

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

# Spring at last!



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## Straplines

- God will guide you through the twists and turns if you stay on the straight and narrow.
- Drive carefully; it's not only cars that can be recalled by their maker.
- Dear past, thanks for all the lessons. Dear future, I am ready. Let's go!
- Everything in this life is moving and permanence is not part of it. We need always to be ready to change and adapt.

## The Beacon

The Beacon magazine is published every 2 months and due to a generous donation is currently produced at no cost to the Beacon Mission Community, which enables it to be free of advertisements.

Current and all past issues are available on the website [www.missioncommunity.org.uk](http://www.missioncommunity.org.uk) .

Articles for submission should be sent to the editor, Michael Price [michaeljprice44@gmail.com](mailto:michaeljprice44@gmail.com)

01803 813472.

# Welcome

Longer evenings and warmer weather- what a joy! A warm welcome to this edition to our regular readers and particularly if you are picking up the Beacon for the first time. It is very much our intention that this is a magazine for all in our villages whether regular church goers, not so regular, hardly ever or of no faith persuasion. We hope that you find something to interest you and enjoy.

Church members are encouraged to take an extra copy to pass to friends and neighbours!

My grateful thanks as always to our faithful regular contributors and to those of you who send in photographs to illustrate the written word. They make a difference, like the 'weather watchers' pictures on the weather forecasts.

One of our contributors is Charlotte Payne who adds another chapter for us on her journey exploring her process of discernment on p.25. For those wishing to read her earlier articles these can be found on line in the archives of the Beacon on the community website in April and October editions. Our Marathon Man and Broadhempston Church Warden (aka Dr Paul Russell) gives a holistic account of his experiences on p18. It will be a challenge for you not to look up his reference to Daniel ch.10 v17-19!

There is a veritable banquet table of fine fare promulgated in this edition including the Unity course, concerts, flower festivals and a host of social activities. Rachel Belringer's letter below therefore seems particularly apposite at this time.

Articles and photographs for the August/September edition should reach me by 22<sup>nd</sup> July 2003.

*Michael Price, Editor*

## Dates!

Dear Beacon Parishes,

As the weather improves and our thoughts turn to outings, special occasions and events – a gentle reminder and plea. Please can people check dates when planning an event, especially if it will involve Andrew? As a Mission Community it's great when people come from other parishes to support an occasion in a neighbouring church, and a pity if there's a clash which prevents this. And Andrew can only be in one place at one time, despite the rumours!

The obvious answer is to check with Caren in the Office, Keeper of the Beacon Diary and General Fount of All Wisdom. If people alert her to plans as soon as they are formed, we should be able to avoid date duplication. And this in turn will encourage and further strengthen our realisation of the Community of the Beacon Parishes.

*Rachel Belringer*



# Sunday Services for June and July

Services planned at time of going to print. Please check website / Weekly Notices for updates.

## Sunday June 4<sup>th</sup>

### Trinity Sunday

9.30 am	Holy Communion	- St John The Baptist, Woodland
9.30 am	Celtic Morning Prayer	- St Mary the Virgin, Denbury
11.00 am	Holy Communion with Children's Activities	- St Andrew's, Ipplepen
4.30 pm	Reflective Evening Prayer – Patronal Festival	- Holy Trinity, Torbryan

## Sunday June 11<sup>th</sup>

### First Sunday after Trinity

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

## Sunday June 18<sup>th</sup>

### Second Sunday after Trinity

9.30 am	Holy Communion – Patronal Festival	- St John The Baptist, Woodland
11.00 am	Holy Communion	- St Andrew's, Ipplepen
4.30 pm	Come Holy Spirit: An Informal service of reflection	- St Andrew's Church Hall, Ipplepen

## Sunday June 25<sup>th</sup>

### Third Sunday after Trinity

9.30 am	Holy Communion	- St Mary the Virgin, Denbury
11.00 am	Holy Communion - Patronal Festival	- Ss Peter and Paul, Broadhempston
11.00 am	Churches Together – Family Service	- St Andrew's, Ipplepen

## Sunday July 2<sup>nd</sup>

### Fourth Sunday after Trinity

9.30 am	Holy Communion	- St John The Baptist, Woodland
9.30 am	Celtic Morning Prayer	- St Mary the Virgin, Denbury
11.00 am	Holy Communion with Children's Activities	- St Andrew's, Ipplepen

## Sunday July 9<sup>th</sup>

### Fifth Sunday after Trinity

9.30 am	Holy Communion	- St Mary the Virgin, Denbury
11.00 am	Holy Communion with Children's Activities	- Ss Peter and Paul, Broadhempston
11.00 am	Celtic Morning Prayer	- St Andrew's, Ipplepen
6.00 pm	Service of Celebration and Thanksgiving	- St Mary the Virgin, Denbury

## Sunday July 16<sup>th</sup>

### Sixth Sunday after Trinity

9.30 am	Holy Communion	- St John The Baptist, Woodland
11.00 am	Holy Communion	- St Andrew's, Ipplepen
4.30 pm	Come Holy Spirit: An Informal service of reflection	- St Andrew's Church Hall, Ipplepen

## Sunday July 23<sup>rd</sup>

### Seventh Sunday after Trinity

9.30 am	Holy Communion	- St Mary the Virgin, Denbury
11.00 am	Holy Communion	- Ss Peter and Paul, Broadhempston
9.30 am	Churches Together – Family Service	- Ipplepen Methodist Church

## Sunday July 30<sup>th</sup>

### Eighth Sunday after Trinity

10.00 am	Mission Community Service	- Ss Peter and Paul, Broadhempston
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## Thoughts

- Many of the things we worry about may never happen anyway.
- Some minds are like concrete – thoroughly mixed up and permanently set.
- The best way to avoid gossip is to ask three short questions: Is it kind? Is it necessary? Is it true?

