

# Contact

A magazine for our community



St James' Church, Exeter - Autumn 2024



Rector  
*Fr Henry Pryse*



Licensed  
Lay Minister  
*Joan Ridgway*



Churchwarden  
*Rachel Martindill*



Churchwarden  
*Andrew Mimmack*

## Parish Office

Mount Pleasant Road, Exeter. EX4 7AH.  
01392 420407. [office@stjamesexeter.org](mailto:office@stjamesexeter.org)  
[www.stjamesexeter.org](http://www.stjamesexeter.org)

*Please contact us here for baptisms, weddings, hall bookings and any other Church-related matters.*

## Regular Services

Sunday	8.00 am	Holy Communion (said)
	<b>10.00 am</b>	<b>Parish Eucharist</b>
	6.00 pm	Evening Prayer with Benediction (1 <sup>st</sup> Sunday)
	6.00 pm	Evening Worship (3 <sup>rd</sup> Sunday)

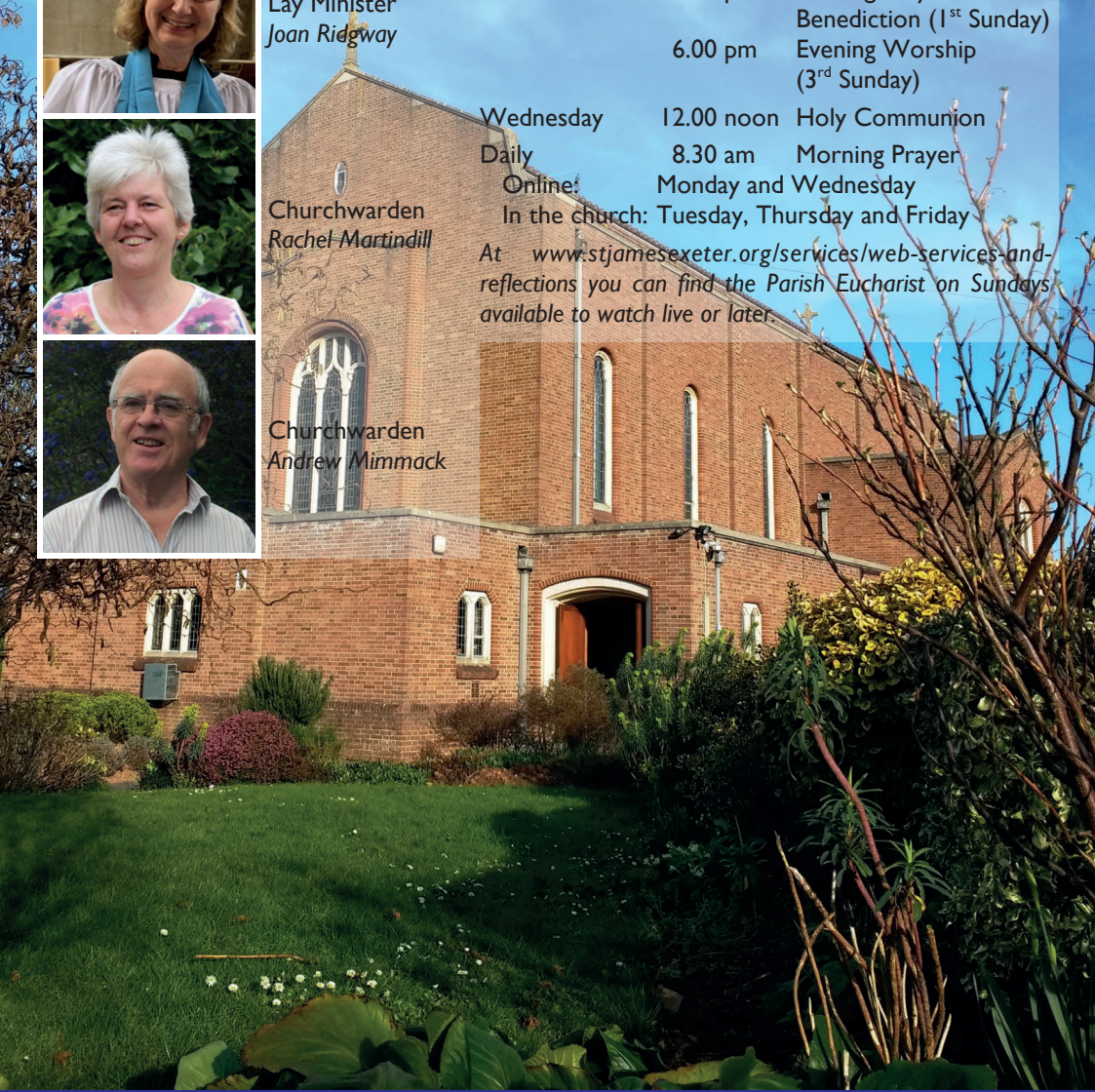
Wednesday 12.00 noon Holy Communion

Daily 8.30 am Morning Prayer

Online: Monday and Wednesday

In the church: Tuesday, Thursday and Friday

At [www.stjamesexeter.org/services/web-services-and-reflections](http://www.stjamesexeter.org/services/web-services-and-reflections) you can find the *Parish Eucharist* on Sundays available to watch live or later.



## From the Rectory

'He or she is a force of nature.' I'm sure such a description could apply to a number of folk at St James', but what sort of picture does it conjure up? Admiration and respect for such forces of nature is indeed only natural, especially as some who I can think of are no longer in their first flush of youth.

In the past months I have had cause to ponder on the force and power of nature. On a gentle level, I'm observing nature very gradually taking over my old garden shed. I was rather hoping it might see me out, but the power of the sun and the rapid growth of a holly tree, as well as the rotting of the wood, are making that hope look less realistic – despite having invested in a new roof many years ago, which is now keeping the whole show on the road, just about. On a hot day in the summer the sweet peas were enjoying climbing up the shed, but the fierce sun saw off another corner piece of the structure. Bits keep dropping off, the door no longer fits, one of the windows has caved in; life is



