

## St David's with St Michael's and All Angels, Mount Dinham, Exeter Newsletter for Sunday 12 September 2021 – Trinity 15

Dear Friends,

Welcome to this week's newsletter.

Thank you to everyone who helped at our Green Event at St David's and the Heritage Open Day at St Michael's. Don't forget that St Michael's will be open again today with music and cream teas on offer from 3pm!

At our recent Standing Committee we reviewed our current Covid precautions.

Given the relatively high number of cases in Devon we feel that we should keep our current guidance about social distancing and face coverings.

So please wear a face covering in church if you can and be mindful of keeping a safe distance from others indoors. Please 'mingle' outside church after the service rather than inside.

However, along with many churches, we agreed that congregational singing should resume. We won't be going back to the same amount of singing as before the pandemic just yet. Especially at St David's where there is a larger congregation we will start by having a few shorter hymns. At St Michael's with fewer people we can afford to allow more singing.

Please be mindful not only of your own wellbeing (especially if you're not vaccinated) but also of your neighbours' safety and make sure that you are not sitting directly behind other people especially if you would like to sing.

Remember: "space, face, grace"! Thank you for your consideration.

Our services today are:

9.30am Parish Communion (live streamed on St David's Church Exeter's Facebook Page) with celebrant Belinda Speed-Andrews and preacher Bill Pattinson

11am Mass at St Michael's with celebrant and preacher Robin Eastoe

4pm Thrive on Zoom: a space for peace and growth, to explore life's big questions, spirituality, and more, with presentations on each week's themes and conversation in breakout groups. It is for you, and has people who are regulars at church, new to church, and everything in between. Why not try it out this Sunday?

Join Zoom Meeting:

<https://us02web.zoom.us/j/88685738289?pwd=WEh1dINCY3NRQTICcXFjK2ZlejR0UT09>

Meeting ID: 886 8573 8289

Passcode: 159821

### **Services in church and online this week**

Tuesday 14 August, Holy Cross Day, 9.30 Morning Prayer on Zoom. Please join us using this code:

<https://us02web.zoom.us/j/6602261392?pwd=VzdOaU1XUFBjWk9jV0xvMDZWajZBQT09>

Meeting ID: 660 226 1392

Passcode: 196651

(prayers are from Common Worship Book or Daily Prayer app which can be downloaded here: [https://play.google.com/store/apps/details?id=com.aimermedia.dailyprayer&hl=en\\_GB&gl=US](https://play.google.com/store/apps/details?id=com.aimermedia.dailyprayer&hl=en_GB&gl=US))

Wednesday 15 September, Cyprian, Bishop of Carthage & Martyr, 9.30am Mattins and 10am Mass (also live streamed on St Michael's Facebook page) at St Michael's Church

Thursday 16 September, 10.30 Holy Communion at St David's Church

6pm Sung Vespers at St Michael's Church (also live streamed on Friends of St Michael's Facebook Page)

Friday 17 September, Hildegard, Abbess, 9.30 Morning Prayer at St David's Church (also live streamed on St David's Facebook Page)

### **Sunday 19 September – Trinity 16**

9.30am Harvest Festival Communion at St David's with celebrant and Preacher, Nigel Guthrie (live streamed on St David's Exeter Facebook page)

11am Mass at St Michael's with celebrant and preacher, Nigel Guthrie

4pm Thrive on Zoom

### **Covid-19 Safe for Public Worship**

Please avoid touching door handles – Thank you.

Please use hand sanitizer on entering and leaving church.

Please wear a face covering in church unless you are exempt.

At St David's we are encouraging people to wear face coverings to come forward to receive Holy Communion and then to consume the host after moving away from the altar rail.

At St Michael's the priest will distribute Holy Communion to people in their seats.

Seating will be distanced to approximately 2 metres. Please sit on the seats where service books are placed. Seating is also marked by white labels at St Michael's.

Services should be 'no longer than necessary'; congregational singing is being re-introduced.

Toilet facilities will be available and please follow the instructions for use.

**Please avoid mingling inside church before or after services.**

***Please do not attend church if you are feeling ill or are shielding. Although we will do all we can to make the church safe you attend at your own risk.***

### **Harvest Gifts at St David's – 19<sup>th</sup> September**

We will make a collection of good for the larder at the Esther Community on St David's Hill. There are quite a few items they **don't** use including:

Tinned Soup, Tinned Fruit, Kidney Beans, Lentils and Breakfast Cereal.

But they are always grateful for pasta and sauces and other long lasting items that can be enjoyed by the young residents.

Thank you.

