



## THE NET March 2026

Work out one's own salvation in fear and trembling; for it is God who works in you, both that you should wish and act in goodwill.

One cannot hope to find God unless one first finds oneself. I could not find myself: how much less then could I find Christ?

from 'The Confessions' by Augustine of Hippo.



Littleham Church from St Margaret's View

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

### HAVE YOU JOINED CLIMATE STEWARDS CARBON FAST FOR LENT?

It's not too late to join. Each week there is a different carbon saving theme with challenges at three different levels.

Even if you are already saving tons of carbon, there are reminders and new ideas well worth exploring.

In the beginning, it all started in a garden – and so does the first challenge.

Stewarding creation was one of the first responsibilities entrusted to humanity by God in the Garden of Eden.

Start by reconnecting to the world outdoors, on our doorstep, and beyond; it is beautiful and has been gifted to us by God to tend and replenish. The challenge is to wonder at creation and get practical in caring for it!

Now go to page 5

See Centre pages for Thanks and Good bye to The Net



Carbon Fast  
for Lent



Climate Stewards



JOIN THE CLIMATE STEWARDS CARBON FAST 2026!

40 DAYS OF CLIMATE ACTION CHALLENGES

WANT TO TAKE PRACTICAL ACTION THIS LENT TO CARE FOR CREATION AND REDUCE YOUR CARBON FOOTPRINT?

WHAT IS A CARBON FAST?

GIVING UP UNSUSTAINABLE CONSUMPTION PRACTICES TO REDUCE OUR CARBON FOOTPRINT—AND IN DOING SO, LEARNING TO LIVE LIGHTLY ON GOD'S EARTH.

SCAN QR CODE TO JOIN



WHY DO THIS?

BY STARTING TO REDUCE OUR CONSUMPTION AT LENT, AND CONTINUING WITH THOUGHTFUL LIVING THROUGH THE YEAR, WE ARE CARING FOR CREATION, A RESPONSIBILITY ENTRUSTED TO US BY GOD.



FAST TO HELP PEOPLE AND PLANET TO FLOURISH

WEEKLY THEMES:

- WEEK 1: CREATION CARE
- WEEK 2: CONSUMERISM / SHOPPING
- WEEK 3: MONEY / INVESTMENTS
- WEEK 4: FOOD WASTE / MEAT & DAIRY
- WEEK 5: TRANSPORT / DRIVING
- WEEK 6: ENERGY / ELECTRICITY / GAS
- WEEK 7: SOCIAL MEDIA

WHAT IS INVOLVED?

- 7 TOPICS WITH 3 CHALLENGE LEVELS
- WEEKLY REFLECTION ON CREATION CARE
- SHARE YOUR PROGRESS WITH US - EMAIL AND SOCIAL MEDIA

TO JOIN - SIGN UP VIA QR CODE FOR WEEKLY EMAIL AND TIPS!

# MISSION COMMUNITY INFORMATION

## CHURCH SERVICES

### HOLY TRINITY

Every Sunday  
10.00am Sung Eucharist

Except for Sunday 22 March when there is a  
Joint Service at Littleham at 10.00 am

### St. MARGARET & St. ANDREW LITTLEHAM

For Open to God see Link for details.

Sunday 1 March - Len2 2  
10.00 am Awake

Sunday 8 March Lent 3  
10.00 am Sung Eucharist

Sunday 15 March - Mothering Sunday  
10.00 am - Awake

Sunday 22 March - Lent 5  
10.00 am Mission Community  
Sung Eucharist

### LYMPSTONE PARISH CHURCH

Sunday 1 March - Lent 2  
8am Morning Prayer  
9.30 am Journey

Sunday 8 March - Lent 3  
8am Morning Prayer  
9.30 am Sung Eucharist

Sunday 15 March - Mothering Sunday  
8.00 am Holy Communion  
9.30 am Journey

Sunday 22 March - Lent 5  
8.00 am. Morning Prayer  
10.00 am Joint Service at Littleham

Sunday 22 March - Palm Sunday  
8.00 am. Morning Prayer  
9.30 am Sung Eucharist

### MID WEEK SERVICES at 11.30 am

4 March- Holy Trinity BCP  
11 March - Holy Trinity CW  
18 March - Lympstone CW  
25 March Holy Trinity BCP

## CLERGY — READERS — STAFF

	Clergy				<i>Day Off</i>
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  
flags at Holy Trinity

See page 7 for future plans for the Net.

### *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*



## The Editor Writes on Accepting the will of God

When I went to Salisbury Theological College in 1968, I had no clear thoughts about the direction my life was going to take. Now looking back over the years, I am certain of one thing above all others, if God wants you, He will get you whether you like it or not. So often in our lives Pauline and I had talked about what we hoped our life would bring and what being a Vicar with a wife and a family would be like but then time and again we would find us doing things that were not in our plans'

I suppose we thought that probably it would be all about taking Sunday Services, writing Sermons, conducting marriages, baptisms and funerals as well as visiting parishioners at home or in hospital. It was only when I was ordained and began to know my training Vicar that I realised that he was going to let me try my ideas as long as I ran them by him first. The last thing either of us expected was that we would become printers and editors of a series of Parish Magazines - It happened like this.

