



Contact

A magazine for our community

Insights of a National Trust Volunteer
Exmouth Junction: From Nuns to Homes
Dutch Apple Cake

St James' Church, Exeter - Autumn 2019

Parish Profile: Steve Turner

On 14th September, the Bishop of Exeter will ordain a group of men and women who have trained to become members of the clergy. Among them will be Steve Turner, who has been appointed to serve as Assistant Curate in St James' parish for the next three to four years. Initially he will be a Deacon, with authority to carry out most but not all the duties of a Priest. He will then be priested at a further service in 2020.

Steve has lived all his adult life in Exeter and was a pupil at Hele's Grammar School. After leaving school he entered the world of commerce and has worked in a number of settings, including a lengthy period when he ran the Murray's Volkswagen dealership in Plymouth. More recently, he and his wife, Katy, have developed a successful business providing payroll services to various firms in the area.

Steve and Katy have now moved into the Assistant Curate's house in Culverland Close with their daughter, Emily. Emily will shortly be moving to Winchester, where she is starting her studies for a degree in criminology and psychology.

So, why give up a successful business career? Steve answers this by saying that he had found himself with an emptiness at the centre of his life and that he and Katy had jointly decided to address what they identified as a spiritual need. Both came from a churchgoing background but had drifted away for some time. After trying various churches in the area, they joined St Lawrence's, which is linked to St Michael's, Heavitree. Steve took on several roles there, including those of treasurer and churchwarden, and he became part of the serving team, assisting the clergy in performing the various services. He was sure that he fitted in but still felt that he was being called to a deeper service, although he was not yet sure whether full-time ministry was the way forward.

Eventually, after discussion with Heavitree Rector Fr Robin Eastoe and after taking a training course run by the diocese, Steve took the plunge and entered into the demanding, four-year programme of study. This was followed by a series of interviews and attendance at a clergy selection conference, after which he received a call from the Bishop of Exeter to congratulate him on being selected for ordination.

He now looks forward to being part of the team at St James' and considers that St James' does a 'magnificent job' in encouraging people to express who they are. Emily has challenged Steve to demonstrate that Christianity remains relevant to the modern world. His response is to keep it simple and focused, with love at the heart of everything the Church does. We look forward to supporting him in this mission.

Andrew Mimmack



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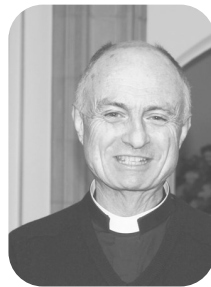
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Exeter
Cathedral

The Assistant Priest
As you read this, the summer is probably already a distant memory. In August my wife, Fiona, and I had a week's holiday in Donegal, Ireland. It was our first visit there and we enjoyed every minute of it. As I work full-time and Fiona had just broken up from her teaching job, we were both ready for the holiday and it was wonderful to explore a part of the island of Ireland that was completely new to us. When we returned to Exeter, August was well and truly here; the city was full of people on holiday, the sun was shining and everyone seemed to be having a good time.



Holidays are important. They are a time for refreshment: a time to unwind and recharge our batteries in a busy world. Currently in the UK we have 8 statutory holidays. Cambodia apparently has the most public holidays of any country: 28. It is followed by Sri Lanka on 25. In joint third place, India and Kazakhstan both have 21. Sadly, along with the Netherlands, the UK has fewer statutory holidays than any other country.

The word holiday is derived from 'holy day' and two of our statutory holidays are indeed holy days: Christmas Day and Good Friday. Additionally, Boxing Day is in fact the feast of St Stephen and the Spring Bank Holiday used to fall on the day after Whitsun. The idea of a 'holy day' was to stop day-to-day work.

In fact, every Sunday is also a holy day. In the creation story at the beginning of the book of Genesis, God creates the world and all that is in it in six days. On the seventh day he rests and it is from this example that we derive our week of seven days. Just as God did, it is good for us to set aside a day that is holy: a day that is for refreshment, a day to give back.

Wherever your next holiday is, I wish you a happy and restful time.

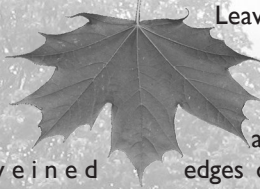


Leaf Prints


Trees convert carbon dioxide into oxygen. They offer shelter and building materials. They prevent soil erosion and contribute to the renewal of the earth.

To make a leaf rubbing, choose a leaf with a raised vein structure. Place a sheet of paper on the veined side of the leaf and rub over the veins with the side of a wax crayon. Repeat patterns can look attractive. You could use a soft brush to colour each leaf rubbing with a thin layer of watercolour paint, which will move away from the wax and leave the outline.