## Other events

Sat 3 <sup>rd</sup> June	10 am - 12 noon	Coffee Morning <i>(1<sup>st</sup> Saturday of each month)</i>	- The Parish Rooms, Woodland
Wed 7 <sup>th</sup> June	12 noon	Churches Together - Lunch Club <i>(1<sup>st</sup> Wednesday of each month)</i>	- St Andrew's Church Hall, Ipplepen
Thurs 8 <sup>th</sup> June	10.15am	Keeping 'Corpus Christi'	- St. Mary the Virgin, Denbury
Fri 9 <sup>th</sup> June	6.45pm	Unity in Sound Community Choir Charity Concert	- St. Andrew's, Ipplepen
Sat 10 <sup>th</sup> June	10.30 am	"Coffee & Chat!" <i>(2<sup>nd</sup> Saturday of each month)</i>	- St. Andrew's, Ipplepen
Wed 14 <sup>th</sup> June	10.30 am	Coffee Mates <i>(2<sup>nd</sup> Wednesday of each month)</i>	- Church Cottage, Denbury
Tues 27 <sup>th</sup> June	6.30 – 8.00pm	The Unity Course <i>(How Christians in conflict can seek truth, make peace and build unity in the Church)</i>	- St. Andrew's, Ipplepen
Sat 1 <sup>st</sup> July	10 am - 12 noon	Coffee Morning <i>(1<sup>st</sup> Saturday of each month)</i>	- The Parish Rooms, Woodland
Tues 4 <sup>th</sup> July	6.30 – 8 pm	The Unity Course	- St. Andrew's, Ipplepen
Wed 5 <sup>th</sup> July	12 noon	Churches Together - Lunch Club <i>(1<sup>st</sup> Wednesday of each month)</i>	- St Andrew's Church Hall, Ipplepen
Fri 7 <sup>th</sup> – Sun 9 <sup>th</sup> July	10.30am – 6pm	Festival of Flowers	- St. Mary the Virgin, Denbury
Sat 8 <sup>th</sup> July	10.30 am	"Coffee & Chat!" <i>(2<sup>nd</sup> Saturday of each month)</i>	- St. Andrew's, Ipplepen
Sun 9 <sup>th</sup> July	5.00 -6.30pm	'St. Andrew's Outside'	- St. Andrew's Church Field, Ipplepen
Wed 12 <sup>th</sup> July	10.30 am	Coffee Mates <i>(2<sup>nd</sup> Wednesday of each month)</i>	- Church Cottage, Denbury

## Beacon Parishes Mission Community Weekly Events

### Private Prayer

Our churches are open for private prayer and reflection throughout the week from 9am to 5pm each day

### Weekly Morning Prayer

Tuesday	9.15 am (Book of Common Prayer)	- St Andrew's, Ipplepen
Wednesday	9.15 am (Celtic Morning Prayer)	- Ss Peter and Paul, Broadhempston
Thursday	9.15 am (Celtic Morning Prayer)	- St Mary the Virgin, Denbury
Friday	9.15 am (Silent Prayer and Meditation)	- Ss Peter and Paul, Broadhempston

### Regular Midweek Events and Communion Services

Mondays	at 3 – 5pm	'T-pot'	- Church Cottage, Denbury
	at 7.30pm	Bellringing Practice	- Ss Peter and Paul, Broadhempston
Tuesdays	at 10.15 am	Holy Communion	- St Andrew's, Ipplepen
Wednesdays	at 7.00pm	Bellringing Practice	- St Mary the Virgin, Denbury
Wednesdays	at 7.30pm	Bellringing Practice	- St Andrew's, Ipplepen
Thursdays	at 10.15 am	Holy Communion	- St Mary the Virgin, Denbury
	at 4.30pm	Sta*x Youth Choir Practice	- St Andrew's, Ipplepen

# Patronal Festivals



**Holy Trinity, Torbryan**  
**Evening Prayer**  
**Sunday 4<sup>th</sup> June 2023 at 4.30 pm**



**St John the Baptist, Woodland**  
**Sunday 18<sup>th</sup> June 2023 at 9.30 am**

With refreshments in the Parish Rooms  
after the Holy Communion service



**St Peter & St Paul, Broadhempston**  
**Sunday 25<sup>th</sup> June 2023 at 11.00 am**

With refreshments after the  
Holy Communion service

Please join us as we celebrate

**All welcome**



# THE UNITY COURSE

St Andrew's Church Ipplepen 6.30pm – 8pm

Starting Tuesday 27<sup>th</sup> June and then the 4 following Tuesdays in July

## Session 1 – Thinking

The central Christian call to love your neighbour – even in church

## Session 2 – Praying

The inevitability of disagreement and the problem of anger

## Session 3 – Worshipping

Facing disagreement well

## Session 4 – Writing and Speaking

Taming the tongue

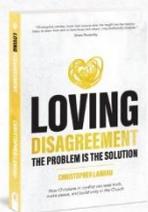
## Session 5 – Unifying and Peace-Making

Learning to disagree Christianly

Revd Dr Christopher Landau is the director of ReSource. He has a doctorate in Christian Ethics from the University of Oxford, and his thesis was published in a revised form by SCM Press as A Theology of Disagreement. A journalist prior to ordination, he was a reporter for several BBC Radio 4 news programmes, a TV News producer, and latterly the BBC World Service's religious affairs correspondent.



He has worked in parish ministry in inner London, and as a chaplain to postgraduate students in Oxford. He continues to broadcast on Pause for Thought on BBC Radio 2 and The Daily Service on BBC Radio 4, and is a founding trustee of the Religion Media Centre. He is married to Carolyn and they have three children.



THE UNITY COURSE is based on  
Christopher Landau's book  
**LOVING DISAGREEMENT**

Available from  EquippingtheChurch.com

[theunitycourse.co.uk](http://theunitycourse.co.uk)

# Life Events

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

## Baptisms

Sunday 21<sup>st</sup> May 2023

Ipplepen

Wylie Conaway Fortuna

## Weddings

Saturday 27<sup>th</sup> May 2023

Broadhempston

Ilya Kleyner and Rebecca Lee

## Funerals

Tuesday 4<sup>th</sup> April 2023

Denbury

Elizabeth Mills

Thursday 20<sup>th</sup> April 2023

Denbury

Percy Collings

Thursday 20<sup>th</sup> April 2023

Ipplepen

David Mills

Tuesday 30<sup>th</sup> May 2023

Ipplepen

Myfanwy 'Myfi' Jones

## Interments of Ashes

Wednesday 5<sup>th</sup> April 2023

Denbury

Fran Howells

# How to keep in touch

**Weekly Notices** 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.

**Website** The Beacon Parishes website [www.missioncommunity.org.uk](http://www.missioncommunity.org.uk) is the 'go to' place for information. It also contains the Weekly Notices and Beacon Magazine.

