

# St James' Church

[www.stjamesexeter.org](http://www.stjamesexeter.org)

# Exeter

Sharing God's love through worship, fellowship and service

*Did you think that Church is just for Sundays?! During services and in the week, there are many ways to get involved. Doing so provides opportunities to get to know others, to enrich your faith and to share your talents. Would you like to play a more active part in the life of St James'? Is there a way in which you have always wanted to participate? Please tell us! On the noticeboard at the back of the church, you will find the names and pictures of people who will be delighted to introduce you to the many groups at St James'.*

*Some of the roles at the Parish Eucharist are performed by members of the congregation. If you would like to participate, please speak to one of the wardens. Additionally, there are many smaller groups that meet during the week and would welcome your involvement.*

## On Sundays

### **JAM – Jesus And Me**

JAM is for children between the ages of 4 and 11. During school term time, we meet at 9.45 am in the church hall on every Sunday except the first in the month. We have fun, play games and use craft activities to explore Bible stories. All children are welcome, so come and find out what it's about! Parents are welcome to stay or to collect their children after the service, at about 11.20 am.

### **11-Ups**

The 11-Ups are 11 to 16-year-olds who meet in the church hall on Sundays at 9.45 – 11.00 am. We agree on a project, plan it, put it together and present it. We work together, learn together, make mistakes together, try to put them right together, and laugh together.

### **Service Introducers**

A group of Church members who welcome the congregation and introduce the Parish Eucharist on a rota basis. Introducers also provide some information to help visitors and newcomers to follow the service.

### **Serving Team**

Our servers, both male and female, prepare for services, tidy up afterwards and assist the priest during services. We operate a rota system for the Parish Eucharist; with the current number of servers, each serves on approximately three Sundays out of four.

### **Parish Eucharist Rota**

The churchwardens produce a new rota roughly every ten to twelve weeks and try to ensure that everyone on the list has a fair number of turns. The rota covers various roles within the service, including:

- Sidespeople, who welcome the congregation, hand out service sheets, help people to their seats, take the offering, tidy up after the service, assist when problems arise etc.;
- Readers, who read the Bible passage set for the day;
- Intercessors, who lead the congregation in prayer in line with a set brief;
- Members of the offertory team, who carry the bread and wine to the altar.



### **St James' Singers**

A group that gets together from time to time to sing in church on special occasions. We sing in 3 or 4 parts mostly, so it is helpful if you can read music. The group varies in size depending on who is available.

### **Coffee Rota**

After the 10.00 am service on Sundays, the congregation meets in the church hall for coffee or tea, biscuits and chat. There is a rota of helpers to serve the refreshments and more helpers are always welcome.

### **Transport Team**

For those who are less mobile, the team provides transport by car to and from the Parish Eucharist.

# The Service: Eucharist Or Holy Communion

## What's going on?

The service is a journey of grace, moving who we are when we walk in and sit down and begin reading this booklet, into the life of the Divine Trinity. This may seem confusing or daunting and so it is! What happens at the Eucharist is the faithful remembrance and real actualisation of God's greatest intervention for the benefit of all humankind, once and for all: the teaching and life, death and resurrection of His Son, Jesus Christ. This is weighty stuff, and that is why we depend on the Holy Spirit to guide and support us by means of the liturgy.

"The words of the liturgy are Christ's, either because they are His own words taken from the Gospels, or because they point to Him." (Hemming 2008:32)

## What will happen?

### The Gathering

- Prayer of Preparation: bring your whole attention to God.
- Prayers of Penitence: in your heart, bring your whole life, doubts, fears and wrongdoings before God.
- *Kyrie eleison* ('Lord, have mercy'): an ancient prayer pleading for mercy.
- Absolution: God forgives you because He loves you: this is not easy to accept, but try, for His sake.
- *Gloria*: rejoice in your heart!
- Collect: a uniting prayer for the day.

### The Liturgy of the Word

- There is sometimes a reading from the Old Testament or the book of Psalms.
- A reading from the New Testament: this is not a history lesson; it is how God might speak from within the story of the Bible into the story of your own life.
- The Gospel reading: listen with an attentive heart, body, mind and soul to encounter God in His holy word.
- Sermon: listen and be open to change.
- The Creed: not a list of impossible specifications of faith but rather the

Church's best attempt to prevent human narrowness of mind collapsing the mystery of God.

- Prayers of intercession: for the Church, creation, community, the sick and dead.

