

Mission Community of Ipplepen with Torbryan, Denbury and Broadhempston with Woodland

Dear Friends,

Welcome to the first edition of The Beacon of 2017. I would like to wish you a happy and healthy New Year and my prayer for the world is for peace, justice and reconciliation.

On 6th February we meet as a Mission Community to pray together and reflect on our services and our mission. I suppose it's a bit like spiritual and missional spring-cleaning. We should all reflect on how you can know God more deeply through prayer and discipleship and how we can love our neighbours by sharing what we have and what we do. What better time to do it? The



Diocese's own Vision is to concentrate on three areas – Prayer, Growing Disciples, Serving the People of Devon – and we will be doing the same when we meet. Expect to hear more in due course.

Our Lent course this year is once again from the Pilgrim series, in which the bishop of Exeter, Bishop Robert, is involved, with the title Church & Kingdom. It will help us how to engage in our faith with the wider world. Please sign up soon so that you can reserve a course handbook (£6). More details elsewhere in this edition.



Torbryan and a snow covered Dartmoor from Ipplepen

The Doghouse - continued

Once again this year we will have a confirmation service. It is a matter of personal pride that this is the fourth year running when we have had candidates who wish to declare a deeper and more public commitment to God. Although a Mission Community service, at which I hope as many as possible from across the mission community will gather to support the candidates, at present most of the candidates are from Ipplepen so it will take place there. You might like to think of that as a challenge to find candidates from the wider mission community. I am waiting to hear which bishop will come. Early warning about bishops includes the fact that Bishop Robert will pay his first visit to Torbryan on Trinity Sunday (11th June) for their Patronal Festival in which he will preside at communion, preach, and re-dedicate the historic panels which have been restored and replaced. The service will be at 3.00pm with a cream tea afterwards at Ipplepen Church Hall. It should be a lovely service and I am sure will attract national press attention.

As I write this article a public notice is displayed at Ipplepen Church announcing that



A rare sight at St. Andrew's at present!

we will be renewing the boilers. That notice is part of the ecclesiastical planning permission process that must take place before we proceed with the work. It has been a long process but we are almost there. In the meantime, when possible, main Sunday services at Ipplepen will take place in the Church Hall – health and safety and safeguarding are paramount in all that we do. On that note, do not be surprised if you are contacted to do some safeguarding training – the good news is that it is free, fairly local, and everyone I have spoken to has found it helpful and enjoyable. It's part of doing what we do safely.

Thank you for sharing in the Gospel and our work for the Kingdom.

In Christ

Peter

It has been missed!

Back in November, during ringing practice at St. Andrew's, there was horrible noise from the clock chamber just above. Further investigation indicated that something was wrong with the clock winding for the "strike".

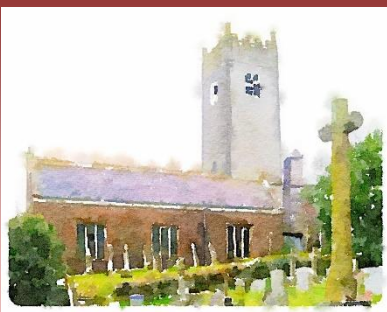
It has been amazing how many people in the village have commented: "what has happened to the clock?".

The Cumbrian Clock Company are now fitting an extra chain tensioner and all should be well before the end of January.



News from Woodland

St. John the Baptist



Winter may have arrived after such a long and glorious autumn but our village gatherings have lost none of their usual warmth. The run up to Christmas is always a busy time for many people and in Woodland this has been no exception. Our church was beautifully decorated with local, seasonal greenery and we sang Advent carols in the warm glow of candlelight at our Advent carol service. We also had a cheery Christmas feel to our December coffee and library morning with sausage rolls and mince pies; gathered together in large numbers for a very joyful and uplifting carol service at Gurrington House; had a Christmas lunch together a few days before Christmas at the Rising Sun and, of course, celebrated Christmas Day itself with morning service to which several families brought their Christmas visitors.

Already we have met since New Year, celebrating the start of 2017 with bacon rolls at our January library and coffee morning. A suitably savoury start after all the sweet excesses of the Christmas period!

The long dark evenings and cold or damp weather which we have this time of year do have some advantages. Our group of busy needlewomen have taken advantage of their increased time indoors and have made several more patchwork cushions for the village hall chairs as well as finishing several quilts which are donated to charity. We still have many more weeks of winter to go and as I write snow is forecast for much of the country. As I walk or ride around the village, however, I can see signs of new beginnings and the spring to come. I have seen the first lambs of the year, snowdrops in bloom and the green spikes of crocus and daffodil bulbs growing in hedgerows and gardens. Hopefully there will be plenty of flowers for Mothering Sunday bouquets in March and spring will be well advanced by Easter.

Helen Pearce

Snippets

From Tony Standish

“Three things in life are important. The first is to be kind; the second is to be kind; and the third thing is to be kind.” (*Henry James quoted in the Times*)

and following the Editor's Corner in the last edition about searching for a book when placed in an unexpected category we received an email from Canon Tom New:

Eric Abbott, a scholar priest, lately a professor at Kings College London, wrote books, among them a work on St Theresa of Avila entitled “The ascent of Carmel”.

He was greatly amused to find it in a bookshop in the Travel section!

News from Denbury

St. Mary the Virgin



With children back at school and parents having returned to work, the main part of our period of Christmas celebration comes to an end for another year. With time available now to draw breath this is a good opportunity to reflect on this very busy season for the church and to recall some of the events which make Christmas so important.

Beginning at the start of Advent, our Posada figures (Mary and Joseph) made their way from household to household through the village in a re-enactment of their journey to Bethlehem. This has become a popular part of our local Christmas celebration and a lovely feature is the fact that every host family has the opportunity to record their feelings on welcoming Mary and Joseph into their home in a logbook. It is very evident from comments made how much the Christmas story means to many people of all age groups.

The annual service of Nine Lessons and Carols was held on 18th December. The village choir comprising 20 singers under the direction of Chris Eastman were in fine voice and led a church filled to capacity in the singing of many favourite carols. This is always a very uplifting service and it is great to see the church so full.

A group of parishioners visited Brambledown Nursing Home on the edge of the village to sing a programme of carols chosen by the residents and staff, who joined in with the singing. After performing a number of carols in the main lounge, the singers made their way around the home so

that all residents had the opportunity to join in with their favourite carols. This is a lovely event for all those participating and is often very moving. The evening was rounded off with the staff providing the singers with mince pies and a glass or two once the singing had been completed.