### **Food for the Vulnerably housed in Exeter**

Working through St Petrock's we are providing 16 packed suppers each week for people who are in transitional accommodation at the Crescent. Thank you to the small team which has convened to buy and make them. We don't need any additional support at the moment as there is a significant amount in our 'Soup Evening' kitty which can fund this for the time being.

### **Help with Churchwarden tasks**

Often Churchwardens pick up tasks which could be done by others. We have already had some kind offers but there are a number of jobs which we will advertise in the coming weeks.

***Would you be willing to help with one of these, please, even if you can't do every week?***

Opening and closing the church on Sunday (weekly)

Clearing up (if needed) the churchyard on Sunday mornings before the service (equipment provided). Thank you!

### **Men's Breakfast**

The next Men's Breakfast will be Saturday 25<sup>th</sup> September at 10am at the Farmers' Union. We may have to be on two separate tables depending on numbers on the day. Please contact Nigel if you would like to be on a mailing list reminder for this.

### **The next 5 years - who are we and where are we going?**

Belinda is leading a study group based on the book 'A Future that's bigger than the past' ([https://www.amazon.co.uk/dp/B07YNTLDKB/ref=dp-kindle-redirect?\\_encoding=UTF8&btkr=1](https://www.amazon.co.uk/dp/B07YNTLDKB/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1)) as we think and discern what God is calling us to for the next 5 years.

**If you are interested in joining in the conversation please do email her directly at [bspeedandrews@gmail.com](mailto:bspeedandrews@gmail.com)**

The dates for the meetings at 7.30pm are: Thursday 23 September and Thursday 14 October, before a parish meeting with Archdeacon Andrew Beane on Saturday October 16<sup>th</sup>. It would be good to have as many people as possible from both churches at that meeting when Andrew will outline possibilities for the future organisation of ministry in Exeter city and listen to our hopes and plans.

### **Grow Courses**

The Diocese of Exeter offers courses to help *you* grow in prayer, make new disciples, and serve the people of Devon with joy. Sessions coming up include 'Sharing Our Faith', 'Stewardship Advocates', and 'Pastoral Care'. For more information or to sign up, please see <https://exeter.anglican.org/ministry/lay-ministry/lay-learning/>

### **Chaplaincy**

Volunteer mentors wanted to help people leaving prison

South West Community Chaplaincy have produced a new video, recruiting volunteer mentors in Exeter for prison leavers, here: <https://youtu.be/etTmRiFQXyE>

Can you provide support for men and women leaving prison to overcome whatever challenges they face to make a fresh start and build a positive future for themselves? SWCC are looking for new volunteer mentors to join our team in Devon and are offering full training for the role in September. If you are interested, please contact Managing Community Chaplain Cathy Jerrard on [cathy@southwestcc.org.uk](mailto:cathy@southwestcc.org.uk) or 01392 284285 / 07816 428 470.

No experience needed, full training provided.

### **Parent and Toddler Group**

We are looking at the possibility of setting up a weekly drop-in session at St Michael's Church for parents and toddlers associated with St David's School. If you could help regularly or on a more occasional basis please have a word with Ash. It would be great to open up St Michael's and welcome families associated with our parish school. Thank you for considering this.

### **Help with Traidcraft Stall**

Could you help Richard Featherstone with the Traidcraft stall at St David's this month please? The stall is planned for 9.30am 26<sup>th</sup> September. Please have a word with Richard if you can help.

### **Heritage Open Days at St Michael's**

Sunday 12<sup>th</sup> September: St Michael's will be open 10am – 6pm

11am Sunday Service

Refreshments will be served from 12.30pm with bookstall and bric-a-brac

3 – 5pm Cream Tea with singing from Boys of the Old Brigade

We plan to run a bookstall at these days so please hold on to your books so that they can be sold in aid of church! We can store them in church if it would help.

### **Green Team**

Thank you to those who have filled in the Survey on sustainable forms of transport. The results are published and displayed on a board at the back of Church.

### **Green Event**

Thank you to everyone who worked so hard so make this a success, with organisation, setting up, the provision of stalls, activities and refreshments. Our

visitors and guest were very positive about the morning, and about our aims, and the refreshments were greatly enjoyed!

### **Fruit trees for the churchyard**

We are going to be working with the YMCA further to improve diversity and interest in the churchyard and we would like to raise money for a few more fruit trees, hopefully to plant this autumn. If you would like to donate a fruit tree for the churchyard would you make your offer to Clive Wilson please? We estimate that they will cost in the range of £20-£30 each.