certainly not standing still for my poor old shed.

I have also had a couple of brushes with the power and force of nature, in the sea. On a couple of swims earlier in the year, the temperature stuck resolutely at 13°C. However, finding myself in Falmouth on a sunny day, I felt I just had to get in the sea. Once there, I got chatting to a fellow swimmer from Winchester and I ended up staying in the water for too long. I came out shivering uncontrollably, my core thoroughly chilled. A neighbour here in Exeter subsequently suggested linking time in the water to its temperature; at 13°C I should have stayed in not much longer than 13 minutes. My only other experience of the 'shivers' was at Saints' Bay in Guernsey.

Budleigh taught me another lesson: beware of going out too far if the swimming feels very easy: returning to shore was certainly not as easy. Getting there eventually, the sea had the last laugh, as it literally threw me out onto the stony beach.

I hope you too have been able to enjoy and appreciate the wonder of nature these past months, and to revel in God's handiwork. I'm keeping my fingers crossed that the sea temperature, having risen at long last, will stay bearable for the early autumn. But, of course, nature, God's creation, has the final say.

Fr Henry

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Page 3: *Sweet Peas*, Mole End Plants, 2024.

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## Puzzle Page

				1			5	
3			4			8		
	5			2	8	1	6	3
6	8	5			4			9
7								8
9			2			4	7	5
1	3	2	7	4			8	
		6			5			7
	7			6				

## Sudoku: Easy

Fill in the blanks, so that each row, each column, and each of the nine 3x3 grids contains the numbers 1 to 9.

R	E	R	E	P	M	U	H	T	E	A	O
A	S	L	E	P	A	L	O	O	L	A	B
L	A	N	U	L	A	M	O	O	L	B	M
E	S	U	O	M	Y	E	K	C	I	M	U
I	E	L	G	W	T	S	A	E	B	U	D
R	L	L	M	O	W	T	R	A	M	P	I
A	L	P	M	O	A	H	O	O	A	S	L
Y	E	P	O	D	I	S	I	M	B	A	G
U	B	U	A	Y	D	A	L	T	I	H	W
O	M	M	N	L	A	N	N	E	E	B	O
M	U	L	A	N	L	N	A	P	O	D	M
N	U	R	S	U	L	A	R	E	T	E	P

## Word Search

Find these Disney characters in the grid.