When I was first a curate, I became aware that the parish magazine, which was commercially printed was losing money. A fellow curate and I worked out that we could duplicate it and save the PCC some money. So we put in place an order for a new duplicator, found out how we could incorporate pictures in the magazine. Then by chance Pauline and our new baby, Helen, were coming back to Devon to stay with Pauline's parents for a few days. Not long after the usual welcome and showing off our first child, my father-in-law asked if we would be interested in going to the factory where he was Managing Director to look at their Print Room. We were and after a fascinating hour or so talking to the printer we returned for lunch with the printing machine virtually in the back of the car! (That was a folorn hope, it weighed about six hundred weights) Thus began a long term relationship with print and editing.

Back in Hereford the duplicator was cancelled and we installed our offset printing machine in a spare room in the vicarage and the Wye Bridge News was printed 'in house'. It was only later it dawned on us that we had stepped onto a very slippery slope. Sunday pew sheets, service books, wedding and funeral service sheets, soon followed as did Christmas and Easter Cards, and then printing magazines for neighbouring parishes. Along the way, Tim, my fellow curate and I went on a very short course in Birmingham to learn how to use our new toy. We also discovered that a RC monastery on the edge our parish had a similar set up to us so we called on them (in I think September or October) to be told that they had just

finished printing 30,000 Easter cards for the following year!

Then disaster struck! Just before Holy Week the printing machine broke down, A phone call to the Gestner service number revealed the engineer could not come to help us until after Easter and the bill was likely to be over £200! Now in those days the Hereford times produced and distributed a free advert paper. I heard it pop through our letter box, picked it up and scanned the front page (all small ads) in the middle was a similar machine as our broken one priced at £200. We had it in and working and were able to do all we needed for Easter,

**And people say there is no God!**

As time went by Pauline and I began to realise that there was much more to be gained in printing a humble church magazine than supplying the parishioners with something to light the fire with! We felt that the combination of an attractive publication, that those who bought it would value and a good mix of interesting articles and some more serious material that our core purpose as sharers of the Good News of Jesus going into, in those days, 1600 homes and being read by many more individuals.

Time passed We moved to a new parish and set up a magazine called Tracking the News. It's name reflecting a cluster of huge Goonhilly type aerals. Around this time we were invited to a function and I happened to overhear a conversation between two local journalists on the nearby table, one said to the other oh yes I saw that in Tracking the News. OK they weren't talking about the Times or even the Daily Mirror but our Parish Magazine! This was before personal computers and long before Smart phones changed everything. Then we moved again back to Devon Creating yet another Print Room and printing a magazine, until the day dawned When Micky Watson said to me, I hear that you are good with church magazines and in November 2007 it was back on the carousel.

From the early days Pauline and I shared the editorial role, Pauline doing most of the donkey work leaving me to do the 'fun bits', We co-opted Erica Davey, Paulines friend of over 70 years, as assistant proof reader and Mary Logan' who reviewed articles submitted for the magazine.. For the first few years The Net was printed on a new photo copier, then we found a local commercial printer and for the past xx years built a wonderful relationship with a firm called Brightsea Print Group, who have looked after us.

Sadly Pauline died in August 2022 leaving me to keep the Net going month by month (except for January – I never fancied cutting short my Christmas Dinner to start working on the next magazine, so for years we have had a combined December/January edition.) Her legacy was to strive to produce an attractive magazine that is valued by its readers and is not a financial burden on our PCCs.

Now as I reach the end of this chapter (as your Net Editor), I wonder where he will call me next.

Yours in Christ

Tony Mortimer

## LYMPSTONE PCC UPDATE FEBRUARY 2026.

As many will know, since the start of the 'PCC year' last April/May, we have been listening to thoughts and ideas about what needs to improve, and focussing on those things. Lots of people have been working very hard behind the scenes - and in front of them - to achieve these things. January's survey and subsequent meeting to hear how things are going and what people think we should focus on next was both a celebration of what has been achieved and a worthwhile opportunity to agree next steps.

One of the things you have asked for is greater transparency from the PCC about what we're doing. This is the first of our updates about just that. You asked, we're doing it!

Over the Christmas break, a survey was sent out to all the people who lead something in our Church. We had 22 responses to the survey and 23 people attended the meeting to discuss it. There was agreement about the impact of what has been achieved, which has improved communication, planning and 'back-office systems' which makes peoples' jobs easier. We also agreed about the things that are important moving forwards. These things will form the plan for moving forward. More information about those below.

Another thing you've asked for that will now happen... It is wonderful to share that Revd Heidi Budden will be Lymptstone's 'resident' clergy member. Heidi will be out and about in Lymptstone regularly, getting to know and becoming involved in our community, something Lymptstone has been asking for for a long time.

We are forming two working parties, one around the church's finances and one around mission. The working parties will have their own Terms of Reference and report to the PCC. This means we'll be able to have a greater impact because we'll be able to investigate, plan, make decisions and set things going more quickly.

The Finance Group will be looking into the wider state of church finances, making strategic recommendations and managing fund raising. We all know that church finances are a contentious matter, we need to have a clear strategy that aims to achieve the best for our community.

The Mission Group will focus on wide-ranging events *and* how we support and celebrate *all* the different service types we have in our village church. We do have a lot of different types and styles of worship at our Church. They are all important, they are all loved and greatly valued by attendees and we want to be able to meet the needs of everyone in our community. That's a tall order, so the working party will be gathering the views of those who attend and those who don't with the aim of strengthening and celebrating all the worship opportunities that Lymptstone offers. We'd also like to consider how we can come together to worship as one *Lymptstone church family*, celebrating all the different styles of worship we offer. The Mission Group will also review the events we offer. Ideas from the past and from other churches, villages and towns have been shared, let's find out what Lymptstone could offer that we don't already, and perhaps

bring back or adapt some of the much-loved events from the past.