### The Liturgy of the Sacrament

- The Peace may be shared by shaking hands amongst the people.
- The Eucharistic Prayer: Christ is celebrated as being on the right of the Father in heaven, *and* present in the brokenness of the bread and wine, *and* present in His people as He promised.
- The Lord's Prayer: the ultimate prayer.
- *Agnus Dei* ('Lamb of God'): an earnest recognition of the mystery and power of Christ present.
- Giving of Communion: as directed by the wardens, everyone baptised into the Trinitarian faith is welcome to come to the altar to receive Christ's body and blood for healing judgment, to receive the very gift of new life. Kneel or stand with hands openly cupped together, or hold the service card with your head bowed to receive a blessing.
- Be silent until the Prayer after Communion: this is blessed time; taste the bread and wine; feel the intimacy of God.

### The Dismissal

- Blessing: God's promise to be with you always.
- Go: remain alive to God and continue to live in the Communion received.

### What should I do?

Participation requires "...much more than just *doing*, or *saying* or *singing*. It requires 'seeing into', and even behind, what is done and said and sung, and so understanding its sacred meaning... actually it requires a great deal of silence and stillness." (Hemming 2008:33)

Hemming, P. L. (2008), *Worship as Revelation, the Past, Present and Future of Catholic Liturgy*, Burns & Oates: London.

## Things To See And Hear In St James' Parish Church

A wheelbarrow planted with flowers offers a colourful welcome outside the church door.

In the front porch, there is a shell set into a small shelf. This is called a stoup. It is filled with holy water for people to dip their finger in and make a sign of the cross on their forehead when entering and/or leaving the church.

Just inside the entrance is the baptistry, which houses the font (pictured) – an ornamental stone basin that is filled with holy water and used for baptism, a ceremony symbolising admission to the Christian Church.



The main body of the church, where the congregation sits, is called the nave. Traditionally, the seats in the nave were long benches called pews. At St James', we have chairs so that the seating arrangements can be altered for different occasions.

There is a small chapel on each side of the nave: one dedicated to St Peter and the other to St Anne (Mary's mother). Small services such as Morning Prayer are held in these chapels.

The nave faces the chancel, where the clergy and the choir sit. A step separates the chancel from the nave and this leads to the sanctuary, the most sacred part of the church. This is where the high altar is situated, which is the table where bread and wine are consecrated in the Eucharist (Holy Communion). Sanctus bells (usually small handbells) are rung when the priest consecrates the bread and wine, holding them up to show to the people.

The high altar faces East. When Christ comes again in glory, it is believed it will be from this direction, so the East represents Christ. On some occasions, an altar is set up at the top of the nave, just in front of the chancel steps.

Candles are lit throughout the church and there is a special stand where people can light a candle for a special prayer they wish to make.

To the left of the chancel is the Lady Chapel, dedicated to Mary, the mother of Christ. In St James', this is where you will find the aumbry: a small niche in the wall, where the consecrated wafers (bread) are stored, which are used for taking Communion to people who are unable to attend church due to illness. A candle hangs above the aumbry to indicate its sanctity.

The pulpit is an elevated stone platform at the front of the nave, where the preacher can stand to deliver the sermon.

The lectern is an elaborate reading stand with a sloping top. Readings as well as some prayers and notices take place here.

There are four stained glass windows: the one above the high altar represents Christ in glory on the cross; in the Lady Chapel is a window depicting Mary and an infant Christ (pictured); at the West end is a window representing St James; and the fourth window is merely decorative.



We have a small bell tower with one bell, which is rung before services to call the faithful to prayer. The bell is chimed thirty three times: once for each year of Jesus' life on earth. On top of the tower is a weathervane depicting St James as a pilgrim (he is the patron saint of pilgrims).

A room on the south side of the church houses the vestry and sacristy, where the priests' robes and all the articles used in services, such as chalices, candles and incense, are stored.

## History Of St James' Parish

Before the creation of St James' parish, the area was part of St Sidwell's parish. The present building is the third church of St James; the previous two buildings stood in St James' Road.



The first building was designed by Henry Hooper and constructed in 1833 to 1838. It was consecrated on 17<sup>th</sup> November 1836 and able to seat a congregation of 660.

In 1877 to 1886, the church was rebuilt in Gothic style with an internal height of 35 feet and comprised a chancel, clerestoried nave, aisles, west porch and small western turret with spire containing one bell. The building (pictured) provided seating for 1300 but was destroyed in the Exeter blitz on 4<sup>th</sup> May 1942.