- |       |              |            |
|-------|--------------|------------|
| Anna  | Elsa         | Pumbaa     |
| Ariel | Hook         | Simba      |
| Baloo | Lady         | Snow White |
| Bambi | Mickey Mouse | Thumper    |
| Beast | Moana        | Tramp      |
| Belle | Mowgli       | Ursula     |
| Dopey | Mulan        | Woody      |
| Dumbo | Peter/Pan    |            |

Solutions on page 15

## Exeter Twinning Circle

Did you know that Exeter is twinned with cities in several countries?

### Rennes, France

The capital of Brittany is a city that is both ancient and modern. The centre boasts interesting, mediaeval features, 18<sup>th</sup>-century buildings and modern architecture. The first links between the universities of Exeter and Rennes were formed in the early 1950s.

### Bad Homburg, Germany

This attractive spa town lies in the foothills of the Taunus mountains, a short distance northwest of Frankfurt am Main. Its white-towered castle was the summer residence of the last German Kaiser and the town was the birthplace of the famous Homburg hat. Bad Homburg has been twinned with Exeter since 1965.

### Terracina, Italy

At a key point on the Appian Way, between Rome and Naples, this ancient town boasts beautiful beaches, Roman antiquities and mediaeval remains. It has been twinned with Exeter since 1988.

This year, the Twinning Circle has hosted visits from Rennes and Terracina. On both occasions, a range of informative activities was offered. Hosts and guests alike enjoyed new experiences of many aspects of our wonderful region.



In April, twelve visitors from Rennes took a trip to East Devon's iron age hill fort, Blackbury Camp, and to the Donkey Sanctuary near Sidmouth. A talk on the history of Exeter University and a visit to Morwellham Quay provided interesting insights into the past. The customary, formal reception with the Mayor took place in the beautiful setting of Exeter Guildhall.



A July visit from our Italian friends soon demonstrated the climatic differences of the two countries: although fairly warm by Devon standards, the difference after 40°C in Terracina meant that guests initially felt a little chilly, despite the

warm welcome. Various excursions with our Mediterranean friends included a boat trip from Exeter to Sidmouth and a lace-making demonstration at All Hallows Museum in Honiton. Back in the city, a tour of St Nicholas' Priory, jazz on Exeter Quay and a formal dinner with the Lord Mayor also showed off some of the best that Devon has to offer.

Would you like to be involved with future visits? Now is the ideal time to join the twinning circle, with the fast-approaching 70<sup>th</sup> anniversary of Exeter's twinning with Rennes. To find out more, simply go to [exetertwinningcircle.org.uk](http://exetertwinningcircle.org.uk).



## Charity Focus: Gig Buddies

Gig Buddies is a new project for Exeter. It aims to link up people who have learning difficulties and/or disabilities with volunteers to support their participation in mainstream cultural, sporting and social activities in the community. The project is based on building friendships and enabling people to go out and enjoy themselves. Gig Buddies will help to tackle social isolation by empowering people with disabilities to make choices about how they live their lives and by supporting them to engage in various mainstream activities. This will help to create a more inclusive community in our city.

**GIG  
BUDDIES**

Here in Exeter the project is being run by a small team of local people who are passionate about creating a more inclusive and accessible community. The initiative is based on and linked to the original Gig Buddies project in Brighton, which has been running very successfully for ten years. There are also strong links between the team and other well-established community groups in Exeter, such as the Pelican Project ([www.pelicanproject.org.uk](http://www.pelicanproject.org.uk)) and Magic Carpet ([www.magiccarpet-arts.co.uk](http://www.magiccarpet-arts.co.uk)).

### Would you like to link up with a Buddy?

Through Gig Buddies, people with learning difficulties and disabilities, who are at risk of being socially isolated, are matched with a volunteer Buddy who shares similar cultural interests. The idea is that participants in the project meet together to plan their activities. These can include going to music or theatre performances, attending sporting events or simply enjoying walks in the countryside – whatever is your 'gig'.

### Would you like to volunteer as a Buddy?

There is no need for any specific previous experience. The most important requirement is for you have a kind and generous approach to building friendships and supporting people



who find it difficult or challenging to participate in the community activities that most of us take for granted. Volunteers are selected through an informal interview process, which helps to ensure a good match in respect of interests and tastes. References and police checks are taken, and training is provided. Ongoing support is also available.

For further information about the project, to register your interest or to get involved, please send an e-mail to Rich Ellis at [gigbuddiesexeter@gmail.com](mailto:gigbuddiesexeter@gmail.com).

