

Contact

A magazine for our community



St James' Church, Exeter - Spring 2022



Rector
Fr Henry Pryse



Assistant Priest
Fr Martin Poolton



Assistant Curate
Fr Steve Turner



Churchwarden
Rachel Martindill



Churchwarden
Andrew Mimmack

Parish Office

Mount Pleasant Road, Exeter. EX4 7AH.
01392 420407. office@stjamesexeter.org
www.stjamesexeter.org

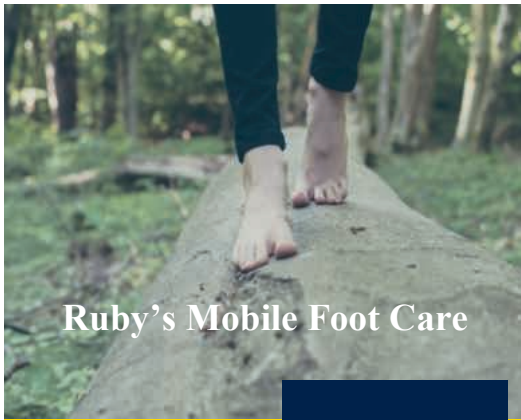
Please contact us here for baptisms, weddings, hall bookings and any other Church-related matters.

Weekly Pattern of Services

Sunday	8.00 am	Holy Communion (said)
	10.00 am	Parish Eucharist
	6.00 pm	Evening Prayer with Benediction (1 st Sunday)
	6.00 pm	Evening Worship (3 rd Sunday)
Wednesday	12.00 noon	Holy Communion
Daily	8.30 am	Morning Prayer
	Online:	Monday and Wednesday
	In the church:	Tuesday, Thursday and Friday

The Parish Eucharist on Sundays is also available to watch live or later at www.facebook.com/St-Jamess-Church-Exeter-1554468778583171 videos.





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From the Assistant Priest

There is no doubt that we have been living through difficult times: with COVID for the past two years, with the energy crisis and most recently after the Russian invasion of Ukraine, a sovereign nation within Europe. At least the pandemic seems to be waning and we are beginning the process of returning to normal times in that respect.

Spring is now well underway and as the dark nights recede into sunny days, the longer days help to lift the spirits, especially for those who suffer from Seasonal Affective Disorder (SAD) during the winter months. It is very often when things are at their darkest that we find hope in those around us, in the things that are special to us and in simple things such as the warmth of the sunshine.

As we approach Easter we follow Jesus in his darkest moments, through his death on the cross on Good Friday to the great joy of his resurrection on Easter Day. The resurrection is a wonderful story of good triumphing over evil, light triumphing over darkness, and life triumphing over death.

Come and join us to celebrate! You will be very welcome, either in person or at our streamed services (see article on page 7). In addition to our regular services, other opportunities to join us include Choral Evensong on Sunday 15th May, the Big Cream Tea on Sunday 22nd May, and the quiz night on Saturday 28th May. For young families, Messy Church will be relaunched on Wednesday 4th May. A calendar of events in the next few months is provided on page 10.

Fr Martin Poolton

*Fr Henry, Fr Martin, Fr Steve
and all the team at St James'
wish you a very happy Easter.*

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Copy deadline for the next issue:
Sunday 7th August



Friends of Mount Pleasant Health Centre

As the health centre adheres to NHS guidelines, it is not yet possible to hold any of the usual fundraising events. There would normally be an Easter draw but we hope instead to hold another open air market at the back of the health centre.

The planned time for this is from 10.00 am to around 12.00 noon on Friday 8th April. With a cake stall, book sale, tombola and more, there will be something for everyone; tea, coffee and soft drinks will also be served. Additionally, there will hopefully be indoor plants for sale and possibly also some vegetable seedlings, such as tomato and courgette plants.

The usual plant sale is planned for Saturday 14th May in the morning; here too, refreshments will on sale and there may also be another cake stall and tombola. As ever, these events are subject to the weather and the pandemic. Look out for our posters nearer the time, but do make a note of the dates on your calendar today! Other ideas are already in mind for the summer and later in the year, possibly including a fête in August and a quiz night in the autumn.

