

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



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## From the Editor



### Little things matter

In a recent article in the Times 'Why happiness keeps the brain young', John Naish (Nov 28<sup>th</sup> 2020) pointed out that months in lockdown can send older people sliding towards a feeling of lonely irrelevance. In the same article, evidence gathered by Sussex University showed that those who flourish during tough times are the ones who feel they matter to others.

Fortunately, we can all help people to feel they matter. Genuinely praising someone, be it a child, a parent, friend or neighbour is the start. A sincere compliment can boost someone's confidence for days and in some cases is never forgotten. Admire prowess, resilience, coolness in a crisis, initiative. Go back to times when they shone or excelled. Share a laugh. If you can put people on cloud nine for a few minutes, basking in past success, then, despite any pandemic, knowing that they are appreciated becomes the key to feeling positive and purposeful about life. It's little things that matter.

Articles for the next edition should reach me by March 14<sup>th</sup>.

*Michael Price*

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*The Beacon is produced at no cost to the Mission Community*

[www.missioncommunity.org.uk](http://www.missioncommunity.org.uk)



# What will give you a spring in your step?

Well spring is almost here. Soon spring flowers will be cheering up our hedgerows and gardens and the days will be getting significantly longer and lighter with some added warmth. In the church calendar we are entering the season we call Lent. 40 days of preparation leading up to the great celebration of Easter. The English word Lent is a shortened form of the old English word *'lencten'* literally meaning 'spring season'. Often at this time of year people might have a 'spring clean', decluttering the house and garden (or even garage if they are really brave) getting ready to enjoy the long summer days to come.

This year as we journey through Spring many of us are very weary, tired and anxious. It is a hard road we are on. We certainly could do with regaining a spring in our step. Traditionally Christians have used Lent to do just this by doing things that will revitalise and revive their relationship with God and their faith. To have a spring clean of their lives as it were.



These traditional practices have included:

- spending time reflecting on where you are with yourself, with others and with God
- making amends for things that have gone wrong
- giving up things in order to create more space in life
- taking up something that will nurture life and faith
- thinking of those in need and practically supporting them

The goal of all of these practices is to put a spring back into our steps as we continue our journey of faith.

We all need to be sustained on our journey and to have times of re-evaluation, refreshment and reinvigorating. This is certainly true now as we continue through the pandemic. My challenge to you is to take seriously your need to be refreshed at this crucial time and I am suggesting you take the 5 traditional practices and make them your own:

- Give time to contemplation and reflection on your life
- Make amends for things that have gone wrong
- Create more space in your life by giving something up
- Take up something new that is life giving to you
- Practically help someone in need

This won't happen all at once, Lent is a whole 40 days and I am sure no one is counting! The great thing about doing things for this length of time is it is long enough for habits to form. What is started for a short specific time might just turn into something more long lasting.

My prayer is that by doing what we can towards these things this spring we will regain the spring in our steps and be able to journey on well into what lies ahead.

Peace and good wishes

Andrew

# Beacon Mission Community Services in Lockdown

## Update (as of 13<sup>th</sup> Jan 2021)

The Government has recognised the vital role Churches play in the spiritual and mental health of the nation. And with Public Health England linking only 47 Covid cases, in total, to places of worship, church buildings are permitted to continue to be open for private prayer and communal worship.

That said, the churchwardens have thought long and hard about what to do in each parish. Whilst staying under review at the current time we are offering the following:

### Services via zoom

Each Sunday we will offer a service via zoom (see notice sheets for details).

During the week we will hold morning prayer, Monday - Thursday at 9am via Zoom.

### Communion

Each Sunday we will have a short said communion service alternating between Denbury and Ipplepen (see notice sheet for details).

During the week we will continue (for the time being) to have our midweek communions on a Tuesday at Ipplepen and Thursday at Denbury at the revised time of 10.15am.

We will be reviewing arrangements regularly so please look at the church notice sheet, boards, Facebook pages and website for up to date information in this rapidly changing situation.

### Covid precautions

We have reviewed our Covid precautions to ensure that our buildings and any physical services are COVID secure, especially procedures designed to avoid mingling before and after physical services. Services themselves have been pared right back to a simpler, shorter format.

### Written materials

In addition to services we are producing weekly written reflections on the Sunday's readings via our notice sheet and are using our Facebook pages to offer further thoughts and reflections during the week.

## Smile



- I want to ask God why he allows poverty, famine and injustice when he could do something about it. But I'm afraid he might ask me the same question!
- Gardening season is off to a great start: I planted myself in front of the TV four weeks ago, and I've already grown noticeably!

# Life Events

We continue to pray for those we, as Beacon Parishes, have had the privilege of supporting and accompanying, and also their family and friends.

## Funerals and Interments

John Noble - Ipplepen  
Alan Grimshaw - Ipplepen  
Barbra Stephens - Denbury  
Betty Adams - Ipplepen  
Michael Harrison - Broadhempston  
Francis Harvey - Ipplepen

## And also recently passed away

Ethel Irish - Ipplepen  
David Hallett - Ipplepen

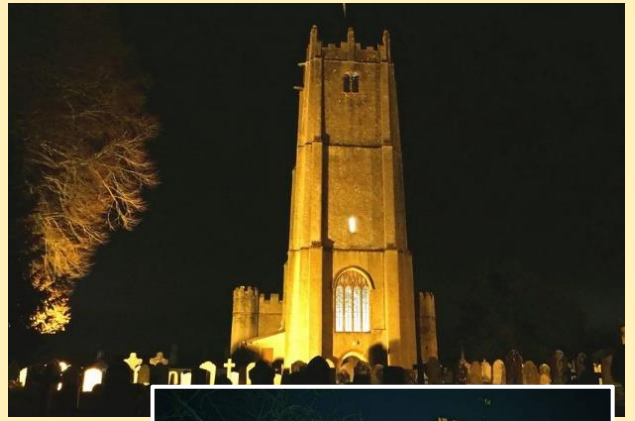
# How to keep in touch

<b>Weekly Notices</b>	These contain up to date information of services and activities in our parishes. Published prior to each weekend, these are given out at services and also available to pick in the churches during the week. They are also emailed out by the office to those on the email circulation list
<b>Website</b>	The Beacon Parishes website <a href="http://www.missioncommunity.org.uk">www.missioncommunity.org.uk</a> is the 'go to' place for information. It also contains the Weekly Notices and Beacon Magazine
<b>Videos</b>	Video recordings of some of the services held in our Beacon Community can be found on the website
<b>Facebook</b>	Three of our parishes keep up to date Facebook pages:  <a href="http://www.facebook.com/StAndrewsIpplepen/">www.facebook.com/StAndrewsIpplepen/</a> <a href="http://www.facebook.com/denburyworship">www.facebook.com/denburyworship</a> <a href="http://www.facebook.com/Broad20/">www.facebook.com/Broad20/</a>
<b>Email</b>	The Church Office has an email list which is used for sending out the Weekly Notices as well as any other important information. If you or someone you know would like to be included on this list, please contact the office
<b>Contacts</b>	Names and telephone numbers are to be found in The Beacon.
<b>Rector</b>	Rev'd Andrew Down. Tel: 01803 813403 E: <a href="mailto:rev.andrewdown@gmail.com">rev.andrewdown@gmail.com</a>
<b>Church Office</b>	Church Office, St. Andrew's Church Hall, Church Path, Ipplepen, TQ12 5RZ Tel: 01803 814178 E: <a href="mailto:office@beaconparishes.co.uk">office@beaconparishes.co.uk</a>

# 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 Rachel Belringer 01803 812529  
Mobile: 07751804007  
For Ipplepen, contact the Church office on 01803 814078  
or [office@beaconparishes.co.uk](mailto:office@beaconparishes.co.uk)



## Denbury:

### New

February	Derek, Sarah, Liz and Anna in loving memory of Monica Triggol
March	A villager who likes to see the church tower lit

## Ipplepen:

### Retrospective

22 <sup>nd</sup> – 28 <sup>th</sup> Nov	In remembrance of John Woon (2010) from Jeanne Woon
13 <sup>th</sup> – 19 <sup>th</sup> Dec	In remembrance of Susan Davida Kadow, loved and sadly missed from Richard Tossell and Tim and Gemma Barnes and grandchildren
10 <sup>th</sup> – 23 <sup>rd</sup> Jan	In memory of a dear Mum, Dora Bearne on 13 <sup>th</sup> January 2021 from Barbara and John Tuckett

### New

24 <sup>th</sup> Jan – 6 <sup>th</sup> Feb	From Sheila, Graham, Beckie and Hannah Needs. Remembering Paul Kemp, a loving dad and grampy on his birthday 30 <sup>th</sup> January
21 <sup>st</sup> – 27 <sup>th</sup> Feb	In memory of Wendy Osborn on her birthday on 26 <sup>th</sup> February with love from Rex and family
28 <sup>th</sup> Feb – 6 <sup>th</sup> Mar	From David, Linda, and Katie Simmonds for Hannah's birthday on 5 <sup>th</sup> March
7 <sup>th</sup> – 13 <sup>th</sup> Mar	From Val and Peter Sleight remembering her parents, Phil and Peter Monks, at the time of their birthdays
14 <sup>th</sup> – 20 <sup>th</sup> Mar	From Nick Wildgoose in memory of his dear mother Pat on her birthday

# Did you see the 'Christmas Star'?

At the end of December there was the conjunction of Saturn and Jupiter, which is thought by some to be the event which 'created' the bright star of the Nativity.