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## The Commotion Time

The date is February 1547, soon after the death of Henry VIII. On the Cornwall/Devon border, the people of Poundstock are looking forward to completing their biggest ever community project, the Gildhouse, a state-of-the-art building for brewing, fundraising and feasting. But there are dangerous clouds on the horizon as the authorities in Exeter force through an array of reforms set to drive division into the heart of the community.

As bellies empty, society fractures and the Gildhouse's key is taken away, the people take action in the only way left to them: marching to Exeter in their thousands to challenge the king and finally be heard.

This world premiere produced by Exeter Northcott Theatre, depicts an incredible moment in Exeter's history, giving voice to the women at the centre of a story that still shapes the city and our communities today. It is a local story, brought to life with the help of local people.



Support and experience this remarkable, dramatic and often very funny story of love, passion and murder, kings and queens, battles and more, told with an original score, live music and songs.

As well as inviting local performers to audition, Exeter Northcott Theatre is offering residents of Devon and Cornwall 25% off tickets for the opening night, Friday 18<sup>th</sup> October. To book or for further information, visit <https://exeternorthcott.co.uk/events/the-commotion-time/>.

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## Friends of Mount Pleasant Health Centre

Many thanks to everyone who has supported our fundraising ventures this year. We were pleased with the results of our *Cake and Bake* sale in March, our plant sale in May, and our summer fayre in August. A Christmas *Cake and Bake* sale is planned for 21<sup>st</sup> November; please do come and support this event. Meanwhile, if you are at the health centre at other times, do take a look at the bric-a-brac and books in the waiting room.

Would you like to join the Friends of Mount Pleasant Health Centre? Contact Bev on 01392 499291. If there is no answer, please leave a message, and we will call you back. At the moment there is a particular need for more drivers, so that transport to various appointments can be offered for those who need this service. We are also grateful to our volunteers who tend the *Place to Pause* garden and help with our fundraising endeavours.

For further information, please visit [www.mountpleasanthealthcentre.co.uk](http://www.mountpleasanthealthcentre.co.uk).

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## Summer is Festival Time

For the young people from St James' Church, a highlight of our summer was a weekend away at SPREE. Organised by South West Youth Ministries, this annual, Christian camping weekend for young people is held at Westpoint, just outside Exeter. The showground becomes a huge campsite for the weekend. This year, 2,800 young people descended from 95 churches, including some as far away as Guernsey, Newport, Bournemouth and Gloucester. There were also many from Cornwall, Devon and Exeter.

SPREE is a chance for young people to meet up with friends from school and other local churches, to eat and have fun together, and to spend some time exploring the Christian faith. The theme in 2024 was 'The Way, The Truth and The Life.' Small group activities and the huge worship sessions were structured around Jesus' statement, 'I am the Way, the Truth and the Life,' (John 14: 6).

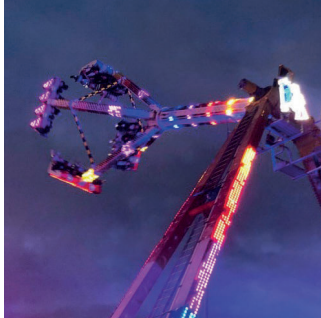
There was also plenty of free time for our young people (and their leaders) to go on the fairground rides, practise some circus skills, try out a bit of archery, and even have a go at axe-throwing. Craft workshops offered tie-dyeing, pottery and painting for the creative; bouncy castles, inflatables and climbing walls

were available for those with masses of energy; and there were plenty more activities too, including: a football tournament, the SPREE's Got Talent contest, silent discos and Nerf wars.

As leaders for the group from St James', we came away from the weekend with many great memories, feeling inspired to have seen so many young people together at a Christian event. In fact, we enjoyed it so much that we are planning to go again next year. SPREE 2025 will take place at Westpoint from 27<sup>th</sup> to 29<sup>th</sup> June 2025 (<https://events.solidrock.io/spree-sw/spree-sw-2025>).

Come and join us! But you don't need to wait until next June: We meet in St James' Church Hall on Sunday mornings at 10.00.

Caroline Adams and Jill Mather



## Book Review: *The House by the Dvina: A Russian Childhood*

### *The Dvina Remains: A Family Memoir*

By Eugenie Fraser (Edinburgh: Mainstream Publishing Company, 1984/1996 resp.).

