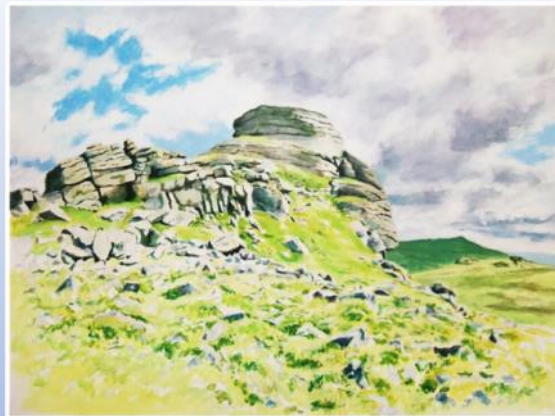


The Net

July & August
2025

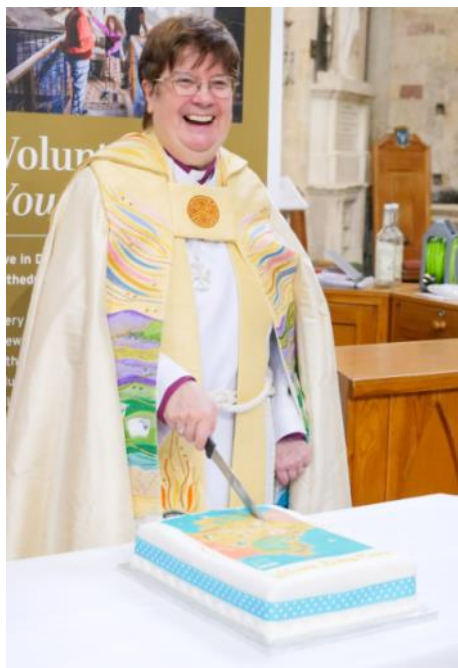
Jesus did not say, 'You will never have a rough passage, you will never be overstrained, you will never be uncomfortable,' but he did say, 'You will never be overcome.'
Julian of Norwich



Haytor, Dartmoor

The Mission Community of Littleham, Holy Trinity, Exmouth & Lymstone

NEW BISHOP OF CREDITON CONSECRATED AT ST PAUL'S CATHEDRAL



It was a cause for celebration recently as The Right Reverend Moira Astin was consecrated as the new Bishop of Crediton in a service at St Paul's Cathedral. Moira was ordained a bishop by the Bishop of London, the Rt. Rev'd Dame Sarah Mulally, who was herself the first female Bishop of Crediton and first female bishop in Devon. Bishop Moira is the third woman in a row to hold the role, following the retirement of Bishop Jackie in January - something we believe is a first in the Church of England!

Speaking after the service, Moira said "It's been just lovely, having both my friends up until now and my future friends around me. Most of all, this is a service where God was present. That's the key, it's about God and how we're serving him together."

NEW PRIEST FOR OUR MISSION COMMUNITY



Our Curate, Shaun Tioton (3rd from left) was Ordained as a Priest by Bishop Mike at a moving service in Honiton Parish Church on Saturday 14 June. He was grateful that so many people came from the Mission Community to support him.

HEIDI ORDAINED DEACON AND CONTINUES HER JOURNEY IN MINISTRY



Heidi just after her
Ordination in
Exeter Cathedral

and
with Steve
after the
service..



MISSION COMMUNITY INFORMATION

CHURCH SERVICES

<p style="text-align: center;">HOLY TRINITY Every Sunday 10.00am Sung Eucharist Except 31 August 10.00am Joint Mission Community Service at Holy Trinity</p> <p style="text-align: center;">Followed by fellowship in the Hall.</p> <hr/> <p style="text-align: center;">St. MARGARET & St. ANDREW LITTLEHAM</p> <p>Open to God has finished for the Summer and will restart in September - see Link for details.</p> <p style="text-align: center;">Sunday 27 July - Trinity 6 10.00 am Sung Eucharist</p> <p style="text-align: center;">Sunday 3 August Trinity 7 10.00 am Awake Church</p> <p style="text-align: center;">Sunday 10 August - Trinity 8 10.00 am Sung Eucharist</p> <p style="text-align: center;">Sunday 17 August - Trinity 9 10.00 am Awake Church</p> <p style="text-align: center;">Sunday 24 August - Trinity 10 10.00 am Sung Eucharist</p> <p style="text-align: center;">Sunday 31 August - Trinity 11 10.00 am Joint Mission Community Service at Holy Trinity</p>	<p style="text-align: center;">LYMPSTONE PARISH CHURCH Sunday 27 July - Trinity 6 8.00 am Morning Prayer 9.30 am Sung Eucharist</p> <p style="text-align: center;">Sunday 3 August - Trinity 7 8.00 am Morning Prayer 9.30 am Journey</p> <p style="text-align: center;">Sunday 10 August - Trinity 8 8.00 am Morning Prayer 9.30 am Sung Eucharist</p> <p style="text-align: center;">Sunday 17 August - Trinity 9 8.00 am Said Eucharist 9.30 am Journey</p> <p style="text-align: center;">Sunday 24 August - Trinity 10 8.00 am Morning Prayer 9.30 am Sung Eucharist</p> <p style="text-align: center;">Sunday 31 August - Trinity 11 10.00 am Joint Mission Community Service at Holy Trinity</p> <hr/> <p style="text-align: center;">MID WEEK SERVICES at 11.30 am 30 July - Lymptone CW 6 August - Littleham BCP 13 August - Holy Trinity CW 20 August - Lymptone CW 27 August - Holy Trinity BCP</p>
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CLERGY — READERS — STAFF

Clergy					Day Off
The Revd Steven Jones	Team Rector	263681	Office	01395 266442	Friday
The Revd Benedict Cambridge	Team Vicar	263681	hours	07535480077	Thurs
The Revd Shaun Tipton	Assistant Curate	263681			
The Revd Heidi Budden	Aaaistant Curate	263681			Friday

A NEW HOME FOR FLAGS & COPY DATES

Sadly, at the moment we are unable to fly any
flagsat Holy Trinity

DEADLINE FOR THE SEPTEMBER NET

is Friday 15 August

It will be published on Sunday 24 August

Articles and pictures to Tony Mortimer
e - mail: neteditors@gmail.com

Readers and Clergy who also play an active role in the Mission Community

Readers: Demelza Henderson, Di West
Clergy: The Ven. Canon Dr Trevor Jones,
Reverends. Ian Blyde, Jim Gosling,
Peter Nickols Rawle,
Canon John Philpott, & Canon Ian Pusey

*all of whom can be contacted via the
Mission Community Office*

Nick our Youth and Family Worker writes on Faith and Football



I often meet fascinating people from all walks of life. Our conversations frequently touch on faith, my youth work, and even football! Recently, I interviewed Santi, Pastor of Riverside Exmouth, and we shared inspiring stories. Santi's journey to faith, through football and Christian friendships, is truly remarkable. I am endeavouring to establish a project titled "Football 4 All." This is a project that was asked for by the Little Hamster Community Group in Littleham to tackle anti-social behaviour. The town council has funded the project. Hearing Santi's story was incredibly encouraging. There is potential to collaborate on youth outreach in the future, and I knew his story needed sharing with our Net readers!

When planning the Football 4 All, I felt it should not be within a building but a call to meet young people where they are, for some this may seem risky and makes little sense - I see an opportunity to build relationships with young people who currently don't engage with school and/or perhaps do not have many positive relationships and role models in their lives. It would be a safe place with trusted adults who would be there to support them and encourage them as we share Jesus' love in the community.

Hi Santi, please could you tell us a little bit about yourself and how you came to be living in Exmouth.