It was carols to the fore again the following day as we held our 'Carols of the Green' evening on Denbury green outside the Union Inn. The weather was kind to us this year and a large group of villagers including many children gathered to join in with the singing. Mulled wine was available to ease any sore throats and some very tasty mince pies went down well. This is a great opportunity for the church to reach out into the village and has become an essential, well attended and eagerly anticipated part of the village Christmas celebrations.

The Crib service on Christmas Eve was a nice informal service with many children attending. Much of the service took place with the children gathered around the impressive nativity scene and with a huge star 'magically' suspended above the altar.

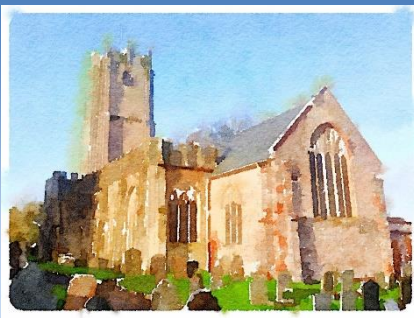
Later that evening our Midnight Mass service was celebrated once again by Father Ian Wheatley and several attendees were back in church just a few hours later to welcome Christmas Day at the 9am communion.

Some of our bellringers were at the church tower to ring in the New Year at midnight on 31st December and as ever a number of the village folk also came along to exchange best wishes for the year ahead.

Mike Bray

News from Ipplepen

St. Andrew



The Christmas season began on Sunday 27th November with the Posada Service when Mary, Joseph and the donkey begin their journey and visit a different home each night in and around the village. In the evening many of us enjoyed the Advent carol service at Woodland Church. The candlelight service was led by Rev. Anne and assisted by Rev. Peter. Ipplepen choir sang an anthem and the congregation sang the lovely Advent carols with great gusto. We were treated to excellent refreshments in the Parish Rooms afterwards.

Our Patronal Festival was celebrated on Sunday 4th December with a full church; many were our friends from across the Mission Community. Refreshments were served after the service when some seventy people enjoyed another excellent lunch in the Church Hall prepared, cooked and served by the hospitality team (see pictures on next page celebrating the event).

I wonder how many people realised they were sitting on the cushioned seating on the



pews at the service on 11th December. They are certainly very comfortable and look splendid. Thanks to Sue Sanders for her hard work in measuring up and ordering them and the team of people who had helped.

The Service of Nine Lessons and Carols took place at 6pm on the 18th December. This is always a particular favourite service of mine, held in candlelight and was well attended. The choir augmented with extra friends sang two anthems; 'Christ was born on Christmas Day' by John Mason Neale and 'The Colours of Christmas' by John Rutter. Refreshments of mulled wine, mince pies and shortbread were served afterwards in the Church Hall.

A quartet of us from St. Andrew's consisting of Rev. Peter, Michael and Hilary and myself joined our Methodist friends to sing carols at the Grange on 14th December. It was good to see many of the residents joining in and our thanks to the staff for the appreciated mulled wine and mince pies afterwards. On Monday 19th it was 'Carols in the Square' which was well supported by villagers despite the threat of rain which held off for the gathering. We understand from David Petty that the carol singing raised £150 for the work of the Children's Society and Action for Children.

At the Christmas Eve Crib service we welcomed back Mary, Joseph and the donkey after completing their journey. This is always a lovely 'busy' service with lots of excited children.

Midnight Mass began at 11pm with the bells ringing a seasonal sound as people made their way to church. As always a special service which was well attended and we were all wished a very happy Christmas at midnight by Rev. Peter. On Christmas Day he took the 8am BCP communion service before going on to Denbury for 9am Parish Communion and 10.30am Christmas Communion at Woodland



*The pew cushion
"installation" team
(plus Jo who took
the photo)*

Ipplepen news - continued

whilst Rev. Anne was taking the Christmas Communion service in Ipplepen. It is certainly a busy time for clergy, church wardens, choir and bellringers amongst many other people.



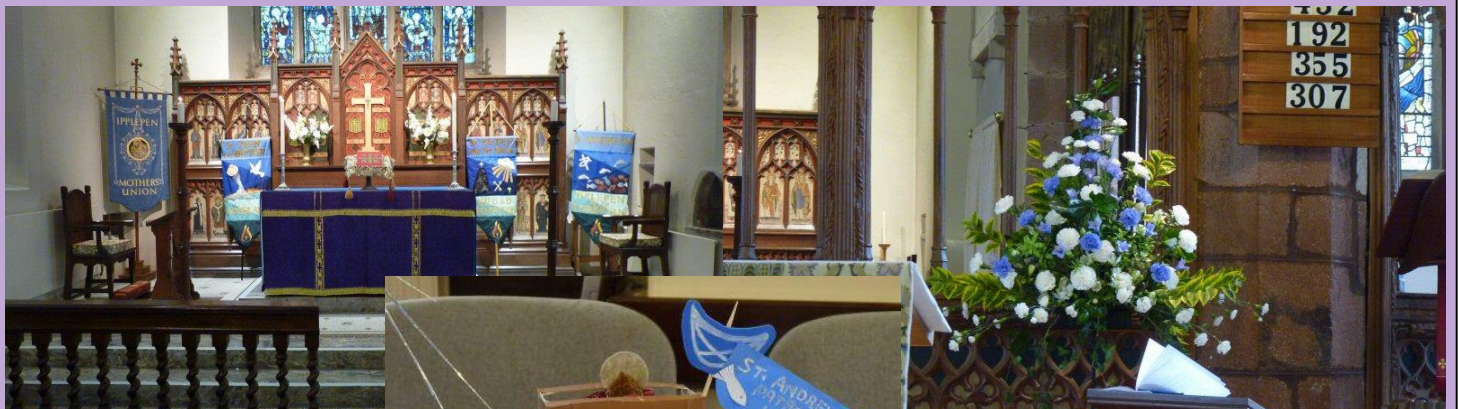
We were all shocked and saddened to hear of the death of David Fey. He was well known in the village and of course at St. Andrew's where he helped with so many tasks mentioned by Rev. Peter at his funeral. The church was

full for the funeral on Friday 23rd December. We heard how he had wound the clock for at least 30 years and unlocked and locked the Church, a job now undertaken by volunteers on a rota system. The bellringers rang for David as a mark of respect before the service.

He will be very much missed as will church member Nigel Sarjeant who died on Christmas Eve. His funeral Service was on Friday 6th January conducted by Rev. Peter in St. Andrew's Church. It was a moving celebration of his life of 92 years. Nigel had chosen the hymns, readings and music and would have been proud of his family who read his eulogy and a letter he had written to the family. May David and Nigel rest in peace.