As a charity, it is important for the Friends of Mount Pleasant Health Centre to generate an income, so we are always very grateful to those who support our fundraising efforts. With your support, we were able to make two great improvements to the health centre facilities in 2021: the pathway from the car park to the health centre entrance, and the 'Place to Pause' garden with access from the waiting room.

Thank you for your ongoing support.

Nesta Scales

Interesting Facts

- On 1371 trips, Friends of Mount Pleasant Health Centre drivers covered 9276 miles in 2021.
- Contributions from the Friends facilitated the recent refurbishment of the health centre toilets.
- The fundraising activities of the Friends have supported the provision of chiropody services for diabetic patients.



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Puzzle Page

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

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.

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

Word Search

Can you find these words in the grid?

- | | | |
|------------|------------|--------------|
| April fool | Chick | Narcissus |
| Bee | Crocus | Rainbow |
| Bulb | Easter egg | Seed |
| Bunny | Iris | Spring clean |
| Butterfly | Lamb | Tulip |

Solutions on page 15

Charity Focus: InFocus

Young people with vision impairment and other disabilities can get left behind by society. Local charity *InFocus* provides the very best care, support and encouragement for these inspirational children and young adults.

The people supported by InFocus come to Exeter from across England and Wales. They often face huge barriers to learning, living and taking an active, independent place in their communities.

Some arrive at the charity's base in Exeter unable to use their voice or unable to express simple choices, like 'yes' and 'no.' They may need specialist equipment, such as a wheelchair or powered hoist, just to enable them to explore their world. Others lack the mobility skills to live independently in the community and to undertake simple activities, like taking a bus to the shops or to visit friends. These young people see the world differently, or sometimes hardly at all. However, with the right specialist input, they can make more effective use of what vision they do have.

InFocus provides residential care, daytime help and supported living accommodation for adults with vision impairment and other disabilities, who have finished education and who need further assistance to make the transition into adult life. The charity also operates a specialist, post-16 college. Here, skilled staff, including therapists, teachers and nurses as well as experts in Braille, mobility and access technology, provide person-centred care across all services.

InFocus

The vision impairment & complex needs charity

The charity's main site at Countess Wear also boasts enviable facilities, which include a water therapy centre and hydrotherapy pool, adapted residential accommodation, a sensory studio, a therapy horse, rebound therapy trampolines, a radio station and a music therapy centre.

InFocus relies on the support of the public so that it can continue to provide the best resources, equipment and facilities. For more information please visit the website: www.infocus-charity.org.uk.

Laurence Blyth

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St James' Craft Group



Levi Lovies encourage Mums in Uganda to bring their babies for vaccination

On the first and third Friday of every month, a group of ladies (men are also welcome to come along) meets to

hats and children's jumpers to be sent to Moldova with the charity Christian Response to Eastern Europe.

Baby blankets for Barnet Hospital



share craft skills over tea and biscuits. Some people bring their own projects, including art work, crochet, card-making and tapestry. Others knit for charities that the group supports.

As a part of our active support for the Warm Baby Project, the crafters are currently sewing single bed sheets for an orphanage in Uganda. We are also making knee blankets, warm



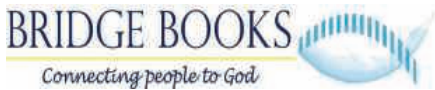
Warm hats destined for Moldova

Are you at a loose end on a Friday afternoon? St James' craft group is open to all. Come along for a chat and a cuppa, whether or not you have a craft to bring. Wool, knitting needles and patterns can be provided. The cost is only £1.00 per session, including refreshments.