Forgive me for including two books in this relatively short review, but each enhances the other. Both tell the story of a Russian family into which a young Scottish woman from Broughty Ferry (near Dundee) married in 1905. When the newlyweds travelled to the family home in the far north of Russia, to the house by the Dvina that flows into the White Sea at Archangel, the Scottish flag had been raised in greeting.

Eugenie (Evgeniya), the narrator of both books, was the daughter of this marriage. Born in November 1905, she was almost 80 when the first, highly acclaimed, volume was published, and 90 plus when the second appeared. She died in 2002, having spent much of her life in India and Thailand.

Russia is the focus here. The *House by the Dvina* covers the early years of the twentieth century. In it, Eugenie describes the house itself, the family that lived in it, the garden that surrounded it, and the river by which it was built – a river that froze to the depth of a metre in the winter and in which the townsfolk rinsed their washing in the summer.

Eugenie's paternal grandmother is a pivotal figure. Aged seven, and welcomed back to Archangel after a couple of years away, Eugenie describes the moment when she sees her beloved *babushka*: she instinctively knew, 'that this tall, fine lady, with dark curly hair framing a round face and kind laughing eyes, could not belong to anyone else but me. She was my grandmother, my babushka...'. It is she, moreover, who narrates a trip to St Petersburg as a young woman in the depths of winter in a horse-drawn troika, to plead with Tsar Nicholas II for the release of her husband from prison.

Inexorably, however, the political storm closes in: the First Russian Revolution in 1905, the upheavals of World War I and then the Revolution itself. Eugenie's idyll came to an abrupt end; in 1920 she, her brother and

mother were forced to flee, escaping by sea to Norway and thence to Scotland. She never saw her father again. The house by the Dvina, with its lake and gardens, was abandoned, gutted and eventually bulldozed.

The second book fills in parts of the subsequent story. It begins when Eugenie and her husband visit Russia at the height of the Cold War. Though glad to be back, the trip was a discouraging experience: Archangel remained a closed city, 'foreigners' were closely watched, and meetings with the family were well-nigh impossible. Out of this visit, however, a correspondence emerges, which constitutes the core of the volume. They never meet, but Evgenie – Eugenie's younger cousin – writes frequently and in detail about the family (past and present), his career in the navy, and life in communist Russia. These letters are worth savouring in a narrative that reveals, among much else, Eugenie's tentative steps as an author.

The final chapters close the loop; they describe Eugenie's return to Archangel, where *The House by the Dvina* had caught the attention of the literary elite. Two visits take place (one in 1989, the other a year or two later) in a dramatically changed political climate, which permitted not only the welcome but also the fêting of overseas guests, notably one of their own. The first visit was a joyous affair, evoking rich memories of family and childhood; the second, sadly, was blighted by illness.

What a good thing that Eugenie and her husband went when they did and wrote in detail about who they met, where they went and what they saw; visits to Russia are once again more difficult. How the wheel turns or, in the phrase that punctuates both books, 'strange are the ways of God.'

Grace Davie

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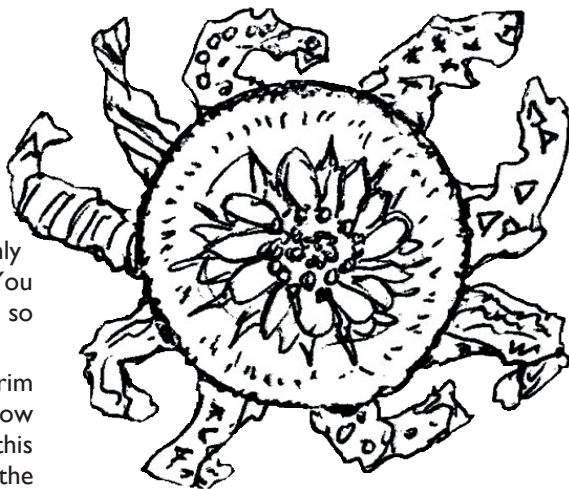
- 2 large paper plates
- Strips of cloth, ribbons, tinsel or wool
- PVA or similar glue
- Felt pens, paints or stickers

### To make the Flying Saucer

Cut the strips/ribbons to measure roughly 3 cm by 10 cm. Mix and match materials. You may wish to plait wool into thicker strips, so that the flying saucer floats through the air.