**Videos** Video recordings of some of the services held in our Beacon Community can be found on the website.

**Facebook** Three of our parishes keep up to date Facebook pages:

[www.facebook.com/StAndrewsIpplepen/](http://www.facebook.com/StAndrewsIpplepen/)

[www.facebook.com/denburyworship](http://www.facebook.com/denburyworship)

[www.facebook.com/Broad20/](http://www.facebook.com/Broad20/)

and the Beacon Community Discussion group:

[www.facebook.com/groups/424938598594105](http://www.facebook.com/groups/424938598594105)

**Email** 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.

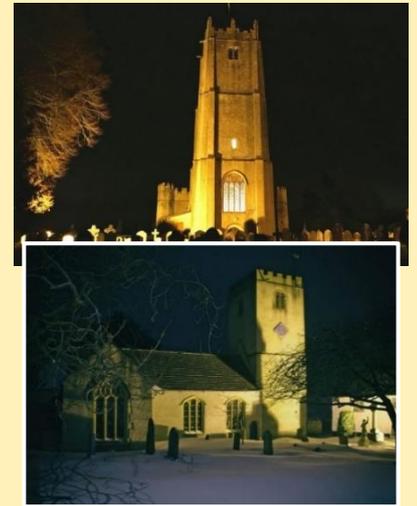
**Contacts** Names and telephone numbers are to be found in The Beacon.

**Rector** Rev'd Andrew Down. Tel: 01803 813403 E: [rev.andrewdown@gmail.com](mailto:rev.andrewdown@gmail.com)

**Church Office** Church Office, St. Andrew's Church Hall, Church Path, Ipplepen, TQ12 5RZ  
Tel: 01803 814178 E: [office@beaconparishes.co.uk](mailto:office@beaconparishes.co.uk)

# 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.



## Denbury:

For Denbury, contact Rachel Belringer 01803 812529 / 07751804007

No sponsors this issue

## Ipplepen:

*For Ipplepen, the suggested donation is £5 per occasion per week.*

- Sponsor forms are available in St. Andrew's and also at [www.missioncommunity.org.uk/floodlighting](http://www.missioncommunity.org.uk/floodlighting)
- Or write to the office or email: [ippleflood@beaconparishes.co.uk](mailto:ippleflood@beaconparishes.co.uk)
- Donations can be made by cash, cheque, BACS or via [www.justgiving.com/fundraising/ippleflood](http://www.justgiving.com/fundraising/ippleflood)
- If you are a UK taxpayer, please Gift Aid your donation

### New

- 28<sup>th</sup> May – 17<sup>th</sup> June In memory of Jean Rogers-Came, Kitty Barwick (her mother) and Bryan Rogers (her late husband), as they all passed away around this time of year. Rosalind
- 4<sup>th</sup> – 10<sup>th</sup> June For 8<sup>th</sup> June, to Ann Wallace who passed away peacefully on the 19<sup>th</sup> May 2022 - love you always, Brian
- 25<sup>th</sup> June – 1<sup>st</sup> July Wishing Colin Clark a very happy 80<sup>th</sup> birthday on 30<sup>th</sup> June. Colin has been involved with ringing the bells at St. Andrew's for 65 years and Captain for many years. Love from Rene, Wendy, Paul, Sally, Stuart and all the family.
- 2<sup>nd</sup> – 8<sup>th</sup> July Alistair and Judy Dewhirst to celebrate the birthday of Enzo Dewhirst on 7<sup>th</sup> July  
In loving memory of Dad who enjoyed his visits to Ipplepen. All our love, Chris & Jenny Howard and family
- 9<sup>th</sup> – 16<sup>th</sup> July Ivor remembering his wife Daphne Partridge on their Wedding Anniversary on 13<sup>th</sup> July
- 16<sup>th</sup> – 22<sup>nd</sup> July Alistair and Judy Dewhirst to celebrate the wedding anniversary of Edd and Maddie on 19<sup>th</sup> July
- 23<sup>rd</sup> – 29<sup>th</sup> July Alistair and Judy Dewhirst to celebrate the birthday of Raphael Dewhirst on 27<sup>th</sup> July

## Tim Vine (again)



- "I'd like to start with the chimney jokes – I've got a stack of them. The first one is on the house."
- "I had a dream last night that I was cutting carrots with the Grim Reaper – dicing with death."
- "I rang up British Telecom and said: 'I want to report a nuisance caller.' He said: 'Not you again.'"
- "This bloke said to me: 'I'm going to attack you with the neck of a guitar.' I said: 'Is that a fret?'"
- "You know, somebody actually complimented me on my driving today. They left a little note on the windscreen, it said 'Parking Fine.' So that was nice."

## News from Ipplepen

St. Andrew



The wonderful Easter Season began on 2<sup>nd</sup> April Palm Sunday with a Mission Community Service meeting in St. Andrew's Church Hall and then processing with palms and crosses singing "All Glory Laud and Honour" to the church.

There were services each day of Holy Week and Maundy Thursday was followed by the Watch.

We gathered at St. Andrew's for a joint Service on Good Friday conducted by Rev Anne Burden, then Rev Andrew Down led us in the Walk of Witness. Different people read a Bible passage and carried the Cross from Church to the Village Hall, to the Wellington Inn, War Memorial, St. Mary's Place, and to the Methodist Church. We also sang a hymn and had a prayer at each venue. Welcome refreshments of hot cross buns and coffee were served afterwards in the Hub.