Marilyn Clark



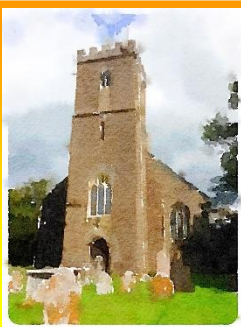
Some pictures from St. Andrew's patronal festival



Lighting the Advent Candles

News from Broadhempston

St. Peter and St. Paul



The time leading up to Christmas is always so busy with planning for family, deciding what to buy for who and, of course, worship in our church. We had two great celebrations in Broadhempston church. The first was the Carol Service at which the school choir sang with great gusto. With the children joining us, it also brings proud parents along from their busy lives, which is great!

On Christmas Day Tricia Stokes led our Family Service for a church 'packed to the rafters'. It really does make everything feel so worthwhile when we see our church full of people coming to worship together and to remember God's great rescue plan that began with the birth of a baby. I hope Jesus enjoyed us all singing a very enthusiastic 'Happy Birthday' to Him!

Thanks to the generosity of all who attended our services, we will be able to make a useful donation to the Yemen Crisis Appeal.

I am sure it is never too late to wish all our readers a very happy and, I hope, healthy 2017.

Pam Perriman

Work progresses on the renovation plans for the church building. We face major challenges and all options are being considered. The first phase of work involves re-rendering the south wall of the building. This should stop the ingress of water which caused the dry rot we reported in a previous edition of the Beacon. Work starts in March/April and, in the meantime, we will remove the remainder of the internal panelling so that the wall can dry out.

As part of our fund raising efforts a concert was held in December featuring the Ashburton Singers. The event was a great success and raised over £500 for the Renovation Fund.

A concert is also scheduled for Saturday 18th February. Please see details below.

I would like to join Pam in wishing everyone a happy and healthy 2017.

Chris Parker

Tristan Mackay and Ben Morgan-Brown at Broadhempston Church

Saturday, 18 February 2017 at 7.30pm

Devon born singer songwriter and guitarist Tristan Mackay will be performing in Broadhempston Church on as part of his acclaimed and now extended "Right To Your Door Tour" see www.tristanmackay.com.

Tristan's style crosses blues, soul and folk. He has been compared to John Mayer, Eric Clapton, Mark Knopfler and Jeff Buckley by the music press. "Ed Sheeran in Memphis" (Acoustic Magazine). "Sublime Vocals..outstanding songwriting" (Maverick Magazine).

Tristan will be supported by Ben Morgan-Brown, an Exeter based singer songwriter, a hugely gifted composer and performer of acoustic based guitar music. Intricate guitar work influenced by Nick Drake, John Martyn and Bert Jansch.

A brilliant evening of music is in prospect. Tickets £12 and available from Anna at annabeadel@icloud.com or phone 01803 812426. All proceeds will go to fund improvements to Broadhempston Church to enable wider community use"

A Healthy discussion – Dr David Heath

For many years I was involved in the admission's process at Birmingham University Medical School. Aspiring doctors were frequently asked about the main reasons why life expectancy in the UK had doubled over the past 100 years. I cannot recall a single student who didn't say it was due to the great improvements in medical treatment. This seems a very logical answer and perhaps it is not surprising that the general public predominantly still believes it to be true.



Personal experiences

For 70 of my 75 years my health treatment has been under the National Health Service (NHS). I went to medical school in 1959 and so for over 50 years I have had "inside knowledge" of the changes in medical practice. The hospital practice that I initially experienced did not include ITUs and CCUs. Cardiac surgery was in its infancy. Dialysis and transplantation did not exist. The only treatment for cancer was surgery or radiotherapy, effective drug therapy was at least a decade away. I look back and realize how bare our drug cupboard was. Antibiotics had arrived but there was only one diuretic which had to be injected. One of the commonest operations was for stomach ulcers, as there was no effective medical treatment. The operations had many long term side effects and with the advent of drugs to cure ulcers these operations are performed

today. The developments over the past 50 years have been staggering.

Living longer

Since Victorian times our life expectancy has increased from 40 to 80 years. There are two reasons why people live longer, you stop them getting diseases or you treat the diseases that kill effectively or ideally a combination of the two. The NHS effectively is concerned almost entirely with the treatment of diseases. As such it is now employing record numbers of staff and financial resources and yet still demanding more.

Current predictions are that most hospital and general practitioner trusts have insufficient staff and funds to maintain effective services. The public wants more and more money spent on health or more accurately on illness and a false suggestion that money currently sent to the EU could be transferred to the NHS may well have significantly influenced the recent referendum result.

Public health

If we look at disease prevention there is an important section of the NHS devoted to public health but it takes up just a small percentage of the NHS budget. In the past the factors that have had the greatest effects on disease prevention have followed strong government action. Let's look at some examples. In 1900 16% of live births died within a year. If one looks at death at all ages 40% occurred in children below the age of 14.

A Healthy discussion – continued

The majority of these deaths in children were due to infectious diseases and malnutrition. There were 68,000 deaths that year from TB. Fortunately things began to improve and by the late 40's the figures were very much better. I have chosen that date deliberately as at that time the NHS had only just started and antibiotics and immunization programmes had only just been introduced. These dramatic changes were due to the provision of clean water, proper sewerage and major schemes for slum clearance and rehousing. These government led policies affected major proportions of the population and by reducing overcrowding led to a dramatic decrease in most of the infectious diseases, the major cause of childhood deaths. Provided a child reached adulthood their chances of living a healthy life was good. This explains why eliminating most of the childhood deaths had such an impact on overall life expectancy.

Another huge impact of government action was the Clean Air Act of 1956. People of my age will recall the annual winter arrival of "smog" caused by air pollution associated with the burning of coal both industrially and in the home. I remember walking from the medical school to my digs with one foot on the pavement and one in the gutter so that I knew where I was as it was impossible to see more than 2 feet ahead. Although we still associate increased death rates during the winter months the effect of bad air pollution led to massive acute increases in mortality as well as increasing the incidence of chronic lung disease.

To date the changes induced by government action were on the whole well received by the general public and strong government was able to push through the

necessary action. In 1950 lung cancer was linked with tobacco smoking. The government accepted this association in 1954. Subsequently it has been proven that smoking also increases ones risk of other cancers, heart attacks and strokes. It has been calculated that the average smoker dies 10 years before a non-smoker. Despite this impressive risk it proved very difficult to stop people smoking. Many people objected to being told what they could or could not do. "It is my choice to smoke" was a common claim. Similar objections were raised about the compulsory wearing of seat belts and crash helmets but these objections were dealt with by laws and many thousands of lives have been saved. The other big influence with smoking was the involvement of big industry which tried every possible way to discredit the scientific evidence and put enormous pressure on governments throughout the world to try to prevent legislation to discourage smoking. This continues to this day. For these reasons the changes in smoking habits have moved very slowly. In the late 40's 80% of men smoked and about 40% of women. Today around 20% of adults still smoke but the decrease has meant that many thousands of people have lived longer with an average extension of life around 10 years for those who quit before there was evidence of significant damage. It is still, however, predicted that approximately 100,000 people die prematurely each year because of smoking.