Glue one end of each strip/ribbon to the rim on the top side of one paper plate. Now spread PVA glue over the entire top of this plate, and then place the bottom side of the other plate on the coated surface, so that the two plates are glued together with the ends of the strips/ribbons between them.

Use felt pens, paints or stickers to decorate the flying saucer in your own design. When the glue and decoration are dry, you may wish



to varnish the plates, to make the flying saucer more durable. Do not use nail varnish, as this may react with your decoration.

To make it float through the air, spin the flying saucer as you launch it into the air.

Anne Killingback

## St James' Rainbows, Brownies and Guides

The last school year was filled with a wide range of fun activities for the Girlguiding groups at St James'. The Brownies earned various badges, including Live Smart Stage 2, Network Stage 2, and Explore Stage 2 from the Girlguiding programme of skills builders. They also completed Dinosaur and Leap Year challenge badges, and there were opportunities to learn about the careers of leaders and parents who volunteered to run activities. During a visit from Devon and Cornwall Police, officers were bombarded with questions from the very curious Brownies.



In activities during Exeter Guiding's Summer of Sport, lots of fun was had at the opening ceremony, and both a barn dance and a muddy trip to the Bear Trail assault course proved popular. Fourteen Brownies and two

leaders participated in a jam-packed residential trip to Grenville House in Brixham, which was a brilliant opportunity for the girls to try kayaking, paddle boarding, climbing and the crate challenge. Other sporting activities included a joint meeting at Caddihoe for the Brownies and Guides, and an evening of DIY mini golf for the Brownies, who worked together in groups to make mini golf holes from recycled materials. The Rainbows and Brownies ended the summer term with outdoor meetings at Polsloe Bridge cycle training area.



Many thanks to all the leaders who volunteer to run such active groups. As we begin a new year, we look forward to many more new experiences and adventures. Would you like to join them? You too can embrace fun, friendship and unforgettable firsts as a Girlguiding volunteer. Connect with like-minded people in your community, take part in our free leadership training course, and empower girls with confidence-building adventures! We are particularly keen to hear from anyone who would like to lead St James' Rainbows (ages 4 to 7), as the unit will close unless someone takes it on. To find out more, visit [www.girlguiding.org.uk/get-involved/become-a-volunteer](http://www.girlguiding.org.uk/get-involved/become-a-volunteer) or get in touch at [exetergirlguiding@outlook.com](mailto:exetergirlguiding@outlook.com).



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Jemma Davie

Fairtrade Fortnight takes place between 9<sup>th</sup> and 22<sup>nd</sup> September this year, with an anniversary conference organised by Devon Development Education. This is an opportunity to learn about the 30-year history of the Fairtrade mark and to hear directly from those on whom it has a direct effect, including a Fairtrade tea grower from Kenya and a speaker from the Fairtrade Foundation. Whilst the fortnight serves as a reminder to support Fairtrade, its focus continues throughout the year. This month we are encouraged to 'Be the change', by choosing Fairtrade products and speaking up for fairer trade practices.

We know that the world faces enormous challenges relating to development and the fair sharing of crops and resources. Many of us are also anxious about climate change and our global future. In countries such as Kenya, Ethiopia and Honduras, existing levels of poverty exacerbate the challenges. Fairtrade therefore supports these marginalised, small-scale farmers and workers, making their voices heard and ensuring the payment of fair prices for labour and goods, as well as promoting climate education and strengthening the resilience of smallholders.

When we reflect on these challenges, we may feel overwhelmed and unable to help. However, we are able to make small changes that go a long way in supporting others, for example by buying Fairtrade goods. The Fairtrade mark is a quick way to identify a supply chain that provides the best deal for growers; it is often given to products that contain ingredients grown in the developing world, such as tea from Kenya, coffee from Ethiopia and chocolate from Honduras. As these products are not typically grown in the UK, choosing Fairtrade does not detract from supporting farmers in Devon and the UK.

Fairtrade can be a part of a lifestyle that works towards providing enough food for everyone. Choosing local, seasonal and Fairtrade items when we are able can help to support this vision. Every day we use products made by people who live in the

Fairtrade at



developing world and who are just like us. By choosing Fairtrade we can help poor farmers and workers to put enough food on the table for their own families.