Sue Pinn

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Enjoyment, Purpose and Vitality: Spotlight on Stoke Hill Junior School

Stoke Hill schools have been at the heart of our community for over sixty years. The Infant School, with its attached nursery, stands near the bottom of the hill; the Junior School is at the top, where the site provides sweeping views across the parish and as far afield as Exmouth. The school has an impressive list of former pupils, including: chef, restaurateur and TV presenter Michael Caines; TV and film actor Ben Aldridge; and Aston Villa rising star Ben Chrisene.

Until the reorganisation of all the schools in Exeter, after the report of Professor Ted Wragg's committee in 2000, the schools here were respectively known as the First School and the Middle School. Since reorganisation, the Junior School has provided places for children in years 3 to 6, most of whom move on to St James' secondary school at the age of eleven. The First and Middle schools used to operate independently of each other, but they are now grouped together in one federation under the management of an Executive Headteacher. A separate headteacher at each school provides day to day management of the teaching and support staff.



Jamie Sullivan is responsible for the Junior School, which has about 360 students and a total staff of 50. Being among the largest primary schools in the area, Stoke Hill is one of the few that has a three-form entry. Government policy in recent years has tended to push schools towards academy status, often in groups spread across wide

areas. Nonetheless, in order to preserve its local identity and to build on and develop the strengths of the two schools, the governing body at Stoke Hill has adopted a federation structure.

Unlike many of the schools in the city, there was no need for major rebuilding of Stoke Hill Schools for the purpose of reorganisation. Anyone who knows the school will have noticed what a spacious site it occupies, with a large playing field to the rear, as well as areas of woodland and hard-surfaced play areas. These enable every child to spend at least part of the day in the open air, no matter what the weather. A series of raised beds behind the year 3 block ensures that each class has the opportunity to grow fresh vegetables for use in the school kitchen. The access to all these facilities enables the school to include outdoor learning across the whole range of subjects.

Like all schools, Stoke Hill Junior School is in the process of emerging from one of the most challenging periods in its history, as the pandemic necessitated partial closures and substantial numbers of students became used to learning from home. Needless to say this demanded a very different approach to education for which a large proportion of teaching was delivered via Zoom. To ensure that the best possible service was provided, there was heavy investment in Chromebook computers and special support was offered for children who did not have easy access to technology. Individual tutoring was available for students who needed it. However, the rise in staff illness also placed a significant strain on the school management, trying to ensure the availability of enough supply staff.

As the initial threat from the pandemic has waned and the virus seems to be morphing into something we live with in the long term, the school is now starting to reintroduce many of the activities that are popular with the students. The





children in year 5 are anticipating ‘sleeping with the sharks’ at Plymouth Aquarium in June and year 6 pupils will soon spend a week on Dartmoor. Music and drama productions are being rehearsed. Students are also becoming involved in the Junior Duke Award scheme, designed as a possible preparation for the Duke of Edinburgh Award in secondary school. The sports teams are equally back in operation and their 2 – 1 football triumph over Bristol Rovers in the recent southern area final ensures that they will also play at Wembley Stadium on 28th May, before the League 2 play-off final.

Every school has the task of preparing its students effectively for the rapidly changing world that they will face. The days are long gone when the demands of the job market could be anticipated years in advance, and recent government announcements on restricted availability of university places for those who do not meet certain standards make the future even harder to predict.

Under the leadership of Jamie Sullivan, despite the many hurdles to overcome, it is evident that Stoke Hill Junior School is doing the best it can to equip its students for the challenges that await them.

Andrew Mimmack



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Dates Ahead

April

Fri 1 st	2.00 pm	Craft group in the hall
Tue 5 th	6.00 pm	Stations of the Cross
Sun 10 th	8.00 am	Holy Communion
	10.00 am	Palm Sunday Parish Eucharist & Procession
Mon 11 th	12.00 noon	Eucharist
Tue 12 th	12.00 noon	Eucharist
Wed 13 th	12.00 noon	Eucharist
Thu 14 th	7.30 pm	Maundy Thursday Parish Eucharist followed by The Watch
Fri 15 th	9.30 am	Young people's service followed by hot cross buns in the hall
	1.00 pm	Stations of the Cross
	2.00 pm	Good Friday Liturgy
Sat 16 th	8.30 pm	Easter Vigil
Sun 17 th	8.00 am	Holy Communion
	10.00 am	Easter Day Parish Eucharist
	6.00 pm	Evening Worship
Wed 27 th	2.00 pm	Funerals: Planning and Arranging