Moving up to the current day the scourge of smoking has been replaced by the combination of excessive drinking, obesity and lack of exercise. Again this combination is predicted to shorten lives by around 10 years. With childhood obesity rates being quoted as

A Healthy discussion – continued

affecting up to 80% of children, with excessive drinking and lack of exercise affecting the majority of the adults we are talking many, many millions at increased risk. Although the medical profession will encourage patients to look at these risks it has to date had little impact in changing attitudes. Government who should take the lead is reluctant to do so. The reasons that discouraged government action over smoking are there but even bigger. “It’s the namby-pamby state telling us what we can or cannot do.” Even greater are the commercial interests that want us to carry on ingesting unhealthy foods and drinking excessive amounts of alcoholic and high calorie non-alcoholic drinks. It will be a brave government that deals effectively with this.

If it were possible to bring about these changes in our life style it is likely that life expectancy would rise to around 90 with most people experiencing a prolonged good quality healthy life. I have no confidence that either the public or government will welcome such changes.

I was told, but have not confirmed, that Aneurin Bevan argued that the setting up of the NHS would save the country money as there would be less illness. It is so obvious that this cannot be true as improved health is not linked with immortality. Health merely delays ill health.

The future?

So although the public health approach has huge benefits and in my view must be followed it does not allow the treatment option i.e. the current NHS to be reduced. Despite trying to practice what I preach I have twice in recent years required life saving emergency surgery for conditions that I have

not caused myself. I was very thankful for the NHS on both occasions. So it is an example of where I want my cake and eat it, although the public health option would not allow too much cake! This means that more and more money and staff are going to be needed to maintain our treatment potential. There is an alternative option which seems to have some support from the general public but at present not from government or from the medical profession. I personally would like to think that a time might come in my life when I did not want it to continue and that I might be allowed gracefully to pass on but that’s another story.

David Heath Retired Physician

David Heath spent his entire medical life working for the NHS apart from 3 years when he did medical research in America. He was a consultant physician from 1974 until 2004 at The University Birmingham Hospital Trust and then spent 5 years with The National Clinical Assessment Service advising hospitals how best to manage problems with their medical staff.

Now retired, he and his wife are members of Broadhempston church.

Special message



Contacts

| | | |
|-------------------|---------------------------|----------------|
| Rector | The Reverend Peter Ashman | ☎ 01803 813847 |
| Hon Asst. Priests | The Reverend Tony Meek | ☎ 814370 |
| | The Reverend Anne Burden | ☎ 813520 |
| | Canon Tom New | ☎ 813775 |
| Readers | Mrs Tessa Amies | ☎ 813993 |
| | Ms Tricia Stokes | ☎ 762158 |

St Andrew's Church, Ipplepen

| | | |
|---------------|-----------------------|----------------|
| Churchwardens | Dr Michael Price | ☎ 813472 |
| | Mrs Geraldine Dennis | ☎ 813077 |
| Deputy Warden | Mrs Jane Outhwaite | ☎ 812879 |
| Choir | Mrs Jo Innes-Lumsden | ☎ 812654 |
| Bellringing | Mr Colin Clark | ☎ 01626 354561 |
| PCC Secretary | Mrs Vanessa Bevan | ☎ 812812 |
| PCC Treasurer | Mr Roger Chamberlain | ☎ 901297 |
| Church Hall | Mrs Shirley Northwood | ☎ 813980 |
| Flowers | Mrs Sheila Stacey | ☎ 813609 |
| Hospitality | Mrs Jane Outhwaite | ☎ 812879 |

St Mary the Virgin, Denbury

| | | |
|---------------|-------------------------|----------|
| Churchwardens | Mr Steve Bassett | ☎ 812537 |
| | Mr Mick Sutherland Cook | ☎ 813871 |
| Deputy Warden | Mr Mike Bray | ☎ 812941 |
| Bellringing | Mr Steve Bassett | ☎ 812537 |
| PCC Secretary | Mr Mick Sutherland Cook | ☎ 813871 |
| PCC Treasurer | Mr Mike Bray | ☎ 812941 |
| Cottage | Mrs Fran Howells | ☎ 812971 |
| Flowers | Mrs Ann Toler | ☎ 813255 |
| Social | Mrs Tessa Amies | ☎ 813993 |

Ss Peter & Paul, Broadhempston

| | | |
|----------------|---------------------|----------|
| Churchwarden | Mrs Pam Perriman | ☎ 812986 |
| Deputy Wardens | Mr Chris Parker | ☎ 762543 |
| | Mrs Tracy Lambert | ☎ 813708 |
| Bellringing | Mr Graham Pascoe | ☎ 812102 |
| PCC Secretary | Mrs Maggie Sercombe | ☎ 813790 |
| PCC Treasurer | Mr Chris Parker | ☎ 762543 |
| Flowers | Mrs Jane Parker | ☎ 762543 |

St John the Baptist, Woodland

| | | |
|---------------|---------------------|----------------|
| Churchwardens | Miss Sheila Ashford | ☎ 01626 821288 |
| | Mrs Jane Usher | ☎ 01626 353454 |
| PCC Secretary | Mr David Wrayford | ☎ 01364 652323 |
| PCC Treasurer | Mr John Usher | ☎ 01626 353454 |

Safeguarding

| | | |
|----------------|--------------------|----------|
| | Mrs Carol Robinson | ☎ 812800 |
| Local Advocate | Mrs Ann Holroyd | ☎ 411373 |

The Beacon

| | | |
|------------|---------------------|----------|
| Editor | Dr Michael Price | ☎ 813472 |
| Production | Mr Charles Quartley | ☎ 812238 |

Sunday Services for February and March

**Sunday 5th February – Fourth Sunday before Lent/Candlemas/Christingle –
1 Corinthians 2:1-12; Matthew 5:13-20/Malachi 3:1-5; Heb. 2:14-18; Luke 2:22-40**

| | | | |
|---------|-----------------------|----------|-------------------|
| 9.15am | Parish Communion | Denbury | Rev. Peter Ashman |
| 11.00am | Christingle Communion | Ipplepen | Rev. Peter Ashman |
| 6.00pm | Holy Communion | Woodland | Rev. Peter Ashman |

Sunday 12th February – Third Sunday before Lent – 1 Corinthians 3:1-9; Matthew 5:21-37

| | | | |
|---------|----------------------|---------------|-------------------|
| 8.00am | Holy Communion (BCP) | Ipplepen | Rev. Peter Ashman |
| 11.00am | Parish Communion | Ipplepen | Rev. Peter Ashman |
| 4.00pm | Parish Communion | Broadhempston | Rev. Peter Ashman |
| 6.00pm | Evensong (BCP) | Woodland | Reader |

