-mail secretary@stjamesexeter.org.



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Devon Ukrainian Association

From an interview with Olya Petrakova, founder of Devon Ukrainian Association and Artistic Director at Make Tank, Exeter.

At Make Tank in Paris Street, the Conversation Café acts as a hub for Ukrainian guests: a welcome point for new arrivals, a community centre for those who have been here for a while and a resource for sponsors involved with hosting Ukrainians for half a year. There will soon be a new wave of sponsors, as the first six months come to an end and as hosts and guests may be seeking change. The hub exists to provide support for hosts and sponsors as well as for refugees themselves. It also forms a link with Devon County Council and Exeter City Council, acting as a channel for information and advice.

What we discovered very early on was a very apparent need for Ukrainian children and young people to be taught English. As they integrated into local schools, they were able to observe lessons but language became a clear barrier; without bespoke support individual Ukrainians find it impossible to integrate into society. Although these needs have now been identified, the need to bridge them remains real.

A further need has also become apparent: the provision of professional advice and guidance for previously working adults. The Ukrainian diaspora that arrived here is highly educated (Ukraine is ranked fourth in the world for literacy) and many had established, professional careers before being uprooted by war. For obvious reasons, laws and standards are needed, to protect working adults as they adjust to life in a new country with different systems. Advice and guidance on contracts and on the rights and responsibilities of

employees and employers have become very important, especially in the light of our increasing awareness of modern slavery among vulnerable people. With more than 300 adults who want to work, the aim of the hub has been to connect these people virtually with the services they need and to create an environment in which they can help one another. The result is that a true sense of community is fostered.

This project started by welcoming and signposting refugees. From these beginnings it has progressed to offering support with professional services and ensuring that dignity is respected. Rather than being regarded as victims, our Ukrainian guests can therefore be a professional asset to the community in Devon. Moreover, this is a unique opportunity for the people of Devon to build cultural exchange with Ukraine.

Ways to get involved:

- Drop in to the Conversation Café and meet some of our Ukrainian guests.
- Donate and/or help with fundraising.
- Apply to join the board of directors of the Devon Ukrainian Association for one year.

For further information, please visit <https://devonforukraine.com>.

Charlotte Payne

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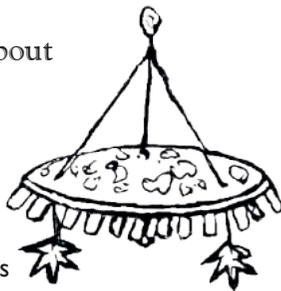
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Autumn Roundabout You Will Need

- 2 paper plates
- Thin card
- Ribbon
- String
- Glue
- Leaves or leaf shapes
- Felt pens and/or paints
- Scissors, hole punch



To Make the Roundabout

Cut ribbons to 4 cm lengths and glue the ends all around the rim of one of the paper plates. Stick the paper plates together with the glued ribbon ends between them. Now turn the whole piece, so that you can see and decorate the bottom of one plate with felt pens and/or paints. This will be the top of your roundabout.

Once you have decorated the top, turn the plates over. Punch a small hole at 3 equidistant points around the rim.

Next cut 3 lengths of string, each 35 cm long. Tie a large knot at the end of each string and then thread the other end of the strings through one of your 3 holes, so that the knot is on the undecorated side of the plate. Tie together the unknotted ends of the strings 13 cm from the decorated surface. Use the remainder of the string to form a small loop.

Finally, using real leaves as a template, make 3 leaf shapes in autumn colours on the card. Punch a hole in and tie 6 cm ribbon to each. In the plates, punch a second hole adjacent to each of the first 3 holes. Now thread each of the 6 cm ribbons through these new holes and tie the leaf shapes to the plates.

To Use the Roundabout

Hold the string loop and wind it around to twist the 3 strings together. Then, at arm's length, release the base, so that the roundabout can spin freely. The colours on the decorated base will merge to display wonderful patterns, and the ends of the ribbons and the autumn leaf shapes will whirl around.

Anne Killingback



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Cuppa and Chat

St James' Church Hall
11.00 am to 12.00 noon
On the last Friday of the month
All are welcome!



Parish Profile: Simon and Emily Lygo
For as long as I can remember, my wife, Emily, and I have agreed how nice it would be to have faith and attend church. We were often impressed by people we met who were Christians, whose actions were informed by their faith. 'How wonderful it must be to live like them,' we said, while also agreeing that being a Christian was simply not for us.

When we came to Exeter in 2006, Emily had just got a job at Exeter University and we were a married couple with parenthood some years ahead of us. Yet the excitement of new jobs and moving to a new city was overshadowed when Emily's youngest brother, Ollie, died at the age of 25. Through work, we made new friends, went for lovely coastal walks and tried our best to fill the large amount of time we seemed to have.