The date at which they were the closest was December 21<sup>st</sup> and in case you weren't able to see it (there was a lot of cloud cover at the time), Antony Mitchell managed to get a photograph on Christmas Eve:



*Saturn (L) and Jupiter (R) 24/12/2021 at 18.21 UTC over Ipplepen. Photo by Antony Mitchell*

- A hangover is the wrath of grapes.
- Does the name Pavlov ring a bell?
- Reading while sunbathing makes you well red.
- When two egotists meet, it's an I for an I.
- What's the definition of a will? (It's a dead give-away.)
- Every calendar's days are numbered.
- A boiled egg in the morning is hard to beat.





## News from Ipplepen

St. Andrew



So we have just experienced a very different Advent and Christmas owing to the Coronavirus Pandemic, but as a Church and our Beacon Parishes Mission Community we have adapted to

what we were allowed to do.

The St. Andrew's Day Lantern Procession normally gathers in the Church but obviously not this year. It was a brilliant idea by the History Society and Carnival Club to organise a three day/evening event with people walking around the Village with their spectacular lanterns or displaying them in their gardens. Also many houses taking part with special window features and displays of lights and decorations.

We held our Patronal Festival at 11am on Sunday 6th December and a working party socially distanced prepared the Church on the Saturday before by cleaning, putting up the Christmas Tree and decorations. The windows looked effective with pine foliage, candles and baubles. The Church has looked very welcoming and like Rev Anne's reflection saying: "Isn't this the message of Advent light coming into the darkness and eventually overcoming it".

On Sunday 13<sup>th</sup> we had a Celtic Service at 11am led by Jane, then at 6pm the Service of Light where we celebrated light in all its forms, Andrew gave us an enjoyable short Service of Music, Readings and Reflections. The following week we had Holy Communion service at 11am with Andrew and Hillarie Griggs speaking about the Annunciation on this fourth Sunday of Advent.

She also wrote the Reflection for this week and invited us to ponder this story from Luke 26-38.

In the evening we joined with the Methodist Church for a joint Carol Service on Zoom at 6.30pm. As we mute ourselves except for when reading or speaking we were able to sing along to the carols in our own homes which was good. How we have all missed singing Carols together this year! Kevin Hooke and Hillarie Griggs led this joyful service. We were hoping to have a small group of us to sing 'Carols around Ipplepen' on the evening of Tuesday 22<sup>nd</sup> December organised by Jo but unfortunately the weather was against us so it was cancelled.

Instead of the Crib Service this year a team of volunteers from St. Andrew's and the Methodist Church set up a 'Journey to the Crib trail'. It was fun getting all the props together, helping each other in the socially distanced displays around the Church. On Christmas Eve the Church looked magical with candlelight provided by numerous little battery operated candles, as well as some church candles and fairy lights on the tree and around the church. Michael provided the Christmas music from the time the trail opened just after 3pm until 6.30pm. Many families with children attended and enjoyed the quiz they could fill in as they visited each station. The stewards made sure it was all kept safe. Certainly a success and good teamwork!

Midnight Mass started at 11pm and was conducted by Rev Anne Burden, so different this year quiet in numbers, no rousing bells ringing out loud or sung carols although Tony did chime the bells before the Service and Michael from Abbotskerswell played the organ. Rev Anne portrayed the message of Christmas in her sermon and wished us a Happy Christmas.



## News from Ipplepen - continued

Christmas Day Service was at 11am with Rev Andrew which we would have attended but with the announcement from Boris that we were only allowed to see our families on that one day we shared our time with them instead of spreading it out as normal.

Rev Anne took the First Sunday of Christmas Service on Sunday 27<sup>th</sup> December and the Reflection Christmas Message written by Andrew.

Epiphany 2021 Sunday 3<sup>rd</sup> January 11am Holy Communion Service conducted by Andrew. He asked three Church Wardens to bring the Wise Men to the Crib. Steven Sheldon gave a powerful address and the Reflection by Tessa saying like the Wise men we too could bring gifts, a gift for our God, a gift for our family or community, and a gift for ourselves.

The Celtic Morning Prayer Service plus Holy Communion took place on Sunday 10th January. Vanessa led the Celtic Prayer and read the Gospel, Jo the first reading and Steven Sheldon the Meditation. The prayers from Jane reflected on this current lockdown. Tony Meek's written Reflection was based on 'The Baptism of Christ' and Andrew also said to remember all those who were baptised particularly in this last year. The Service concluded with Holy Communion.

It is good to know that we have an active Pastoral Care Team who keep an eye on our more vulnerable Church Family. Special thanks must go to Winnie who never fails to ring around every week and Vanessa for forwarding on this information.

We wonder what this New Year 2021 will bring. We all hope and pray that we receive the vaccination before too long, in the meantime keep safe and strong there is light at the end of the tunnel.

*Marilyn Clark*

## Letter to the Editor: Thank you!

I should like to express my gratitude for the very beautiful 'Journey to the Crib' on Christmas Eve. It was very meaningful. Clearly a great deal of work had gone into the planning and execution of this act of witness.

Having been privileged to visit Bethlehem and Nazareth some years ago, it meant even more to me.

Thank you to all involved.

Thank you, too, for the Beacon magazine which I love reading. It is an extremely good and very interesting magazine. A friend delivers a copy to an elderly house bound Christian lady in Watford who appreciates it very much.

Keep up the good work!

Every blessing

Seona Wilson

## Ippепен – NOT the Lantern Procession

Light up the village! Here are some examples of the wonderful variety of lanterns which were made and displayed around Ipplepen at the beginning of December. Well done to all involved and many thanks to the Ipplepen History Society and Carnival Club for organising.

*Photographs by Antony Mitchell*



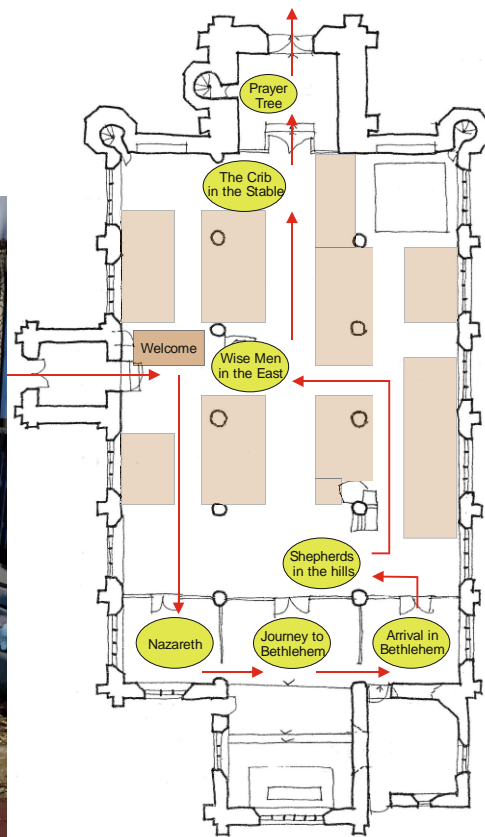


# Ipplepen – Journey to the Crib

Some pictures of the Journey to the Crib which was held instead of the usual Crib Service. This was staged jointly with the Methodist Church and these pictures were taken by their minister, Kevin Hooke.

The booklet for the experience can be found on the website under 'Bible Study'.

## The Journey to the Crib



## A view from Torbryan



We have heard a lot about key workers over the last few months. Quite rightly, this group of workers, who so often were previously unappreciated, have received the recognition they deserve. But in some ways the definition of what a key worker is seems to me rather narrowly interpreted.

If you're like me then you will have taken a lot of comfort in recent times in becoming absorbed in a good novel, a gripping TV drama or film, a work of art or a favourite piece of music. I would say that the creators of these works would certainly qualify as key workers as those who are helping us to get to the other side of this crisis. Never has there been a time when our spiritual needs, and the need for escapism generally, have been higher. For me, the sort of story that I want to enjoy is not set in the current time at all but in more carefree days. An example of this is *The Queen's Gambit*, a drama largely set in the sixties with lavish sets, costumes and period details that entirely take you away from humanity's current troubles.

My approach has also been to give up on current affairs, whether that be printed newspapers, online or TV news, social media and so on. From the media blackout experience thus far I have concluded that if I never hear a politician's speech again I will be a happier person. You might say it is irresponsible to not want to know what is going on, but this is just my way of coping with it. I think certain elements of the media are keener to focus on bad news than good, or to interpret events in a negative and pessimistic way, something that as a lifelong optimist I don't subscribe to.

Taking the analogy of a film, we know that there is going to be a happy ending (the successful roll out of the vaccine); I am just skipping the grim and depressing bit up to that point. I appreciate that for those on the front line they are not able to get away from the reality of the situation and we owe these people a debt of gratitude.