May

Wed 4 th	3.30 pm	Messy Church in the hall
Fri 6 th	2.00 pm	Craft group in the hall
Sun 15 th	6.00 pm	Choral Evensong
Fri 20 th	2.00 pm	Craft group in the hall
Sun 22 nd	2.00 pm	Big Cream Tea
Thu 26 th	7.00 pm	Ascension Day Parish Eucharist
Sat 28 th	7.00 pm	Charity quiz in the hall

June

Fri 17 th	2.00 pm	Craft group in the hall
Sat 25 th	2.00 pm	Summer fête

July

Fri 1 st	2.00 pm	Craft group in the hall
Fri 15 th	2.00 pm	Craft group in the hall
Sun 24 th	10.00 am	St James' Day Parish Eucharist

St James' is your local Church, a place where all are respected and accepted. During May in particular, we are aiming to make our activities even more 'user-friendly' than usual. If you are new to St James', now is the ideal time to see what goes on here. Services are normally about an hour long and, with a printed card, it is easy for everyone to join in. The live stream on our Facebook page is open to all, but we would love to see you in person, so that you can also enjoy the warm welcome, children's activities, young people's group and (real) coffee.

Not sure about coming on a Sunday morning? No problem: come and meet us at one of our other events! For young families, Messy Church begins on Wednesday 4th May. For those who are not so young, the craft group meets twice a month. Alternatively: join us for choral evensong, the (free) Big Cream Tea or the summer fête, and if you like a challenge, book your place at the quiz night! There really is something here for everyone.

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A Godsend Online

During the curtailment of activities, because of the pandemic, a few positive outcomes emerged. These have include the enlargement of personal vocabularies: who would have predicted such wide use of terms like shielding, R rate, PCR, LFT, antigen, vaccination, quarantine, working from home, face covering, or streaming?

Of these concepts, one of the most helpful has been (live) streaming. At St James' we are blessed to have a member of the congregation with both the knowledge and the equipment to stream services online for those who are unable to attend in person. Over the last two years, he has willingly volunteered his time and skills, so that services from St James' can be watched at home.

This was much appreciated by those who were shielding, in quarantine, housebound, ill, convalescent or otherwise unable to attend services. Enquiries – remotely of course – revealed a big 'thumbs up' for the streamed services. Such glowing reviews led the PCC to

research the cost of St James' buying its own equipment. Although the cost was several thousand pounds, an appeal by the treasurer produced a generous response and the target was reached within a very short time. Church services are now no longer restricted but St James' has continued the streaming facility for those who are unable to attend in person.

After personal experience of several prolonged periods of immobility, I can testify to the comfort that this connection to the Church and the outside world would have been to me. So, I offer my sincere thanks to those who make it possible: it is literally God-sent. Of course, the streamed services are not just for those who cannot get to church: everyone is welcome, in person or online. To join us, either on a Sunday morning from 10.00 am or at a time of your choice, simply visit www.stjamesexeter.org/services/web-services-and-reflections.

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Bring the Whole Family!

Nativity plays at Christmas are very familiar to many people, but the young people at St James' enjoy action all year round! In February they offered a dramatised version of Jesus' presentation in the Temple as a 40-day-old baby, and on 1st May the congregation will be treated to a re-enactment of Jesus' lakeside appearance after his disciples have been fishing.

Another treat for children and families is the Good Friday service at 9.30 am. Hot cross buns are served afterwards in the hall.

Messy Church will restart on Wednesday 4th May 2022, from 3.30 pm to 5.30 pm. Bring the whole family to enjoy craft activities in the hall, a celebration in the church, and a hot meal at the end of the afternoon. If you can, please let us know (via the church office) that you are coming, so that we can prepare the catering accordingly.