I'm originally from Colombia and moved to the UK as a young child. I lived in London for many years before moving to Devon in 2014, where I met my wife. God instructed us to move to Southampton and serve as Associate Pastors at Riverside Family Church. We worked closely with the Young Adults and saw God do incredible things there. It was during our time in Southampton that Cait and I became parents. We have two amazing girls, who are 3 and 1 years old. In 2024, we felt our time in Southampton was coming to an end, and so we leaned into God's voice for clarity and direction. After a while, it was clear we were moving to Devon, but we didn't know exactly where. We stepped out in faith, packed up our lives in Southampton, leaving job, friends and a fantastic church community. We moved in with family in Paignton. We knew that God was looking for our Yes, before He would reveal His plans! It was once we were living in Paignton from November 2024, that He made His plans clear for us. We started engaging with Riverside Church Exeter and after conversations with the leadership team, things became clear. They asked us to take the lead of Riverside Church Exmouth. We are one church with two campuses. Cait and I felt a strong sense of calling to plant ourselves in a town where we could build something meaningful for the community. Exmouth has this beautiful mix of beauty and welcoming people—it's quickly become home for us. We are excited to see God move powerfully through His church here.

Who is your favourite football player and why?

I don't have one single favourite; there are a few I like for various reasons. An example of this is Alisson Becker—Liverpool's goalkeeper. He's a great athlete, but what stands out to me is his openness about his faith in Jesus. He doesn't separate his performance on the pitch from his spiritual life. He's baptised teammates, talks about prayer and gratitude, and isn't afraid to live out his beliefs publicly. That inspires me, not just because he's bold, but because he uses his

platform with integrity.

Can you share about the role football has played in your life and why it has impacted you so much?

For me, football was a doorway into community and, unexpectedly, into faith. My mum started attending a church in North London and encouraged me to come along. I wasn't interested at all—until she casually mentioned that the guys played football after the service. Eventually, I gave in and went. At first, I just turned up for the game, but what I encountered was a group of Christians who were surprisingly normal and genuinely kind. Football gave me a place to belong. Over time, I started joining them for lunch after church, and slowly, I became part of the wider church family. That group of people created space for me to be myself and to ask questions about faith. What started as a game turned into a life-changing journey.

In football there are some really good values, such as teamwork, and as coaches we're often told to find out what motivates young people to 'love the game.' Do you think some of these points are transferable when it comes to being a witness and discipleship?

Absolutely. Football teaches you the value of showing up, putting others before yourself, and staying committed even when things get tough. Those same principles apply to discipleship. You can't disciple someone from a distance, just like you can't play football without being on the pitch. When we disciple others, we're essentially saying, "Let's do life together." We help people see what God's doing in them, not just what they should be doing. It's about relationships more than rules, and journey more than destination. In football and in faith, consistency and encouragement go a long way.

Has there been a coach, mentor, or leader in your life that has guided you in your faith journey? What were the characteristics that made them a great leader?

Yes—there's someone who significantly shaped my journey. When I moved to Devon first time, I became close friends with the Families Pastor there. Misheck was and is a man of great integrity who is now serving a Church Planting Director for Assemblies of God. What made him stand out was his ability to see my potential and provide me with growth opportunities. He believed in me and trusted me with responsibility early on in my ministerial career.

Do you have a vision for Exmouth? Can you share some of that with us?

Absolutely. My vision is rooted in Acts 2:42–46, where the early church was devoted to the apostles' teaching, fellowship, the breaking of bread, and prayer. It was a church marked by deep community, generosity, and daily transformation—but also by power. Verse 43 says, "Everyone was filled with awe at the many wonders and signs performed by the apostles." That's the kind of church I believe God is building in Exmouth: a church full of life, full of love, and full of the power of the Holy Spirit, in John 4, Jesus gave a word of knowledge to the Samaritan woman—He told her something no stranger should have known. That one encounter changed her life, and she ran back to her town saying, "Come, see a man who told me everything I ever did." As a result, many in the town believed. That's the kind of impact Spirit-led moments can have: they don't just stir emotion—they awaken purpose and bring salvation to whole communities. I want to see a church in Exmouth that reflects the fullness of God—where truth and power go hand in hand. People planted deeply in the Word, thriving in community, walking in purpose, and living out their faith in a way that impacts homes, schools, businesses, and beyond. A church that opens its doors not just once a week, but daily, and leads lost hearts to the God who still speaks, heals, and transforms.

SAVING LIVES FOR ORDINARY PEOPLE

While I have been away from work Denise and I have been watching *The Chosen* video series. If you have never watched this series, I highly recommend it to you. It follows the life and ministry of the Lord Jesus recorded in the Gospels in a most powerful and engaging way. It is available through Prime Video, as well as through many other sources.

One of the most striking things about the series, for me, is how ordinary people act when they have encountered and begun following Jesus. In the series, people who have met God's Son do not need to be told to share the Good News about Him, as they quickly and automatically seem to tell everyone. There is an excitement in them that they seem not to be able to contain, and they enthusiastically find anyone they can with whom to share their experience of Jesus.

Today, I understand that none of us have been able to yet meet Jesus in person, however for many Christians, sharing the Good News about Jesus is something that they find challenging. Our beautiful world is in deep trouble at this time. People are stumbling around in the darkness of war and conflict, lies and deceit, and many citizens of the world do not seem to know what is right and wrong, or where hope for the future can be found. In these days it is vital for the Christian Church to be sharing the life-changing story of the Nazarene Carpenter, Jesus, who is still changing hearts, lives, and eternities.



To assist with this this need to be able to share our story, on Saturday 13th 20th and 27th September we are running, in partnership with Agape UK, the course *Living and Telling*. This course, which is very much supported by the Diocese of Exeter, is designed to help ordinary Christians, like us, to share their faith with others in an easy and non-threatening way. The course is taking place between 10.00 am and 4.00 pm on the first two Saturdays, and then from 10.00 am to 2.00 pm on the third Saturday. I would like to personally invite you to come and do the course with me. I have never taken the course before and so what is taught will all be new to me as well. Will you come and join me? If you are interested to register or wish to find out more, please email Karen in the Mission Community Office at office@exmouthcoastalchurches.org.uk or call her on 01395 266442.

Rev'd Steve Jones

JOIN US FOR A RIVER CRUISE

We have been asked to organise a church social event for September. What better month to take a cruise on the lovely river Exe. It's an opportunity to sit and relax, admire the views, study the wildlife (maybe see a seal) and chat to others. The cruise will be upriver and last about two hours. There will be a cream tea served during the cruise and a short service led by one of our clergy.

We have booked Stuart Line for Sunday 14 of September commencing at 3:00 pm. Places are limited so buy your ticket well in advance. The cost is £20 per person including your cream tea.



There are various ways you can book and pay:-

Cash to Sue Moseley, Margaret Elms (Littleham, Karen Hoole in the Office, Bob Soutter, or Clive House (Holy Trinity), bank transfer to account "P C C Littleham Exmouth", sort code 30-93-15 account number 00185006. Please mark "River Cruise" as a reference, by the card machine in the Church Office at Holy Trinity (you will need to visit the Church Office with your card) by cheque - payable to "Littleham cum Exmouth PCC"

We have 60 places. Once these are filled, we will start a waiting list. Should you need to drop out we will aim to fill your place with somebody else and give you a refund. Please plan to arrive in good time and if you are driving to the port maybe offer a lift to someone who needs it. Sue Moseley & Margaret Elms

MEN'S BREAKFAST

This will be on Saturday 9th August. Arrangements as usual: The Toby Carvery at Lympstone, at 8.15 am for 8.30 am. Finishing by 10am. The cost: £10.50 as last time, payable in cash on arrival.

The speaker will be Marcus Paul, from Lympstone. The title of his talk will be: "*School Pastors, the Church, and English Education*".

I am led to believe that some of the content might be just a little controversial..... Sounds good to me!

Gentlemen: Please let me know if you would wish to attend. I do hope so.

Bob Soutter: rjsoutter@aol.com or 01395 273400





On Friday 30 May Denise dropped me off at the Royal Devon and Exeter Hospital for major surgery. It was an elective surgery to repair something that had been causing me almost daily pain for the last decade. When I saw

the Consultant Surgeon in November 2024, he told me that the surgery would take place no later than March this year. With all the pressures that the NHS is facing, it did not surprise me that my operation was constantly put back. What was a surprise to me on surgery day was that Denise could not come in to wait with me. The hospital no longer allows relatives to wait with the patient before surgery.

