



**Grow Lay Learning Courses Start Tuesday 4 May 2021: Book now.** Grow courses are the Diocese of Exeter's introductory-level learning opportunities for people already involved in particular roles, or looking to explore their own calling.

We'd love to encourage you to join this course if you are considering any kind of children, youth or schools work, are already involved, or looking to meet others doing similar roles. You can find out about the other Grow courses we offer <https://exeter.anglican.org/ministry/lay-ministry/lay-learning/>

**New Resource To Help You Grow in Prayer.** Growing in prayer is one of our key aims but it is not always easy to know how to do it! The Church of England has produced a series of practical daily reflections based on the Archbishop of York's new book Prayer - Where To Start and How To Keep Going: <https://www.churchofengland.org/our-faith/what-we-believe/lent-holy-week-and-easter/prayer-where-start-and-how-keep-going-email#na>

**Sharing the Story - Linking Schools, Homes and Churches: Zoom Training.** Could you support young people to flourish through listening and sharing stories together? Join us for our Zoom training to find out more about this reading initiative in partnership with Ilsham English Hub on Thursday 20 May 2021 or 24 June 2021 10am - 11.30am: <https://exeter.anglican.org/schools/training-and-events/>

**Look out for the wonderful cards on sale to raise funds for our churches.** Thank you to Robin and Pam Thomas for organising this. Fantastic picture Robin!

**'From Lament to Action'.** Bishop of Exeter Determined to Root Out Racism In the Church The Church of England's 'From Lament to Action' report was published last week and makes 47 specific recommendations to tackle institutional and systemic racism in the Church. Responding to the report, the Bishop of Exeter said "We have not always practised what we preach when it comes to racism and other forms of discrimination." Bishop Robert said he was determined "to root out racism and build a new equity in Christ." Rev'd Tanya Hockley-Still, Diocese of Exeter UK Minority Ethnic Champion, said she welcomed the report recommendations and hoped to see them implemented in a timely fashion. <https://www.churchofengland.org/media-and-news/news-releases>

**Come and See:** An online conference for Christians of Minority Ethnic heritage Friday 7 May (evening) & Saturday 8 May (morning) 2021 Enjoy fellowship and prayer with others exploring lay and ordained vocations, discuss hopes and fears one on one, learn what studying is all about and hear from trainee ministers and others who have responded to God's call. <https://www.eventbrite.co.uk/e/eastern-region-minority-ethnic-vocations-conference-voc-tickets-108690403924>

### Readings

	This week	Next week
<b>Readings for this Sunday:</b> First Reading	Acts 8:26-End	Acts 10:44-End
Psalm	22:25-31	98
Second Reading	1 John 4:7-End	1 John 5:1-6
Gospel	John 15:1-8	John 15:9-17

Readings for the week ahead:	Day	Scripture
	Mon 3 <sup>rd</sup>	John 14.21-26
	Tue 4 <sup>th</sup>	John 12.20-26
	Wed 5 <sup>th</sup>	John 15:1-8
	Thurs 6 <sup>th</sup>	John 15:9-11
	Fri 7 <sup>th</sup>	John 15:12-17
	Sat 8 <sup>th</sup>	John 15:18-21

They can also be viewed/downloaded from <https://bible.oremus.org/>

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### Today's Sunday Services

9.30am	Holy Communion	- St John The Baptist, Woodland
11.00am	Holy Communion	- St Andrew's, Ipplepen
4.30pm	Refresh, revisit and reflect course	- Zoom
6.00pm	Zoom Evening Prayer	- Zoom

For the Zoom password, email: [rachelbelringer@gmail.com](mailto:rachelbelringer@gmail.com)

**Telephone support/chat following the church services:** Sheila Sheldon is available to speak to following our church services. Sheila's phone number is (01803) 814227.

### Morning Prayer

9am - 9.30am Monday to Thursday this week on Zoom

For the Zoom password, email: [rev.andrewdown@gmail.com](mailto:rev.andrewdown@gmail.com)

### Reflection

Our churches are open for private prayer and reflection throughout the week at the following times:

St Peter & St Paul's, Broadhempston	9am to 5pm	Sundays and Wednesdays
St Andrew's, Ipplepen	9am to 5pm	Daily
St Mary the Virgin, Denbury	10am to 5pm	Daily

Please note, St John the Baptist, Woodland is currently closed for private prayer and reflection.

### Mid-Week

Monday 3 <sup>rd</sup> May		Church Office Closed
Tuesday 4 <sup>th</sup> May	10.15am	Holy Communion - St Andrew's, Ipplepen
Thursday 6 <sup>th</sup> May	10.15am	Holy Communion - St Mary the Virgin, Denbury
Thursday 6 <sup>th</sup> May	12 noon	Funeral Service & Burial of John Griffin - St Mary the Virgin, Denbury

### Next Sunday – Sixth Sunday of Easter

9.30am	Holy Communion	- St Mary the Virgin, Denbury
11.00am	Holy Communion	- Ss Peter and Paul, Broadhempston
11.00am	Celtic Morning Prayer	- St Andrew's, Ipplepen

**Happy Easter – a whole 50 days of celebration.** As we continue in the season of Easter, which lasts 50 days, we will celebrate that in Jesus' resurrection darkness becomes light, death becomes life, sacrifice becomes love. God's amazing love is hard to believe so we need this time. Like the first disciples we too must see and then gradually come to believe.