Sunday 19th February – Second Sunday before Lent – Romans 8:18-25; Matthew 6:25-34

| | | | |
|---------|------------------|---------------|-------------------|
| 9.15am | Parish Communion | Denbury | Rev. Peter Ashman |
| 11.00am | Morning Worship | Broadhempston | Lay-led |
| 11.00am | Parish Communion | Ipplepen | Rev. Peter Ashman |
| 6.00pm | Holy Communion | Woodland | Rev. Peter Ashman |

Sunday 26th February – Sunday before Lent – 2 Peter 1:16-21; Matthew 17:1-9

| | | | |
|---------|----------------------|---------------|-------------------|
| 8.00am | Holy Communion (BCP) | Ipplepen | Rev. Peter Ashman |
| 9.15am | Parish Communion | Denbury | Rev. Peter Ashman |
| 11.00am | Parish Communion | Broadhempston | Rev. Peter Ashman |
| 11.00am | Morning Worship | Ipplepen | Lay-led |

NOTE - Ash Wednesday is 1st March

Sunday 5th March – Lent 1 – Romans 5:12-19; Matthew 4:1-11

| | | | |
|---------|------------------|----------|-------------------|
| 9.15am | Parish Communion | Denbury | Rev. Peter Ashman |
| 11.00am | Parish Communion | Ipplepen | Rev. Peter Ashman |
| 6.00pm | Holy Communion | Woodland | Rev. Peter Ashman |

Sunday 12th March – Lent 2 – Romans 4:1-5,13-17; John 3:1-17

| | | | |
|---------|----------------------|---------------|-------------------|
| 8.00am | Holy Communion (BCP) | Ipplepen | Rev. Peter Ashman |
| 11.00am | Parish Communion | Ipplepen | Rev. Peter Ashman |
| 4.00pm | Parish Communion | Broadhempston | Rev. Peter Ashman |
| 6.00pm | Evensong (BCP) | Woodland | Reader |

Sunday 19th March – Lent 3 – Romans 5:1-11; John 4:5-42

| | | | |
|---------|------------------|---------------|-------------------|
| 9.15am | Parish Communion | Denbury | Rev. Peter Ashman |
| 11.00am | Morning Worship | Broadhempston | Lay-led |
| 11.00am | Parish Communion | Ipplepen | Rev. Peter Ashman |
| 6.00pm | Holy Communion | Woodland | Rev. Peter Ashman |

Sunday 26th March – Lent 4 – Mothering Sunday – Exodus 2:1-10; Colossians 3:12-17; John 19:25-27

| | | | |
|---------|----------------------|---------------|-------------------|
| 8.00am | Holy Communion (BCP) | Ipplepen | Rev. Tony Meek |
| 9.15am | Parish Communion | Denbury | Rev. Peter Ashman |
| 11.00am | Parish Communion | Broadhempston | Rev. Peter Ashman |
| 11.00am | Morning Worship | Ipplepen | Lay-led |

ADVANCE NOTICE

Sunday 9th April – Palm Sunday – Matthew 21:1-11; Isaiah 50:4-9a; Philippians 2:5-11; Passion Gospel

| | | | |
|---------|---|----------|-------------------|
| 11.00am | Palm Sunday Procession, Communion and lunch | Woodland | Rev. Peter Ashman |
|---------|---|----------|-------------------|

NOTE - Palm Sunday is 9th April

Maundy Thursday is 13th April; Good Friday is 14th April

Mid-week Services for February and March

Regular Mid-week (CW) services are held as follows:

| | | | |
|-----------|---------|----------|--------------------------------|
| Weekdays | 8.15am | Ipplepen | Morning Prayer (said) |
| Tuesday | 7.00pm | Ipplepen | Holy Communion (first Tuesday) |
| Wednesday | 10.00am | Denbury | Holy Communion |
| Thursday | 10.30am | Ipplepen | Holy Communion |
| Thursday | 4.30pm | Denbury | Evening Prayer (said) |

Intercessions for the Mission Community – February/March

| Sunday | Mission Community | Ipplepen | Denbury | Broadhempston | Woodland |
|----------------------|------------------------------|----------------------------------|--------------------|----------------|------------------|
| Feb 5 th | Hon. Asst. Priests | Blackstone Road | The Green | Main Street | Chardanay |
| Feb 12 th | Electoral Roll Officers | Bowden Road | Down View Road | Houndhead Way | Sunset Cottage |
| Feb 19 th | Servers | Bridge Street & Fore Street | Greenhill Lane | Vicarage Hill | Hawkes Farm |
| Feb 26 th | Eucharistic Ministers | Caunters Close & Harris Court | Fairview | Primary School | Orchard Cottage |
| Mar 5 th | Sidespeople | Church Path & Paternoster Lane | Moorland Avenue | Community Shop | Pulsford View |
| Mar 12 th | Sacristans | Clampitt Road and Clampitt Close | Orchard Close | Radfords | Pulsford Farm |
| Mar 19 th | Organists | Clarendon Road & Motehole Road | Heathfield Road | Beaston | Wickeridge Lodge |
| Mar 26 th | Choirs and Musical Directors | Cooke Drive & Lang Way | Heathfield Terrace | Downe | Quarry Farm |

Coffee Mates (Men of Denbury)

(and Friends)

this is your chance to become a 'Coffee Mate'
gather around a cup of coffee, biscuits and cake
2nd Thursday of each month at Church Cottage

10.30 am to 12.00 noon

Treat it as a 'coffee shop',
bring your newspaper, book, do the crossword

Dates Ahead – February and March

February

| | | |
|----------------------------|---------|---|
| Wednesday 1 st | 12.30pm | Monthly Lunch Club at Ipplepen Church Hall |
| Saturday 4 th | 10.00am | Woodland Library |
| Monday 6 th | 10.00am | MC Planning Group meet in Ipplepen Church Hall |
| | 3.00pm | T-Pot at Denbury Cottage |
| Thursday 9 th | 10.30am | Coffee Mates at Denbury Cottage |
| Saturday 11 th | 3.00pm | Messy Church at Ipplepen Church Hall |
| Monday 13 th | 3.00pm | T-Pot at Denbury Cottage |
| Saturday 18 th | 7.30pm | Tristan Mackay performing at Broadhempston Church |
| Monday 20 th | 3.00pm | T-Pot at Denbury Cottage |
| Wednesday 22 nd | 7.30pm | Deanery Synod at St. Paul's, Devon Square |
| Monday 27 th | 9.30am | Home Communion |
| | 12noon | Deanery Chapter brunch at Kingskerswell Parish Centre |
| | 3.00pm | T-Pot at Denbury Cottage |