A wax white can be applied to leaf veins, from which a waxed image can be transferred onto fabric using a warm iron and covering the leaf with brown paper. After cooling, a cold-water dye can be applied to the fabric. The dye will be resisted in the waxed area and the wax can then be removed using a warm iron and brown paper. This method is known as 'batik'.



Leaves can also make good printing blocks. Use a stiff brush to apply a thin layer of acrylic paint to the veined edges of the leaf. Place the painted side of the leaf on a sheet of paper and press down gently, taking care not to move the leaf. A leaf print could be used to make a unique greetings card.



As autumn approaches, think about pressing fallen leaves. If you have no special press, a heavy book will do the job. Store your pressed leaves in a cardboard box to keep them dry, ready to use in craft work over the winter.

Anne Killingback

Friends of Mount Pleasant Health Centre

Our fundraising activities slowed down somewhat during the summer months. Nonetheless, we held a successful nearly-new clothing sale in June, for which some beautiful items were donated. For high-value items in the sale, the brainchild of former coordinator, Bev, donors had the option of giving a proportion of the sale price. The overall profit from the event was £248.80. A similar sale of children's items will hopefully take place during the autumn.

Sadly, many greatly valued fundraisers and members of the Friends of Mount Pleasant Health Centre have left in recent months. The latest loss was by the recent death of a long-standing member; she will be greatly missed. A review of the list of fundraisers shows that numbers have declined from 43 to 29 in the last couple of years. Also, some of the drivers have been unwell and it has only been through the dedication of other drivers and members that this service has continued.

In the spring issue of *Contact* magazine, I reported on the cooking sessions held at the Beacon Centre. These have been discontinued at the Beacon Centre but are due to restart at Newtown Community Hut in Belmont Park on Fridays from 11.00 am to 1.30 pm. As they proved very popular previously, please contact Katheryn Hope for further details: 01395 446896 or katheryn.hope@westbank.org.uk.

The Friends of Mount Pleasant Health Centre continue to work with Wellbeing Exeter and there are many events planned for the future. To find out more about these, please contact Community Builder Ebbie Peters on 07516 692583 or at mountpleasantcb@gmail.com, or for more information about the Friends of Mount Pleasant Health Centre please call Debbie on 01392 499291.

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Insights of a National Trust Volunteer

After working in the NHS for 35 years, I was looking for a new challenge. Around two years ago, my husband, Jim, and I therefore decided to volunteer at Killerton.

Killerton was once home to the Acland family. The property is set in beautiful grounds near the village of Broadclyst, which is part of the estate. Although not the biggest of National Trust houses, it has a long history dating back as far as the Iron Age.

As part of the background team, we go into the house at 8.00 am and help to prepare it for the public, for example by dusting and polishing. These everyday cleaning tasks are also a significant part of National Trust conservation work, as they may reveal items that are damaged or need to be moved.

From time to time, we are also involved with conservation cleaning. Recently, I was privileged to use a special polish on a cherub lamp,



from which I also removed the crystal pieces for cleaning with water and cotton buds. Does the role of a conservation volunteer sound boring? Do you think you have enough housework at home? Think again! This is an opportunity both to learn about the artefacts and to handle historic objects that are displayed out of reach of the general public.

Jim's role has now expanded to include assisting with health and safety and I have started helping with the historical research. This year has been particularly interesting, as the lost Whyte House on the estate has been excavated.

For volunteers and paying visitors alike, the property has much to offer. Guided walks around the estate offer a chance to enjoy the history and to meet some very interesting people.


Barbara Jackson

Dates Ahead

September

Sat 14 th	3.00 pm 5.30 pm	Ordination of Steve Turner at Exeter Cathedral Post-ordination celebration in the hall
Sun 15 th	10.00 am	Parish Eucharist followed by bring-and-share lunch for the beginning of the ministry of Fr Steve Turner as Assistant Curate at St James'
Mon 16 th	10.00 am	Churchwardens meet
Thu 19 th	7.30 pm	Fellowship: Beetle Drive
Sat 28 th	6.30 pm	Harvest supper in the hall
Sun 29 th	10.00 am 3.00 pm	Parish Eucharist for Harvest Festival St James' Brass: Michaelmas concert at St Michael's, Kingsteignton