We are pleased to welcome Carl Steele who is working strategically across our Mission Community (one day a week) and taking on some of the many roles that shouldn't have had to be part of our Clergy's already heavy workload. We are delighted to welcome Stacy James as our Treasurer and Interim PCC Secretary, and James Halse as our Buildings Lead. We're sure you all join us in sending our grateful thanks to Michael Totterdell, Ian Stratford and Brian Mather for their hard work and dedicated leadership in those areas.

Other things that our busy team are doing include continuing to build a robust annual plan so that the cycles of work that have to be done each year are clear, easy to locate, easy to hand over when someone new takes on a role and reduce everyone's workload. We're creating a cloud-based (online) system for storing all our documentation, sound simple but is quite a large and complicated task.

Thank you for taking the time to read this update. I know it was a long read. We've not included everything and look forward to sharing more next time. Our next PCC meeting is an Open Meeting at Church on 25th March. There'll be teas and coffees on arrival for a start time of 7pm.

John & Anne Billington, Churchwardens.  
[ChurchwardLymCh@excc.church](mailto:ChurchwardLymCh@excc.church)



**Mission Community Lent Course**

Wisdom in the Desert - Studying Together

**Thursday 19th February Reigniting my Passion for Jesus**  
walking with Jesus into the wilderness, to approach Easter in prayerful pursuit

**Wednesday 25th February Intensifying my Hunger for Holiness**  
focussing on our Holy Spirit-empowered invitation to become more like Christ

**Wednesday 4th March Loving Silence and Solitude**  
being led into the spiritual practice of silence and solitude in a noisy world

**Wednesday 11th March The Freedom of Renunciation**  
exploring the desert as a place of self-denial and focus on heavenly treasure

**Wednesday 18th March The Foolish Way of Wisdom**  
going against the tide of culture by pursuing revelation and wisdom from God

**Thursday 26th March Choosing the Way of Humility**  
exploring humility and Jesus' example showing a different truth

**Wednesday 1st April The Lessons of the Desert**  
leaving the desert to follow Jesus towards the cross and through the grave

19.00 to 20.30 @ Lymptstone Church  
contact: Peter Watsham [peter@watsham.org] or Richard Scott [rosandrichard@btinternet.com]

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## CARBON FAST FOR LENT

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Have you joined Climate Stewards Carbon Fast for Lent? It's not too late to join. Each week there is a different carbon saving theme with challenges at three different levels. Even if you are already saving tons of carbon, there are reminders and new ideas well worth exploring.

In the beginning, it all started in a garden – and so does the first challenge. Stewarding creation was one of the first responsibilities entrusted to humanity by God in the Garden of Eden. Start by reconnecting to the world outdoors, on our doorstep, and beyond; it is beautiful and has been gifted to us by God to tend and replenish. The challenge is to wonder at creation and get practical in caring for it!

### **START SIMPLE**

Spend 30 minutes outdoors daily – walk, sit, observe, pray.

Visit nature on your doorstep.

Explore your nearest park, wetland centre, nature reserve, or farm.

### **GO DEEPER**

Join a local conservation group's work party such as the Littleham Churchyard Volunteers, a Wildlife Trust, or woodland team.

Pray for specific conservation groups in your region.

Discover more about oceans, soil, trees, or wildlife.

**The theme for week 4 is FOOD.** This emphasises the main theme of our last ECOCHURCH coffee morning.

### **Notes from the Coffee Morning talk:**

Food waste is a global issue occurring throughout the supply chain. In developing countries, it is mainly caused by poor infrastructure, while in affluent countries like the UK it results largely from consumer behaviour and is often avoidable. Waste has increased over time, with the average UK household now throwing away around £480 of food each year.

A 2022 Devon waste analysis found that 28% of black bin waste was food, most of it avoidable and 79% still edible, with 43.8% unopened in its original packaging! Overall, 41% of landfill waste could have been recycled through kerbside collections.

Waste can be reduced in many ways, e.g. eating seasonal, locally grown food, which uses less energy and has a lower carbon footprint. Seasonal produce often avoids heated greenhouses, long-term refrigerated storage, and excessive transport.

### **START SIMPLE**

Fast from meat one day or more this week.

Freeze leftovers and repurpose scraps into soups and smoothies.

Plan meals before shopping.

Buy local food.

### **GO DEEPER**

Go vegetarian for the week.

Set up a compost bin in your garden.

### **Week 5 focuses on TRANSPORT.**

In the UK, transport is the largest emitting sector at 29%

of all UK emissions, and private cars and taxis account for over half (54%) of transport emissions. By choosing alternative modes of transport, we can reduce our carbon footprint and improve our own physical and mental health.

Walking, cycling, or catching a bus or train will often provide opportunities to appreciate God's creation and to enjoy interactions with others.

### **START SIMPLE**

Ditch the car keys for all trips under 5 minutes.

Walk with God in prayer - take this time to pray for the homes and businesses around you.

### **GO DEEPER**

Give up driving for one week (use public transport, cycling, or walking instead)

Pray for public transport workers and the innovators and engineers trying to decarbonize air travel.

Reduce solitary driving as much as possible (carpooling, helping someone else, or sharing journeys is encouraged!)