That is no concern if you are having minor surgery, but when you are going in for major surgery having a loved one with you as you are admitted and prepared for surgery can be a real comfort. However, I was not alone as the Holy Spirit was palpably there with me as I read through Philippians while I waited. My lead surgeon is an amazing man. With a kind and caring manner, he was also direct, open about the risks, and wholly determined to see the operation be a complete success. I always say that you want your surgeons, lawyers, and airline pilots to be firmly confident in their own abilities to take on the task before them.

I was admitted to the hospital on Knapp Ward which seems to do all the surgical admissions for the hospital, and then feeds patients into the ten operating theatres. It is a slick and no-frills team that gets you ready for surgery. They are good at what they do and mean to get everyone through the process quickly and safely. It was a strange experience walking with one of the theatre nurses from Knapp Ward down a main hospital corridor to the theatres in just a hospital gown. I had not been in the anaesthetic room long before I was lying on a trolley, with a canula in the back of my hand, and the Consultant Anaesthetist was asking me if I was going on holiday anywhere this year. I have had enough surgeries in my life to know that this was one of the common questions they ask you as they put you to sleep. I don't think that I was able to finish my answer before I was out for the count.

I seemed to wake up all of a sudden in a bed in the recovery ward. Recovery is a busy place, with nurses and doctors professionally rushing around assessing and helping patients as they wake up from surgery and stabilise before being ready to move off to a ward. The junior of my three surgeons was by my bed smiling at me as I processed the fact that I was through the operation. I thanked the Lord that I had come through safely, as the surgery was not without risk. The surgeon checked me over in a very kind and calm manner. I asked her if she could call Denise and let her know that I was in recovery. I

remember hearing her on the phone to Denise and telling her that everything had gone exactly as they had planned and hoped for and that they were pleased with the outcome to this point. In those moments, I was profoundly aware of the prayers of our congregations going up for my well-being. I cannot tell you how I know that other than to say that I could actually 'feel' the prayers of the saints. It was a bit like when you can hear someone talking in another room, but they are too far away for you to hear what exactly they are saying.

After the Recovery team were happy with my progress they moved me to Lyme Ward. Lyme Ward is staffed by angels; I am sure of it. There are four members of the nursing team there, particularly, who looked after me for the next three, quite difficult days, and who were, without doubt, ministering spirits to me. Two nurses, in particular, gave me a new three-dimensional, living, breathing, definition of what 'compassion' and 'service' mean. They seemed to like having a vicar on the ward, and I had some special moments to be able to speak into the lives of my two key 'angels'.

Coming home was a new phase of the recovery. It was so much better to be in my own home and bed where I could get some proper rest. The challenge of being home three days after major surgery is not having a nurse on hand to be able to ask the questions that inevitably come up. Again, God provided for me in the ministering care of wonderful nurse Denise! For the next four weeks Denise took superb physical care of me as I healed, as well as being a constant source of wise counsel, constant encouragement, and strong direction (which I needed at times).

At the start of July, I returned to work, just doing mornings for two weeks, before starting back full time on Monday 14 July. I know, however, that my full recovering is going to take a while. Every day there comes a time when I feel totally depleted and wholly out of all energy. I have been told to listen to my body, which I am endeavouring to do. A retired GP whom I know has suggested to me that I will not be back to 90% of my energy and capacity until at least six months. I will have to be patient, I know.

It will not surprise you that while I have been away, God has been speaking to me about my ministry, the life of our Mission Community, and Gospel ministry in East Devon. At the joint Mission Community service at Holy Trinity Church on Sunday 31 August I will start sharing with you some of the key things that I believe that I have heard from the Lord. I am excited and I hope you will be also.

May I sincerely thank you all for your fervent prayers for my surgery, and my recovery. I have felt you with me each, and every day. To God be the glory!

Steve

Mission Community News

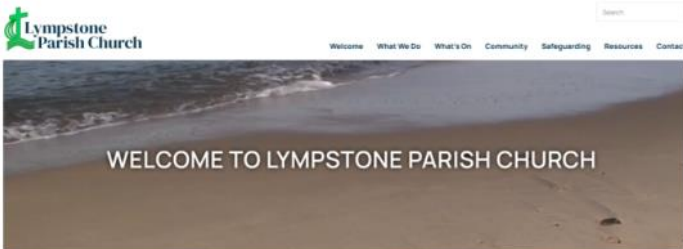
LYMPSTONE SEA SUNDAY SERVICE

There was a tremendous turn-out for the resurrection (thank you Sid Humphries!) of the Sea Sunday service on 13 July 2025 on the slip way next the boat shelter. It was very, very warm but the large congregation huddled under parasols, hats and umbrellas were treated to prayers from the sea scouts and cubs (accompanied by bubbles to mirror those prayers floating up and out into the world), a reading from Abi Webber and Hymns played by the Lypstone Academy Brass (I'm sure Roger will correct me if I've got that wrong!!...like he did with Sid on Sunday!!).

A lovely service by Sid Humphries and very welcome after a good few years' break...I'm already looking forward to next year's service!

A thank you to ALL involved in helping Sid to make it happen, in particular the Sailing Club and the Lypstone Fishery and Harbour Association (LFHA).

LYMPSTONE PARISH CHURCH'S NEW WEBSITE



We are excited to launch a new user friendly and informative website for Lypstone church.

Have a look at <https://lypstonechurch.org/> and you will find out details about the church, its regular services for all ages and further outreach to the community we serve. We hold traditional and contemporary services on alternate Sundays and welcome newcomers and visitors to all services.

We have recently taken on an additional Children's and Youth Worker to expand our support to young families and children in Lypstone. In addition, we welcomed a new curate Heidi, in June.

We are always keen to welcome one and all into the life of our church. Moreover, as part of our care for the community we are keen to support you in times of need and for major life events such as christenings, weddings and funerals. Details can be found on the new website.

If you have any queries or want to talk to someone, please contact our new administrator, Andrew Minter ad-min@lypstonechurch.org or our Rector Steve Jones. rector@exmouthcoastalchurches.org.uk



HOLY TRINITY

WARDENS

NOTES FOR

AUGUST



You will have noticed, if you park at HT on the grassed area, a number of divots and ruts have been filled in, these are created when people drive on and park when the grass is wet (and the area is closed for parking) then they have great difficulties get off the grass causing the damage. **Please DO NOT park or drive onto the grass when its wet!**

Much has been made of our new Flagpole, erected last year, but it appears that the saline rain we get along coastal areas, together with very strong winds (upto to 96 mph (154 kpm) @ Berry Head) expose the Flagpole and its Superstructure to tremendous forces. This has created a problem which will result in the Flagpole being removed, particularly as the current situation is that we are unable to Fly flags whilst investigations are in progress.

Much as with the heavy, prolonged rain and high winds causing leaks within the South Aisle area, both this and the Flagpole problems are due to changes in the climate and global warming, 200 years ago when HT was built these problems in the future could not be foreseen, but the Buildings & Finance Committee, of the PCC, are acutely aware of cause and effect and are taking the necessary action to ensure the HT building continues for another 200 years!

With regard to the South Aisle roof, we have now received Diocesan approval for the leadwork repairs and are pleased to announce this work will be undertaken during the first week of August.

We are pleased to welcome **Shaun** as a fully fledged **Priest** and shortly **Heidi** as a **Deacon** to HT and the wider Mission Community, whilst also praying for our **Rector Steve** and his safe return to the ministry following his recent operation.

Mike & Paul.

THANK YOU

For your prayers and the welcome when I finally managed to get back to Church after an unexpected three week stay in the R D and E Hospital recently.

My apologies that it was impossible to produce a July edition of the Net., but then as they say absence makes the heart grow fonder! HUMPH ! I hope my heart is going to grow stronger as a result of the bewildering pile of meds I was set home with! Some are mentioned in the Dreadful Ditty from Helen Coleman on page 17.