October

Wed 2 nd	3.30 pm	Messy Church in the hall
Thu 3 rd	7.30 pm	Fellowship: <i>Desert Island Paintings, Part IV</i> talk by Chris Wightman
Fri 4 th	2.00 pm	Craft group in the committee room
Sun 6 th	4.00 pm	Celebrate Together at St Thomas Baptist Church
Mon 7 th	7.30 pm	PCC meets
Sun 13 th	4.00 pm	Pet service in church
Thu 17 th	7.30 pm	Fellowship: <i>Archaeology of the Cinema</i> talk by Steve Jellyman
Tue 22 nd	7.30 pm	Deanery synod at St James'
Thu 31 st	7.30 pm	Fellowship: <i>Life Behind Bars</i> talk by Andy Martindill

November

Fri 1 st	2.00 pm	Craft group in the committee room
Sun 3 rd	10.00 am 4.00 pm 4.30 pm	Parish Eucharist for All Saints' Day All Souls' service followed by refreshments Celebrate Together at St Leonard's
Wed 6 th	3.30 pm	Messy Church in the hall
Thu 7 th	7.30 pm	Fellowship: <i>Community Equality Disability Action</i> talk by Craig Bowden
Sun 10 th	9.45 am	Parish Eucharist for Remembrance Sunday
Sun 24 th	10.00 am	Parish Eucharist for the Feast of Christ the King
Thu 21 st	7.30 pm	Fellowship: <i>Pets as Therapy</i> talk by Karen McGilchrist and Archie
Mon 25 th	7.30 pm	PCC meets
Sat 30 th	2.00 pm	Christmas Bazaar in the hall

December

Fri 2 nd	2.00 pm	Craft group in the committee room
Sun 1 st	6.00 pm	Advent service with the Heritage Singers followed by refreshments
Wed 4 th	3.30 pm	Messy Church in the hall
Thu 5 th	7.30 pm	Fellowship: <i>Little Valley Animal Shelter</i> talk by the RSPCA
Fri 6 th	2.00 pm	Craft group in the committee room
Sun 8 th	4.00 pm	Christingle service

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Word Search

Find the following Devon places in the grid on the left.

Ash	Denbury	Rewe
Beer	Exeter	Shute
Black Dog	Hele	Street
Brixham	Ide	Totnes
Buckfast	Kenn	Whimble
Croyde	Lee Bay	
Dawlish	Ottery St Mary	

Word Ladder

Can you get from BEER to WINE in no more than five moves, changing one letter each time?

Solutions on page 14

BEER
WINE

Exmouth Junction: From Nuns to Homes

Everyone who lives or has a business near the former Exmouth Junction site off Mount Pleasant Road was recently notified of a major planning application for high-density housing on the site. The proposal is for roughly four hundred new homes, which will lead to a significant population increase in the area as well as a major impact on services and traffic.

The earliest known use of this piece of land was in the middle ages, when it belonged to Polsloe Priory, home to a community of nuns; part of their building is now used as the community centre behind Morrison's supermarket. The nuns owned a lot of the surrounding area, then open countryside and much of it probably a deer park, which would have been a source of food for them. Henry VIII closed the priory in the sixteenth century and it was turned into a farm.

In the nineteenth century, Exeter was swept up in the railway age, when rival companies competed to build the most profitable routes. The Great Western Railway operated the line from Bristol to St David's while the London and South Western Railway developed the route from London Waterloo. The latter line arrives in Exeter through the tunnel under Mount Pleasant Road and Old Tiverton Road.

Near the tunnel, a major depot was established in 1861 with twelve 'roads'



operating for twenty-two hours per day, servicing railway carriage and wagon shops. In 1887 an engine shed was opened, which served over a hundred different engines. Until the nineteen sixties this depot provided work for several hundred men as well as accommodation for engine crews. All that now remains of the massive complex is an enigmatic, single-storey building in red brick, which was a stable for the heavy horses used to pull the locomotives from engine shed to turntable. Robert E Trevelyan's *Men, Machines and Maintenance at Exmouth Junction* and Richard Parkinson's *Exeter Memories – Exmouth Junction Fireman* offer insights into life on the depot .

If the proposed housing development goes ahead, the new residents will be the latest in a long and varied line of occupants. Perhaps the street names will acknowledge at least some of the history of the site.

Andrew Mimmack

Dutch Apple Cake

Autumn is the perfect time to prepare a tasty treat using the abundance of local apples that are now in season. This simple and delicious Dutch Apple Cake recipe is a great way to get all the family involved in baking.

It makes no difference whether you use eating or cooking apples. We love to use a variety of apples for a mix of flavours and textures. Cooking apples tend to break down very quickly when heated but provide a tart contrast to the sweetness of the cake. Eating apples are often sweeter and retain their shape during cooking.