We are also fortunate in our corner of South Devon to have not been so badly affected by the situation as other parts of the country. We are also lucky to be able to have so much lovely countryside to get out and about in and enjoy the other principle activities that can take our minds off things – walking, running, cycling and so on.

So let's just hold on in there, and even by the time the next edition of this magazine comes out I would fully expect the situation to be looking a lot rosier and our lives getting back to normal. In the meantime if anybody needs any help with anything in the local area please don't hesitate to get in touch.

*Georgie Brendon*

## HOW WOKE IS THAT?

It was reported in one of the daily papers at the beginning of January that the opening prayer at the recent 117<sup>th</sup> US Congress concluded with -

“We ask it in the name of the monotheistic God ..... God known by many different faiths - Amen and Awoman”.

*Winnie Bryant*



## News from Woodland

St. John the Baptist



Whilst the year has turned and we are now in the grip of midwinter, with ground currently as hard as iron and water like a stone with last night's temperatures dropping to a chilly -4°C, it is far from bleak within our parish. The snowdrops are up and out, earlier than usual, daffodils are growing and the first of this year's

lambs are bouncing around their field in the sunshine. Both native birds and winter migrants are abundant in my orchard, still feasting on the remaining fallen apples, and neighbours have talked about sightings of rare birds, such as the fire crest, within their gardens. So far we have escaped the "snow on snow", despite being able to see it for several days running coating the slopes of Dartmoor, but one blessing of lock down is that if we do get a covering on the roads less people will be needing to get to work or school through it.

"In the Bleak Midwinter", whilst now a favourite Christmas carol, was originally a poem by Christina Rossetti, written in 1871, which was set to music two years after her death by Gustav Holst (of "The Planets" fame). As congregational singing in church is still not allowed, we listened to a selection of Christmas carols and biblical readings about the nativity during our pre-Christmas 'carol' service, along with other poetry from Christina Rossetti and a humorous poem about a sheep dog. Christmas Day was celebrated with a small, intimate morning service. It has seemed hard not being able to sing carols and I do know people who have joined on line choirs so that they can still enjoy the feeling of singing Christmas carols with others. Of course singing carols at Christmas has been banned before, particularly during Oliver Cromwell's puritan regime, and if it helps to slow the infection rate then it is certainly worth doing.

Looking ahead towards the next few months, whilst no village events such as the library and coffee mornings or the snowdrop lunch can be organised and our village will be socially 'sleeping', there will still be the coming of spring to appreciate and many hundreds of new baby animals born on our village farms. I never get tired of watching young things taking their first steps and exploring the world around them and hopefully, as the vaccination programme unrolls and starts to show beneficial effect, our celebrations of Mothering Sunday and Easter will be able to take place in the ways that we want them to.

*Helen Pearce*

## Smile



A teacher asked her Sunday School group to draw pictures of their favourite Bible stories. She was puzzled by Patsy's picture, which showed four people on an airplane, so she asked her which story it was meant to represent.

"The flight to Egypt," said Patsy.

"I see ... And that must be Mary, Joseph, and Baby Jesus," the teacher said. "But who's the fourth person?"

"Oh, that's Pontius-the Pilot"

## News from Broadhempston

St. Peter and St. Paul



### Christmas celebrations

As predicted in our last 'News from Broadhempston', we focused our efforts on creating a display in the church which would illustrate the joy and the hope in the Christmas story. The accompanying photos show the Nativity scene which the children helped paint and decorations for the Christmas tree, again designed and painted by children from the school.

We had a number of appreciative comments including the following words from a parishioner which seemed to sum up the response:

*"I would like to say a huge thank you to the team behind the wonderful displays at Broadhempston church over Christmas. In these truly sad times when so many families are separated and so many people are alone, it was very touching that the good people of the church decided to make the Christmas celebrations as good as they could possibly be, given all the restrictions.*



*We paid many visits - my toddler grandson was intrigued by the sleigh outside the church and entranced by the fantastic nativity scene with life size painted figures inside, and wanted to give Baby Jesus a cuddle each time we visited. The lovely floral displays around the church were so beautiful, as was the music, and I understand there were several occasions when the candles were lit which must have been truly magical.*

*I don't have a faith, but it warmed my heart to be in the church and see how much effort had been put into making this ancient building put on its best face for such an important Christian festival."*

All collections over the Christmas period were donated to HITS and Children's Hospice South West.

# News from Broadhempston - continued

## Service plan

In view of the current Covid situation, it has been decided that, for the time being, Broadhempston Church will not offer Services which involve physical gathering. The church will continue to be open, however for private prayer on Wednesday and Sunday from 9am to 4pm.

The current plan for church services in the Mission Community is as follows:

1st & 3rd Sunday	11.00 am	Communion Service (Spoken) at Ipplepen
	5.00 pm	Celtic Prayer Service via Zoom
2nd & 4th Sunday	9.30 am	Communion Service (Spoken) at Denbury
	11.00 am	Celtic Prayer Service via Zoom

Morning Prayer will continue to be held via Zoom, Monday to Thursday, 9.00 - 9.30 am.

This plan is subject to change. It is therefore advisable to check in advance the dates and times of Services via the Mission Community website, [www.missioncommunity.org.uk](http://www.missioncommunity.org.uk) or contact Maggie Sercombe on 07749 298465 email [margaret.sercombe@hotmail.co.uk](mailto:margaret.sercombe@hotmail.co.uk).

The Zoom services are proving very successful; surprisingly intimate and personal. Links for these services can be obtained via the MC website.

*Team 'Broadhempston PCC'*

## Smile



- Action may not always bring happiness; but there is no happiness without action. *(Benjamin Disraeli)*
- God doesn't just call people who are qualified; He calls people who are willing and then qualifies them
- If we want something we've never had, we have probably got to do something we've never done
- If you feel you are at a loss for the right word to say – better say nothing!
- I have no time for anger; I try to learn to love *(Mother Teresa)*
- I know God loves everybody, but I don't think he's met my sister *(From a six-year old)*



## News from Denbury

### St. Mary the Virgin



As we all undoubtedly envisaged some time ago Christmas 2020 was never going to be completely normal and indeed our expectations

seemed to change on an almost daily basis. Many families who had made arrangements to meet with loved ones and friends were disappointed and for some Christmas felt quite a lonely time.

At St. Mary the Virgin some annual features within the church were still able to be enjoyed. The Christmas tree was set up in the chancel, brightening the church, and the crib figures were installed within the main altar, brightly lit and looking as impressive as ever, particularly when the main church is in darkness. Thanks to the efforts of the Denbury community support group, the village was toured by Father Christmas and some of his elves on the night of December 15<sup>th</sup> providing some much needed Christmas cheer.

A very popular part of our usual annual Christmas celebration is the Crib Service held on Christmas Eve. With no congregation allowed this year Tessa and Rachel conducted an online service which still conveyed much of the wonder of this time of year so loved by the children.

On the evening of Christmas Eve we were able to gather masked, and seated in socially distanced bubbles on Denbury Green to enjoy Carols on the Green, another much anticipated part of our run up to Christmas. A good number of families attended and sung along with a recorded choir to many favourite, well-known carols. The evening was a bit cold but dry and everyone attending left feeling lifted and a bit more 'Christmassy' prior to the Big Day.

The church was lit by a multitude of candles for Midnight Mass helping to produce a great atmosphere. Due to the restricted numbers allowed in church, attendance was on a booked basis only this year. This is always a moving and powerful service and the congregation were able to experience much of this despite the absence of group carol singing.

On Christmas morning Tessa led a service in Morning Prayer format following which everyone nipped home to take full advantage of the one day we were allowed to meet up with families.

On the following Sunday a Celtic Morning Prayer service was immediately followed by communion led by Tom New which was enjoyed by all attendees.

Since the ending of the last lockdown in November, we have continued with our pattern of alternating communion and Celtic Morning Prayer Sunday services, which have continued to be well supported.

We have also been opening the church daily between 10 and 5 o'clock for individual prayer which we are keen to maintain but obviously much depends on the latest guidelines.

We are now in the midst of a third lockdown and the ability of the church to remain open is consequently uncertain.

However, with the vaccine programme now underway we all hope it will not be too long before some of the anxiety we all feel currently will be lifted. It will be so nice when we are able to resume social events and meet each other freely once again.

*Mike Bray*



## Graffiti – and not recent!

Members of the Devon Historic Graffiti Survey have been finding and recording an interesting range of graffiti in churches. So far over 50 churches have been visited and nearly 40 have been found to contain graffiti.

In September members of the survey visited Ipplepen church and Jane Outhwaite and I were privileged to join them.

One of the more common symbols found in churches (and many other domestic and agricultural buildings) is the double V, or W. These are ritual protection marks or ancient good luck charms and yes, we found them in Ipplepen church as well.

These symbols are often referred to as a 'Marian' mark as they were traditionally associated with the mediaeval cult of the Virgin Mary. It has been suggested that the Vs stood for "Virgo Virginum" (Virgin of Virgins), a term once used in mediaeval prayers. When inverted, the double V becomes an M and the association with Mary is retained, perhaps making it even more potent as a charm.