Then our daughters arrived: the elder in 2011 and the younger in 2014. Filling our time was no longer a problem! We did all the things that parents do with young children: we played tag, we became hotel staff for two demanding guests who kept odd hours, and in the evenings we watched a load of rubbish on screen. We also attended the Exeter Nativity at the cathedral and paid occasional visits there throughout the year. At the same time, we still told ourselves that, although we enjoyed so many aspects of Christian heritage, it really was not for us. Simply having two young children seemed to supply all the meaning our lives needed... we thought.

In 2018 our world was turned upside down, when our younger daughter was diagnosed with type 1 diabetes a few weeks after her fourth birthday. So began our worst year. By September we had managed to get back on our feet, although the ground beneath had shifted forever. In fact, as it drew to a close, our annus horribilis became an annus mirabilis. We had discarded a lot of mental baggage and we began to live



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more intuitively, openly and generously to the world around us, and the world around us reciprocated in kind. Unbeknown to us at the time, this was the beginning of our journey towards becoming Christians.

G. K. Chesterton wrote, 'there are two ways of getting home; and one of them is to stay there.' I sometimes wonder why it took us so long to start attending church. Perhaps it does not matter, but it does feel like a very belated homecoming. Some people seem to make such a homecoming much earlier than we did; others seem to have always been there.

This month, my daughters and I will be baptised at St James' Church, and Emily and I will be confirmed at Exeter Cathedral later in the year. Together, we will then look forward to Christmas, when we celebrate the birth of Jesus Christ who makes 'all things new.'

Simon Lygo



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3rd Exeter Air Scout Group...

Is proud to announce the renewal of its RAF recognition. We remain the only Air Scout group in South West England to hold this accolade. Confirmation of the award followed an inspection evening attended by Flight Lieutenant Louise Jordan, representing the RAF for 13 City of Exeter Squadron ATC, as well as Scouting District Commissioners and St James' clergy, Fr Henry and Fr Steve. In a wide range of activities, including Morse code, aircraft recognition, aircraft and airfield dangers, weather patterns related to flight, and other Scouting skills, the Scouts demonstrated their skills and knowledge to a standard worthy of the award.

The other sections have been equally busy: the Cubs recently enjoyed camping near Okehampton, as well as a bike ride along the River Exe and canal; the Beavers attended the district Beaver fun day (Beaveree) at St Katherine's Priory. Last term, we were also proud to have members in all three sections who achieved the respective top awards.

The new term heralds change. We have said goodbye to Scout Leader Mark Howard and Cub Section Assistant Alice Gausden, who have finished their studies at Exeter University and will certainly be missed. On a happier note, we have welcomed Jess Harper, Shaun Wray and Matthew Denney to the leadership team.

Also looking forward, we congratulate young leader Leona Horn, who has been selected to represent Scouting in Exeter at the world Jamboree in Korea next year. This wonderful, well-deserved opportunity is the result of hard work to secure selection out of hundreds of Scouts from all over Devon.

Would you like to join us? We are always looking for new members to join Scouts, Cubs, Beavers or our leadership teams. To find out more or to get involved, simply e-mail info@exeterairsacouts.org.uk.



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Some customer reviews

Nicki, 25 Jan 2021

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George, 25 Nov 2020

Very pleased with their work. They were quick and cleared up afterwards. Will hire them again in the spring.

Xariah, 26 Jul 2020

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.

Friends of Mount Pleasant Health Centre

Although we are still unable to run any fundraising events in the health centre, we have held two outdoor markets this year. Despite a damp start, our loyal supporters and some new customers ensured good attendance and a profit of £370 in April. Our plant sale in May, which also included the usual cakes, books and jigsaws, a tombola and refreshments, raised £710. More recently our summer fair offered games for all ages, a cream tea and other refreshments. The book trolley has also returned to the waiting room and generated £98.50 in the last few months. Many thanks to our wonderful volunteers and supporters for your generosity.

For the AGM we were able to meet and offer refreshments in the waiting room. Our chairman and treasurer both retired but we are very pleased to have found a new treasurer and we hope to have a new chairman soon. In the meantime our vice chairman is doing a splendid job. Before he retired, one specific aim of our former

chairman was to increase our membership; the considerable growth of the group is a testament to this ambition.

Moreover, with money in the bank, we are able to continue to support the health centre. Our projects from 2021 are proving their worth and the Place to Pause garden is looking beautiful; in the spring a family of robins nested there and produced five offspring.

Mount Pleasant Health Centre is unfortunately no exception to the nationally reported staff recruitment difficulties of the NHS. Nonetheless, everything possible is being done to maintain services and we hope that both the flu and Covid vaccinations will be available in October for those who are eligible. We also hope for the resumption of our social groups, such as the knitting and craft groups at the Health Centre.