### **Ordination of Ash Leighton Plom**

Ash will be ordained along with three other candidates by the Bishop of Crediton on Sunday 26<sup>th</sup> September at 3pm. Unfortunately there will only be a small number of places available for members of each of the four parishes but we will organise a list to sign up if you would like to come. We plan to buy a stole for Ash to celebrate his ordination and if you would like to contribute would you give your contribution to Glynis Harflett or Stephanie Aplin, please. Any excess money will be given to Ash as a gift for books or anything else that will enhance his ministry. Ash will celebrate his first communion on Michaelmas, Wednesday 29<sup>th</sup> September at 7.30pm at St Michael's when we plan to provide drinks, cake and a presentation.

### **Parish Magazine – New Leaves**

Please pick up your magazine for September. Thank you to our magazine team and distributors, especially Richard Barnes who has moved to Scotland this week having given great support to the magazine team.

### **Phone Networks**

If would like to be phoned by someone from the church community or would just like to talk, please let Nigel know at [nigel.guthrie1@gmail.com](mailto:nigel.guthrie1@gmail.com) or by ringing him on 01392 660226 or Ash on 07855305519.

### **St Michael's services and prayers**

If you would like to access the service details and prayer list for St Michael's please contact Oliver Nicholson at [virtualsaintmichaels@gmail.com](mailto:virtualsaintmichaels@gmail.com) and he can add you to that weekly mailing.

### **Your Prayers are asked for...**

**Please remember those who have died recently including:**

David Rabson

In the **Parish Cycle of Prayer:** Please pray for Exeter University Staff and Students, The Revd Hannah Alderson, Lazenby Chaplain, assemblies at St David's and St Wilfred's School led by our clergy

**Please also pray for:**

the people of Afghanistan;

Those bereaved, killed and injured in the 9/11 attacks and subsequent conflicts;

the humane and generous treatment of migrants and refugees arriving in this country;

the worldwide Covid vaccination programme, giving thanks for all those who have enabled a rapid roll-out in this country;

the Heritage Weekend at St Michael's;

the Green Event, giving thanks for all who helped and attended;

those working in care homes, hospitals and hospices;

those suffering from Covid around the world;

those working towards a more sustainable future.

With every blessing,

Nigel Guthrie

**Prayers and Readings for Trinity 15, 12 September 2021 for Education Sunday  
(at St David's only)**

**Collect**

God, who in generous mercy sent the Holy Spirit  
upon your Church in the burning fire of your love:



Not many of you should become teachers, my brothers and sisters, for you know that we who teach will be judged with greater strictness. For all of us make many mistakes. Anyone who makes no mistakes in speaking is perfect, able to keep the whole body in check with a bridle. If we put bits into the mouths of horses to make them obey us, we guide their whole bodies. Or look at ships: though they are so large that it takes strong winds to drive them, yet they are guided by a very small rudder wherever the will of the pilot directs. So also the tongue is a small member, yet it boasts of great exploits.

How great a forest is set ablaze by a small fire! And the tongue is a fire. The tongue is placed among our members as a world of iniquity; it stains the whole body, sets on fire the cycle of nature, and is itself set on fire by hell. For every species of beast and bird, of reptile and sea creature, can be tamed and has been tamed by the human species, but no one can tame the tongue—a restless evil, full of deadly poison. With it we bless the Lord and Father, and with it we curse those who are made in the likeness of God. From the same mouth come blessing and cursing. My brothers and sisters, this ought not to be so. Does a spring pour forth from the same opening both fresh and brackish water? Can a fig tree, my brothers and sisters, yield olives, or a grapevine figs? No more can salt water yield fresh.

### **Gospel Reading – Mark 8: 27 - end**

Jesus went on with his disciples to the villages of Caesarea Philippi; and on the way he asked his disciples, ‘Who do people say that I am?’ And they answered him, ‘John the Baptist; and others, Elijah; and still others, one of the prophets.’ He asked them, ‘But who do you say that I am?’ Peter answered him, ‘You are the Messiah.’ And he sternly ordered them not to tell anyone about him.

Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, ‘Get behind me, Satan! For you are setting your mind not on divine things but on human things.’

He called the crowd with his disciples, and said to them, ‘If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of

them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.’

## **Address for 12 September ‘Education Sunday’ by Bill Pattinson**

### **The Power of the Word**

May these spoken words be faithful to your written word and lead us to the living Word. Amen.

Words. I wonder how many of you have considered how important and powerful they are. As a teacher, and now a preacher, they were and are precious, the tools of my trade. In this morning’s reading from the letter of James, which Paula read, we are informed that not many of us should become teachers for we will be judged strictly by what we say and all of us make mistakes. Nobody is perfect in what they say. I certainly have too often opened my mouth before engaging my brain. I’m reminded of the headstone in an English churchyard, on which this epitaph is written:

“Beneath this sod, a lump of clay, lies Arabella Young

Who on the 24th May began to hold her tongue”

Arabella Young was a gossip whose tongue did not stop wagging until she died.