THE SEARCH FOR ST. SIDWELL'S WELL - Mark Williamson



Worshippers at Holy Trinity will be familiar with the beautifully crafted stained glass window in the south aisle depicting Exeter's own saint, St. Sidwell. They will also know the outline story of the 8th century Saxon convert, beautiful and virtuous who brought food to those working in the fields outside the city walls. When her father, a wealthy landowner, died he left his daughter whose Anglo-Saxon name may have been Saedefulla in the care of her jealous stepmother who hired a couple of corn reapers to behead her with their scythes. The Legend of St. Sidwell written much later, in 1330, recounts how where her head fell a spring appeared, the origin of St. Sidwell's well. Other records, not contemporaneous, refer to a shaft of light which shone over the site for three nights and her ghost rising from her grave and

carrying her head to the church where she was buried and as early as the 10th century the shrine had become a place of pilgrimage.

That the well existed is historical fact. In the 13th century there is mention of a grant by the Dean of Exeter of 'a third share in the waters of St. Sidwell's well'. The well provided the cathedral's water until it was replaced by a nearby well at Headwell Mead leaving St. Sidwell's to be used by local residents.

The depiction of the well in HT's stained glass window is confirmed in 19th description by a local resident who describes 'the Beehive Well, also known as St. Sidwell's Well, in the form of a little circular hut of red Heavitree stone about 8 feet high by about 12 feet circumference. There was a sort of window in the front from which people filled their jugs'.

Locating ancient wells, especially those with religious significance, can be problematic and Exeter's water supply history is complex. East of the city centre there were many springs that became wells. The Romans piped water for their garrisons from the springs in the Longbrook Valley and by the 13th century conduits were being built for the growing population. In the following century the famous underground passages were built, again drawing water from wells both inside and outside the city centre. Bizarrely there is even a well on the up line embankment at St. James Station being a replacement to the one cut through when the railway came to Exeter in 1857.

So where is St. Sidwell's Well? The church where the shrine was almost certainly situated was destroyed in the blitz of 1942. The new church built in 1958 and sold for £1

in 1998 is now a thriving community centre although a chapel on the first floor is used for a weekly Communion.

Sometimes the answer lies in the legend and folklore themselves. The development of flats at 3 Well Street, on the corner with York Road, uncovered the well and this was confirmed by an archaeological excavation in 2017. They described the find as 'an octagonal structure of fine local Heavitree masonry believed to represent the latest, probably late mediaeval phase of the original well structure'.

Can you visit it?

Yes and No! The development was one of flats above a tea shop. The tea shop is now a delightful Korean coffee shop with the well buried and incorporated into the foundations below the raised



section of the ground floor. The member of the Korean family who looked after us told us that visitors do ask about the well and pointed to the area (a corner table) below which the well is situated. Although the City Council hoped that the well might be exposed for visitors unfortunately that would now be structurally all but impossible.

So on the hottest day of June Barbara and I made a pilgrimage, sharing Korean mango bingsoo over shaved milk ice and toasting Exeter's patron saint with an iced coffee. Below our feet lay a tragedy that became a legacy of an ordinary woman following Christ's example of service being slain by the evil from which He came to deliver us. St. Sidwell is not just Exeter's saint. She is for all of us.

FORCE FUND RAISER

"It's Cream Teas for Cancer time! Join in on Thursday 18 September 2025 and do your bit to support people affected by cancer, face to face, right here in Devon. For just £6, you get a delicious combo of two scones, Devon clotted cream, strawberry jam and a teabag, all locally sourced and packed in an eco-friendly paper carrier.

All our Cream Teas for Cancer are hand packed and delivered to your door by FORCE volunteers.

It's a great opportunity to get your colleagues, friends or family together for a special taste of Devon this summer. All you have to do is save the date, send out the invite, put in your order and FORCE does the rest. It couldn't be simpler!

To order, go to our website:- <https://forcecancercharity.co.uk/creamteas/> or contact 01392 40287

We did a Churchyard Walk at Littleham on 9 June for Church's Count on Nature. My highlight was when Alice told me the Yew tree had saved her life. We knew the Yew could be used to make a cancer drug but this was the first time we had talked to someone who used it!

We had some wildflower enthusiasts with us who are updating the list of wildflowers found in 2023 and 2024. I think the total is now up to 100. We have several types of speedwell for instance and a good wildflower book will help identify them.

As we walked around the churchyard the builders were in the church fitting the new infra-red heaters to make the church almost carbon free. It was amazing to read in the Diocese Roots and Shoots that our church is featured in the new Church of England Net Zero Report. We feature in the Give to Go Green section but to me the "Caring for Creation is Missional," section is inspiring. In making changes to lower our carbon emissions the Net Zero programme is bearing witness to all the Anglican Communion's Five Marks of Mission.

Two years ago, when we started to make small changes for Eco church we wondered if it could make a real difference. Our efforts are now influencing others and a quote from the Report says "When we act to care for God's creation, we demonstrate a Christian response to the threats facing creation. This says something about who we are as Christian people and the Gospel we teach and nurture new believers into." We have all done this together. Don't stop with the new heating. Keep going.

Enjoying God's Acre. If you missed the walk the churchyard is always open. So come for a walk in Littleham Churchyard.

Start by standing outside the NND room and walking towards the church. On your right are many trees including a circle of yews. Go over towards Lady Nelsons grave and admire the trees as you go. Trees are the lungs of the churchyard. They reduce the greenhouse effect by removing carbon dioxide from the air and releasing oxygen. Trees also provide a home for many types of wildlife.

The Yew is the most long-lived tree in Britain. To Celtic people yews were sacred trees and symbolic of everlasting life. Several yew trees in Britain are believed to be over

2000 years old and there is no known limit to how long they can live. The Yew is poisonous and may have been planted to deter farmers from grazing their cattle in the churchyard.

In medieval times there were no gravestones in the churchyard which gave plenty of space for men to practise archery, wrestling, and even a version of football. It was the local community space.

Walking towards Castle Lane look at some of the wildflowers.

The large Oxeye Daisy is an amazing spectacle and provides food for the hoverflies.

The smaller Common Daisy has spoon shaped leaves that form a rosette at the base of the plant, close to the ground.

Cranesbill with its little purple flowers. The flowers will form a seed pod which resembles a crane's bill.

Ribwort Plantain with its seed heads looking like hats.

By the gate at the bottom, you may see some Green Alkanet and some bumblebees feeding on it.

Take care as you carry on round the back of the churchyard, the ground can be uneven. You will come to longer grass and brambles, left to benefit the insects, birds, and butterflies.

As you come into the newer area turn right to the natural burial ground. Look at that lovely old oak tree in the corner. Then sit on the seat and listen to the birds. As you walk back to the church, think about how you can make your garden more wildlife friendly.

Allow some of the ground to grow wilder, don't cut all the grass short, and let the wildflowers grow.

Maybe leave a log pile for the insects

Put out a nesting box for the birds.

Birds and insects need water, especially hot weather, so do provide some.

We had an excellent talk by our guest speaker Jan Gannaway about Swifts on June 26 They are amazing birds spending most of their lives in the air. We will be writing more about this interesting talk in a future Net edition.
Sue and Roger Moseley

MISSION COMMUNITY OFFICIALS & CONTACT DETAILS

Mission Community Administrator Karen Hoole

Mission Community Office, Holy Trinity Church, Rolle Road, Exmouth EX8 2AB Tel: 01395 263681

Churchwardens

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Deputy	Sue Carrahar	222631		
Littleham	Stephen Thomas	07713 517688	Debbie Frost	223026
Lympstone	Peter Watsham	07976 259920		

Hon Treasurers	Holy Trinity & Littleham	Clive House 263681	Lympstone	Michael Totterdell
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Office email: office@exmouthcoastalchurches.org.uk Website: www.exmouthcoastalchurches.org.uk
Facebook page: [exmouth coastal churches](https://www.facebook.com/exmouthcoastalchurches)

Mission Focus for August is on M A F



MAF's Grand Cess service resumes

The people of Grand Cess in south-eastern Liberia are happy to see MAF planes again.