### **Week 6 is on ENERGY.**

Every time we leave our phone charger plugged in, run the tumble dryer instead of hanging washing outside, or keep devices on standby overnight, we are consuming energy. In the UK, home energy accounts for one fifth of our national carbon footprint and much of it is entirely avoidable. This week, we are fasting from energy waste - the unnecessary consumption that drains our wallets, strains our grid, and contributes to global warming. Recent energy crises have reminded us how vulnerable we are when we rely on fossil fuels. Yet electricity and clean water are not equally available across the world. As we reduce our own consumption, we remember those living in places more vulnerable to climate change.

### **START SIMPLE**

Switch off standby mode on all devices at night.

### **GO DEEPER**

Switch to 100% renewable energy tariff.

Clear old emails, photos, and cloud storage

Install solar panels.

### **Week 7 is about SOCIAL MEDIA**

Reduce our use of computers, smart phones, and social media but before you do you might wish to look at this carbon fast app. The poster gives further details and a QR code to scan to find the rest of the information.

## UPCOMING ECOCHURCH EVENTS

**ECOCHURCH COFFEE MORNING** on Wednesday  
15th April - 10 am to 12 noon

### **The Met Office -Who we are - What we do.**

A Talk by a Met Office scientist at St Margaret and St Andrews Church, Littleham

**ECOCHURCH COFFEE EVENING** in May including  
a BATWALK in the churchyard.

Sue & Roger Moseley

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## GLORIFYING GOD SUSTAINABLY

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On 12 February 2026, the Church of England's General Synod backed a Diocesan Synod Motion from the Diocese of Worcester encouraging cathedrals and churches to explore ways of arranging flowers that are both beautiful and environmentally responsible.

**The motion passed was as follows:**

*'That this Synod*

*a) embrace the principles of the Sustainable Church Flowers movement which encourages a living into the Fifth Mark of Mission\* by promoting the use of local, seasonal and fully biodegradable/compostable flowers and foliage.*

*b) encourage cathedrals, churches and churchyards - wherever possible - to source flowers and foliage locally and seasonally for use in worship and church life.*

*c) call on cathedrals, churches and churchyards to eliminate the use of floral foam (Oasis) and all similar non-biodegradable and non-reusable products and techniques, while rediscovering traditional and environmentally methods of presentation and display.'*

For a while now, the Dioceses of Worcester and Oxford have been urging cathedrals and churches to reconsider their use of traditionally imported, pesticide-heavy Easter lilies, citing significant environmental costs. The Diocese of Oxford has estimated that if all its 800 churches abandoned these lilies in favour of local, seasonal flowers (like narcissi and primroses) 24 tonnes of CO2 would be saved!

Holy Trinity has long since stopped using Oasis and in coming weeks and months will be exploring how best to work towards aligning our use of flowers with the eco-friendly recommendations above.

In the meantime, we shall do our best to glorify God sustainably in our decorations this Easter and plan to use spring flowers and plants grown in the UK, as locally as possible, rather than imported lilies. However, the opportunity remains for donations for Easter flowers to be made in memory of loved ones and Karen will be delighted to receive your contributions in the Church

Office, along with the names of those to be remembered.

Thank you for your continuing interest and support; they are much appreciated.

Ros Pusey

(on behalf of  
Liz Eddy and  
Holy Trinity Flower Guild)

*\* The Fifth Mark of Mission is 'to strive to safeguard the integrity of creation, and sustain and renew the life of the earth'.*

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### FORTHCOMING ELECTIONS

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One of the important functions of the Annual Parochial Church Meeting at Holy Trinity on the evening of **Wednesday 22 April** will be the election of Lay representatives to Aylesbeare Deanery Synod and also to the PCC. In both cases, the period of representation will be three years. There will be three vacancies to fill on Deanery Synod and four on the PCC (but elected deanery Lay representatives are automatically ex-officio members of the PCC). To be eligible for election, you must be age 16 or over, be an actual communicant and be on the parish electoral roll. Your nomination for election must also be proposed and seconded by others on the electoral roll.

To help you decide, here are the answers to some FAQs:  
**How often and when are the meetings?** The Deanery Synod meets three times a year, while the PCC meets between five or six times a year. Usually, meetings take place in the evenings.

**Where are the meetings held?** The Deanery Synod meets in churches and in church and village halls within our local (Aylesbeare) Deanery, while the PCC usually meets in Trinity Hall. In both cases, the 2026 meeting dates have already been decided.

**From whom can I get more information?** From existing members and/or from the Deanery/PCC Secretary (keithmoore121@gmail.com).

Keith Moore

### 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**

<b>Holy Trinity</b>	Mike Goom	07973 642105	Paul Stock
<b>Deputy</b>	Sue Carrahar	222631	
<b>Littleham</b>	Stephen Thomas	07713 517688	Debbie Frost
<b>Lympstone</b>	John & Ann John Billington	263681	223026

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



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## THE NET MAGAZINE IS CHANGING

Rev'd Steve Jones

After many years of faithful service to our Mission Community, we have decided to give the Net magazine a makeover and a change in emphasis. The Net has been a deeply cherished journal among our three church congregations and beyond, and a place to find community news, spiritual insights, and updates about what is happening in the national Church of England, our diocese, and in our own team of churches. We have been very blessed to have Tony Mortimer, and his late wife Pauline, serve as editors of the magazine for many years. They both brought real editorial insight, wit, and creativity to their role, and won our lasting thanks and deep affection.