It certainly wasn’t always easy being a teacher. I met the occasional Arabella Young. However, being a teacher in the last eighteen months has been extremely different from anything I experienced. What with online home learning, isolation, bubbles, testing, face coverings, social distancing, I take my hat off to all those who have worked in schools. So as well as expressing our thanks to all those teachers and school workers who, during lockdown, went the extra mile, we wish them all well, on this Education Sunday, for the new academic year. Also to all school children, students at College and University, go our best wishes for a successful year as you return to learning. Although, as an educationalist, I would say we are always learning.

The tongue is less than 1% of the body’s mass, yet, on average, we open our mouths to speak 700 times a day, saying 16000 words. Dr Google tells me. James’ letter puts it like this:

“So also the tongue is a small member, yet it boasts of great exploits.”

To exemplify how the tongue punches above its weight, James uses two powerful pieces of imagery. Firstly he compares the tongue to the bit put into the mouth of the horse, helping the rider to guide this powerful creature. Secondly the tongue is seen as a very small rudder which the pilot of the ship uses to direct its passage. Both

metaphors remind us that the words that come from the tongue need to be carefully guided and directed because they can do both great harm and great good.

Let's deal with the harm it can do first. In the epistle James sees the tongue as a fire, informing us that a small spark can turn into a forest fire. "No one can tame the tongue", he writes, "it is a restless evil, full of deadly poison." You may recall, perhaps from your own school days, the well known saying, "Sticks and stones may break my bones, but words will never hurt me." Utter rubbish. It's amazing how wounds and bruises heal and at quite a pace, whereas the wrong word at the wrong time might stay with a person for ever. A truer, more valuable saying is:

"If you have nothing good to say about someone, then it's good to say nothing about that person."

Holding your tongue is often very difficult, but remaining silent may often be the kinder action. As another saying reminds us:

"As you go through life you are going to have many opportunities to keep your mouth shut. Take advantage of all of them."

Unfortunately, in the world of social media, the written word can be just as destructive as the spoken word. What is written on the many available online social platforms is there for all to see and too often the news can be dominated by racist or homophobic or sexual or personal abuse. We need to choose our words carefully whether written or spoken. It is a great discipline to use words considerately today being conscious of all the measures of correctness, but if we are to imitate Christ in both word and action, it is our duty to adopt this discipline.

What I am saying is how we use our tongue provides clear evidence of where we are spiritually. What comes out of our mouths is usually an accurate index of the health of our hearts. In our battle for vocal holiness, we must recognise that good words come from a warm and loving heart.

This leads us nicely into the good that words can do. Words are the human ability to express our intelligence, feelings, thoughts and intuitions. To use the words of James again, it is far better to bless others and glorify the Lord than "curse those who are made in the likeness of God." The first chapter of John's Gospel sees Jesus as the "Word of God."

"In the beginning was the Word, and the Word was with God, and the Word was God."

and later

“And the Word became flesh and lived among us.”

God communicated with us through the presence of the Living Word, Jesus, that we might be like him in word and action. God also speaks to us through the Bible, which is the Word of the Lord. In this book we discover the human face of God, so we can enter into a true relationship with him - one of love and peace.

In this morning’s Gospel Reading Jesus’ words are powerful, chosen for a reason. He asks two questions of his disciples. “Who do people say I am?” and the second, “But who do you say I am? Questions are powerful learning tools and good teachers ask challenging open questions and listen to the questions of their students. The first question allows the disciples to consider his reputation and to which prophets or leaders people are comparing him. The second, however, is more personal, more demanding and he asks it of us now, today. Who do you think Jesus is? Consider your words carefully and speak truly from the heart.

Jesus, the Word of life, is a God of love, calling us to show love to others. If we are to show this love we must be careful with the words we use, whether written or spoken. Good teachers use words of thanks, praise, encouragement and hope. So it is for believers. As Christians, we must learn how to bridle the tongue and show integrity, truthfulness, honesty, gentleness and love in our speech, which surely will come from the heart. This is not easy. Indeed it is a great challenge. But look carefully at Jesus’s words to his disciples in our Gospel Reading:

“If any want to become my followers, let them deny themselves and take up their cross and follow me.”

You’ve heard enough words from me now. However, just one more small verse from George Washington Langford:

“Speak gently; it is better far  
To rule by love than fear.  
Speak gently; let no harsh words mar  
The good we might do here.”

### **Closing Prayer**

Keep, O Lord, your Church, with your perpetual mercy;  
and, because without you our human frailty cannot but fall,  
keep us ever by your help from all things hurtful,  
and lead us to all things profitable to our salvation;  
through Jesus Christ our Lord.

**Do join us next week for our services in church and online!**

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