According to acting MAF Country Director Leon Prinsloo, 'We're not just landing planes, we're opening doors. MAF is committed to serving the most isolated, and Grand Cess is a clear example of how aviation can break barriers to healthcare, education and hope.'

For communities cut off by rough terrain and impassable roads, the return of our service again enables humanitarian workers, government staff and medical teams to reach inaccessible communities.

Grand Cess, a remote coastal town located approximately 370km from Monrovia, has about 3,000 people.

The area is known for its fishing and subsistence farming, with

villagers growing cassava, rice and plantains. The return of the plane, says Mayor Francis Charles Jr, is a lifeline.

Before the resumption of flights, ill or injured patients were forced to travel long distances on motorbikes, unfortunately causing fatalities.

'It's very difficult for us here,' Mayor Francis continues. 'The referral hospital is in Cestos, but when the roads are bad, there's no way an ambulance can get through. We really appreciate MAF because, in about an hour, you're there.'

'Elderly people, who aren't able to ride when the road is bad, get to travel by plane, which is much better.'

According to the mayor, however, there are challenges. 'We only have

two people working on the airstrip and facilities. They do the cleaning and everything else. The terminal was built by the community, but now the roof is leaking, the seating isn't good, and there's no proper protection for windows and doors.'

'There were no flights for almost a year. But when we were asked to clean the place, we realised something good was about to happen, and we knew the aircraft was going to come.'

Give thanks that we've been serving remote communities in Liberia since 2015. Please pray for our passengers, personnel and planes, and the airstrips that play such a vital role in MAF's ministry. Without suitable strips, MAF planes cannot land – leaving vulnerable villagers cut off from the outside world.

Malaria campaign

Every minute, a child in Africa dies from malaria – a curable disease. And during the wet season, malaria only gets worse. Find out more about how hospitals like Noah's Place Mission Hospital rely on MAF to fly medicine to help save lives. Please visit www.maf-uk.org/malaria25

Prayer WhatsApp Channel

MAF has launched a new prayer WhatsApp Channel where you can be notified of up-to-date prayer requests from our programmes and staff. Sign up to follow MAF's prayer channel here – www.maf-uk.org/pray



WWW.MAF-UK.ORG



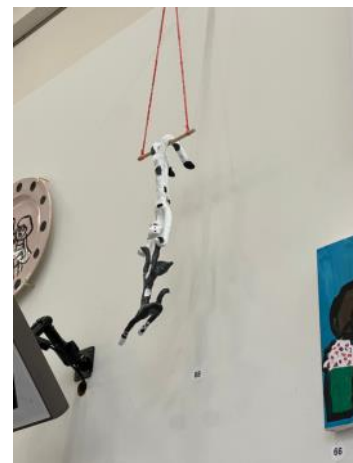
MAF UK: Castle House, Castle Hill Avenue, Folkstone, Kent CT20 2TQ
Scotland Office: Challenge House, 29 Canal Street, Glasgow G4 6AD
T 01503 852819 E support@relations@maf-uk.org

CELEBRATIONS

CAN COPE CELEBRATES 40 YEARS



WELL DONE FREYA



FREYA AT THE ROYAL ACADEMY

"Here is our administrator, Karen's granddaughter, Freya, at a preview of the Royal Academy Young Artists Summer Show in London on Saturday 12th July. Her school in Exeter told them about the exhibition in February, so Freya made model figures of cats using wire, tin foil and air dry clay, entitled 'Acro-cats', because she likes acrobatics and cats! They submitted a photo which was then selected out of 23.000 entries to be one of the 270 included in the exhibition, which is held in a room within the Royal Academy during the Summer Exhibition."

& MORE CELEBRATIONS



NOW & THEN

CONGRATULATIONS

To Clive and Heather who recently celebrated their 40th Wedding Anniversary in Time Honoured fashion at Holy Trinity



Recently Holy Trinity Mothers' Union enjoyed their annual Cream Teas Event, kindly hosted by Eileen German In her garden.

A most enjoyable event for the ladies.



PROUD GRANNY

Matt and Abbey (Erica Davey's Grand daughter) pictured after their recent wedding at Rockbeare Manor.

HOLY TRINITY MOTHERS' UNION



THE REVEREND HEIDI'S ORDINATION



Heidi just minutes after her Ordination



Steve and Heidi after the service.



Rev'd Benedict and Rev'd Teve excited to be at Rev'd Heidi's ordination as Deacon

Exmouth Food Bank Summer 2025 Newsletter



Demand for our services

During the past 6 months our team of trusty volunteers have packed and distributed food parcels to feed over 2,500 people. These numbers are concerning as each one represents an individual experiencing food poverty. However, the good news is that overall we are experiencing a 20% decrease in demand for our services when compared to the same period last year.

As the gap between wages and the cost of living continues, we see that families in particular are struggling to make ends meet. In response we have developed a package of flexible support which includes providing food weekly, when families are in crisis but also monthly, if that helps to keep the wolf from the door. We get to know our clients and are humbled by their stories and honesty.

Introducing our new stock coordinator

Many of you know Craig Jolly who was instrumental in supporting the Food Bank to develop and expand what it offers in order to meet the growing demands of those in need. Craig has recently moved on to run the Mushroom Exmouth & District Community Network. He still remains a close friend and advocate of the Food Bank and is an absolute star.

We now welcome Nathan Conni-Hales to our team. Nathan has extensive experience of stock management and has rolled his sleeves up to rebuild the shelving in our stock room which was causing many a volunteer to trap a finger or two! Our thanks go to WCT Scaffolding who provided the wood for our impressive new shelves at a discounted rate.



Simon Taylor from Octavius with one of their weekly donations

Support from our community

Exmouth Food Bank relies entirely on the generosity and support of our local community. There are so many of you who donate to us regularly and often privately, **thank you**, we value your commitment to our work and could not function without you.

We also welcome support from businesses. Octavius Infrastructure have recently made contact with us – they are building the Dinan Way bypass and, as part of their community support programme, want to help local people in need. They are now kindly donating weekly supplies of items that we are short of.

In addition Exmouth Pets at Home store has generously agreed to partner with us to collect and distribute pet food donations from customers who want to help pet owners who are facing financial challenges. We will be promoting the work of the Food Bank in the store on Saturday 9 August so do come along and have a chat with us.

Planning ahead for the summer holidays

We know that the summer holidays place extra pressure on families trying to feed their children.

In preparation we are working collaboratively with the Tesco's store on Salterton Road to run a campaign seeking donations of cartons of fruit juices, tinned meat such as ham or corned beef, tinned tuna, sandwich spreads, peanut butter, healthy snacks, and crisps/nuts.

Anything you can do to support our campaign would be much appreciated.





‘Begin Well’ ante-natal courses - a church mission opportunity. I would like to introduce you to this amazing organisation with whom we will soon be working as a mission community. Running such a course would engage expectant parents with member of the church for possibly the first time and would enable us to engage with them! And bring the love of Jesus into their lives at a crucial time.

Begin Well was set up 6 years ago by 2 Christians: an Obstetrician and a Health Visitor. These 2 ladies sought to fulfil a need out of churches that was no longer available elsewhere, at present, the only ante-natal provision from the NHS is some short videos available online, nothing face-to-face at all. Privately run courses are available but e.g. NCT classes cost £300 to attend all the sessions.

In Devon there are currently 10 groups being run by churches. In the local area there is 1 in Sidmouth and 5 in Exeter. None in Exmouth. There are waiting lists for all the above, people are desperate to attend these groups. The course is run over 5 to 6 weeks (there is an optional feeding week) or over 2 days e.g. on Saturdays.

The sessions are as follows:

1. Community – connecting with others in the groups, icebreaker activities etc. The importance of community and not being isolated. An ideal opportunity to publicise church-based baby and toddler groups and family orientated church services.
2. Giving birth – health professional runs this session, ideally a midwife.
3. Caring for baby – the practicalities, often a new dad is recruited to come in help with this session. Baby health is also covered in this one.
4. Health and wellbeing – looking after yourself as a mum, includes talking about mental health such as post-natal depression.
5. Mini marriage course – doing relationships well, love languages, resolving conflicts, managing finances etc.
6. Optional feeding week – breast vs bottle.