After the destruction of the second church building, the Institute Hall situated in Toronto Road and owned by St James' was used for worship until the construction on the present site. This began on 31<sup>st</sup> May 1955 and the church was consecrated on 27<sup>th</sup> October 1956, so it is now the longest-serving of the three buildings.

*Picture from: Devon 19<sup>th</sup>-Century Churches Project*

## The Scallop Shell

The symbol of the scallop shell is associated with the apostle James. James the Greater was one of the sons of Zebedee, a fisherman and the brother of John the Evangelist. A series of legends from the Middle Ages tells of his mission to Spain and burial at Compostela, which then became one of the great centres of Christian pilgrimage. The scallop design symbolises the many European starting points from which medieval pilgrims began their journey, all drawn to a single point at the base of the shell, Santiago de Compostela.

## Official Business

The congregation elects the Parochial Church Council (PCC), which – together with the Rector and churchwardens – is responsible for 'promoting in the parish the whole mission of the Church'. As part of the Diocese of Exeter, the PCC is a charity and PCC members have the legal responsibility of charity trustees for the sound management of the church's finances. The PCC is required to keep accounts, which are audited and presented to the Annual Parochial Church Meeting for approval and which are submitted to the Diocesan Board of Finance.

The PCC meets seven or eight times per year. Its membership and minutes are posted on the church notice board.

The Annual Parochial Church Meeting is held before the end of April each year, when anyone on the electoral roll of the parish may vote or stand for election to the PCC. If you have been baptised and live in St James' parish and/or have worshipped here regularly for at least 6 months, you are entitled to be entered on the electoral roll.



## During The Week

### Cleaning Team

Cleaning our church on a regular basis is teamwork. A very small group uses large mop-like brooms to sweep all the wooden flooring every week. Vacuuming the carpets, polishing the brasses and general dusting is done by others within the Church. These tasks are neither particularly arduous nor time-consuming: they simply offer us an opportunity to serve God at St James'.



### Communications Committee

The communications committee is responsible mainly for producing "Contact" magazine, which is published three times per year and delivered to homes around the parish. The group also keeps the Church website up to date.



### Craft Group

Bring your own project or join in with one in the group, which meets on the first Friday afternoon of each month. Knitting, crochet, card making: bring along your craft to enjoy with a cuppa and a chat.



### Finance Committee

We meet about four times a year, as and when needed, in order to advise the PCC on specific financial issues and their implementation (e.g. fundraising initiatives, legacy leaflets, e-banking etc.). The committee is open to anyone, particularly those with a financial inclination.



### First Aiders

We hope not to call upon you too often but it is comforting to know there are people in the church who could help in an emergency. If you hold a current first aid certificate and would not mind being added to our list, please let us know.



### Flowers

We are blessed with a group of willing people who arrange flowers for the high altar on a fortnightly basis throughout the year. More are welcome to join the rotas: you don't need to be an expert! Also, many people give financial contributions to help offset the cost of flowers, often at times of the year that have special significance for them.



### Hall Committee

The committee is responsible for the maintenance and upkeep of the church hall.



It provides an interface between hall users and the

Church. Meetings are infrequent but the committee is consulted when decisions need to be made. Much of the maintenance is undertaken by members of the committee but professionals are contacted when their expertise is required.

### House Groups

There are two house groups in the parish, each of which meets once a month in the evening: one on the first Wednesday and one on the first Thursday. We start with a time for coffee and a chat then look at some aspect of the Christian faith. Numbers are limited only by the size of the homes in which we meet.



### Luncheon Club

St James' Luncheon Club was formed by Father Tubbs over 20 years ago with the objective of providing lunch once a week for



mature residents of the parish and surrounding areas. It continues to go from strength to strength.

## Men's Breakfast

Three or four times per year, at 8.00 am on a Saturday, all men in the congregation together with their (male) guests are invited to enjoy a full English breakfast and short talk by an invited speaker. The time is chosen to cause minimal interference to family life and the event provides an



opportunity to enjoy fellowship in an environment where men are not in a minority.

## Messy Church

Messy Church is an event for all the family. It's cooking, it's games, it's worship, it's art and crafts, it's eating together... it's messy! It meets in the church hall on the 1<sup>st</sup> Wednesday of each month at 3.30 – 5.30 pm.