Funerals: Planning and Arranging

Planning for your own funeral may seem morbid but it can actually be a huge comfort to those who are left, when the time comes. However, although we all encounter death eventually, many people are unsure how to plan for their own death or what to do when someone dies. Wednesday 27th April is your chance to find out: Martin Poolton, who is both a funeral director in Exeter and Assistant Priest at St James', will give an informative, two-part talk at St James'.

• What to do when someone dies:

Who to contact, the legal process, the role of doctors, funeral directors, paying for the funeral.

• How to plan your own funeral:

Burial or cremation, religious or secular, ensuring compliance with your wishes, wills, advantages of leaving cash, insurance policies and pre-paid funeral plans.

The talk is free of charge and open to all. Refreshments will be served and there will be an opportunity ask questions.

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Royal Jubilee Celebrations

To mark the Queen's platinum jubilee, it seemed a good idea to investigate what took place in the parish to mark similar occasions in the past. It was therefore annoying to discover that our archive includes parish magazines for neither of the two jubilees during Queen Victoria's reign, nor for the silver jubilee of George V in 1935, nor even for the three previous celebrations of our present Queen. There are no loyal thoughts from the Rector, no photographs of excited children eating jelly under Union Flag bunting, and no reports of coronation festivities – with one exception: the parish magazines for 1911 mark the coronation of Queen Elizabeth's grandfather, King George V. The following item appears in the March issue:

'On the occasion of the coronation of the Queen it is proposed that the Maries of the British Empire shall offer a gift to Her Majesty. As it is intended to give all Maries who wish to do so an opportunity to join, the donations will be limited from 1d to £1. A list of all the contributors will be kept, but not the amount given by each. The gift will be limited to those who bear the name of Mary, Maria, May, Marian or Marion.'

There is no mention in later magazines about the success or failure of this proposal. Perhaps there were not enough Maries!

Of course, there was no television then, and no radio, so you had to make up your own celebrations. On Coronation Day itself, St James' held a Communion celebration at 7.45 am. Later in the day a special service started with official 'forms of prayer with thanksgiving to Almighty God', followed by Psalm 122, Thomas Tallis' setting of the Litany and a number of anthems, followed by two hymns and *God Save the King*. The Rector later wished that 'more men might have been present at one or other of the celebrations, to ask God's blessing on their King.'

As for the less formal celebrations, the Rector reported:

'It was right and meet that children should have a prominent share in these coronation rejoicings.



They are the ones for whom it is most important to keep alive the memory of that day, though I hope they will be old folk before there is another. Well they had a prominent share. For on coronation day they repeated their magnificent performance of the Pageant of Empire, to the unbounded delight of – I suppose – nearly 20,000 spectators, and in such wise as to gain well deserved and unstinted praise for themselves and their teachers. On the next day all were regaled with tea in their various schools, and received coronation medals and mugs. Afterwards they adjourned to the various public parks and engaged in athletic games for prizes, receiving at the close additional sweets and buns. To crown all, his Worship the Mayor, hastened back from the great coronation service at which he had been present in Westminster Abbey, and accompanied by the Mayoress, the Chairman of the Educational Authority, and the Town Clerk went round to all the schools with that public spirit which has marked the whole of his mayoralty, and giving the children a graphic account of the great service, spoke to them stirring words, worthy of his high position and his well known love for children.'

The Rector at the time was the Rev Philip Williams, and the Mayor was Alfred Thomas Loram. The Lorams were the owners of Cathedral Dairy Co. of Eastgate, and they claimed to be the world's biggest makers of clotted cream. No doubt their product was a popular feature of the 1911 celebrations.

Stuart Macwilliam



St James' Guides

During the pandemic restrictions, the girls decided not to meet online; they preferred to wait until they could be together face-to-face. This was possible from September, when we wore masks and kept socially distant.

At our first meeting in person there were only five girls. Since then, our number has nearly doubled. As several of the Brownies will turn 10 later in the year, we hope that they will move up to join the Guides.