Each couple is given a book which summarises the course. Normally, there are around 8 expectant mothers at each course preferably with the expectant fathers too. This seems to be the right number to generate some really good relationships. One person leads the course with the addition of 3 or 4 others. A midwife needs to be present for some but not all of the sessions. Each session is 2 hours with a short break in the middle. The course is very interactive, and expectant parents are encouraged to interrupt with questions and comments throughout.

I have visited the Sidmouth group to get an idea of how the course looks in practice. They were very friendly, supportive and will be happy to assist with any operational difficulties when first setting up in addition to the support offered by Begin Well. The group felt welcoming, relaxed and informative. The space used was comfortable and had very much a Hygge vibe! Refreshments were available at the start and during the break.

At present, the plan is to begin offering a Begin Well course at the Littleham Hub in late September when all the DBS checks and references have been checked and those leading have undertaken some training. I repeat, there is currently no antenatal provision in Exmouth.

Many of us who have children will remember attending our own antenatal classes and many of us will still be in touch with at least one of those who we met during these. Often, the group wish to continue meeting up after their babies are born and thus a new church parent and baby group could be born too! After each course, more could potentially be added to the original and as the children grow, so the opportunities will increase with the possibly of inviting them to get their children baptised, attend church events etc.

Currently, I have a team of 3 possibly 4 people including a midwife but could do with at least one more.

If you are interested in joining us on this incredibly exciting venture, please get in touch with me, either at Littleham church if you worship there or by email: liz.tapp@outlook.com or text me on 07933331620



FEEL-GOOD

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Draw closes: 29th August 2025 at 11:59am

www.forcecancercharity.co.uk/summer-draw/

Gladys Aylward: Away Day in China Part 3

Gladys had never been inside a prison, and ordered Lu-Yung-Cheng to go instead. He too refused and ran away. She finally decided to visit the prison herself. On meeting the Governor, he requested Gladys/Ai-weh-deh to stop the fighting, in the belief that her living God would protect her. Pushed through an iron-barred door, it was as if she were Daniel in the lion's den. The prisoners ignored Gladys until a man confronted her by with an axe. 'Give me that chopper,' she demanded.' He held out the axe as the 50 to 60 convicts froze before her. When Gladys commanded them to form up in a line, they obeyed; she then saw how wretched and hopeless they were and ceased to fear them.

Gladys asked them about their grievances. Hanging their heads in shame, she asked for a spokesman. A man came forward to explain that they had nothing to do and would starve unless friends or relatives brought food. The Governor, who had witnessed her remarkable achievement in quelling the riot, was most grateful and ready to listen to Ai-weh-deh's advice, which was similar to that of Elizabeth Fry who had advised that prisoners should have occupations, Gladys suggested looms for cloth weaving to earn money with which to buy food and gain self-respect. She procured two looms and a miller's wheel to grind grain, but there was no money for prison reform. She taught hygiene and read them stories. The prisoners who were always at home for her were her only parishioners. The Governor offered to ask a Christian scholar friend to preach at her Mission. Ai-weh-deh promptly suggested that the prisoners might join the company. He reluctantly agreed once only, but they would be in chains.

Gladys gained in confidence and showed her true colours when she decided to confront the Mandarin with the humble status of women in Chinese society, a man's liberty to beat his wife, to sell or even to kill her. On her way to the Mandarin, she saw a woman with a sickly, undernourished child. Gladys knew children were traded and believed the woman was not the mother. Her guess was confirmed when the woman offered the child for two dollars. Meeting the Mandarin of Yangcheng, Gladys/Ai-weh-deh asked him what he intended to do about dealers in children. He replied that after centuries of practice, nothing would be done. Gladys told him her journey to China was her love of Jesus Christ, to act upon the principles of his teaching.

The Mandarin's authority had never been challenged in that way before, and he was initially angry, informing Gladys that Chinese civilization was much older than Western civilization. However, she earned his respect and friendship. On the way home, Gladys again came across the woman who was trying to sell the sickly child. This time, the woman would accept a shilling. Gladys only had nine pence, which she accepted, and the child was now in her care. She named the girl Ninepence, who was between four and six years of age. Gladys and Yeng made little progress with the child, so she decided to find a more suitable mother. One day, on her way to preach, she saw a young mother crying over her dead

child. Gladys offered to bury the child and to give her Ninepence instead. The woman accepted the arrangement, but later, on returning to the inn, Gladys found Ninepence, clean and nicely dressed, hand in hand with the same young woman, who handed the child back to Gladys, implying that the child was hers. 'Ninepence,' she said, 'would love her when she knew what had been done for her.'

Soon, Ninepence brought another child, an eight-year-old boy whom she found begging. Gladys named the boy Less, for the portions of food sacrificed by others to give him a meal. Less and Ninepence added to the number by bringing another boy child to the inn. She decided to seek his parents and asked for

help from the town crier, but without success. The boy was called Bao-Bao, meaning precious bundle. Later, Gladys became the official parent to two more children and an unofficial mother to others. A school became necessary for them, and the prison Governor opened one for them.

In 1936, Gladys decided to become a Chinese citizen. They were now her people. By that time, Chinese women had acquired a new life. They

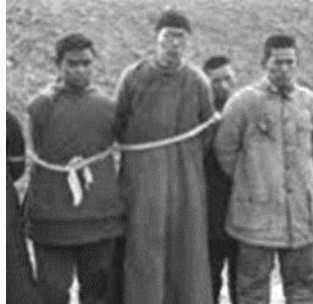
could no longer be sold and had rights in their households. Idols were still being burnt, but Yangcheng was soon overtaken by war. They were unacquainted with modern weapons, and when one spring morning Japanese planes swept over the town, everyone stood outside to wave. When bombs began to fall, Gladys, quite unaware, was praying with others, and all were buried in debris. Unharmd, Gladys found her first aid kit and helped in rescue work with sheets torn up for bandages. She quickly got volunteers to help the wounded and remove the rubble and the dead. Demanding buckets of hot water, she poured a bottle of permanganate to use as an antiseptic for the people's wounds. On the way to the East Gate, Gladys saw that the crowded town centre was filled with dead and wounded. She ordered them to be moved outside the gate and told the walking wounded to return to the remains of their homes.

Gladys/Ai-weh-deh sought out the Mandarin, who informed her that the Japanese were advancing to Tsechow and would soon reach Yengchow, which they did in five days. She needed to remove her 40 or more Christian community to the safety of the mountains, so they left for Bei Chai Chuang, 8 miles away. After a week, news was received that the Japanese had left Yangcheng, and Gladys returned to recover her deed box. Expecting to leave by the East Gate, she found it locked. Told that the Japanese were at the West Gate, Gladys went there in disbelief, only to find a battle in progress between the Chinese Nationalists and the Japanese. Gladys sheltered in a cemetery, hoping to escape before dark. She could not decide the best route and prayed to God for guidance.

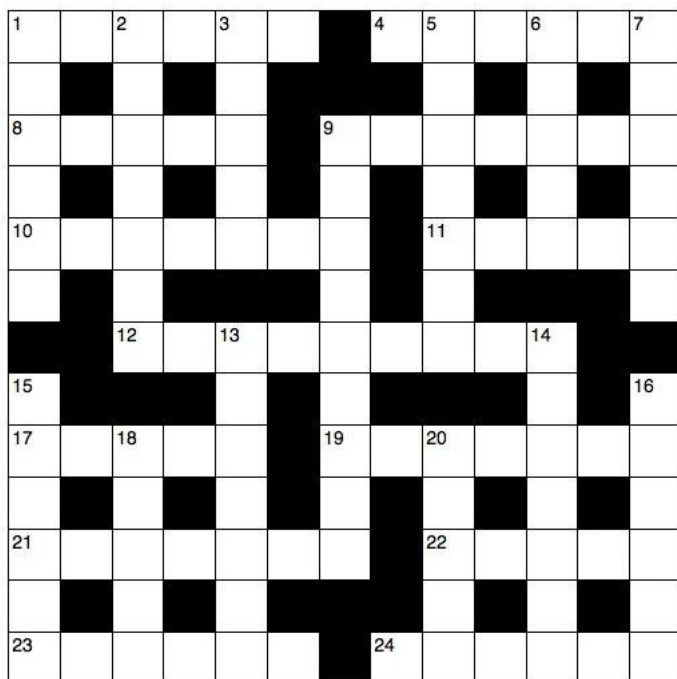
Swinging around several times till quite giddy, the direction she stood in was the way to go. It was the high path up the mountain. Her decision served her well, for she saw soldiers of the Japanese Imperial Army marching along the river bed. Gladys again had to sleep on the mountainside and reached Bei-Chai-Chuang in the morning.