As an item of graffiti the mark is very long-lived and its meaning has changed over time. It probably lost its association with Mary after the Reformation, but in buildings other than churches it was clearly a mark that the users thought would protect them from harm.

From the 16<sup>th</sup> to 18<sup>th</sup> centuries there was a strong belief in the forces of evil, including witchcraft, and many of the V and M marks in churches, especially around doorways, were made during those times.

St. Andrew's church door, which probably dates from the 1500s has these marks, and they are not easy to see now, but the graffiti surveyors had especially strong electric torches which, held at the right angle, showed the marks clearly.

During the day we found many other items of graffiti, especially on the back of the screen, where there are a number of deeply carved initials and dates, and we pointed out the very clear EJB 1880 on the outside of the west door.

There is much more modern graffiti in St. Andrew's, notably on the choir stalls, and behind the organ where young people would have stood to blow the bellows. Obviously boredom set in and we can see the results! One of the most poignant is a pencil signature of Ernest Bowden who was also a bell ringer. Shortly after scribbling his name on the organ he joined the army in France in the First World War. He contracted trench fever and tuberculosis while on active service and was invalided back to Exeter where he died just before his 21<sup>st</sup> birthday. He is buried in St. Andrew's churchyard and his name is on our war memorials.

So we have at least 500 years' worth of graffiti in St. Andrew's. Jane and I had a fascinating morning with the surveyors looking for it - and Jane soon "got her eye in" finding a number of carved initials and dates we had never even noticed before. Perhaps you can find more when you have time to spare.

*Stephen Bryant*



# Graffiti... – Ipplepen

*Examples of graffiti in St. Andrew's.  
Photographs by Deborah Welland*



*MW - Inner Porch door, external side*



*EP - Chancel side Rood Screen*



*Includes date 1735 - Chancel side Rood Screen*



*RW - South Chapel, Nave side of Chancel Screen*

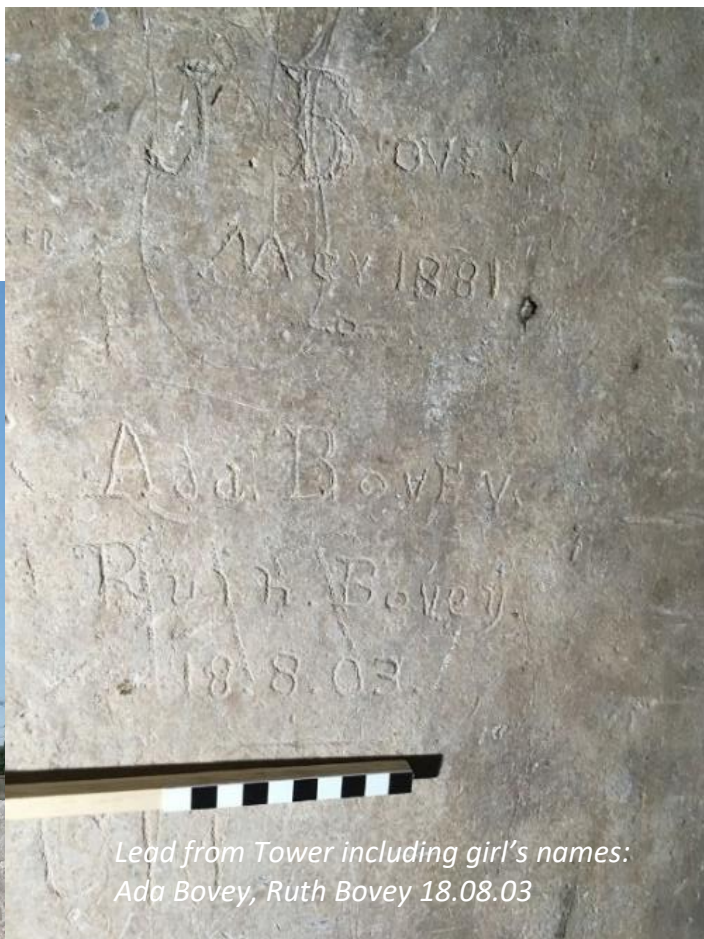


*EJB 1880 - External Tower door*

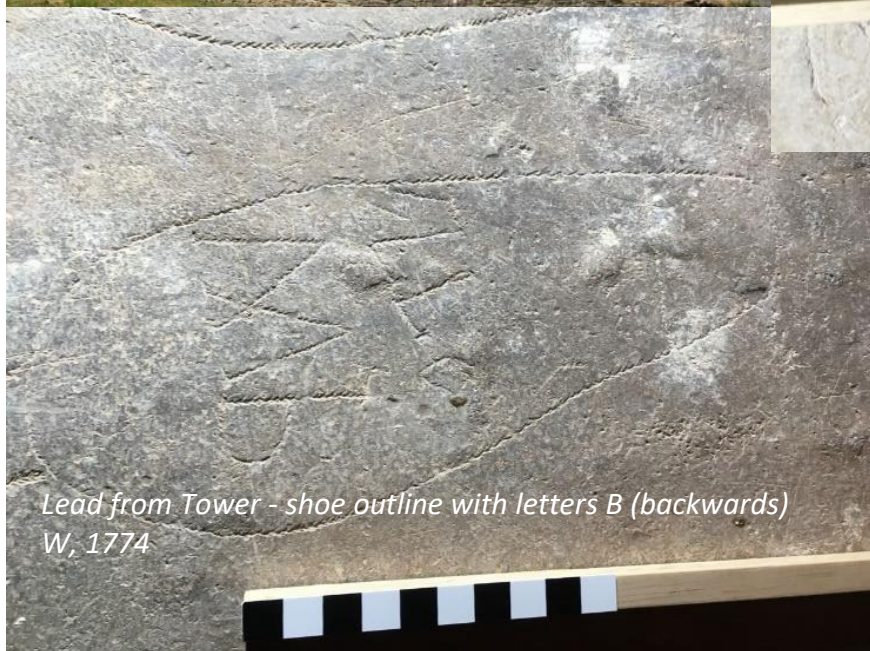


# Graffiti... – Torbryan

*Examples of graffiti in Holy Trinity, Torbryan  
Photographs by Deborah Welland*



*Lead from Tower including girl's names:  
Ada Bovey, Ruth Bovey 18.08.03*



*Lead from Tower - shoe outline with letters B (backwards)  
W, 1774*



*Rood Screen - four saltire crosses*



*Lead from Tower - shoe outline including date 1900*



*Pew book rest - modern drawing of a boat*



# Smile



*Pam Perriman lets us into a recent smile:*

Medical experts were asked if it is time to ease the COVID lockdowns:

- Allergists were in favour of scratching it, but Dermatologists advised not to make any rash moves.
- Gastroenterologists had a sort of a gut feeling about it, but Neurologists thought the government had a lot of nerve.
- Obstetricians felt certain everyone was labouring under a misconception, while Ophthalmologists considered the idea short-sighted.
- Many Pathologists yelled, “Over my dead body!” while Paediatricians said, “Oh, grow up!”
- Psychiatrists thought the whole idea was madness, while Radiologists could see right through it.
- Surgeons decided to wash their hands of the whole thing and Pharmacists claimed it would be a bitter pill to swallow.
- Plastic Surgeons opined that this proposal would “put a whole new face on the matter.”
- Podiatrists thought it was a step forward, but Urologists were peeved off by the whole idea.
- Anaesthetists thought the whole idea was a gas, and Cardiologists didn't have the heart to say no.

*And*

- There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did
- A lot of money is tainted – ‘Taint yours and ‘taint mine
- He had a photographic memory that was never developed
- A midget fortune-teller who escapes from prison is a small medium at large
- The soldier who survived mustard gas and pepper spray is now a seasoned veteran



# A hymn as a Prayer

*Tony Standish found this prayer in an old family bible. It is part of a hymn written by William How.*

It is a thing most wonderful,  
almost too wonderful to be,  
that God's own Son should come from heaven,  
and die to save a child like me.

And yet I know that it is true,  
He chose a poor and humble lot,  
and wept, and toiled, and mourned and died,  
for love of those who loved him not.

I sometimes think about the cross,  
and shut my eyes and try to see  
the cruel nails and crown of thorns,  
and Jesus crucified for me.

But even could I see Him die,  
I should but see a little part  
of that great love, which, like a fire,  
is always burning in His heart.

And yet I want to love Thee, Lord  
O light the flame within my heart,  
and I will love Thee more and more,  
until I see Thee as Thou art.

William W. How (b. Shrewsbury, Shropshire, England, 1823; d. Leenane, County Mayo, Ireland, 1897) studied at Wadham College, Oxford, and Durham University and was ordained in the Church of England in 1847. He served various congregations and became Suffragan Bishop in east London in 1879 and Bishop of Wakefield in 1888. Called both the 'poor man's bishop' and 'the children's bishop', How was known for his work among the destitute in the London slums and among the factory workers in west Yorkshire. He wrote a number of theological works about controversies surrounding the Oxford Movement and attempted to reconcile biblical creation with the theory of evolution. He was joint editor of *Psalms and Hymns* (1854) and *Church Hymns* (1871). While rector in Whittington, How wrote some sixty hymns, including many for children. His collected *Poems and Hymns* were published in 1886. [Information from Hymnary.org](http://Information from Hymnary.org)



# True Promises

God has not promised  
Skies always blue,  
Flower-strewn pathways  
All our life through;  
God has not promised  
Sun without rain,  
Joy without sorrow,  
Peace without pain.