You will need:

- 225 g butter plus extra for greasing
- 4 medium eggs
- 225 g caster sugar
- Finely grated zest of ½ lemon
- 2 tbsp fresh lemon juice
- 250 g plain flour
- 1 heaped tsp baking powder
- 500 g apples
- 25 g flaked almonds
- 1 tsp ground cinnamon
- 2.25-litre shallow ovenproof dish

Method

Melt the butter in a pan over a low heat and then put it to one side to cool.

Using a whisk, beat the eggs with 150 g sugar for 5 minutes until the mixture is pale and thick. Beat in the lemon zest and juice and then beat in the melted butter until smooth.

Sift the flour and baking powder over the egg mixture and then beat gently using the whisk.



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Beat the mixture just enough to ensure that no lumps of flour remain but do not over-beat it.

Grease the dish with butter, pour in the cake batter and put it to one side. Preheat the oven to 190°C / fan 170°C / gas 5.

Peel the apples, cut them into quarters and core them. Slice the quarters lengthwise into thin slices. Place the sliced apples in a large bowl and mix them with 50 g sugar, the almonds and the cinnamon. Distribute the spiced apples over the cake batter and sprinkle them with the remaining sugar. Bake in the centre of the oven for 35 – 40 minutes or until golden brown.

Optionally decorate with icing sugar and serve warm or cold with cream.

**Mike Bush and
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Fellowship

Towards the end of our 2018/19 year, we were delighted to present a cheque for £1000 to Devon Freewheelers representative Mick Scaife. This sum was raised through our subscriptions, sales table and draws throughout the year.

A recent talk and film about another charity, Mercy Ships, offered a real insight into the problems of people with little or no nearby medical help. The hospital ship visits ports in developing countries and is currently focusing on countries in Africa. It has a crew of 450, five operating theatres and medical staff as well as cooks, teachers, engineers, mechanics and cleaners. Every year, 1000 people work on board, all as volunteers, some for short lengths of time and some for much longer.

For the first few days after the ship docks, queues of several hundred people each day wait to be assessed. These are people of all ages, desperate for medical or dental treatment. Mick Scaife recounted: 'We saw both children and adults who had lived with disabilities for many years without treatment. In some cases, we saw patients before and after they had visited the ship, often after some time had elapsed. One was a young boy and the smile on his face reflected the absolute happiness he felt after he had surgery which corrected his disability.'

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The education of local medical professionals is a priority for Mercy Ships. By sharing their skills with local medical experts, the charity contributes to healthcare in the area even after the ship has left. 38,000 health care professionals and many agricultural instructors have been trained by the charity during its 40 years in operation.

In 2019/20, Fellowship will choose another charity to support. The programme for the year begins with a Clavinova recital in the church on Thursday 5th September. Details of further talks and events can be found on page 6 or on the website at www.stjamesexeter.org. Visitors and new members are always welcome.

Liz Holland

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Local Charity Focus: Devon Development Education

At the end of World War II, a bombed and battered Britain invited people from the British colonies to come and to help with rebuilding the country. One of the first ships to arrive was the Empire Windrush on 22nd June 1948, bringing over 400 people from Jamaica, Trinidad and Tobago and other Caribbean islands. The price of the passage was £28 per person.

London Transport, British Rail and the British Hotels and Restaurants Association all recruited workers in Barbados and other Caribbean islands. Furthermore, the National Health Service, founded in 1948, recruited young women to train as nurses in Britain. Without these nurses the NHS would not have coped and the organisation continues to recruit staff from overseas even today.

Many young men and women from the colonies came to Britain in 1948 after fighting alongside the allied forces in World War II but the reception awaiting them was less welcoming. With no anti-racism laws, this was the era of the infamous housing signs, 'No Irish. No Blacks. No Dogs.' Many of the new arrivals also had to accept more lowly jobs than their skills and experience warranted.

Subsequently, the 1971 Immigration Act removed the right to British Citizenship, although those immigrants already living in Britain gained indefinite leave to remain. Now, in the current hostile environment of the Home Office, people who have lived and worked all their lives in Britain suddenly find themselves threatened with deportation because they cannot prove their right to be here. In 2010 the Home Office destroyed the landing cards of people who had arrived from the Caribbean in the 1950s and 60s. Their arrival dates are now impossible to check.

This is the Windrush scandal: people have lost their jobs, their homes and their right to access bank accounts, healthcare and public funds. Others have been forced to move to islands in the Caribbean. Plymouth chef and owner of 'Fusion Cuisine' Mr Euten Lindsay



arrived in Britain in 1973; he was threatened with deportation in 2018 and faced a difficult struggle to prove his immigration status. Successful jazz artist Ms Bumi Thomas was born in Glasgow six months after the 1971 Immigration Act was passed; she now faces deportation and a costly court case to prove her right to live in Britain.