After five days, Gladys was told that the Japanese had retreated to Tsechow.

John Hill



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Across

- 1 'The people were — at his teaching' (Mark 1:22) (6)
 4 'He saved —; let him save himself' (Luke 23:35) (6)
 8 He addressed the crowd in Jerusalem on the day of Pentecost (Acts 2:14) (5)
 9 Father of James and John (Matthew 4:21) (7)
 10 One who charges another with an offence (Job 31:35) (7)
 11 '— thy ministers with righteousness' (Book of Common Prayer) (5)
 12 and 15 Down 'All — is God-breathed and is — for teaching, rebuking, correcting and training in righteousness' (2 Timothy 3:16) (9,6)
 17 'No — of the field had yet appeared on the earth and no plant of the field had yet sprung up' (Genesis 2:5) (5)
 19 Made to feel embarrassed (Isaiah

24:23) (7)

- 21 This man built his house on sand (Matthew 7:26) (7)
 22 David's hypocritical message to Joab on the death in battle of Uriah: 'Don't let this — you' (2 Samuel 11:25) (5)
 23 Detest (Job 10:1) (6)
 24 'God made two great lights, the greater light to govern the day and the — light to govern the night' (Genesis 1:16) (6)

Down

- 1 To make a serious request (1 Corinthians 1:10) (6)
 2 Launches an assault against (Genesis 32:8) (7)
 3 'The wicked man — deceptive wages' (Proverbs 11:18) (5)
 5 Tuba ale (anag.) (7)
 6 'The day thou gavest, Lord, is — ' (5)
 7 Old Testament measure of weight, equivalent to about 12 grammes (Exodus 30:13) (6)
 9 Where Elijah restored life to the son of a widow with whom he lodged (1 Kings 17:10) (9)
 13 Paul said of whatever was to his profit, 'I consider them — , that I may gain Christ and be found in him' (Philippians 3:8) (7)
 14 City visited by Paul, described by the city clerk as 'the guardian of the temple of the great Artemis' (Acts 19:35) (7)
 15 See 12 Across
 16 Rioted (anag.) (6)
 18 She had a surprise when she answered the door and found 8 Across outside (Acts 12:13) (5)
 20 Maltreat (1 Chronicles 10:4) (5)

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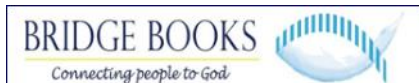
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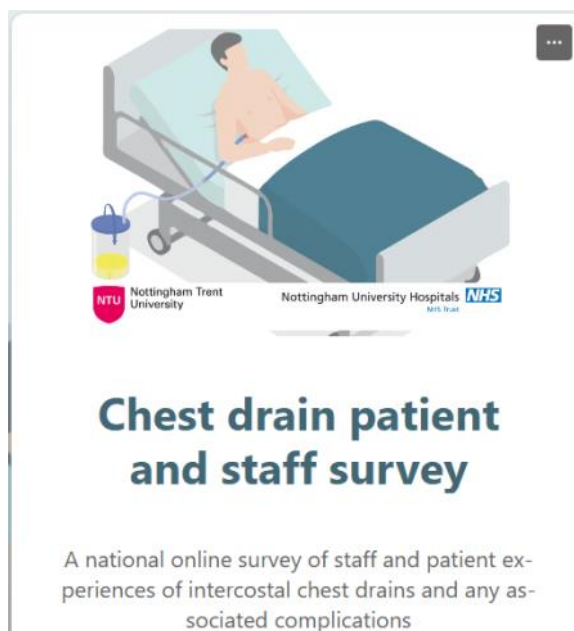
Jim Beed (one of HTs regular worshippers) has asked us if we could publish the following request from his son , Martin.

Dear Dad,

As part of the research that we are performing in NUH we are doing a nationwide survey of the experiences of people who have had chest drains, or who have relatives who have had a chest drain. If you are able to promote this at all I would be grateful. If you feel it would not be appropriate I would fully understand. Many thanks, Martin

Dr Martin Beed FRCA FFICM DM
Consultant in Intensive Care Medicine, Nottingham University Hospitals

Survey of problems with chest-drains.



About thirty thousand chest drains are inserted in the UK each year. They are placed between the lung and the inside of the chest wall after an infection or injury where they drain air, or fluids like blood from chest cavity that may have accumulated. The placement of a chest drain is often a life-saving procedure. We have developed an anonymous, online survey for both staff, patients, and their relatives that will help us identify experiences of chest drain complications and rank them according to how significant they are thought to be.

If you have had a chest drain in the UK, or are a family member of someone who has, we would be very grateful if you could consider completing our survey

Please click on the Link below to access the survey.

<https://forms.office.com/Pages/ResponsePage.aspx?id=s1TDN7CF9Ueylge0jXdO43nHn2CvkQxN15OckOFHyJ5UQkZVVVIZn1Q0RkJPUUkwTEZKRvVvASDhSWi4u&origin=invitation&channel=0>

Contact details:

Martin.beed@nhs.net <<mailto:Martin.beed@nhs.net>>

I AM THE VERY MODEL OF A MODERN BRITISH PENSIONER

*(to be sung to the tune of "the Major-general's Song")
With apologies to W.S. Gilbert.
Deepest thanks to Mrs Stephanie Williams BPharm,*



I am the very model of a modern British pensioner
I've calls upon my time too multitudinous to mention here;
However did I go to work to pay the bills I have to pay?
But that's what Rudyard Kipling called "a story for another day".
My major problem now is all the pills they say I have to take -
A list almost two pages long! I'm sure there must be some mistake!
I take them morning, noon and night with breakfast, dinner, lunch
and tea,
But as a British pensioner, at least now I'm retired they're free!

It seems I take some tablets every day with ev'ry drink I quaff,
(The pill that drives me up the wall's the small one I must cut in half.
It ricochets off walls and doors and frequently will disappear
And really winds up this long suffering modern British pensioner!)

There's Clopidogrel, Oxybutymin, and Paracetamol,
There's Codeine, folic acid and a capsule called Lansoprazole
There's Metformin, Eplerenone and some weird thing called
Glyclazide
(God only knows what that'll do when it arrives in my inside)
There's Ramilpril, Ranolazine and Isorbide mononitrate,
Perfenidone, Bisoprolol and then Glyceryl trinitrate,
(I hope that's not a fancy name for good old nitro-glycerin
The fallout from me taking that would be a really dreadful scene.)

The pills (they tell me) are to help improve my heart and lungs and
brain
(How one improves upon perfection's really something else again!)
But anyway, the medics here assure me that I do appear
To be the very model of a modern British pensioner.

When my doctor informs me of my need for Dapagliflozin
And I ask him if he can't just prescribe me half a pint of gin
Whenever I meekly ingest my 20 mill of Bisoprol
When I can differentiate twixt that and my Propanolol
When I know when to take Eplerenone and my perfenidone
When I can spell that blasted cortozoid [amelometasone](#)
And when I know precisely when I need to take my Methadone
You'll realize why this old man really feels the need to have a moan!

My doctor's notes discuss in depth all aspects of my human form
(Although they're more illegible than Babylonian Cuneiform)
And so I'll end this ditty here, I hope I've said it loud and clear
I'm medically a model of a modern British pensioner.