But God has promised  
Strength for the day,  
Rest for the labour,  
Light for the way;  
Grace for the trial,  
Help from above,  
Unfailing sympathy,  
Undying love.

*(Anon)*

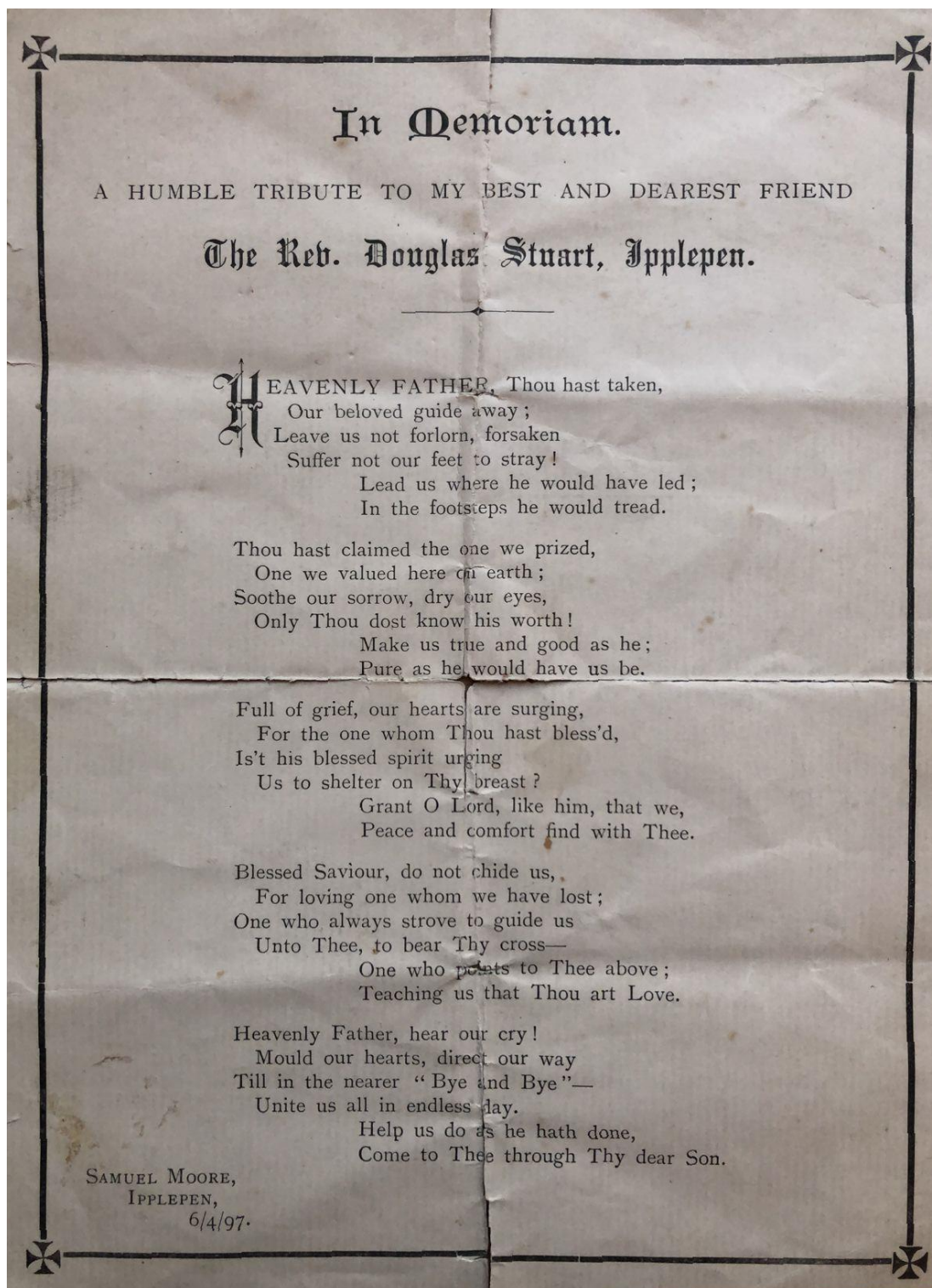
## Smile



- Asked by The Yorkshire Post for his favourite discoveries since becoming Archbishop of York in July, Stephen Cottrell says he is a fan of a fish restaurant called Bish and Chips, though he wonders why it isn't called Archbish and Chips. A clerical error, perhaps. One trusts they seldom serve him a piece of cod that passeth all understanding.
- Advice to girls when making a career choice: Think carefully, because if you become an archaeologist you will be dating any old thing.
- A minister went to preach at a church for the first time and he was pleased to hear that a group called 'The Prison People' would be singing. When they were announced, the group came forward and sang in a rather pained fashion. After the service, the minister asked why they used such a name. The reply was, "they are usually behind a few bars and always looking for the key."
- A local painter won the contract to paint the rendered outside walls of a church. No-one knew that he made his money by thinning the paint. He was not long into the contract when there was a sudden huge rainstorm which resulted in the paint running down the walls, together with an enormous clap of thunder. It knocked the painter off the scaffolding. As he lay on the ground, he was sure he heard a voice through the thunder saying "Repaint, repaint and thin no more!"

# In Memoriam

On going through some of my mother's devotional books recently I found the following beautifully written Tribute to The Rev Douglas Stuart, Vicar of Ipplepen 1887 -1897.



The writer, Samuel Moore, was the Great-Grandfather of Shirley Northwood - who is at the moment tracing her family tree in the Ipplepen area.

Winnie Bryant

## Recipe for the month – Pancakes and topping

### Shrove Tuesday is February 16<sup>th</sup>

The BBC's Good Food Magazine has many delicious pancake toppings ideas that are perfect for Shrove Tuesday – and any other day! There are chocolate, peanut butter & banana; squash, goat's cheese & rosemary; vegan tomato & mushroom pancake; buttermilk; and vegetable, but my favourite is one they published in 2008, it is a rhubarb compote with vanilla crème fraîche topping. You can find more pancake toppings at: <https://www.bbcgoodfood.com/search/recipes?q=pancake+toppings>

#### Ingredients

##### *For the Rhubarb compote*

- 450g rhubarb, cut into 4cm pieces
- 85g caster sugar
- 3 tbsp honey
- finely grated zest and juice 1 lemon
- 2 vanilla pods
- stem ginger, cut into thin shards

##### *For the vanilla crème fraîche*

- 1 tsp icing sugar
- 200ml crème fraîche

##### *For the pancakes*

- 140g plain flour
- 200ml whole milk
- 2 eggs
- 25g unsalted butter, melted,  
plus a little extra for greasing

#### To make the pancakes

Sift the flour with a pinch of salt into a medium-size bowl and make a well in the middle. Mix the milk and 100ml of water together. Break the eggs into the well and start whisking slowly. Add the milk and water in a steady stream, whisking constantly and gradually incorporating the flour as you do so. Whisk until the batter is smooth and all the flour has been incorporated. Set the batter aside to rest for 30 mins, then whisk the melted butter into the batter.

Heat the pan over a medium heat. Very lightly grease the pan with melted butter. Using a ladle, pour roughly 2 tbsp of batter into the pan and swirl it around so the bottom of the pan is evenly coated. You want to use just enough batter to make a delicate, lacy pancake. Cook the pancake for about 45 secs on one side until golden and then using a palette knife or fish slice, flip the pancake over and cook the other side for about 30 secs until it freckles.

Slide the pancake out of the pan and either serve immediately or stack on a plate with baking parchment in between. Continue until all the batter is used up.

#### To make the rhubarb compote with vanilla crème fraîche topping

Heat oven to 140°C/fan 120°C/gas 1.

Put the rhubarb pieces into a bowl and add the sugar, honey, a squeeze of lemon juice and 3 tbsp water. Mix well, then lay the pieces flat in a roasting tray. Split the vanilla pods in half, then scrape out the seeds and reserve for the vanilla crème fraîche. Add the vanilla pods to the rhubarb, then bake in the oven for 30 mins.

Meanwhile, stir the vanilla seeds and icing sugar into the crème fraîche. When the rhubarb is cooked, drain the juices into a pan, then boil to thicken slightly. Mix the rhubarb with the stem ginger and juices, then spoon over pancakes. Top with a spoonful of vanilla crème fraîche and a sprinkling of lemon zest.



# The Time of My Life! – Pte John Berry (23604533)

*John Berry reminisces about the start of his days in the Army:*

This is a taster of my National Service days in the 1st Battalion, The Devonshire and Dorset Regiment, which started on 7<sup>th</sup> January 1959.

When 15 of us arrived at the main guardroom of Topsham Barracks, Exeter, a sergeant took us to where we would be billeted. Then it was off to the stores for an issue of clothes and bed linen. Unfortunately for me, being 6' 9 ½" tall, there was hardly anything in the store that would fit me. After seeing the Stores Officer I was told to return the following morning when I would be measured for my full uniform. Size 13 boots and shoes would be given to me later.

