



Sunday 15th May 2022

Fifth Sunday of Easter

Walsingham Festival at Exeter Cathedral, Saturday 21 May This event celebrates the centenary of the restoration of the Anglican Shrine of Walsingham in Norfolk. The Image of Our Lady of Walsingham will be travelling to Exeter for the regional festival, which will include a sung mass led by the Rt Rev'd Will Hazlewood, Bishop of Lewes, and a procession through Exeter. For more information and to book a free ticket: <https://www.exeter-cathedral.org.uk/whats-on/events/walsingham-festival/>

Family Fest South West, 10-12 June, book now for earlybird discount! After a break of two years, the Family Fest camping weekend at the River Dart County Park is back!! The Christian camp is organised by a group of Diocese of Exeter churches, with the aim of making it affordable to everyone. It is an opportunity to gather together with other families and share a weekend of activities, games, workshops, music and worship. The cost is £25 per person (including camping pitch and most food). Find out more and book your place here. <https://familyfestsouthwest.com/>

Living in Love and Faith Update The Bishop of Crediton, the Rt. Rev'd Jackie Searle, led a prayer event in Exeter Cathedral on 28 April to mark the move to the next stage of the Church of England's Living in Love and Faith (LLF) process. The event featured a short service and four reflective prayer stations which will be on display in Exeter Cathedral's St John's Chapel for the next month. Over the past 18 months churches across England have been encouraged to run the five-week LLF discussion course as a way of enabling people to contribute to the conversation about the future direction of the Church of England on matters of relationships, sexuality, gender and marriage. Bishop Jackie, who is the LLF Advocate for the Diocese of Exeter, said "We've had this huge engagement with LLF across the diocese but now it's being passed on to the General Synod members and the college of Bishops. It seemed important to mark that this is happening, to stand together and to offer it all to God in prayer. I feel so grateful for all we have done together, for the journey that we've been on in the diocese, it's not been without its challenges, but it has also been really joyful."

Readings	This week	Next week
Readings for this Sunday:		
1st Reading	Acts 11:1-18	Acts 16:9-15
Psalm	148	67
2nd Reading	Revelation 21:1-6	Revelation 21:10. 22-22:5
Gospel	John 13:31-35	John 14:23-29
Readings for the week ahead:		
Mon 16 th	John 14:21-26	Thurs 19 th John 15:9-11
Tue 17 th	John 14:27-End	Fri 20 th John 15:12-17
Wed 18 th	John 15:1-8	Sat 21 st John 15:18-21

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

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Today's Sunday Services

9.30 am Holy Communion - St John the Baptist, Woodland
11.00 am Holy Communion - St Andrew's, Ipplepen

Morning Prayer

This week morning prayer will be said at the following times:

Thursday 9.15 am - St Mary the Virgin, Denbury
Friday 9.15 am - Ss Peter and Paul, Broadhempston
(A time of silent prayer and meditation)

Reflection

All our churches are open for private prayer and reflection throughout the week from approximately 9am to 5pm each day.

Mid-Week

Rev'd Andrew Down and Hillarie Griggs at "On Fire Mission Conference" from Monday to Thursday.

Monday	3pm-5pm	T-Pot	- Church Cottage, Denbury
	7.30 pm	Bellringing Practice	- Ss Peter and Paul, Broadhempston
Tuesday	10.15am	Holy Communion	- St Andrew's Ipplepen
Wednesday	7.30 pm	Bellringing Practice	- St Andrew's, Ipplepen
Thursday	10.15 am	Holy Communion	- St Mary the Virgin, Denbury
	4.30 pm	Sta*x Youth Choir Practice	- St Andrew's, Ipplepen
Friday	1.00 pm	Funeral and Burial Service of Jean Rogers-Came	- St Andrew's, Ipplepen

Next Sunday 22nd May 2022 – Sixth Sunday of Easter

9.30 am Holy Communion - St Mary the Virgin, Denbury
11.00 am Holy Communion
and Baptism of Beatrix Hunt - Ss Peter and Paul, Broadhempston
11.00 am Churches Together –
Christian Aid Service - St Andrew's, Ipplepen

In Memory: Penelope Kittow, Royston Hopkins, Gwen Hayman, Anne Vooght, Muriel Duke, Jean Rogers-Came, Sam Ward and Clifford Raymont.

Points for Prayer. We hold in prayer the ongoing conflict in Ukraine praying for peace. We particularly pray for those families who are facing separation due to the conflict.

Tree planting on Sunday 5th June at St Andrew's Church Field, Ipplepen. Family Holy Communion will be at 11am including children's activities then at 12noon we will be moving from St Andrew's Church to the field behind the St Andrew's Church Hall to plant a tree for the Queen's Platinum Jubilee after which there will be refreshments in the Church Hall.



Reflection by Rev'd Andrew Down

Sunday 15th May 2022

Guided Examen

Last week during our services we considered how we can discover our gifts, callings and vocations and live more fully aligned to these. As part of this we did a Guided Examen adapted from a blog written by Jonny Baker of the Church Mission Society. It is offered here for guidance.

The examen is one of the spiritual exercises of St Ignatius, the 16th century saint. Ignatius taught that the key to a healthy spirituality was twofold: Finding God in all things and constantly working to gain freedom to cooperate with God's will.

The examen is a way of connecting with the presence of God in our lives and discerning the direction in which we should go. The simplest form of the examen consists in asking two questions:

For what moment today am I most grateful?
For what moment today am I least grateful?

These questions help us identify moments of consolation – that for which we are most grateful – and desolation – that for which we are least grateful.

Ignatius expected that God would speak to us through these moments of deepest feelings and yearnings. He said we should aim to do more of what brings us consolation, and to listen to and respond to what brings us desolation.

The meditation: Make yourselves comfortable – back supported, feet flat on the floor, hands loosely in your lap, eyes closed. Become aware of your breathing – deep breaths that gradually become more relaxed.

Remember that you are in the presence of God. In God we live and move and have our being.

Considering the last 24 hrs Give thanks for the gifts you've received. Simple things – smell of fresh coffee; a good night's sleep; a smile from a friend.

Ask God to help you in this examen, to be present with you as you reflect.

Think back over how you have spent the last 24 hrs – where you have been, who you have interacted with, what you have done - notice the details, the context of what happened and how you acted. Notice especially your feelings and motivations, those things that cause you to act in freedom, or with less than perfect freedom,

First question of examen: In what moment did you feel most connection with God, with yourself, with others?

Stay with that moment, giving thanks for it, recognising God's presence with you.

What was it that made it so special?

What might God be saying to you through that moment?

How can you make space for more of this in your life?

What opportunity does this moment give you to grow in faith, in love and in hope?

Second question of the examen: In what moment did you feel most disharmony or least connection to God, to yourself, to others?

Stay with that moment, although it may not be comfortable. Recognise God's presence with you in that moment.

What was it that made it difficult?

What might God be saying to you through that moment?

How do you need to respond to that moment?

What opportunity does this moment give you to grow in faith, in love and in hope?

Final step to reconcile and resolve: Talk to God about what you have just received and ask him for help you in responding.

Final words: God we thank you for what has been, for what is, and for what will be. Amen

You did not choose me, but I chose you and I appointed you so that you might go and bear fruit -fruit that will last - and so that whatever you ask in my name the Father will give you. John 15:16