Nesta Scales

Music for All

Over the last 18 months, the choir at St James' has grown in both number and ability. We meet on Monday evenings to rehearse the music for the following Sunday morning service. On special occasions, in addition to the hymns and the other sung parts of the service, we also we prepare an item to sing while the rest of the congregation receives Communion.

As Tim, our conductor, provides practice tracks for us to learn our parts, we are able to sing in four-part harmony even though many of us do not read music fluently. If, like us, you enjoy singing, come and join us on a Monday evening from 7.00 pm.

You can be sure of a warm welcome. If you have children aged 8 or above who like singing, bring them along too; we have members of all ages, from 8 to 80+. Singing in a choir is a great training in teamwork and a brilliant way to gain musical knowledge that can give you pleasure for the rest of your life. For those who want a

more formal training scheme, some members of the choir are now using the *Voice For Life* programme produced by the Royal School of Church Music.



At St James', all are encouraged to offer their gifts as part of our collective worship and the choir is not the only opportunity for musicians to contribute. When the choir is not singing an anthem during the distribution of Communion, other musicians offer their gifts at this contemplative time of our services. At different times we have been accompanied by handbells, a flute, violin, clarinet and even our own brass quartet. We also have several pianists and have recently bought a good-quality baby grand piano; the concert at 4.00 pm on Sunday 9th October will offer an additional opportunity to hear just how good this instrument is.

We are sure there must be even more musical talent in our community, so if you would like to join our growing number of musicians, even just for a one-off special occasion, do get in touch. To find out more or to join the musical scene at St James', Please contact Tim Bayton via the parish office, or have a word with him after any Sunday morning service.



Mark Davie



Dates Ahead

September

Tue 6 th	7.30 pm	PCC meets
Wed 7 th	3.30 pm	Messy Church
Fri 16 th	2.00 pm	Craft group in the hall
Tue 20 th	7.30 pm	Book group discussing <i>The Second Sleep</i>
Wed 21 st	7.30 pm	PCC meets
Fri 30 th	11.00 am	Coffee morning

October

Sun 2 nd	10.00 am	Harvest Festival
Wed 5 th	3.30 pm	Messy Church
Thu 6 th	7.30 pm	Fr Brian's House Group
Fri 7 th	2.00 pm	Craft group in the hall
Sun 9 th	4.00 pm	Piano Concert in the church
Sat 15 th	6.30 pm	Harvest Supper
Sun 16 th	4.00 pm	Pet Service
Tue 18 th	7.30 pm	Book group discussing <i>Klara and the Sun</i>
Fri 21 st	2.00 pm	Craft group in the hall
Fri 28 th	11.00 am	Coffee morning
Sun 30 th	4.00 pm	All Souls' Service and refreshments

November

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 in the hall
Sun 13 th	9.45 am	Remembrance Sunday Parish Eucharist
Fri 18 th	2.00 pm	Craft group in the hall
Sun 20 th	6.00 pm	Evening Prayer with St James' Brass quartet
Wed 23 rd	7.30 pm	PCC meets
Fri 25 th	11.00 am	Coffee morning
Tue 29 th	7.30 pm	Book group discussing <i>Go Set a Watchman</i>

December

Fri 2 nd	2.00 pm	Craft group in the hall
Sat 3 rd	2.00 pm	Christmas bazaar in the hall

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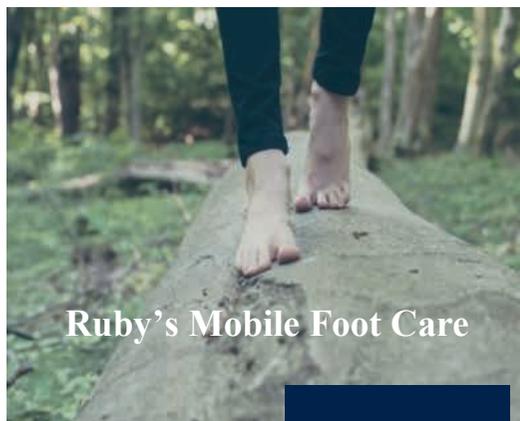
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4	9	6	5	2	1	7	8	3
1	2	3	7	4	8	5	6	9
6	4	1	8	3	2	9	5	7
5	8	2	9	7	4	1	3	6
3	7	9	6	1	5	8	4	2
8	3	7	4	9	6	2	1	5
9	1	4	2	5	3	6	7	8
2	6	5	1	8	7	3	9	4

Word Search

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

Painting for Beginners



*Have a go at painting!
No experience needed.*

When?

Fridays, 1.00 pm to 3.00 pm

What?

Led by local residents

£2.00 donation for supplies

Where?

Toronto House,

Prince Charles Road



E-mail: brownlaurie372@gmail.com