Without any working clothes I was not expected to help clean the billet. Having said that, I was still issued with a pack and webbing which had to be 'blancoed', and I needed to learn my Service Number.

My bed was made longer by adding two chairs at the bottom instead of the metal frame. This was fine for me, but not for the inspecting officer, as the beds would not line up, much to the exasperation of everyone in charge.

I wore my civilian clothes for three weeks and was given an extra 1 shilling each week, but when barrack damages were deducted out of my wages of 25 shillings I was hardly any better off. It was a good thing that we could get drunk on scrumpy for five shillings wasn't it?

Our intake was the first to use the Belgian modified SLR rifle. It had no blank ammunition so on the various firing ranges we had to be very careful which way we pointed the thing!

Some men did not stay in the Army long as they could buy themselves out for £20. Some tried it the hard way and blancoed all their uniform including their pyjamas!



*Devon and Dorset men passing out at  
Topsham Barracks, Exeter*

# The Challenges of Dementia

*Andrew has written this article on The Challenges of Dementia and the resources offered by our Christian Faith.*

Being around people with Dementia has been a constant part of my life. I grew up in a household with multiple generations and a grandmother who had Alzheimer's type dementia for whom my father gave up work to care for. For three years on graduating from my first degree I lived with a wonderful man Bertie in a L'Arche Community who had Down's syndrome and early onset dementia and more recently my Mum's mother developed dementia and was supported to move from her home to be cared for by various members of her family and then finally in a wonderful residential home. At the end of the church year we have a season of remembering and it struck me that it might be good to write something about dementia at this point in the year. What follows is based on some work I did at St. James' in Exeter as a congregation we wanted to consider what resources our Christian Faith offered us when faced with Dementia.

## What is Dementia?

Dementia is a syndrome marked by a decline of a person's cognitive abilities, most notably memory, reasoning and communication and the associated reduction in a person's ability to carry out daily routines. These signs and symptoms are caused by the degeneration and death of brain tissue which is chronic, progressive and irreversible, so that what begins as specific cognitive losses progresses to more generalised cognitive impairments.

## Dementia Alzheimer's Type

The first signs for people are forgetfulness, repetition, confusion and getting lost, caused by gradual dying of brain centres responsible for storing and consolidating new information. Over time a person may lose more and more of their everyday abilities.

## Vascular Dementia

People have problems with a range of mental abilities e.g. recognition and speech (not particularly memory) caused by damage of brain cells due to lack of oxygen as a result of cardio-vascular disease or a stroke. Progression is in a step like fashion rather than a more general decline.

## Frontal Temporal Dementia

People may not have the same memory problems as with the other types of dementia and is associated with extreme changes in personality for example becoming withdrawn or alternatively disinhibited.

## Ethical Challenges: Fear

Fear of dementia is greater than other health conditions including cancer and even death. Why? People experience a loss of: physical identity; independent movement; long standing habitual behaviours; social and geographical place; ability to recall personal stories. How we view what it is to be human is at the heart of our fear.

# The Challenges of Dementia - continued

The Christian Tradition states that *our life, being and status is not dependent on our abilities and actions but on God's.*

## God Remembers

Our remembering or forgetting is not what is important but rather that God remembers. The Psalms are primarily concerned about God remembering e.g. Ps 13 and 88. *"If we allow the experience of dementia to resonate with the experience of the psalmist we can begin to see the importance of being remembered by God. When God remembers us, we are held in who we are, now and for eternity."* John Swinton (2013)

## Imago Dei

We are created in the image of God - Genesis 1:26.

*"I believe that I am more than just my brain structure and function which is declining daily. My creation in the divine image is as soul capable of love, sacrifice and hope, not as a perfect human being, in mind or body. I want you to relate to me that way seeing me as God sees me."* Christine Boyden

## Sheol

Sheol is the place where people are unable to remember or praise God, the underworld, the abode of the dead. Christ visited Sheol and was alongside its inhabitants before his ascension. The apostles' Creed states *"he descended to the dead"*. Joanna Collicutt argues *"this suggests that there is nowhere beyond the reach of God in Christ, and no state so low that it cannot be raised up by his transforming power."* There is nothing that can separate us from his love: Rom 8.38-39

## Practical Challenges: Communication and Memory

The challenges of communication can seem huge. Those with dementia are reliant upon others to maintain conversations. Tim Kitwood describes a conversation with a person who has dementia being like being a skilled tennis coach working hard to return the ball to the right spot to allow a young tennis player to return the ball.

God does everything possible to communicate e.g. Philippians 2:6-11, John 1:1-18

## Principles for communication:

1. Give time – people with dementia can take 5 times longer to process
2. Attend to body language – be at the same level, maintain eye contact, smile, use appropriate touch
3. Speak clearly and simply - One thing at a time, not too many choices, not speaking down
4. Keep listening- Feelings and poetic awareness is key. Not necessarily what they say but how they are.
5. Use shared activities - Memory boxes, daily routines etc..

John Swinton comments

*"... memory is not simply located in our brains. It is everywhere in our communities, in our family and friends, in our note books and computers. All that we remember we remember together."*

*"if memory is what we do together and if people with dementia are forgotten then the problem of memory belongs to the community and not the individual."*



# The Challenges of Dementia - continued

*“Perhaps one way of looking at the church is that it is a community that in remembering that it is remembered, learns what it means to remember one another well.”*

## Supporting Memory

Memory is often considered primarily a brain function however as well as in our brains our memories reside in our bodies and in our communities. We know this well in our tradition e.g. Passover, The Eucharist. John Swinton comments:

*“The bodily memory drags the past into the present, and embodies it in deep and meaningful gestures of worship and communion which may not be named but none the less remain poignant, loving and significant.”*

## Spiritual Challenges: Questions, Peace and Worship

### Questions of Faith. A person with dementia maybe wrestling with a number of challenging questions

- Who am I in the sight of God? - What is man that thou art mindful of him Ps8:1
- What if I can't remember anything? - Can a mother forget.... I will not Isaiah 49:15
- What if I no longer understand God? ... known by God Gal 4:9, 1Cor 8:1-3, 1Cor 13:12
- What if I am not capable of loving God? This is love: not that we loved God.... 1 John 4:10
- What if my behaviour deteriorates? Let the little children... Matt 19:14, Ephesians 3:9

## The Search for Peace

Joanna Collicutt (2012) says that *“the fundamental spiritual need of us all is for a deep sense of peace and wellbeing”*.

This can be fostered by offering

- Solidarity: being present
- Hope: offering alternatives different ways to approach things
- Dignity: re membering, helping tell a person's story

## Worship

It is easy for those with dementia to disappear from our church communities.

*General responses*

- Accompanying people to, from and during services
- Supporting people to attend at a different time (inviting others to join them)
- Supporting worship in a home setting

*Principles for planning worship*

- The importance of symbol and ritual e.g. robing, candles, incense, cross
- Music links with emotions and identity at a deep level

# The Challenges of Dementia - continued

- Simplicity, continuity and repetition are all important
- Printed in one place, and one clear person presiding/leading.
- Old Favourites - Tap into long term memory
- Short and sweet - 15-20 minutes overall length, passages of scripture kept short, explanations and instructions clear and short.

## What about carers?

- Questions they may have: will I have sufficient strength, patience, hope and faith?
- Key issues they may face : tiredness, depression, becoming irritable and angry
- Positive side of caring: feeling closer having come through something together, sharing difficulties, being determined to enjoy the time left and being more protective of the person.

In conclusion I write this piece in memory of Dermot Walsh, a parishioner of St. James' who I had the privilege of accompanying through his journey with dementia and with whom I had some of the most profound, witty and at times wacky conversations. May he rest in peace and rise in glory.

Andrew

## Bibliography

Collicutt, J. (2012), *Some Ethical Issues in Dementia Care: Re-memembering the person* in *Crucible: The Christian Journal of Social Ethics*, Oct-Dec 2012, Hymns Ancient and Modern Ltd.

Goldsmith, M. (2004), *In a Strange Land: People with Dementia and the Local Church*, 4M Publications, Southwell

Swinton, J. (2013), *Who am I, when I have forgotten who I am?*, *The Church Times*, 8<sup>th</sup> March 2013 p19-20, Hymns Ancient and Modern Ltd.