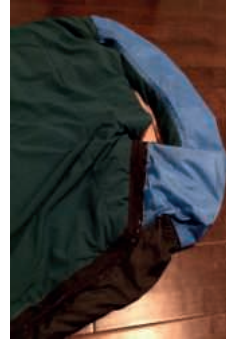


In recent months, as well as a bit of cooking, we enjoyed a pamper evening with homemade

face packs. For Christmas, the Guides learnt how to play hand chimes and entertained parents over coffee and mince pies. This term, they had a go at a Taskmaster challenge

(based on the television programme), which had been expertly written by a leader from another unit.

In February, we joined with other Guide and Scout units in Exeter, taking over Buffet City for a Chinese meal. Later in the month, we had tickets for a Ladies' rugby match at Sandy Park.



Coming up very soon, we are looking forward to our first sleepover at the newly refurbished HQ, Trefoil Lodge in Buddle Lane. All girls between 10 and 14 years old are welcome to join us: we have plenty of space and would love to see you.

Sue Pinn

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

An Edible Easter Garden

You will need

- Baking parchment
- Large, microwave-safe plate
- 750 g icing sugar
- Desiccated coconut
- Green food colouring
- 1 egg white
- Rice Krispies or biscuit crumbs
- Selection of: chocolate buttons, dolly mixture, dried fruit, glacé cherries, liquorice, Smarties, sprinkles

Method

Briskly whisk the egg white until it forms a soft peak when gently pulled upwards with a spoon. Slowly fold in 500 g icing sugar, until the mixture reaches the consistency of a stiff paste. Do not whisk again.

Sculpt the icing paste into small ovals, each resembling a walnut. Cut the baking parchment to cover the plate and then place 8 paste ovals around the edge of the parchment

plus 1 in the centre. Now cook the paste in the microwave for 1 minute, until it becomes hard. Leave this meringue base to cool (it will be very hot) and take care not to break it.

To make the garden, seal the surface of the meringue base by covering it with a thin layer of water icing (mix 250 g icing sugar with 1 tbsp water). When the water icing is dry, decorate the base with edible garden features.

For flowers, use sweets, dried fruit or sprinkles. For grass, use green icing and add texture by scraping gently with a fork. For trees, mix green icing to a stiff consistency, add desiccated coconut and then shape the mixture into tall cones. For paths, use sweets, biscuit crumbs, Rice Krispies or liquorice. For rocks, mix popcorn, Rice Krispies, dried fruit or sweets with stiff water icing.

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Anne Killingback



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Some customer reviews

Nicki, 25 Jan 2021

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George, 25 Nov 2020

Very pleased with their work. They were quick and cleared up afterwards. Will hire them again in the spring.

Xariah, 26 Jul 2020

Came to take my tree down. Efficient and quick. Very professional and happy with the job and price. Would definitely recommend.

Janet, 16 Aug 2019

A very efficient company, felt very safe with them.



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your colouring, body
shape, personality
and lifestyle with a

COLOUR  BEAUTIFUL

consultation.

Fiona Poolton
07581 838568
colourinstyle@aol.com

Embrace colour
Cherish yourself
Feel beautiful

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Puzzle Solutions

Sudoku

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

Word Search

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

OPEN DAY

Sunday 10th April 2022
10.00 am to 4.00 pm



Contact Maddie: 07711 596630
exoniagensec@gmail.com
63 Union Road, Exeter, EX4 6HT

Have fun! Get fit! Play bowls!

An exhibition match by experienced bowlers and
a chance to have a go for yourself



Exonia is a thriving, friendly club with fantastic facilities, including a fully licensed bar to complement the club's excellent social side. This is your chance to see what is on offer. We welcome all ages and abilities: our active members are between 12 and 94 years old. So, whatever your age or activity level, come and see what is on offer! This includes 4 weeks' FREE coaching for new bowlers, from experienced, qualified Bowls England coaches – fully insured and DBS-checked.