**Refresh, revisit, and reflect.** 6 sessions exploring the Christian Way of Life - meets today at 4:30 via zoom. Contact Andrew for the link. [rev.andrewdown@gmail.com](mailto:rev.andrewdown@gmail.com) Topic this week: May 2<sup>nd</sup>: God making home with us – the life of the Spirit.

**This week's Online Sermon.** This week's Online Sermon Canon Chris Palmer, Canon Chancellor of Exeter Cathedral, leads this sermon for the 5th Sunday of Easter. <https://vimeo.com/cofedevon>

**In Memory.** Frances Fey, Ron Sharland and John Griffin.

**Update from our link in Thika, Kenya.** Lockdown rules in Kenya means schools and churches are still closed and the vaccine rollout is slow. However, a hot beginning to the year, means one farmer says she harvested nearly four times the amount she managed in the past. The Farming God's Way training scheme is attracting new recruits because of the improved crop yield of those who have already done it. <https://exeter.anglican.org/wp-content/uploads/2021/04/2021-Exeter-Thika-Update-April-2021.pdf>



## Reflection by Reverend Andrew Down

Fifth Sunday of Easter  
John 15:1-8  
Sunday 2<sup>nd</sup> May 2021

At the heart of this week's gospel with Jesus describing himself as 'the true vine' is the call to 'abide' and more specifically 'Abide in me as I abide in you'. The word abide describes the 'oneness' that Jesus has with his Father and that he seeks with his followers. Jesus already abides in his followers.. 'Abide in me **as I abide in you**' ...the question for us is how do we abide more fully, become more connected, be more open to the life force offered in Jesus. What practices nurture this abiding and therefore allow this life force to flow and produce fruit in our lives? Fruits of love, joy, peace, patience, kindness, goodness, gentleness, humility, self-control.

I would like to suggest **contemplation** is a key tool which helps us nurture and develop this abiding and connection with the one who is already abiding in us. Contemplation can come in a variety of forms. It can be in the form of a practice of silent prayer or meditation, we can bring a practice of contemplation to our reading of the bible and also we can bring contemplation to play in our lived experience and daily life.

Here are some practices of contemplation to try.

### Abiding in silent prayer

It is recommended to follow the following practice for a 20 minutes period twice a day - once in the morning and once in the afternoon / early evening.

1. Choose a sacred word as a symbol of your **intention** to 'abide' e.g. a suitable word could be God or love.
2. Sitting comfortably with eyes closed, settle briefly and silently introduce the sacred word as your symbol of your consent to God's **presence** and action already abiding in you.
3. When you become aware that you are engaged with thoughts (including body sensations, feelings, images and reflections), **return** ever-so-gently to the sacred word.
4. At the end of the prayer time, **remain** in silence with eyes closed for a couple of minutes.

### Abiding in scripture

Having got ready and identified what passage you will read - light a candle and perhaps say a short prayer as preparation.

1. **Read:** First read the passage noticing the phrases or verses that speak to you.
2. **Reflect:** Read the passage again focusing further on the points that struck you in the first reading.
3. **Respond:** Read the passage a third time and then respond by noting your thoughts in a journal or responding in prayer by having a conversation with God about what you have heard.
4. **Rest:** Finally spend some time in silent prayer following the guidelines above.

### Abiding in daily life

Often our daily lives can throw up awkward moments when tensions and emotions are running high. When we feel we are about to be overwhelmed by our reaction to an event or situation how can we abide and use the resources of contemplation? One approach is to use following prayer to focus on that feeling as we experience it physically; then we **welcome** that reaction (not the cause); we make the act of will to **let go** of our desire to change the situation using this "Welcome Prayer". Over time we can learn to respond, rather than react, to events; the practice empowers us to take appropriate action as freely and as lovingly as possible in any situation that presents itself in our lives.

The Welcome Prayer by Mary Mrozowski

#### 1. Become aware:

Gently become aware of your body and your interior state.

#### 2. Welcome:

'Welcome, welcome, welcome.

I welcome everything that comes to me in this moment, because I know it is for my healing. I welcome all thoughts, feelings, emotions, persons, situations, and conditions.'

#### 3. Let go:

'I let go of my desire for security.

I let go of my desire for approval.

I let go of my desire for control.

I let go of my desire to change any situation, condition, person, or myself.'

#### 4. Abide:

'I open to the love and presence of God and the healing action and grace within.'

Often in life we focus on the end goal....in this context the fruit of the Christian life listed above, and wonder how we can develop and attain them. I would suggest rather than focusing on the fruit we should instead focus on developing practices which help us abide and connect more deeply to Christ 'the true vine'. We can trust that from this abiding and deeper connection with Christ the fruit will be forthcoming. We can trust God for the growth.

### **Phoebe - A Story** : Meet the Author

[On June 14th at 7pm](#), we are delighted that Paula Gooder has kindly agreed to join us via Zoom in a discussion and to answer questions about the book. Many of us have enjoyed reading it during Lent but there is still plenty of time to read it and then to hear about it from the author's mouth. The link will be given nearer the time.

Paula is currently Chancellor of St Paul's Cathedral. For more about her writing and work see [www.gooder.me.uk/about/](http://www.gooder.me.uk/about/)