Easter Saturday morning the church was buzzing as people were there to decorate it with Easter flowers, and children with parents from Baptism families to build the Easter Garden with Ann Holroyd and Hillarie Griggs. Also we were having a coffee and chat morning hosted by Hilary Price, Vanessa Bevan and myself along with help from our menfolk. It was lovely to see many people enjoying coffee or tea and a choice from cheese scones, Easter biscuits and a variety of homemade cakes. Thank you to all who supported us and for the wonderful donations received.

Easter Sunday the congregation brought a flower each to decorate the Easter Cross, and it was good to see the bright spring flowers decorating the church and it was a joyful service.

The Annual Meeting of Parishioner's and Parochial Church took place in the church on Tuesday 18<sup>th</sup> April. Rev Andrew Down chaired the meeting with Vanessa Bevan recording the minutes. It was a good and positive meeting and Andrew thanked everyone involved in all aspects of our Church Life. Refreshments were served afterwards.

The Churches Together service on 23<sup>rd</sup> April was led by Maria Alsop and Hillarie Griggs and Jo Innes-Lumsden played the clavinova. Sheila Sheldon, Ken Purchase, and Edward Matthews acted out the story from the Gospel according to Luke.

The Mission Community Service on 30<sup>th</sup> April was held at Woodland Church at 10.00am. It was good to see so many people across the Beacon Parishes enjoying this lovely Service led by Rev Andrew. Refreshments of delicious homemade goodies were enjoyed afterwards and lots of chat in the Parish rooms.

The exciting Coronation weekend began in Ipplepen with the sound of St. Andrew's bellringers ringing for the King. They sounded so good and judging from people's reaction on Spotted Ipplepen very much appreciated.

Our lovely Coronation Mission Community Holy Communion service began at 10.45 am with Rev Andrew singing along to the accompaniment of his guitar until officially starting at 11am. The theme of the Service was a Celebration of King Charles III Coronation and we were invited to be blessed with the special oil. We sang the National Anthem and at the end of the Service as well as our normal refreshments there was a Coronation cake baked by Pam Thomas which was enjoyed by many of us. The flowers organised by Sue Sanders looked spectacular in red, white and blue. Thanks must go to all the flower arrangers and refreshment team and all involved in making this service so special.

"God Save The King".



Marilyn Clark



*Pictures of the Coronation flowers and cake at St. Andrew's*



# Coffee & Chat!

in

St. Andrew's church

Saturday 10<sup>th</sup> June & Saturday 8<sup>th</sup> July  
(and second Saturday of every month)

Everyone welcome – please do come  
From 10.30 to 12 noon

**coffee, cake/biscuits and chat**  
**FREE, no charge, donations only**



## 'St Andrew's Outside' Community Event-14<sup>th</sup> May 2023

The Church Field with its stunning carpet of yellow buttercups and wide skies across to Dartmoor provided the perfect setting for the first 'St Andrew's Outside' event. Fifty 'recycled teenagers' and one young person joined the adventure.

Who would have thought that carefully selecting natural items from the field then binding them to a stick with ribbons and wool could be such a deeply moving, restorative and enjoyable experience? Our completed 'Journey Sticks' opened conversations and stimulated reflection, some of which was shared around the fire pit. There was much laughter too...guess who added a stinging nettle to their journey stick?



*The Fire Pit*



*The Church Field*

Passers-by noticing activity in the field stopped to chat over the churchyard gate. Their curiosity and thrill at seeing the field being used in this way was exciting and encouraging.

New friendships and connections were made during the evening and existing ones strengthened. Hot dogs, (the edible sort!) were in plentiful supply, along with marshmallows and hot chocolate. As the embers of the fire pit glowed the art of toasting marshmallows using six foot long hazel sticks was being perfected.

My heartfelt thanks to the amazing Team who worked so hard on the day, to those behind the scenes and to all who prayed. Your inspiration and prayers for future events are most welcome.

The next **St Andrew's Outside** all age community event is on 9<sup>th</sup> July at 5pm.

Please contact me or the Church Office if you would like to join the adventure and be part of July's Team.

Thank you, Lesley Mawson - 07708 037838



## St. Andrew's Outside

The Church Field, Ipplepen  
(entrance through St. Andrew's Church Hall)



Sunday 9<sup>th</sup> July 2023

5.00 - 6.30pm

**Fun**

**Fresh air**

**Food**

**Fire pit**

Please bring a mug and/or water bottle

Community event

**All ages very welcome!**

Children to be accompanied by responsible adult please

Sorry – no dogs



# CHARITY CONCERT

*In aid of Rowcroft Hospice & Devon Air Ambulance*



**FRIDAY 9th June 2023**  
**St Andrew's Church, Ipplepen**

Doors open 6.45pm



**Tickets £7.50 each**  
**via ticket source**

[www.ticketsource.co.uk](http://www.ticketsource.co.uk)



**Bar, Refreshments & Prize Draw**  
[www.unityinsoundcommunitychoir.co.uk](http://www.unityinsoundcommunitychoir.co.uk)

(Bar by Ipplepen Carnival Club)

## A view from Torbryan



I have spent the last few days on a course updating my first aid knowledge. And I suppose it is sod's law that in the middle of this course, and for the first time in years, I should come across a person collapsed in the street, and be called upon to use them. This really amounted to little more than putting the casualty in the recovery position,

offering some words of reassurance, and waiting for the ambulance to turn up. If nothing else, the incident made a nice little anecdote or case study that we could discuss during the next day's training. And I am pretty sure that the person affected was not seriously unwell.

Of course we never know when we might be called upon to provide assistance in this way and it is easy to feel overwhelmed when coming across someone who is seriously ill or has had a bad accident. I think above all the main quality is to have the ability to keep calm and not get overwhelmed by the situation. And this is maybe something that cannot be taught in a three-day course. To some extent, you've either got it or you haven't.

Another important consideration of a first aider is to know your limits. It is really not necessary to know the name of every bone in the body, or every possible ailment or medication. Indeed, first aiders are not supposed to administer any medication. The main consideration is to know in what way you might preserve life in the time it takes for the emergency services to arrive.