March

| | | |
|----------------------------|---------|--|
| Wednesday 1 st | 10.00am | Communion with Ashing at Denbury Church |
| | 12.30pm | Monthly Lunch Club at Ipplepen Church Hall |
| | 7.00pm | Ash Wednesday service with Ashing at Ipplepen Church |
| Saturday 4 th | 10.00am | Woodland Library |
| Monday 6 th | 1.00pm | Lent Course at Ipplepen Church Hall |
| | 3.00pm | T-Pot at Denbury Cottage |
| Wednesday 8 th | 7.00pm | Compline at Ipplepen Church |
| Thursday 9 th | 10.30am | Coffee Mates at Denbury Cottage |
| Saturday 11 th | 3.00pm | Messy Church at Ipplepen Church Hall |
| Monday 13 th | 1.00pm | Lent Course at Ipplepen Church Hall |
| | 3.00pm | T-Pot at Denbury Cottage |
| Wednesday 15 th | 7.00pm | Compline at Ipplepen Church |
| Monday 20 th | 10.00am | Ipplepen Standing Committee |
| | 1.00pm | Lent Course at Ipplepen Church Hall |
| | 3.00pm | T-Pot at Denbury Cottage |
| | 7.00pm | Broadhempston Standing Committee |
| Wednesday 22 nd | 7.00pm | Compline at Ipplepen Church |
| Thursday 23 rd | 5.30pm | Denbury Standing Committee |
| Sunday 26 th | 7.00pm | ExeVox concert at Ipplepen Church |
| Monday 27 th | 9.30am | Home Communion |
| | 1.00pm | Lent Course at Ipplepen Church Hall |
| | 3.00pm | T-Pot at Denbury Cottage |
| Wednesday 29 th | 7.00pm | Compline at Ipplepen Church |

Monday T Pot

each Monday, 3.00pm to 4.30pm.
Denbury Church Cottage. All welcome.



Floodlighting

The towers at both Denbury and Ipplepen have floodlighting which needs sponsorship to cover the cost of electricity and maintenance.



Sponsorship is usually for a week at a time, and people often like to sponsor to mark a special occasion.

For Denbury, contact Mick Sutherland Cook on 01803 813871

For Ipplepen, contact Winnie Bryant on 01803 812066

Denbury:

There are no sponsors for Denbury this time



Ipplepen:

Retrospective

- | | |
|----------------------|--|
| Jan 1 st | Wilma Sarjeant and all the family remembering Nigel |
| Jan 8 th | Barbara and John Tuckett in memory of a dear Mum, Dora Bearne, on 13 th January |
| | Shirley Baldock and children Nigel, Melvyn, Clive, Ian and Claire in loving memory of Eric Baldock |
| | Wilma Sarjeant and all the family remembering Nigel |
| Jan 22 nd | Pam Sharland in memory of Ron, whose birthday would have been on 24 th January |
| Jan 29 th | Margaret and Michael Kemp, Sheila, Graham, Beccy and Hannah Needs, remembering Paul on his birthday. A much loved Husband, Dad, and Grampy |

New

- | | |
|-----------------------|--|
| March 5 th | David, Linda and Katie Simmonds for Hannah's birthday on 5 th March |
|-----------------------|--|



Dementia workshop



On Monday 28th November members of the Beacon parishes welcomed Sally Farrant to St. Andrew's Church Hall to talk to us about dementia awareness. Sally is Social Responsibility Officer for Exeter Diocese working with Martyn Goss in Church and Society helping church people relate their faith to current issues e.g. climate change, refugees, food justice, disability and dementia.

The workshop consisted of 12 headings, each of which was discussed:

1. Dementia is not a natural part of ageing.
2. Dementia is caused by diseases of the brain.
3. One common type of dementia is Alzheimer's disease named after Dr. Alzheimer and 75% of people living with dementia have Alzheimer's. Other major types are vascular dementia, frontal lobe dementia and Lewis Bodies dementia and each is different from the other. There are no cures but there are treatments and people are encouraged to have a diagnosis so that support and treatment can be given. In Devon we have local dementia support workers based with The Alzheimer's Society Devon and who do amazing work supporting people and their families. More information can be obtained from devon@alzheimers.org.uk 0300 123 2029.
4. Dementia is progressive, which means the symptoms will gradually get worse so we should not try and pretend there is nothing wrong. Today the aim is to help each other maintain life, interests and routines and to continue to live well with dementia.
5. Alzheimer's disease usually starts by affecting people's short term memory. We have all gone into another room to get something – got there – only to forget what we went in there for! However dementia is more than that.
6. Dementia is not just about losing your memory.
7. Dementia can also affect people's perception. People living with dementia may hesitate and have difficulties with what the eyes are seeing e.g. a shiny floor may be seen as wet. There may also be problems with sequencing and doing things in the right order. I met someone the other day whose husband is living with dementia and she lays his clothes out in the right order so that he can dress himself. Unfortunately the new dog sometimes put paid to this by removing some of the articles!
8. People with dementia can still communicate properly. We can help by giving people more time. Focus on one question or issue at a time. Slow it down and listen.
9. One in 14 people over 65 has dementia at any one time. However the risk of dementia does increase with age.
10. Today it is possible to live well with dementia. We need to get rid of the terrible negative stereotypes. We have just had a Christmas card from friends in Canada and the husband has been diagnosed with Alzheimer's. He has had to take a special driving test which he has passed! People can even continue to work with dementia.

Dementia workshop - continued

11. There's more to the person than the dementia. Don't lose sight of their experiences and skills. Sometimes unusual behaviour may hark back to previous interests.
12. Dementia Friends is about turning understanding into action. Sally referred to "the bookcase analogy" which explains that there are different types of memory. Emotional memories last so a happy farewell after a visit will leave happy memories but also a sad or cross one will leave sad feelings that aren't forgotten quickly.

Having said she would talk for about an hour, we found that the time passed very quickly and after 2 hours Sally wound up the

session by re-iterating that in our parish we do not want people to think that they cannot come to church and carry on their activities. We need patience and understanding.

Sally was thanked for her very informative talk and some of us signed up to be Dementia Friends. You can find out more on these websites:

www.dementiafriends.org.uk

www.alzheimers.org.uk

www.livability.org.uk

I am indebted to Sally for proof reading this article to make sure the facts are correct. Any typos are completely my own!

Vanessa Bevan

Lent Course Church & Kingdom (Book 8)

This eighth volume, the final title in the Grow stage, explores what it means to live as a child of the kingdom of God and to follow in the way of Christ each day as a member of his Church. Its six sessions combine simple prayer, reflection on the Bible in the lectio divina style, an article by a modern writer, and time for questions and reflection.