At St James' Church, Fairtrade products are sold in the hall after the Parish Eucharist one Sunday during Fairtrade Fortnight; look out for information in the weekly bulletin ([www.stjamesexeter.org/whats-on/parish-bulletin](http://www.stjamesexeter.org/whats-on/parish-bulletin)). Meanwhile, you too can make a difference: swapping one everyday purchase for a Fairtrade item is one way to play a part in bigger changes, such as securing a better deal for farmers in developing countries. Together, we can all 'Be the change' we want to see in our fragile world.

Charlotte Payne

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## Dates Ahead

### September

Wed 11<sup>th</sup> 12.15 pm Friends Who Lunch  
 Fri 20<sup>th</sup> 2.00 pm Craft group  
 Sat 21<sup>st</sup> 6.30 pm Harvest supper  
 Sun 22<sup>nd</sup> 10.00 am Harvest festival  
 Parish Eucharist

Tue 24<sup>th</sup> 7.30 pm PCC meets  
 Fri 27<sup>th</sup> 10.30 am Coffee morning

### October

Wed 2<sup>nd</sup> 3.30 pm Messy Church  
 Thu 3<sup>rd</sup> 7.30 pm Fr Brian's house group  
 Fri 4<sup>th</sup> 2.00 pm Craft group  
 Sun 6<sup>th</sup> 4.00 pm Celebrate Together  
 Wed 9<sup>th</sup> 12.15 pm Friends Who Lunch  
 Sun 13<sup>th</sup> 6.00 pm Choral Evensong with  
 St James' Church choir  
 at St Peter's, Tiverton  
 Fri 18<sup>th</sup> 2.00 pm Craft group  
 Sun 20<sup>th</sup> 6.00 pm Wholeness & Healing  
 service

Fri 25<sup>th</sup> 10.30 am Coffee morning

### November

Fri 1<sup>st</sup> 2.00 pm Craft group  
 Sun 3<sup>rd</sup> 4.00 pm All Souls' service  
 Wed 6<sup>th</sup> 3.30 pm Messy Church  
 Thu 7<sup>th</sup> 7.30 pm Fr Brian's house group  
 Sun 10<sup>th</sup> 9.45 am Remembrance Sunday  
 Parish Eucharist  
 Wed 13<sup>th</sup> 12.15 pm Friends Who Lunch  
 Fri 15<sup>th</sup> 2.00 pm Craft group  
 Sat 16<sup>th</sup> 9.30 am Quiet Day at  
 Mill House Retreats  
 Tue 26<sup>th</sup> 7.30 pm PCC meets  
 Fri 29<sup>th</sup> 10.30 am Coffee morning  
 1.00 pm Christmas wreath  
 workshop  
 Sat 30<sup>th</sup> 2.00 pm Christmas bazaar

**Next issue copy deadline:**

**Sunday 27<sup>th</sup> October**

# LEROY

## FUNERALS

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## Puzzle Solutions

### Sudoku

2	9	8	6	1	3	7	5	4
3	6	1	4	5	7	8	9	2
4	5	7	9	2	8	1	6	3
6	8	5	3	7	4	2	1	9
7	2	4	5	9	1	6	3	8
9	1	3	2	8	6	4	7	5
1	3	2	7	4	9	5	8	6
8	4	6	1	3	5	9	2	7
5	7	9	8	6	2	3	4	1

### Word Search

R	E	R	E	P	M	U	H	T	E	A	O
A	S	L	E	P	A	L	O	O	L	A	B
L	A	N	U	L	A	M	O	O	L	B	M
E	S	U	O	M	Y	E	K	C	I	M	U
I	E	L	G	W	T	S	A	E	B	U	D
R	I	L	L	M	O	W	T	R	A	M	P
A	I	L	P	M	O	A	H	O	O	A	S
Y	E	P	O	D	I	S	M	B	A	G	
U	B	U	A	Y	D	A	L	T	I	H	W
O	M	M	N	L	A	N	N	E	E	B	O
M	U	L	A	N	L	N	A	P	O	D	M
N	U	R	S	U	L	A	R	E	T	E	P



# Christmas Wreath Workshop

St James' Church Hall

Friday 29<sup>th</sup> November  
2.00 pm – 4.00 pm

Led by  
Judith Woollven

Tickets: £20.00 in advance only (non-refundable), to include light refreshments.  
Contact the parish office for more information and to book your place.