## Websites

<http://www.alzheimersresearchuk.org/news-detail/10183/Alzheimers-Research-UK-launch/>

<http://www.dementiauk.org/information-support/about-dementia/>

## Smile



- A dog gave birth to puppies near the road and was cited for littering
- Atheism is a non-prophet organization
- Two hats were hanging on a hat rack in the hallway. One hat said to the other: "You stay here; I'll go on a head"
- A backward poet writes inverse

## **Together on the Journey: Dementia and the Local Church**

### **Resources and Links**

#### **Being with God**

A series of Bible and prayer guides for people with dementia and those struggling with memory loss. [www.scriptureunion.org.uk](http://www.scriptureunion.org.uk)

#### **Glorious Opportunity DVD**

Jennifer Bute used to be a GP but retired early with early onset Alzheimer's Disease. On this website she gives us some really specific advice from someone with personal experience. It is her passion to try and help people understand about it, because she believes it can be a great opportunity, a God-given unexpected gift in order to understand this hurt section of society. You can download useful leaflets and order DVDs. [www.gloriousopportunity.org](http://www.gloriousopportunity.org)

#### **It's still ME, Lord...', DVD**

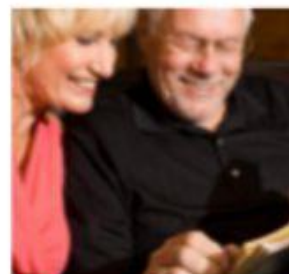
This focuses on good practice in meeting spiritual needs and serves as a useful resource for staff in care settings, Religious Orders, clergy and parish communities, hospital chaplains, as well as Eucharistic Ministers.

"We hope this will be a valuable resource for people in our Catholic communities and beyond in supporting people with dementia. Whether we are mentally or physically frail, we are all created in the image and likeness of God, and our faith should be respected and cherished," says Bishop Terence Brain, Bishop of Salford and Chair of CSAN (Caritas Social Action Network) the official agency of the Catholic Bishops' Conference of England and Wales for domestic social action. Order from [CSAN](http://www.csan.org.uk) on 020 7633 4973 [www.csan.org.uk](http://www.csan.org.uk).

#### **'Staying in Touch'**

A new tutor-led course is available for churches from Acorn Listening – suitable for all those involved in pastoral care. Those who care for family members with dementia say that being listened to really does make a difference to their lives. Two half-day (or

evening) sessions will help your church and community reduce this isolation - helping people to stay in touch with people living with dementia and their families. Devon contact: Fiona Gibbon 01237 421079 [fegview@virginmedia.com](mailto:fegview@virginmedia.com). [www.acornchristian.org](http://www.acornchristian.org)



#### **PARCHE Pastoral Action in Residential Care Homes**

A charity based in Eastbourne who offer resources and training for worship services in care homes including EMI registered homes. [www.parche.org.uk](http://www.parche.org.uk) 01323 438527

#### **Methodist Homes Association (MHA)**

have a useful range of leaflets available as downloads [www.mha.org.uk](http://www.mha.org.uk).

- Spirituality Care and people with dementia
- Visiting people with dementia
- Worship and people with dementia

#### **'Helping to put the pieces together'**

A dementia information pack from the Pilgrims' Friend Society who provide a range of services from sheltered housing to nursing and dementia care. The pack covers from the early symptoms to diagnosis, handling challenging behaviour and communicating, caring for the caregiver, how churches can help, when specialist care is needed and provides valuable information to help you give practical help in all aspects of dementia. Also gives the biblical view and Scriptures that will encourage and inspire. [www.pilgrimsfriend.org.uk](http://www.pilgrimsfriend.org.uk) or 0300 303 1400.

#### **Dementia Friendly Church Initiative**

Livability 020 7452 219 [www.livability.org.uk/Your Church](http://www.livability.org.uk/Your Church)

#### **'Worried About Your Memory?'**

It's important to remember that similar symptoms of early dementia may also be



caused by stress, depression and other illnesses. If you or anyone you know is worried, then a visit to a local GP should help. Order a copy of this is a helpful booklet from the Alzheimer's Society.

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

#### **Alzheimer's Society 0300 222 11 22**

There are many types of dementia, the most common being Alzheimer's disease, vascular dementia and dementia with Lewy bodies and the Alzheimer's Society provides advice and support in all these cases. There are special areas of the website for people caring for a loved one with dementia, and you can search for local groups and support workers by post code. There is also a wide range of useful factsheets for people living with dementia including their families and carers. Look out for:

- Communicating
- Unusual behaviour
- Carers: Looking after yourself

[www.alzheimers.org.uk](http://www.alzheimers.org.uk)

#### **Age UK/formerly known as Age Concern**

Local contacts to help you identify local services and advice.

[www.ageuk.org.uk](http://www.ageuk.org.uk) 0800 169 6565

#### **Devon Senior Voice (or equivalent)**

Voluntary organisation with a network branches across Devon to represent the needs of older people to local authorities and services. [www.seniorcouncildevon.org.uk](http://www.seniorcouncildevon.org.uk) 01803 732 678

#### **'Singing for the Brain'**

Provided by the Alzheimer's Society to bring people together in a friendly and stimulating social environment. There may also be other similar groups called 'Lets Sing Together'.

#### **Your local Rotary Club**

Rotarians Easing Problems of Dementia (REPoD) is a joint initiative between members of various Rotary Clubs who have recognised the need for increased support in

Produced by Church and Society, Exeter Diocese 01392 294940, [sally.farrant@exeter.anglican.org](mailto:sally.farrant@exeter.anglican.org)



the community for families affected by dementia.

[www.repod.org.uk](http://www.repod.org.uk)

#### **Purple Angel Mark**

Designed by people living

with dementia, the Purple Angel provides a logo for shops and services to place in windows to indicate they have become 'dementia-aware' and will welcome and support people living with dementia. Find out more at [www.purpleangel.org.uk](http://www.purpleangel.org.uk).

#### **Memory Cafes [www.memorycafes.org.uk](http://www.memorycafes.org.uk)**

#### **Dementia Friends**

Understand more about dementia, and the ways you can help.

[www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

#### **Christians on Ageing (CCOA) 01609 881408**

is a charity supported by all the main Christian Churches in the UK. CCOA engages with issues about dementia primarily through its Dementia Network which brings together people with an interest in the issues. They have published **Growing dementia-friendly churches** – by Baptist Minister Gaynor Hammond. A4 landscape booklet, 48pp £5. A joint publication with FIEP and MHA [www.ccoa.org.uk/](http://www.ccoa.org.uk/)

#### **The Leveson Centre 01564 778022**

for the study of Ageing, Spirituality and Social Policy. Has a range of policy and theology papers on Dementia issues available for download. [www.leveson.org.uk](http://www.leveson.org.uk)

#### **The Outlook Trust 01582 674158**

Outlook is a Christian Charity which aims to share the Christian faith with those over 55 whilst offering resources and support to those working with them. Has some useful downloads about ageing well.

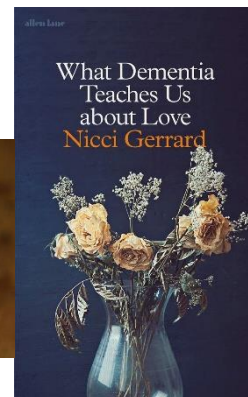
[www.outlook-trust.org.uk](http://www.outlook-trust.org.uk)

# Book Review- 'What dementia teaches us about love'

*I have a sister-in-law who died 2 years ago with dementia and a much loved aunt now in her nineties who together with her family has coped with her dementia over the past 10 years - Editor*

***"Dementia is all around us, in our families and in our genes; perhaps in our own futures. If it's not you or me, it's someone we love."***

After her own father's death from dementia, the writer and campaigner Nicci Gerrard set out to explore the illness that now touches millions of us, yet which we still struggle to speak about. What does dementia mean, for those who live with it, and those who care for them?



This truthful, humane book is an attempt to understand. It is filled with stories, both moving and at times optimistic: from those living with dementia to those planning the end of life, from the scientists unlocking the mysteries of the brain to the therapists using art and music to enrich the lives of sufferers, from the campaigners battling for greater compassion for care to the families trying to make sense of this 'incomprehensible de-creation of the self'. It explores memory, language, identity, ageing and the notion of what it truly means to care.

It was in parts uncomfortable reading and yet on other occasions, very moving with the author's interviews both with sufferers and their loved ones and her own experience with her father and his family. It asks how do we begin to value those who become old, invisible, forgotten? What do we owe them, and each other as humans?

Nicci Gerrard is an author, journalist, humanist celebrant and campaigner launching John's Campaign for the right of people with dementia to be supported by their carers in hospital.

***"Dementia is more scary when you try not to think about it"***

When asked in a Guardian interview *"Do people with dementia have something to teach us"* she replied "Absolutely, the first thing to say when someone has dementia, they're still the same person, they're still in the world with us, we should still recognise that they have value. Over and over again I've seen how people with dementia get treated as stupid or even objects, but they are not stupid- they have a brain disease but they're still able to contribute.

"In a larger sense, dementia challenges what it means to be human. In the Western world especially, we so value autonomy, agency, youth, vigour, purpose, self-sufficiency, but what happens when we're no longer young, healthy and autonomous, when we are at the mercy of other people?"

When asked *'Was this a distressing book to research?'* She replied: "No, almost the opposite. There were times before and after Dad died when I was all over the place and it felt like a tragedy. But meeting people with dementia and thinking and reading about it, I felt immensely more optimistic by the end. It's not just a story of despair, it's story of love, courage and adventure."

*"Has writing this book helped you deal with your father's death?" -*

"Yes, it was a way of giving myself permission to patiently think through what happened and acknowledge it and say goodbye. It was like trying to lay a healing hand on it. And that's what I wanted to do: to lay a healing hand on an illness that can be so chaotic and disorderly and dreadful."