The Church of England, today, is operating in a very different world than it was even a decade ago. In order to effectively engage with our contemporary non-Christian community, we need to reach out to them in a way that helps to bring down barriers to investigating Jesus Christ. Therefore, we will be inclining our updated Mission Community magazine toward the wider community of Exmouth and Lympstone and offering them a variety of ways to experience the Christian faith for themselves.

The new magazine will still have clergy articles, updates from our churches, and invitations to our core services and events, but it will also include articles from community partners sharing about how they are seeking to serve the local community with us. The new magazine will have a different look and feel, and we hope that it will usher in a new opportunity to reach many more households across the Exmouth area. There will be a short break in printing following this edition to allow us to properly plan and prepare for the new magazine, but we hope to have the new publication in your hands very soon.

Please join with me in thanking Tony Mortimer for his faithfulness and his contribution to our community life.

Steve Jones

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## JOURNEY THROUGH EASTER

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Just to let you know that there will now be an Easter Ecumenical Event held in the Strand, Exmouth on Sat. 28 March @ 2pm called "A Journey Through Easter" lasting a maximum of one hour. It will involve local churches in 6 scenes of the Easter story with dramatic readings and singing.

All are welcome to come and support it and help draw outsiders in, and if there are any individuals who would like to take part in a small way a crowd will be needed for the Palm Sunday scene at the start and we will gather beforehand in Exmouth Baptist Church @1.30pm please and ideally wear something looking like biblical days ! Equally if a few others wish to be involved in the dramatic readings or giving out fliers in the morning, please get back to me on this address by the end of this week.

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## BIANKA'S THOUGHTS AS SHE LEAVES LYMPSTONE

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Last Sunday, when we heard the story of the Transfiguration, Peter's words resonated with me deeply: *"It is good for us to be here."* It is good for me to be here — this is something I found myself saying to God often over these past two and a half years, assuring Him that I was more than willing to stay, should He agree. From the very first moment I arrived in Lympstone in August 2023, I dreaded the thought of leaving. I remember that on my very first walk from my new home towards the Estuary, I stopped at the church — which, to my great surprise, was open — and felt immediately at home: a place where the dignity of history, the beauty of artistic creation inspired by the Holy Spirit, and the warmth of community are always present.

I carry many beautiful memories with me: the two Easters I spent here, the choir rehearsals, learning the traditional Anglican hymns with Wendy's and Allan's encouragement and enthusiasm, the courses and discussions organised by Peter and Richard, the prayer groups, and the life testimonies at the Lent lunches. This church, this community, and the breathtaking nature of the Jurassic coastline have shown me the soul of Britain at its finest and most enduring.

To hold onto a small piece of this experience, my mother set the sound of the church bell as her ringtone — so now it reaches me in the most unexpected moments, even on the underground in Budapest.

The days we dread always come, and so it is for me now. And yet, God listened to my prayers — even if He did not follow my suggestion of letting me "pitch my tent" indefinitely. At some point, I stopped asking to remain and began asking instead to be led where I am most needed. I came to understand something I had once read: that true happiness lies not in what life offers us, but in what we offer to life. I have received so much here — and so I now have much to give.

My time in Lympstone has been reinvigorating and transformative. Thank you for sharing your stories with me, and for welcoming me and my mother with such warmth and generosity. This experience will stay with me always, as a source of strength, comfort, and hope. I ask you to remember me, my mother, and my country in your prayers — as I will always keep you in mine.

Lots of love and a warm hug  
Bianka

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## MARCH CROSWORD ANSWERS

**ACROSS:** 1, Credit. 4, Tackle. 7, Cain. 8, Kenaniah. 9, Strength. 13, Beg. 16, Salvation Army. 17, ARC. 19, Every day. 24, Admonish. 25, Dire. 26, Sneeze. 27, Bronze.

**DOWN:** 1, Cock. 2, Epistolic. 3, Taken. 4, Tenet. 5, Cane. 6, Leave. 10, Erase. 11, Guide. 12, Honey. 13, Barbarian. 14, Guys. 15, Asia. 18, Rod in. 20, Voice. 21, Rahab. 22, Hope. 23, Mene.

Join the open garden trend and help local people in the Exmouth area

**Lend your green fingers to a great local cause!**

If you would like to share your garden with visitors this summer to raise funds for local people living with terminal illness, please email or call today for a no obligation chat!

**CONTACT**  
01392 688000  
fundraising@hospiscare.co.uk

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*Demelza Henderson writes:*

**In May, I will be cycling about 1150 miles from Land's End to John O'Groats in aid of the *Association for Promoting Retreats* (APR), a national charity that promotes prayer and Christian spirituality especially through retreats.**

I first completed the 'End-to-End challenge' as a young, fit twenty-something in 1998, and have always wanted to do it again – but somehow life circumstances have got in the way until now. Last time, I remember being amazed at how the landscape changes every single day, and how the country is completely linked by a web of picturesque lanes. I also remember enjoying a huge variety of flora and fauna: watching a family of badgers playing in a garden in Somerset, and seeing golden eagles soaring in the Scottish Highlands must be the highlights. This time, I will be taking a considerably longer route, which meanders across the country connecting twenty different APR member retreat houses and retreat leaders. It will be an opportunity to support them in their work, and to see some of the wealth of peaceful places of retreat that the UK has to offer. You will be able to follow my progress on the APR Facebook page, [@promoting.retreats](#).