Session One: Praying through Life

Explores the importance of prayer, particularly daily prayer as foundational for the Christian life.

With a Reflection by Stephen Cottrell

Session Two: At home and at work

Looks at how we live out our faith every day and of the importance of Sabbath.

With a Reflection by Paula Gooder

Session Three: Living generously

Considers what it means to reflect the generosity of God in our own lives.

With a Reflection by John Preston

Session Four: In all my relationships

Looks at how faith in the God who is Father, Son and Holy Spirit shapes and changes all our relationships.

With a Reflection by Rachel Treweek

Session Five: Confronting the injustices of the world

Considers how the Christian life requires us to be involved in the affairs of the world and to witness to God's kingdom of peace and justice every day.

With a Reflection by Ann Morisy

Session Six: Treading lightly on the earth

Explores our relationship with the earth itself.

With a Reflection by David Walker

CHURCH OF ENGLAND DEVON

GOOD NEWS FROM THE
DIOCESE OF EXETER FEBRUARY 2017

CHURCHES in our diocese have been working to support families coming to Devon as part of the government and UN programme with the Syrian Vulnerable Persons Relocation scheme. In East Devon and at Bideford, community sponsorship projects have been launched to accommodate and resettle Syrians locally. Additionally churches have been welcoming people to Devon and especially offering practical help to the children and young people being temporarily housed at Torrington.

Martyn Goss, Director of Church and Society at the Diocese of Exeter, said: "These initiatives are wonderful signs of hospitality, generosity and solidarity, all profound Christian values, expressed by local people in response to a global challenge. They hold up beautiful symbols of hope in unpredictable and uncertain times."

Elsewhere Christians are also involved in other projects and activities, including 'About Time' and 'Open Doors International' in Plymouth, where there are already existing refugees as part of the earlier government dispersal programme. West Dartmoor churches recently donated nearly £1,000 to support the 'About Time' project.

The Diocese of Exeter has set up a page on its website to encourage and suggest



Volunteer Chris serves food at the About Time weekly lunch in Plymouth

ways that local congregations, parishes and individuals can continue to support displaced people seeking sanctuary locally, and to challenge the causes that lead to the global crisis such as environmental destruction conflict and persecution.

Visit exeter.anglican.org/resources/faith-action/refugees-in-devon to find out more.

Welcoming REFUGEES

DO YOU have a favourite novel? In a recent survey of the 'Top Ten' novels in the English language, Jane Austen's *Pride and Prejudice* came out top. No surprises there. But what did surprise me was the absence of any novel by Charles Dickens or George Eliot. So much for democracy.

Likes and dislikes are incredibly subjective, but one of the greatest sentences in English literature, at least in my view, is in George Eliot's *Middlemarch* when Dorothea (the heroine) says: 'If we had a keen vision and feeling of all ordinary human life, it would be like hearing the grass grow and the squirrel's heart-beat, and we should die of that roar which lies on the other side of silence.' That one sentence speaks to me the wonder of life, its mystery and its supreme gift.

February isn't the jolliest of months with its leaden skies and cold winds. But the snowdrops are out, the grass is growing and the squirrels' hearts are beating as they forage for food. As a generation we yearn for new experiences. We get easily bored. But the antidote to boredom is not to rush off

BEING PRESENT



Bishop Robert being 'present' with people in Starbucks on a recent visit to Plymouth

after new experiences, but to recover a 'vision and feeling for all ordinary human life', and we will only achieve this if we are present to it.

One of the reasons prayer goes stale is not 'the absence of God' but the 'absence of me'. We are simply not present to God or to life itself. Our attention wanders off and we end up thinking about work or what's for supper or the problems with the car. The same thing can happen in our relationships and it can turn them sour. This month let's discipline

ourselves to be present to the world and to the people around us in all their mundane 'ordinariness'. Let's pray for grace to be less self-absorbed. Let's hear it for ordinary human life in all its messiness and fun and tragedy and tenderness. And who knows, we may discover that God is in the midst of it too.

A handwritten signature in blue ink that reads 'Robert Atwell'.

RT REV ROBERT ATWELL
BISHOP OF EXETER



Diocesan Communications Unit
www.exeter.anglican.org
twitter.com/cofedevon
facebook search diocese of exeter



St. Andrew's Christmas Fair



After the success of our Christmas Fair in 2015 we booked the village hall for 2016 in anticipation of more customers. The fund-raising team met monthly and various people baked, preserved, created and stitched to produce twelve colourful stalls.

Floral displays, bottle tombola and various raffles combined with books and handmade cards proceeded to generate such a fantastic amount.

When early Christmas shopping was finished and bargains purchased home-made cakes and tea were available and were very welcome.

The fundraising team, Sue Sanders, Sheila Stacey, Jo Innes Lumsden and Marilyn Ellis would like to thank everyone who participated and supported in any way, including Judy Dewhurst who decorated our display boards and boosted our advertising. Our treasurer delightedly announced that we had made £1510!

Such was our success that we have already booked the Village Hall for SATURDAY 18th NOVEMBER 2017. See you there!

Marilyn Ellis

Editor's Apologies!

- I did a theatrical performance about puns. It was a play on words.
- They told me I had type-A blood, but it was a typo.-
- Venison for dinner again? Oh deer!
- How does Moses make tea? Hebrews it.
- England has no kidney bank, but it does have a Liverpool.
- I tried to catch some fog, but I mist.
- I changed my iPod's name to Titanic. It's syncing now.
- Jokes about German sausage are the wurst.
- I know a guy who's addicted to brake fluid, but he says he can stop any time.

Amazing Grace – Behind Bars

At Christmas I put a spray of holly and fir on a small gravestone beneath the far wall of East Oghwell churchyard in memory of someone I had known for a long time. I did this in the sure knowledge that there are only a very few people who know who this person was, or why his ashes are interred at East Oghwell. Jim, as he was known, was an inmate at Channings Wood Prison, and died there. The prison is in East Oghwell parish.

So why would I want to place anything on Jim's grave? Simply, and perhaps surprisingly, he came to embody everything the New Testament tells us about repentance and renewal. Despite his criminal past, at some stage during his time in prison Jim became a true Christian and believer. He was always at Chapel services - which is how I came to know him, and I admired him for his faith. Although no scholar, he knew his Bible through and through - his was probably the most used and worn Bible I have ever seen.