In reality, one particular condition is probably worth brushing up on more than any, since it is so serious when it happens outside a hospital setting: cardiac arrest. Knowing how to perform CPR and having the confidence to deliver a shock with a defibrillator is going to drastically increase a victim's chance of survival. Given our rural location, and the unlikelihood of an ambulance crew being able to arrive in a reasonable amount of time, this is something I think it is well worth brushing up on.

*Georgie Brendon*

## Holy Week at Torbryan

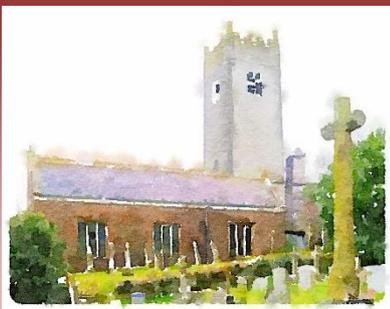
*Two pictures of displays in Torbryan during Holy Week.*

*Thanks to Sue Hird for the photographs.*



## News from Woodland

St. John the  
Baptist



This spring has certainly been a wonderful one for flowers. Our church was beautifully filled with them for our Easter celebrations and the hedgerows at the moment are a sea of blue, white and pink amongst the lush greenery. The combination of rain and sun seems to have been just right for plant growth – so much so that you can almost see flower buds bursting, tree leaves

unfolding and the grass growing. In my ambles about our village lanes I have seen both grass snakes and slow worms sunning themselves in the warmth of the spring sunshine and the local ravens have provided us with plenty of “David Attenborough” type drama. On several occasions we have watched them raiding the eggs and young from nearby nests of both crows and magpies, accompanied by the frenzied shrieking and furious dive bombing of the newly bereaved parents.

In human terms, the coronation of King Charles III has provided us with plenty of national drama. I have been lucky enough to speak with one lovely lady who told me that she could remember not only the coronation of our late queen, Elizabeth II, but also that of her father George VI and the jubilee of her grandfather George V. As our regular monthly village library and coffee morning was due to fall directly on the morning of the coronation, though, it was decided to move it to a week earlier, on the 29<sup>th</sup> April, and to hold instead an afternoon cream tea on Monday 8<sup>th</sup> May as our way of celebrating the event together as a community. Huge thanks must go to everyone who worked so hard before, during and after this event. It was a great success. Our patriotically decorated village hall welcomed so many of us through its doors for a lovely afternoon of good home cooked food, drink and conversation with so many of our neighbours.

Looking ahead, we have the whole of the summer and its long light evenings to look forward to. Let's hope that it isn't as blisteringly hot as last year.

*Helen Pearse*

# Monthly Coffee Morning

**on the first Saturday of each month**

**10 am to 12 noon**

**at The Parish Rooms, Woodland**

**All welcome!**



## News from Broadhempston

St. Peter and St. Paul



### Easter Sunday

Easter Sunday was very busy with several children attending the craft table. The theme was the Easter story and crosses were made showing different aspects of the story.

Silhouettes of crosses were also made by using pastels on black paper and those who finished early,



made Easter cards. After the service, the children went on an Easter egg hunt in the churchyard, which they thoroughly enjoyed, and were able to put flowers on the cross at the entrance to the church.

On Mothering Sunday, the children made some lovely cards to take away for their mothers.

### Flowers in the Church

Thank you very much to all the ladies who helped decorate the church and donated flowers for the Easter Sunday service. St Peter's and St Paul's church was full of beautiful flower displays of pedestals, arrangements and vases and many complimentary comments were received at the service.



The **Easter Gardens**, made by the children of Broadhempston Primary School, which were displayed at the back of the church showed wonderful creative talent and added to the Easter theme.



For the **Coronation** weekend the church was decorated with lots of flower displays in a red, white and blue theme, with royal books, portraits of the new King Charles and coronation prayers also on display.



Thank you to all those who helped and provided flowers for this special occasion. The children's gardens were left in place as they were also of a coronation theme.

### Coronation Celebrations in Broadhempston



Thank you to the Parish Council for organising The Great Broadhempston Tea Party in the Village Square, another fantastic community event. There was also a photographic competition and Children's Treasure Hunt.

Broadhempston's "Ring for the King", started at 10.15am on Saturday morning. Two significant peals were rung, 'Coronation' and 'Kings'. Broadhempston ringers already visited Staverton at 9.30am.



SS Peter & Paul PCC Team

# Marathon Man!

So firstly, I'd like to say a huge THANK YOU! It has felt so special to have the support of the mission community in undertaking the challenge of the London marathon. I have been overwhelmed by people's generosity too. I have raised over £4600 for Compassion UK. This is phenomenal and so much more than I could have expected.

On reflecting on the whole experience, it is this support – from my church, my village, my work, my family, my friends – new and old, which has been the most special. It felt very life affirming. Fundraising for the marathon was something that took me out of my comfort zone and probably drew more attention to what I was doing than I would have ideally liked. However, going through the process brought great reward in so many ways.

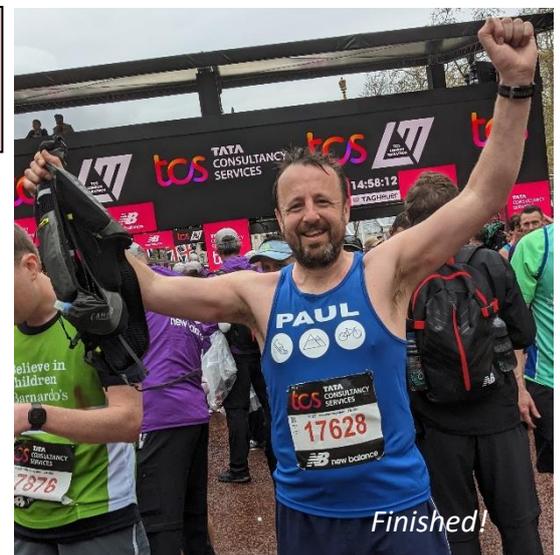
And boy did I need that support! After 3 hours of running and 20 miles down, I turned east from Canary wharf and had central London in my sights. But I was completely broken at this point – exhausted, legs weak, hips painful – my pace really dropped in the final 6 miles. I think I only managed to get to the finish line thinking of all the support I'd received.