Yet, in December, the government invited groups and local authorities to apply for grants to 'celebrate, commemorate and educate about' Windrush. Devon Development Education received a grant and has assembled a group of around twenty people who have connections with the Caribbean. We share their stories all over Devon to ensure that young people and adults understand the impact of government actions on ordinary people.

Sue Errington

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Christopher Baker, the owner of Winkworth Exeter, lives in Thorverton with his young family and has been selling and letting homes in and around Exeter since 2005 and opened Winkworth Exeter in 2009.



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Messy Church

Messy Church normally takes place on the first Wednesday of every month. It is a popular event with good attendance. We offer an open invitation to any children who wish to come, accompanied by a parent or carer. Each session runs from 3.30 pm to 5.30 pm and is divided into three parts. The first part is based around activities, which include opportunities to try out (messy) craft skills, so that every child has something to take home from the event. Topics include Bible stories and Church festivals such as Ascension, Pentecost, Harvest, Christmas and Epiphany. The central, second



part of the session involves a short celebration in the church, which is specifically geared towards the young people. This comprises an interactive presentation of the theme using props and dressing up followed by a song and prayers. Meanwhile, the hall is cleared and tables are laid for a hot meal, which is prepared by our excellent cooking team. In the last part of the session, the children and adults return from the church to enjoy the meal and fellowship together.

Joanna Mimmack



Weekly Pattern of Services

Sunday	8.00 am	Holy Communion (said)
	10.00 am	Parish Eucharist
	6.00 pm	Evening Prayer (1 st in the month, with Benediction)
Monday – Friday	8.30 am	Morning Prayer
Monday	12.00 noon	Eucharist
Tuesday	10.30 am	Eucharist with Healing (3 rd in the month)
	6.00 pm	Evening Prayer
	6.30 pm	Eucharist
Friday	12.00 noon	Eucharist

Feasts and Saints' days as advertised

Organisations

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

Parish Administrator: Sue Pinn – stjamesparishexeter@gmail.com – 01392 420407

Monday	11.00 am – 12.00 noon
	12.45 pm – 2.00 pm
Tuesday	11.00 am – 1.00 pm
Wednesday	2.00 pm – 4.00 pm
Thursday	11.00 am – 1.00 pm
Friday	10.00 am – 1.00 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.

Copy deadline for next issue:

Sunday 27th October

St James' Church does not specifically endorse the products and services advertised in Contact.

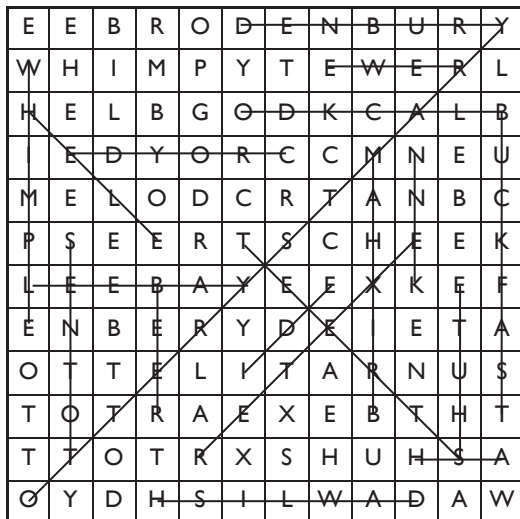
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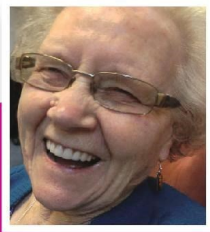
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Parish Register

Baptisms

- 26/05/19 Harley Cutts
- 27/07/19 Daniel Hayward
- 28/07/19 Leo Searle
- 11/08/19 Scarlett McCurry Thorne
- 18/08/19 Eleanor Stanton

Weddings

- 11/05/19 Evans Williams & Anna Burford
- 25/05/19 Ryan Davis & Jessica Tregale
- 26/07/19 John Tucker & Geraldine Benson

Funerals

- 20/05/19 Pearl Tipper
- 03/06/19 Margaret Bell





Exeter Repair Café

Bin it? No way!

Household items too expensive to fix?

DON'T BIN IT!

Bring it to be mended!



FREE advice
& guidance



Volunteers
required

St. Sidwell's

COMMUNITY CENTRE


Sidwell Street, Exeter. EX4 6NN

SATURDAY: 10.00 am to 1.00 pm

21st September

19th October

16th November



Refreshments
available

For more information

Tel: **01392 666222**

E-mail: **exeterrepaircafe@gmail.com**

*** Donations are welcome ***