Jim had been in prison for a very long time, and would still have had several years to go before possibly being released. As a young man he used to sing in the Glasgow pubs and clubs, and had an amazing voice. He put this gift to good use whilst in prison and it was a delight to hear him singing hymns, especially one of his favourites - "*How deep the Father's love for me*" with its last few lines -

*Why should I gain from His reward?
I cannot give an answer;
But this I know with all my heart -
His wounds have paid my ransom.*

Had Jim been released after so long a sentence he would probably have been quite unable to cope in the outside world, and as he

had no known relatives he could have ended up homeless and friendless, and died on the streets unknown. As it was he suffered a sudden heart attack and died in prison.

Far from the pauper's funeral he might have had on the outside he had a wonderful funeral in the Prison Chapel. Hymns (one of them being *Amazing Grace*) and readings were carefully chosen, and everything was carried out thoughtfully, reverently, and with great dignity. A well known local funeral director followed the coffin, just as he would have done in any church for anyone else. I was privileged to be able to attend the funeral and the Prison Chapel was full, for Jim was well liked - and he had always welcomed and kept an eye on anyone new to the prison. As well as Prison clergy of every denomination, old and new, there were other inmates, officers not on duty, and friends from outside. The Chaplaincy paid for the flowers on the coffin, and the funeral director supplied the engraved memorial stone free of charge.

Jim was indeed an institution in prison. We often sing hymns without thinking about the words, but the following lines from the well known hymn tell why he was an inspiration as well.

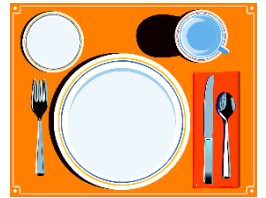
*The vilest offender who truly believes,
That moment from Jesus a pardon receives.*

Rest in peace Jim.

Winnie Bryant

(Winnie has been a prison visitor for many years. If you would like more information about becoming a volunteer prison visitor then do let Winnie or Hilary Price know and they can pass on your name to their chairman.- Ed)

FFTLC - A gift from God



This stands for Food For Thought Lunch Club, or, as I prefer, Food, Friendship, Tender Loving Care. Ten years ago, following a united service at St. Andrew's one evening, something rather amazing happened. Methodists and Anglicans joined together for worship and the minister, Rev. Kevin Hooke preached. When I got home I sat and pondered on the sermon (can't remember it now) and quite suddenly, the Holy Spirit made His presence felt. I grabbed pen and paper and wrote down what He gave me. What transpired was a pattern for a Lunch Club for elderly people living alone. I know God has a sense of humour, but this was beyond a joke - right out of my comfort zone! To cut a long story short, I approached the clergy at both churches who in turn approached their "Sanhedrins" and to my amazement, the vision was accepted. It then fell to my lot to work out how this was to happen. Several months of investigating suitable premises, Environmental Health and researching existing lunch clubs ensued. At one point I was out of my depth and losing the will to live, until I remembered Philippians 4 v13. "I can do all things through Christ who strengthens me". So I got on with it. We needed guests, people to source, prepare and cook good local food, drivers, waitresses and many other roles to enable the smooth running of such a venture.



Over time I approached many people whom the Lord laid on my heart and now we have three catering teams, "spudbashers" to prepare vegetables, men to put up and take down tables, ladies who telephone up to six guests each (so that I don't spend the entire month on the phone), drivers, and a lady who telephones them to confirm their availability, two waitresses for each catering team, a kind friend who makes greetings cards for guests and the team and a

lady who sits at the money changers table collecting the income (£5 each).

We have had up to forty guests on the list ranging in age from late 70's, 80's, 90's and 100, 101 and 104 1/2! Several guests have varying degrees of dementia and most are very frail. Nearly everyone has a walking stick and we have assorted wheeled walking aids, Zimmer frames and the occasional wheelchair. This obviously presents transport difficulties as most people would like a front seat and not every car can accommodate a walking aid. Our drivers are very special people and it is important to match driver and passenger.

Thankfully, I can leave shopping and cooking for our three master chefs, Geraldine Dennis, Jane Outhwaite, and Maria Alsop, who do an amazing job, bless them.

Lunch Club doesn't just happen: a lot of thought and prayer goes into the detail. We pray in the kitchen at the start of the day, pray at each place setting and welcome the Holy Spirit and ask Him to fill the whole place with His presence.

Our helpers are drawn from the Anglican, Baptist, Methodist and Roman Catholic Churches. There is no requirement for our guests to have a church affiliation. We are here to serve the community.

Members of the clergy join us for lunch and give a short 'pause for thought' and we say grace at the beginning of the meal.

We are now in our 10th year and as a way of saying "thank you" to our faithful team, we are holding a cake and coffee morning in January. The Lord has been so gracious to us over the years and I give Him the glory.

Seona Wilson

The art of conversation?

Jo Innes-Lumsden has forwarded these cartoons:



"It keeps me from looking at my phone every two seconds."

From the Editor



The end of the year has seen so many celebrities unexpectedly dying and we have had recent funerals of much loved and valued parishioners here at St. Andrew's.

Young doctors on training programmes to become GPs would often tell me that the two things they found most difficult to deal with were 'failure' and 'death'. I guess that's where the Church with her bishops and priests step in!

Christian faith begins not with a running away from failure and death, but rather with a totally realistic appraisal – based, of course, on experience – of human failure, and the facing of mortality.

One of the most moving films that I have seen that deals with death and dying is 'Wit' from 2001, directed by Mike Nichols, with Emma Thompson. Based on the play of the same name by Margaret Edson, its main character is an English lecturer who finds herself facing death from cancer. It sounds more macabre than it really is. There is a delightful cameo performance by Eileen Atkins as Emma Thompson's character's former professor, and a focus on John Donne's poem, 'Death, Be Not Proud.'

Anyone, (editors especially!), who thinks that punctuation is boring or irrelevant should pay attention to the scene in which Eileen Atkins explains how punctuation, especially of the last line, accentuates – and even alters – the meaning of the poem, and the faith of John Donne that underlies it. The scene in which the poem is discussed can be found at- <https://www.youtube.com/watch?v=URqHtrvBHs4>. Do take a look!

I reproduce the poem below, suitably punctuated!

*Death, be not proud, though some have called thee
Mighty and dreadful, for thou art not so;
For those whom thou think'st thou dost overthrow
Die not, poor Death, nor yet canst thou kill me.
From rest and sleep, which but thy pictures be,
Much pleasure; then from thee much more must flow,
And soonest our best men with thee do go,
Rest of their bones, and soul's delivery.
Thou art slave to fate, chance, kings, and desperate men,
And dost with poison, war, and sickness dwell,
And poppy or charms can make us sleep as well
And better than thy stroke; why swell'st thou then?
One short sleep past, we wake eternally
And death shall be no more, death, thou shalt die.*

The next edition of the Beacon will be for April and May. Articles should be sent to reach me by March 12th.

Mike Price