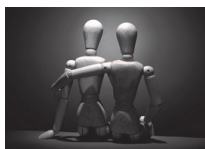
## Millenium Mowers & Gardening Team

The grounds around the church bring much pleasure for wedding photographs, social events, outdoor activities (e.g. for the uniformed organisations) and as a place for quiet reflection. They are maintained by the Millennium Mowers and the gardening team, a group of volunteers who mow the lawns and weed the beds. We think this is a good alternative to keep-fit at the gym!



## Pastoral Care Team

This team meets with the Rector and Parish Administrator to discuss referrals, pastoral needs and concerns. The team undertakes to visit individuals who have requested this. It complements the Eucharistic Ministers (who take Communion to homes and individuals) and the ministry of the Baptism Visitors.



## St James' Fellowship

This is a group of (mainly) ladies who meet fortnightly on Thursdays in the church hall to hear a speaker and enjoy a sociable evening. We raise money for charities through subscriptions, draws and other events. Visitors are always very welcome. Details of the programme are on the noticeboards in the church porch and in the hall.



## Social Committee

A group that organises social events throughout the year, bringing together Church members and people from the wider community.



## Social Justice Group

Upholding the cause of the poor and the oppressed is a key expression of our faith. We aim to meet monthly to discuss a range of themes that are agreed and researched by certain members in advance. Our aim is to raise awareness of current social justice issues in the wider community of St James'.



## Uniformed Organisations

The uniformed organisations at St James' include: Rainbows (girls, 5 – 7); Brownies (girls, 7 – 10); Guides (girls, 10 – 15); Beavers (6 – 8); Cubs (8 – 10½); and Scouts (10½ – 14). Please contact the Parish Office if you want to get involved!



## Weekly Pattern of Services

Sunday	8.00 am	Holy Communion (said)
	<b>10.00 am</b>	<b>Parish Eucharist</b>
	6.30 pm	Evening Prayer (1 <sup>st</sup> in month also Benediction, 3 <sup>rd</sup> in month Northumbrian)
Monday – Friday	8.30 am	Morning Prayer
Monday	12.00 noon	Eucharist
Tuesday	10.30 am	1 <sup>st</sup> in month: Mothers' Union Corporate Communion 3 <sup>rd</sup> in month: Eucharist with Healing Ministry
	6.00 pm	Evening Prayer
	6.30 pm	Eucharist (1 <sup>st</sup> in month with Healing Ministry)
Friday	12.00 noon	Eucharist

*Feasts and Saints' days as advertised*

## Organisations

JAM (4-11) / 11-Ups	9.45 am	Sundays except 1 <sup>st</sup> in month
Beavers, Cubs & Scouts		Monday evenings
Luncheon Club	12.30 pm	Tuesdays
Brownies & Guides		Tuesday evenings
Messy Church	3.30 pm	1 <sup>st</sup> Wednesday in month
Fellowship	7.30 pm	Alternate Thursdays
Rainbows		Thursday evenings
Craft Group	2.00 pm	1 <sup>st</sup> Friday in the month

*Please contact the Parish Office for more information about any of these organisations.*

## Parish Office

St James' Parish Office, Mount Pleasant Road, Exeter. EX4 7AH. [www.stjamesexeter.org](http://www.stjamesexeter.org)

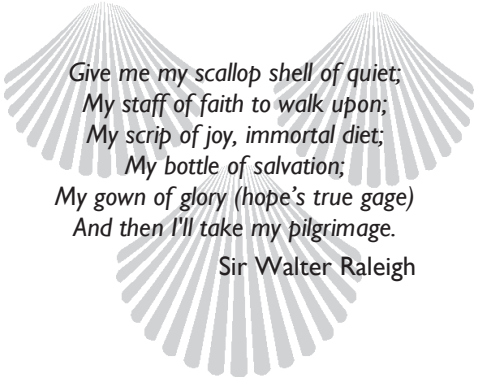
Parish Administrator: Sue Pinn – [sue@stjamesparish.wanadoo.co.uk](mailto:sue@stjamesparish.wanadoo.co.uk) – 01392 420407

Monday, Friday 10.00 am – 2.00 pm

Tuesday, Thursday 10.00 am – 1.00 pm

Wednesday 1.00 pm – 4.00 pm

*The office is situated at the north end of the church hall and is the first point of contact for baptisms, weddings, hall bookings and any other Church-related matters.*



Give me my scallop shell of quiet;  
My staff of faith to walk upon;  
My scrip of joy, immortal diet;  
My bottle of salvation;  
My gown of glory (hope's true gage)  
And then I'll take my pilgrimage.

Sir Walter Raleigh