In 2013, the *Association for Promoting Retreats* established a Bursary Fund to help finance retreats for people who might otherwise not be able to afford the full cost themselves. Since then, it has contributed to more than 350 retreats at 30+ different retreat houses, and continues to support another 60-70 people every year. In 2024, the APR extended the scheme to offer no-questions-asked bursaries for retreats for teachers and welfare staff at Church of England schools. You can find out more about all of these on the APR website, [promotingretreats.org/bursary](#).

With rises in the cost of living, there is even more need for financial assistance for people of all walks of life to take time apart for retreat; for rest, refreshment, stillness and prayer. I

hope to raise at least £5000 from my bike ride, which would support an extra 50+ retreats this year for those who need them most. Will you support me?

You can contribute online (and pay via Paypal) through the link [promotingretreats.org/cycling-fundraiser](#), or I am happy to collect cash or cheques (made out to the 'Association for Promoting Retreats'), which can be left with Karen Hoole in the Holy Trinity Office, if that is easier. Every donation, however small, will make a difference to someone who urgently needs time to step aside from daily life for a while to take stock and/or pray.

**Thank you.**



## HOLY WELLS (some near you) Mark Williamson

I became interested in Holy Wells by accident. They certainly didn't feature in my History Tripos, not even in Church History which was one of my options.

Like many young teachers I was also involved in youth work, in my case running our church youth club. In the summer months the youngsters wanted to be out and about and a local vicar who was deanery youth chaplain mentioned that he had a holy well known as St. Aldhelm's Well. Aldhelm was an Anglo-Saxon bishop to whom his church was dedicated.

So one Sunday evening we set out to find the well. Unfortunately, like many holy wells our pilgrimage involved negotiating a muddy, bramble-lined footpath and one girl laddered her tights to the displeasure of her mum. The cost (to me) of a new pair of tights was well compensated for by the excitement of the youngsters at finding the well and also gave me a lifelong interest.



We have to be careful about the use of the term 'holy' well. There is no official register. Informal recording suggests over 2000 in Britain of which 90 are in Devon. Some, like the magnificent well in Woodbury Salterton, which resembles an altar and is inscribed with scriptural references, is important more for its role in the cholera outbreak of 1832 than for any association with a Celtic saint or a cure for

particular afflictions. However, the well represents most of the features of other revered wells in that it is a natural source of water like a spring and seen as God's gift. The inscriptions are almost illegible with age but when deciphered speak eternal truths. Above the steps is the verse '*And let him that is athirst come. And whosoever will, let him take the water of freely*' (Revelations 22.17). Facing the road on the base are Jesus' words to the Samaritan woman. *Jesus answered and said unto her 'Whosoever drinketh of this water that I shall give him shall never thirst. But the water that I shall give him shall be in him a well of water springing up into eternal life.'* (John 4.13-14)

A working definition of a holy well might be 'a well or spring having a tradition of healing or spiritual significance or where there is evidence for ancient origins'.

Exmouth does not have its own holy well but there are two nearby, one easy to visit and the other something of a challenge but in many ways more interesting. When you travel to Exeter along the Topsham Road you pass County Hall on the right and just past there, again on the right is Matford Lane. Just a few yards into this road on the right you will see a beautiful little semi-circular well set into a stone wall. This is Parker's Well and gave its name to Parker's Well House which was destroyed in the Second World War. The Victorian diplomat Sir John Bowring who lived nearby wrote 'There was Parker's Well, the water of which was thought to possess medicinal and even miraculous virtues, especially for eye diseases and I have



often in my childhood seen the afflicted seeking relief from its supposed excellences'. Although this particular well does not appear to have a religious origin it is remarkable how many wells associated with a saint or have

spiritual significance are associated with the cure of eyesight, possibly referencing Jesus' instruction to the man blind from birth (John 9) to go and wash in the Pool of Siloam and he received his sight. It is regrettable that the water from Parker's Well is now diverted into the road drainage system.

The nearest recorded well to Exmouth is somewhat unprepossessing – and a challenge to find. However the effort is worthwhile and its history interesting.

Goldenwell is sometimes said to be on Lypstone Common but it is really on Squabmoor, not far from the Bystock Pools.

Follow the Hulham Road up to the 'Commons Road' (the B3179/3180) taking the right fork at the top. Turn right and immediate left into an unnamed country road. Follow

this road for about a mile until it joins Wrights Lane. On the corner is a small house with spikes at the top of the fence. Turn right into the long road which separates Lypstone Common on the left from Squabmoor on the



right. Pass the white house, Squabmoor, on the right and a recessed farm gate with a Devon Wildlife Trust board behind it. Carrying on there is a signed public footpath which crosses the road. Take the footpath on the right (south). Taking a short detour right you will find a shallow, dark, muddy pond. Muddy footprints suggest that many others have made that detour, sidestepping the many tree routes and, hopefully, keeping their balance.

Were gold offerings thrown into this pool in hope for a cure or as a thank offering? Or was it named after the golden grasses on the commons? Sir Walter Raleigh might have known. His home, Hayes Barton is nearby. The humble Goldenwell may not feature alongside the much visited Chalice Well at Glastonbury or the well at the Shrine of Our Lady at Walsingham but it remains part of our heritage, Christian and spiritual.

After periods of heavy and continuous rain a spring emerges outside our garden gate which leads to the old burial way now known as Long Lane. The water percolates from the pebble bed heaths as it does across much of Exmouth. I can explain springs and wells geologically. But I can also acknowledge our Creator God who gives us a world in all its fulness, including mysteries which we cannot always explain and the springing forth of clear water from earth itself will remain forever a gift for which we give thanks.