Apart from those final 6 miles, the whole day in London was fantastic. There was so much support – the roads lined with people, music blaring out from houses, bands playing, even some Morris dancers! It was such an incredible atmosphere on what was a pretty grey and wet day. My wife and daughters were there supporting me amongst the many thousands of spectators. They had quite a challenge themselves moving amongst the throngs of people.

My training for the London marathon began on 1<sup>st</sup> January 2023. I'd downloaded a 16 week training plan from the TCS London marathon website. The training plan involved running 4 times per week (Tuesday, Wednesday, Friday, and Sunday) every week. These runs would vary in both duration and the intensity of running.

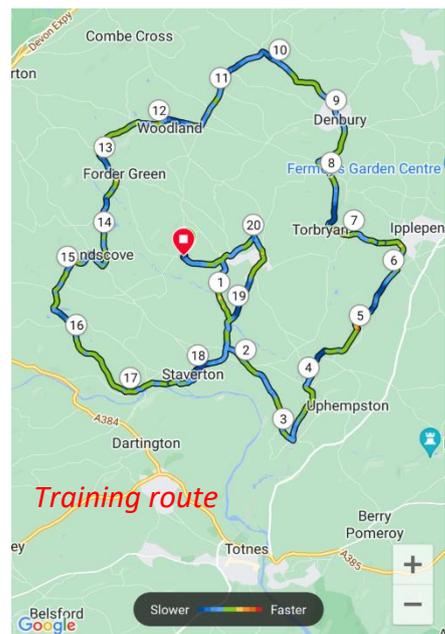


There were 4 intensities specified in my training plan – easy (< 60% maximum effort), steady (60-70% maximum effort), tempo (70-80% max effort) & fast (100%). What was interesting about my training plan was how many of my runs were run at 'easy' tempo. At this tempo you should feel relaxed and be able to breathe comfortably. The runs I was expected to run at 'tempo' or 'fast' were only for short intervals. My understanding of this concept of training, particularly with the frequency I was running at, was not to 'over train'. Pushing yourself too hard, too frequently leads to increasing levels of cortisol, your body's natural steroid or stress hormone. This ends up being detrimental to your health – fatigue, injury, elevated sugars, etc.



I really like this concept and think it applies to lots of aspects of life, particularly our spiritual life. We need to stick to the training plan but let God do the rest. Too much human effort is likely to have detrimental consequences and burn out.

The other aspect of my training was my long Sunday run. The distance of this run gradually built up over the weeks. My longest training run was 3 weeks before the race. I needed to plan a 3.5 hour or 20–22-mile run. I'd built up a good understanding of the lanes around Broadhempston and how to plan out a given run. The pinnacle of this knowledge was my final run. I call it the '8 church loop'.



experience I felt God was telling me that I needed to rely on him. Yes I'd done the training but because of this, there was a danger of trusting completely in my own ability. The verse I really felt I was given during this period was Daniel 10 v17-19.



*Just what the doctor ordered*



*Time for a chat*

the churches of Broadhempston, Littlehempston, Ipplepen, Torbryan, Denbury, Woodland, Landscove and Staverton. The whole route was never 3-4 miles away from Broadhempston and incorporated such idyllic and beautiful scenery. We are very lucky to live in such a special patch of countryside. It is little wonder people have wanted to thank God for this area. Our churches really feel like a testimony to the fact!

The final reflection of my experience was in the final few weeks leading to the marathon. I developed a heavy cold 2 weeks before the race which just didn't seem to shift. I was starting to wonder whether it was wise to run the race due to the lingering symptoms. Going through that



Thinking back to those agonising final 6 miles I was feeling very weak! How apt though, when I was running for a charity which supports children in extreme poverty, who go through extreme challenges every day just to live. But through your support and (I believe) God's strength I finished the race.

*Paul Russell*

## News from Denbury

### St. Mary the Virgin



With the weather showing welcome signs of improving we have moved back into the church for our full programme of services having held many in the Church Cottage over the winter months to try to reduce our heating bills.

The traditional range of services was held once again throughout Holy Week including a Communion at 5.30 on Maundy Thursday immediately followed by the Watch which this year ran until 10pm. The ancient and moving Easter Vigil commenced at 8pm on Saturday night with the lighting of the Paschal Candle outside the porch which is then processed into a darkened church which gradually fills with the Light of Christ as the congregation follow into the church and light their individual candles.

The Easter garden which is constructed inside the main altar has been a central feature throughout the Easter period and as it is lit during the day this really stands out in a dimly lit church and has been admired by many of our visitors.

Our APCM was held on 2<sup>nd</sup> May in church at which point the church officers were nominated for a further period of service and the normal routines such as the reviewing and signing of the PCC Annual Accounts and the reading of a number of reports covering all aspects of church life were completed.

Over the last few months a dedicated team of parishioners has been working very hard sewing new pew covers to replace the faded and rather tired existing ones. All the pews now have the new seating in place and the overall effect is excellent, really brightening the church interior and making the seating areas so much smarter. We have received many favourable comments from visitors to the church regarding this improvement.

The programme of craft workshops in Church Cottage organised by Irene Davey last year has been continued as demand for places has been so high. The workshops have covered a very wide variety of crafts with recent classes covering dry felting and fused glass and the next one will be for making swallow and dragonfly structures out of willow. These events have been very popular with the community as indeed has the forthcoming Festival of Flowers which will be held in church between 7<sup>th</sup> and 9<sup>th</sup> July. Many of the groups and organisations meeting in Denbury have agreed to design and construct a floral display using the central theme of “the senses”. The response has been excellent and we look forward to viewing many imaginative and creative displays at this major event in due course.

The cream tea afternoons so successfully run from Church Cottage over the last 12 months have also been continued with demand increasing with each event. The latest cream tea session took place on May Bank Holiday and was extremely well attended and enjoyed by all. Further cream tea days are planned and eagerly anticipated.