Published November 2019, Penguin books: ISBN 9780241347454

Michael Price

# Everyone's favourite psalm

People all over Britain once entered a competition to write a short Bible commentary. The winner, a teenage girl from Norwich, chose Psalm 23 (NIV).

Here's the famous psalm for you to explore, and then read what she wrote:

1. *The Lord is my shepherd, I shall not be in want.*
2. *He makes me lie down in green pastures, he leads me beside quiet waters,*
3. *He restores my soul. He guides me in paths of righteousness for his name's sake.*
4. *Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff they comfort me.*
5. *You prepare a table before me in the presence of my enemies. You anoint my head with oil, my cup overflows.*
6. *Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord for ever.*

The winner wrote:

## PREPARE:

Find a quiet moment and a quiet place. Get comfortable, close your eyes and just be still in God's presence, ready for today's message of assurance.

## EXPLORE:

"I will dwell in the house of the Lord for ever" — David seems pretty confident about his future. Most people today struggle with fear or anxiety about the future — so what's this man got that we haven't? David uses two images in the psalm to express his relationship with God:

- Verses 1-4 show God as a shepherd. The Shepherd provides (vs 2-3) - feel the peace in those words! He also protects (vs 4), David wasn't scared because he knew that God was on his side. But what affects me most is this — "I shall not be in want". It's hard in our 'want-centred' culture not to feel that you need more to be complete. But David cuts right through this, simply saying that God, his Shepherd, is enough. With him we need nothing else.
- The second image (vs 5-6) is an extravagant host. David is honoured and his "cup overflows". God is amazingly generous! Look at the last two lines of the Psalm - it's the best cure for anxiety and fear. Not only do we know a God who is our loving Shepherd and extravagant host, but our future is with him. Let's give him the praise!

## RESPOND:

Anyone can be in a hurry, anyone can be anxious. Today, improve your quality of life by putting your confidence in your Shepherd and accepting in your heart that God is enough.

*Thanks to Colin Reeves, a fellow church editor.*



# Sustainability

## What is a sustainable future and how can we get there? – Part 2

The first of these three articles discussed what we mean by sustainable development and its three pillars of social justice, economic prosperity and environmental protection. So, what has been happening to put the world on a more sustainable path. Of course, there has been lots happening for a long time such as development aid and charity work. But the first concerted global attempt was the Millennium Development Goals (MDGs). Following the Millennium Summit of the United Nations in 2000, they adopted the United Nations Millennium Declaration. The Declaration asserted that every individual has dignity; and hence, the right to freedom, equality, a basic standard of living that includes freedom from hunger and violence and encourages tolerance and solidarity. The MDGs set concrete targets and indicators for poverty reduction in order to achieve the rights set out in the Declaration. There were eight goals with 21 targets.



### The Millennium Development Goals



## Sustainability - continued

The MDGs achieved some good things. Between 1990 and 2010 the population living in poverty (then defined as living on less than \$1.25 a day) in developing countries halved to 21%, or 1.2 billion people, although the biggest decline was in China, which took no notice of the goal. Child mortality and maternal mortality were down, but by less than half, and sanitation and education targets were also missed. The MDGs also drew criticism, in particular because they only applied to developing countries and they didn't address all three pillars of sustainable development.

So, as the end date of the MDGs approached the question started to be asked what should come next. To cut a long story short the idea of a set of Sustainable Development Goals (SDGs) emerged. The United Nations Conference on Sustainable Development (UNCSD), also known as Rio+20, passed a resolution called "The Future We Want" which said the following:

*"sustainable development goals should be action oriented, concise and easy to communicate, limited in number, aspirational, global in nature and universally applicable to all countries while taking into account different national realities, capacities and levels of development and respecting national policies and priorities."*

Just imagine how hard it would be to get nearly 200 countries to all agree what to have for breakfast, let alone get them to agree a small set of simple goals that chart the pathway to a sustainable future for the world. Not surprisingly many, if not most, people thought this would be impossible. So, I decided that it would be a good idea to try. I assembled a team of some of the world's leading sustainable development researchers and we published a paper called "Sustainable Development Goals for People and Planet", in the journal Nature proposing a set of 6 goals. But we were not the only ones. The UN Secretary-General set up a High-Level Panel of Eminent Persons and they came up with a set of 10 goals. But then in January 2013, the formal process started when the UN General Assembly Open Working Group on Sustainable Development Goals was established.

Probably because of the Nature paper I was asked to provide advice to the Open Working Group at the UN in New York, both in formal sessions and informally at dinners at the official residence of one of the co-chairs, Ambassador Korosi. Then, because the UN system allows for certain 'Major Groups' to also take part in the negotiations I was asked by the International Science Council to represent the Science and Technology Major Group. So, I took part in some of the negotiations. As you can imagine it was a very long and complicated negotiation but in the end a set of SDGs was agreed, was approved by the UN General Assembly and came into force in January 2016. And here they are:

# Sustainability - continued



And while they are not exactly “*concise and easy to communicate, limited in number*” and they are undoubtedly flawed in many ways, nonetheless they are a remarkable achievement and the best hope we have of moving the world towards a more sustainable future.

In the third of these three articles, I will talk about what progress has been made since the SDGs came into force in January 2016 and what we as individuals can all do to contribute to achieving them.

## Smile



- I wondered why the baseball kept getting bigger. Then it hit me.
- When cannibals ate a missionary, they got a taste of religion.
- A vulture carrying two dead raccoons boards an airplane. The stewardess looks at him and says, “I’m sorry, only one carrion allowed per passenger.”
- Two fish swim into a concrete wall. One turns to the other and says, “Dam!”



# Pointers for Prayer - from Andrew

As we continue through lockdown for sometime to come we keep our wonderful NHS and all those delivering the vaccine in our thoughts and prayers. We pray for

- those who have lost their lives and their loved ones
- those who have lost livelihoods and
- those whose loss of liberty is affecting their physical, mental and spiritual health.

As we enter the season of Lent we pray for

- those preparing for baptism and confirmation
- those serving through leadership
- those looking for forgiveness

Call to prayer from the Archbishop's of Canterbury and York. They write:

*'We hope it is some consolation to know that the church prays for the life of our nation every day. Whether you're someone of faith, or not, we invite you to call on God in prayer. Starting on 1<sup>st</sup> February we invite you to set aside time every evening to pray, particularly at 6pm each day. More than ever, this is a time when we need to love each other. Prayer is an expression of love'.*

## Intercessions for the Mission Community – February and March

Sunday	Mission Community	Ipplepen	Denbury	Broadhempston	Woodland
Feb 7 <sup>th</sup>	Hon. Asst. Priests	Blackstone Road	The Green	Main Street	Chardanay
Feb 14 <sup>th</sup>	Electoral Roll Officers	Bowden Road	Down View Road	Houndhead Way	Sunset Cottage
Feb 21 <sup>st</sup>	Servers	Bridge Street & Fore Street	Greenhill Lane	Vicarage Hill	Hawkes Farm
Feb 28 <sup>th</sup>	Eucharistic Ministers	Caunters Close & Harris Court	Fairview	Primary School	Orchard Cottage
Mar 7 <sup>th</sup>	Sidespeople	Church Path & Paternoster Lane	Moorland Avenue	Community Shop	Pulsford View
Mar 14 <sup>th</sup>	Sacristans	Clampitt Road and Clampitt Close	Orchard Close	Radfords	Pulsford Farm
Mar 21 <sup>st</sup>	Organists	Clarendon Road & Motehole Road	Heathfield Road	Beaston	Wickeridge Lodge
Mar 28 <sup>th</sup>	Choirs and Musical Directors	Cooke Drive & Lang Way	Heathfield Terrace	Downe	Quarry Farm

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Mrs Geraldine Dennis

☎ 813077

Mrs Sheila Sheldon

☎ 814227

Mrs Sue Hird

☎ 813386

Mrs Bridget Vickerstaff

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Mr Clive Tompkins

☎ 813695

PCC Secretary

Mrs Vanessa Bevan

☎ 812812

Choir

Mrs Jo Innes-Lumsden

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Organist

Mrs Marilyn Ellis

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Mr Colin Clark

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Church Hall

Mrs Shirley Northwood

☎ 813980

Flowers

Mrs Sue Sanders

☎ 812247

Hospitality

Mrs Sue Sanders

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Mrs Marilyn Clark

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**St Mary the Virgin, Denbury**

Churchwardens

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☎ 812537

Mrs Tessa Amies

☎ 813993

Mr Mike Bray

☎ 812941

Bellringing

Mr Steve Bassett

☎ 812537

PCC Secretary

PCC Treasurer

Mr Mike Bray

☎ 812941

Cottage

Mrs Fran Howells

☎ 812971

Flowers

Mrs Tessa Amies

☎ 813993

Social

Mrs Mary Head

☎ 812092

**Ss Peter & Paul, Broadhempston**

Churchwardens

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Mrs Maggie Sercombe

☎ 813790

Dr Alex Paton

☎ 812021

Dr Paul Russell

☎ 762928

Mrs Janice Parnell

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# Sudoku

Hard

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

Hard

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

Medium

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

Easy

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

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