Posies for Mothering Sunday

Louise Pearson from the Lympstone Church Flower Team has asked for help in preparing posies for the Mothering Sunday service:

*'On Saturday 14th March at 10am in Church  
Debbie Skidmore and I will be preparing the posies  
for Mothering Sunday.*

*We would love a bit of help. And any foliage can be left in  
the buckets in the porch beforehand.*

*I will provide the flowers.  
Many thanks  
Louise'*



Church & Friends



Morning

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at the Home of  
Wendy Reynolds  
Wyndham, Burgmanns Hill  
Lympstone

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**EXMOUTH CHURCHES PULPIT SWAP!**

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On January 25th, there was an unusual event in Exmouth churches! To mark the end of the week of prayer for Christian unity, 8 different churches swapped their preacher for the day. Every year, this week is an opportunity for Christians of different denominations to come together to pray for each other, our nation and demonstrate that despite minor differences, we all worship the same God and are thus united in a common purpose.

The pulpit swap event followed a united worship event the day before, organised by the Exmouth Christian charity Open Door where there was a music band made up from members from 3 different churches and those who gave Bible readings and spoke also represented different denominations. Baptists, Anglicans, Community churches, Quakers and Free churches all took part in the swap.

Gavin Staak of the Exmouth Community Church preached at Hope Church which is a New Frontiers International church. He says: 'The buzz there was electric! The unity, friendship, passion and joy in the house...it was a privilege and honour to be afforded the opportunity'.

Pamela Howarth, a leader in the Exmouth Baptist Church who also works as a hospital chaplain spoke at Lympstone Parish Church. She says: 'It was lovely to experience the warm welcome from the Lympstone congregation....there was a real sense of coming together

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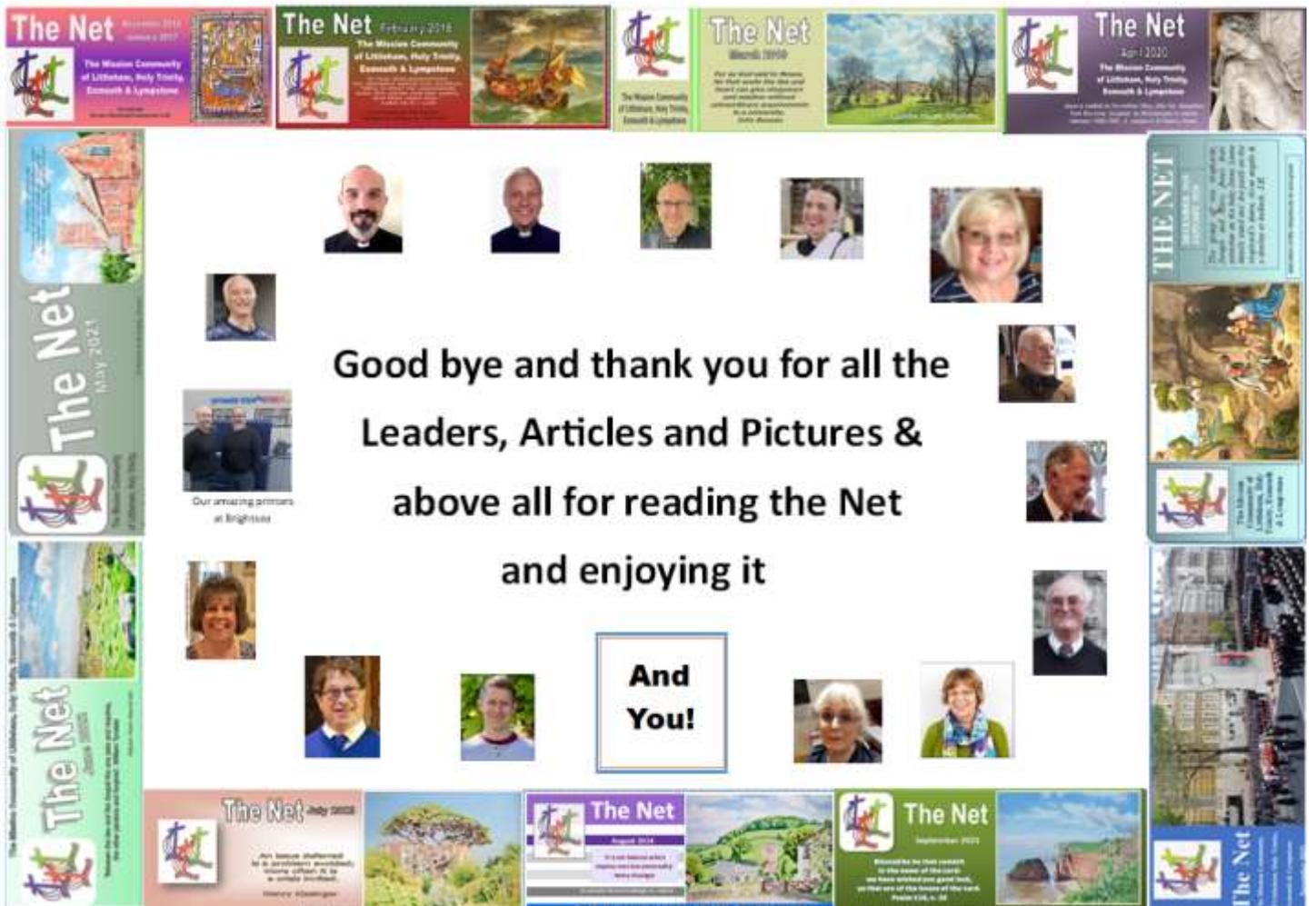
**GHOSTBUSTERS ?**

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Do you recognise the Ghostbusters - who were actually painting beams while the room was empty (ish).