On the afternoon of May 14<sup>th</sup> we were treated to a very impressive concert in the church by a duo who perform under the name of Filkins Drift. These two young men are very talented musicians and held the audience spellbound with a selection of traditional folk songs and tunes with a number of their own compositions. It is hoped that we will be able to arrange a number of similar events in the future as not only are the concerts very enjoyable to locals but with a large number of visitors they represent a great way to reach out into the community.

*Mike Bray*

## Concert Review: Filkin's Drift (duo) in concert at St Mary's, Denbury

Organised by Denbury Folk and the Church, the second of our Sunday Afternoon Concerts took place on Sunday 14<sup>th</sup> of May. Seth (violin) and Chris (guitar) gave us a wonderful mix of tunes and songs. Their musicianship was extraordinary and left the sizeable audience open mouthed with amazement. Some of their songs were self-penned – Seth talked about giving someone a tune for a present, rather than something last minute from a garage forecourt! Wouldn't that be great?! Throughout, we had beautiful harmonies coupled with top rate instrumental skills and a lovely symmetry in their performance, AND delicious cake in the interval. An excellent afternoon.



Their next project involves walking the Welsh coastal path and performing a gig at each place they stay in. Good job they're young and enthusiastic! An album will result from this, which they'll be touring in 2024. So, if we can persuade them to return, make sure you get your tickets early to avoid disappointment!

We are hopeful... Seth wrote "A very special gig in Denbury. The church was such a beautiful space and the acoustics were just joyous to perform in..."

So, watch out for Denbury's next Sunday Afternoon Concert...

*Rachel Belringer*

## St Mary's Festival of Flowers: A Floral Sensory Journey

**Friday 7th July to Sunday 9th July, 10.30 – 6pm each day**

This major event has been creating a considerable buzz in the village for some time. Nearly all the village groups attended an initial launch in March. They went away with loads of enthusiasm, submitted initial ideas in mid-April and came to discuss and develop their designs at the start of May! But the Festival has been in development for a great deal longer than that!

From very early on, and throughout the process, the tutors and students from the award winning British Academy of Floral Art have been involved. Working alongside each group, they are assisting with their design expertise and an overall view of the festival displays. The excitement is building!

As you walk through the exhibits, you'll be greeted by a vibrant array of colours, textures and fragrances taking you on a journey of discovery through floral interactive designs and arrangements, using the five human senses of sight, hearing, smell, taste and touch. It is our hope that the passion and creativity of all those who have taken part in this festival will inspire you to take a moment to appreciate the beauty that surrounds us every day.

The atmosphere in the Church will be enhanced by soft background music provided by talented local musicians. There will be refreshments available throughout the three days, and the Festival will conclude with a Service of Thanksgiving at 6pm on Sunday 9th.

Entrance is free, donations much appreciated (!) and there will be a raffle. Come along and immerse yourselves in the floral beauty and talent on display. It's going to be awesome!!

*Rachel Belringer*



# **'A FLORAL SENSORY JOURNEY'**

**with interactive arrangements & displays**

## **FESTIVAL OF FLOWERS**

**10.30am-6pm**

**DENBURY CHURCH**

**TQ12 6DH**

**FRIDAY 7th - SUNDAY 9th JULY**

**Thanksgiving & Celebration Service**

**Sunday 6pm - Everyone Welcome**

**ALL DAY REFRESHMENTS**

**LIVE MUSIC**

**RAFFLE**

**WISHING TREE**

**FREE ADMISSION**

**DONATIONS**

**Further details 07767 771590**

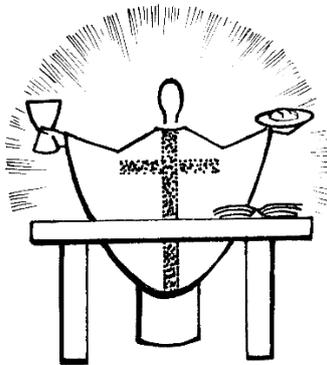


# Corpus Christi

Thursday 8<sup>th</sup> June 2023  
at 10.15am

at The Church of St Mary the Virgin, Denbury

Eucharist for Corpus Christi



*Corpus Christi is the day of thanksgiving for the institution of Holy Communion*

*All Welcome*

## Coffee Mates Men of Denbury (and Friends)



this is your chance to become a 'Coffee Mate'

gather around a cup of coffee, biscuits and cake

2nd Wednesday of each month  
at Church Cottage, Denbury  
10.30 am to 12.00 noon

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

## 'Monday T Pot' in Denbury

Every Monday

at Church Cottage, Denbury

3pm to 5pm



All Welcome!

# Graffiti

In the Feb-March 2021 issue of the Beacon, on pages 17-19, we gave a detailed report of historic graffiti found in St. Andrew's.

We are pleased to report that the Devon Historic Graffiti Survey has now added St Andrew's church to their website, where there is a brief summary, and photos of the most interesting and clear examples of graffiti. This link will take you to the correct page

<https://devonhistoricgraffiti.org.uk/ipplepen-st-andrew/>.

To save you the bother, below is the text and photographs:

*Stephen Bryant*

*The church of St Andrew is mostly 14th century in date, including the tower. The high altar was consecrated in 1318. Traces of an earlier building include a reused Norman tympanum over the north doorway. There is a carved and decorated 15th-century rood screen.*

*The earliest graffiti is on the wonderful c. 16th century oak south door and on the rood screen. The south door graffiti includes probable initials, but also a typical Marian type M, or inverted W – an apotropaic or protective mark. Scored letters on the rood screen are again probably mostly visitors' initials, although the form of the M in the letters MP looks like a Marian mark, and a letter W cut into the font could likewise have been perceived as protective.*

*On the rood screen there is also a deeply cut crossed I (an old form of the letter J), possibly someone's initial, but perhaps more likely a Christogram, representing Jesus – like a shortened version of the more well known IHS. Lone crossed letter I's are not uncommon in church graffiti.*

*There is a good deal of 20C graffiti and scribbling on the organ casing, including names/initials and occasional dates. In the clock chamber, a pencil inscription records clock maintenance in 1941.*