Helen Coleman



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Independent Family Run Funeral Directors

01395 911118 ottervalleyfunerals.co.uk

Claire Veness Legal Solicitor

- Wills and Estate Planning -
- Probate and Administration of Estates -
- Lasting Powers of Attorney -
- Inheritance Tax Advice -
- Elderly Client -
- Home Visits Available -
- Free Initial Half Hour Meeting -

Regulated by: Solicitors Regulatory Authority
Member of: The Society of Trust and Estate Practitioners (STEP)

T: 01395 864 049
E: info@clairevenesslegal.co.uk
W: www.clairevenesslegal.co.uk

CVL
41 Rolle Street, Exmouth, Devon, EX8 2SN


EXMOUTH & BUDLEIGH SALTERTON'S ONLY INDEPENDENT FAMILY FUNERAL DIRECTORS

RICHARD W. GEGG & SON
(Richard & Simon Gegg)

Exmouth 222444/224040

47 Rolle Street, Exmouth
- 24-hour service
Budleigh Salterton 444440

GOLDEN CHARTER
Pre-Paid Funeral Plans are available as part of our service



AN ADVERT FOR YOUR BUSINESS

COULD FEATURE IN THIS SPACE

Tel 01395 271390

WHERE MOBILITY MATTERS

We are a local charity committed to providing accessible, affordable transport for our local community, especially for people who find it physically difficult to use conventional public transport, the elderly and those who are rurally isolated.

Shopping, Outings & Lunches, Medical Appointments

TIMETABLE AVAILABLE

Telephone: (01395) 26 66 62
Office Hours: Mon to Fri 10am to 1.30pm
Email: edctg@btconnect.com
Website: www.exmouthrindingandride.org.uk

Exmouth & District
Community Transport
where mobility matters

CAN COPE
CHARITY NO. 291084

FIRST MONDAY OF THE MONTH

10:30 - 12:00 | IMPERIAL HOTEL, THE ESPLANADE, EXMOUTH, EX8 2AW

Welcome to your local Breast Cancer Charity.
Offering support to Women experiencing Breast Cancer.
Free Parking. Free Refreshments

ENQUIRIES
CANCOPE - 07394 908339
EMAIL - CANCOPE07@GMAIL.COM
WEBSITE - CANCOPEBREASTCANCERSUPPORT.ORG.UK

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TO HELP YOU PRAY IN AUGUST

F 1		The Bishop of Crediton
Sa 2		Exmouth Food Larder
Su 3	7th Sunday after Trinity	The recently bereaved
M 4		Our Mission Community PCCs
T 5		Oswald, King of Northumbria. Martyr, 642
		Visitors to Exmouth
W 6	The Transfiguration of Our Lord	CMS
Th 7		John Mason Neale, Priest, hymn-writer, 1866
		Youth and Family Workers
F 8		Dominic, Priest, Order of Preachers, 1221 RNLI
Sa 9		Mary Sumner, Founder of Mothers' Union, 1921
		The Mothers' Union
Su 10	8th Sunday after Trinity	
		Lawrence, Deacon of Rome, Martyr, 258
M 11		Claire of Assisi, Founder of the Minors, 1253
		Nurses
T 12		House groups
W 13		Jeremy Taylor, Bishop of Down and Connor, Teacher of the Faith, 1667
		Pastoral Links
Th 14		Maximilian Kolbe, Friar, Martyr, 194
		Care Homes in Exmouth
F 15	The Blessed Virgin Mary	MAF
Sa 16		Churchwardens
Su 17	9th Sunday after Trinity	
		Exmouth Community College
M 18		Churchwardens
T 19		Doctors and Dentists
W 20		Bernard, Abbot of Clairvaux. 1153 Health visitors
Th 21		Devon Air Ambulance
F 22		Peacemakers
Sa 23		CMJ
Su 24	10th Sunday after Trinity	
		Bartholomew the Apostle
M 25		The Wave Church, Littleham
T 26		Refugees
W 27		Monica, mother of Augustine of Hippo, 387
		Hospice, South West
Th 28		Augustine, Bishop of Hippo, 430 Church Schools
F 29		The beheading of John the Baptist Intercessors
Sa 30		John Bunyan, Spiritual Writer, 1688
		Open Door, Exmouth
Su 31	11th Sunday after Trinity	
		Aidan, Bishop of Lindisfarne, 651



DATES FOR YOUR DIARIES IN AUGUST



M 28	Prayer Meeting	HT Coffee Bar	9 am
T 29	Flagpole Removal	H T	8.30 am – 1 pm
W 30	Signing Babies	HT Hall	11.30 – 12.30pm
Th 31	Cty Prayer Meeting	Lympstone	4 – 5 pm
Sa 2	Lympstone Furry Dance	Lympstone	12 – late
	Exmouth Museum visit	L'ham Churchyard	2.30 pm
Su 3	HYGGE Beach Party	Beach	2 – 3 pm
W 6	Quiet Prayer	Lympstone	11.30 am
Th 7	Community Prayer Mtg	Lympstone	4 – 5 pm
Su 10	Cream Tea and Games	Littleham	2 – 4 pm
M 11	FABS Exercise group	HT Hall	10.30 – 11.30 am
W 13	Quiet Prayer	Lympstone	11.30am
Th 14	Memory Café	HT Hall	11 am – 1 pm
	C'ty Prayer Meeting	Lympstone	4 – 5 pm
F 15	VJ Day	The Strand	(tbc)
	Trenching and new wiring	Littleham	All Day
Sa 16	Lympstone Garden Club		
	Annual Village Show		2 pm
Su 17	Richard & Gill Martin Golden Wedding		
	Celebration	HT Hall	11.15 am
M 18	Trenching and installation	Littleham	All Day
W 20	Blackmore Theatre Rehearsal	HT Hall	7 – 9.30 pm
Th 21	Tree Removal	HT	8.30 – 11.30 am
F 22	Blackmore Theatre Rehearsal	HT Hall	7 – 9.30 pm
Sa 23	Rakes and Cakes	L'ham	10 am – 2 pm
Su 24	Baptism	Holy Trinity	1 pm
M 25	Bank Holiday Coffee Bar	Holy Trinity	10 – 12
T 26	Brenda Read Interment of Ashes		
		Littleham	3 pm
W 27	Blackmore Theatre Rehearsal	HT Hall	7 – 9.30 pm
F 29	Blackmore Theatre Rehearsal	HT Hall	7 – 9.30 pm
Su 31	JOINT MISSION COMMUNITY SERVICE		
		Holy Trinity	10 am

**LITTLEHAM CHURCH
FAMILY GAMES
AFTERNOON AND
CREAM TEA
SUNDAY 10TH AUGUST
2.00PM - 4.00PM
LITTLEHAM CHURCH**

**COME AND JOIN US FOR
A FREE AFTERNOON OF
FUN AND GAMES AND
ENJOY A DELICIOUS
CREAM TEA.**




COME AND JOIN US AT OUR
MEMORY CAFÉ
FOR THOSE WITH DEMENTIA AND
MEMORY LOSS
AND THEIR CARERS

WE MEET ON THE 2ND THURSDAY OF EACH MONTH:
14TH AUGUST 2025
11 AM – 1 PM
HOLY TRINITY CHURCH HALL, ROLLE ROAD, EXMOUTH

MORE INFORMATION: CHURCH OFFICE ON 01395 263681

Everyone is welcome for a cup of coffee/tea and a friendly chat!
Plus games, singing, craft activities



Rakes 'n' Cakes!

**Saturday 23 August 2025
10am—2pm
Littleham Churchyard Exmouth**

Volunteer grass-rakers needed to help
conserve our amazing species-rich grassland at Littleham
Churchyard.

Rakes and Cakes Provided.
(Please bring your own rake if you have one)



To register your interest or for further
information contact Shaun Davey:
sextonshaun66@gmail.com / 07779 860618

RIVER CRUISE



**Sunday 14th September
3pm - 5pm**

**Book now to ensure a place
£20 including Cream Tea**



Littleham-cum-Exmouth