# The Discernment Process in the Church of England

*The next chapter, by Charlotte Payne*

*Romans 12:2: "Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind..."*

Since I last wrote a piece in The Beacon on The Discernment Process, I have been to a Bishop's Advisory Panel (BAP) in Woking. The BAP consisted of a 2-day residential interview with over ten other candidates. Unlike a typical interview experience, this was not competitive as such. Also, candidates came from a variety of Diocese across the country and beyond – in my case there was someone from the Church of England in Europe (Norway) and someone from Carlisle. It was an even split of male and female candidates and backgrounds, including traditional vs more evangelical. I jokingly described the experience to work colleagues as similar to the 'Big Brother' house as from the moment you step through the Conference Centre doors on Monday morning (10:30am) your movements and interactions are watched and assessed until the moment you step out to leave on the Tuesday late afternoon (5:30pm). However, this description does not do it justice as my whole experience was so affirming and positive. From the kind, loving hosting of the Conference Centre staff, through to the support of both your fellow candidates and the advisors, it felt that you were truly valued and respected as a person; whatever the final outcome might be. It also helped that the whole experience is framed by community activities such as worship and shared meals.



The role of the Panel (made up of lay and clergy; both serving and retired) is to make a series of judgements and then offer advice to your Sponsoring Bishop. You start the whole thing with a group exercise (the whole group being split into two) and then follow a series of interviews, everyone having two formal ones across the two days. One interview is based on ministerial formation and the other, on personal formation. Both of which are about being able to draw on qualities and experiences that demonstrate how you have grown and developed as a person during this Discernment Process; allowing time and space for God to work in you and for you to discern your true sense of calling. I was very grateful to be able to draw on the experiences I have shared with you in the Beacon Parishes and the passion for Social Justice activities which have been enabled through the support Andrew gave us as curate at St. James' – thank you. The Lent Retreat Day was particularly helpful to me as it provided the backdrop to preparing me thoughtfully and prayerfully for Woking.



But the discerning is not over! I am pleased to write that I was successful and will now be listening to God's calling on where and how best to do my two years of ministry training; which must be considered alongside my husband Mike, whose support to me has been unwavering and for whom I am so grateful.

This time I have set my article within a verse from Romans to sum up how I feel this Discernment Process has enabled me as a person to grow, by the grace of God, and to commend to others the experience of allowing time and space for God to work in you, to listen to your sense of calling for whatever and wherever that might be.

Thank you Beacon Parishes for sharing in my journey – I feel sure that you will continue to feature in my story as I continue onwards.

# Teach us to pray



## Praying on behalf of others

As a church and as individual Christians we commit ourselves to say prayers on behalf of others. These are known as intercessions. In our intercessions we bring our lives and the lives of those around us, neighbours both near and far, to God for his love and care.

## General weekly cycle of intercessions

- Sunday** We pray for... The universal church, that she proclaim the living Lord... The natural world, that we might use creation sustainably... The needy, that they might know new life...
- Monday** We pray for... The people of God, for inspiration by the spirit... Traditional and digital media, for healthy communication... Those who travel, for safety and protection...
- Tuesday** We pray for... The persecuted church, for protection and faithfulness... The criminal justice system, for wisdom and fairness... The world's displaced people, for freedom and security...
- Wednesday** We pray for... All who follow Christ, for growth in discipleship... All in the medical profession ... All who have no one to pray for them...
- Thursday** We pray for... Ministers of the gospel... Those who work for reconciliation... Those in hospital...
- Friday** We pray for... The local church, for courage to take up the cross of Christ... Those in authority, for the right use of power... Victims and perpetrators of violence, for healing and repentance...
- Saturday** We pray... That Christians may live as citizens of heaven... That the nations of the world will live in harmony... That the dying will know the joy of the resurrection...

## Local weekly cycle of intercessions

We are set in a particular time and place and so we bring our local communities and relationships to God.



- Sunday** We pray for... Our Bishops and those in leadership... Prisoners and staff... Our own friends, family and neighbours... Our Beacon Parishes that we may grow in... Prayer... Discipleship... and Service...
- Monday** We pray for... The church community and villagers of Torbryan... Our schools... Those in hospital and the housebound...
- Tuesday** We pray for... The church community and villagers of Woodland... Our pubs and restaurants... Carers and those medical professionals...
- Wednesday** We pray for... The church community and villages of Denbury... Our residential and care homes... Those who care for children and young people...
- Thursday** We pray for... The church community and villagers of Ipplepen... Our local shops and post offices... Our Parish Councils...
- Friday** We pray for... The church community and villagers of Broadhempston... Local Farms... Local clubs and societies...
- Saturday** We pray for... Our brothers and sisters of other denominations and none... Local Businesses...

## Intercessions for the Mission Community – June and July

Sunday	Mission Community	Ipplepen	Denbury	Broadhempston	Woodland
Jun 4 <sup>th</sup>	Intercessors	Ipplepen Road	East Street	Community Shop	Barton House
Jun 11 <sup>th</sup>	Introducers	The Grange & Grange Close	West Street	Radfords	Rose Cottages
Jun 18 <sup>th</sup>	Morning Worship teams	Ledsgrave	South Street	Beaston	Wickeridge Mews
Jun 25 <sup>th</sup>	Social/Hospitality groups	Luscombe Close	Editors of Denbury Diary	Downe	Merryfield Farm
Jul 2 <sup>nd</sup>	Refreshments after church	Mayfair Road	The Union Inn	Knowle	Pulsford Cottages
Jul 9 <sup>th</sup>	Cleaners	Meadow Park	Our "Posties"	Hemsford	Springfield Wickeridge Farm
Jul 16 <sup>th</sup>	Hall bookings	Moor Road	The Manor	Village Hall	Forder Cottage
Jul 23 <sup>rd</sup>	Outreach groups	Silver Street & Newhayes	Community Groups	Monks Retreat & Coppa Dolla	Butlers Retreat Wickeridge Farm
Jul 30 <sup>th</sup>	PCCs & Rector	Parish Council & local businesses	Parish Council & local businesses	Parish Council & local businesses	Parish Meeting & local businesses

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