# FELICITY AND PERPETUA

AD ~182- AD 283  
CARTHAGE, MODERN-  
DAY TUNISIA



Perpetua and Felicity were Christian martyrs of the third century, known for their courage and faith. Perpetua, a noblewoman and mother of an infant, was imprisoned for her Christian beliefs, while Felicity, a heavily pregnant slave woman, was also imprisoned with her. Together with others, they were executed during military games to celebrate Emperor Septimius Severus's birthday. Their story, preserved in "The Passion of Saints Perpetua and Felicity," highlights their unwavering commitment to their faith and their martyrdom in the face of imperial domination and cruelty.

## QUOTES

"Neither can I call myself anything else than what I am- a Christian."

"Stand fast in the faith, and love one another, all of you, and be not offended at my sufferings."

## FACT

Perpetua herself wrote an account of her and Felicity's time in prison and the visions she experienced there. Her account used to be read aloud by Christians to encourage and inspire one another

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## LOVE

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It was a dark and stormy night when it all began to happen. The waves crashed, the winds swirled, and out of the depths of the earth it came.



Like a monster of fire erupting, breaking out. It spewed its energy as it spiralled around, out of control, releasing sparks of crimson and gold up into the heavens.

The monster was searching for a new home. It was restless as it swirled and thrashed about in the storm.



In its fury and confusion it lost control and suddenly came crashing down - it sensed peace and earth, but because of its confusion it fell headlong into the most beautiful stained glass window of an old church breaking it into hundreds of pieces. The shards of rainbow glass that had been lovingly painted to create the window now lay in pieces and the monster fell still amongst the devastation.



All was quiet. The storm had blown out and the slowly dawning sun shone in through the open hole in which the window had once been.

A small distance away a young girl awoke from her slumber. She got up, had a simple breakfast and made her way up the hill to the chapel on top of the hill. Seeing the

devastation of her beautiful window she was filled with sadness, but she was a brave, courageous girl. She went into the chapel and piece by piece she carefully picked up the shards of glass and placed them onto the bare wooden floor of the sanctuary - she began to make something new. Something that was not more beautiful and not the same as it was, but something new and exciting.



When her job was done she left the chapel and tiptoed down the hill back to her little house. She did not notice, but as she walked she left a trail of white daisies behind her.



And what of the monster? Its rage now quietened by the peace of the small chapel had been silently watching the young girl in her labour of love. Her creative courage had begun to change something inside of itself. There was a new warmth, a growing energy almost as though it had indeed a new heart. A heart that was transforming and being made new from the brokenness and fragility of the window, the storm and the rage.



Slowly the monster stood up and looked around. It had found its new home.

*Sarah Marshall is a registered play therapist working with mostly primary aged children with a range of complex needs. Based in the Solihull and Birmingham area she uses play with sand, creativity and story to help the young people explore their lives and feelings. She often writes stories for specific children but which always have a wide ranging appeal.*

## NICE SERMON VICAR



John 14 1 - 6

Over the years I have preached at many funeral services. Strangely in my early days I used to struggle with finding the right reading. Then one day a colleague used the John 14 reading that we've heard today. From that time on I used that passage almost exclusively because to me it seemed to be an ideal message to base words of comfort for the congregation. Often when I introduced it I would say 'look don't worry about this being a Bible reading. It's Jesus talking to his friends and I think he's well aware that they are frightened and worried because they know that bad things are going to happen and they might well be part from him.

In a way I think the same really applies to us as we gather for this service today. We've lost somebody we love very much. Somebody we loved or we were quite friendly with. I suspect that some of the congregation here hardly knew the deceased but that doesn't really matter because all of us will face up to death and dying for ourselves and our loved ones some stage in our lives. Now think what Jesus is actually saying to his friends and is incredibly simple it's not high-powered theology, nothing to do with being a church member, nothing to do with coming to church even. Jesus is saying look, just don't worry, don't be afraid, I'm going to make a place ready for you in My Father's House.

Now most of us have moved around a bit in our lives. We've gone from place to place from house to house, job to job, and sometimes it turns out not as we think it was going to be. Oh yes sometimes we pick a house and everything about it is ideal but when the chips are down maybe we find it is not as good as we thought. Maybe the neighbours are not very friendly or perhaps there's not a good space to park.

All manner things can get in our way but Jesus I think is well aware of our problems and he said look don't worry I'm going on ahead of you know and I'm going to make a place ready for you. It'll be a place that you'll be happy with and comfortable in a place just like your dream home. Not just for a little while not just last few years of your life but for the whole of Eternity. You'll never want to move again, you'll never want another home, because in My Father's House there is plenty of room plenty of room for everyone. It really will be your dream home

Matthew 6:25-34

What is the secret to happiness? Is there a difference between joy and happiness? And, while we are asking impossible questions, where do half my socks disappear to? How do I always end up with some odd socks? That last one is too difficult, so I am going to stick with the first two.



Happiness has become a global industry. Entire shelves of bookshops, countless podcasts, lifestyle brands and wellness programmes promise to help us discover it. The American Declaration of Independence famously enshrines "life, liberty and the pursuit of happiness" as a foundational right. Since 1776 people have been pursuing it with energy and determination. Yet the question remains: where is it actually found?

We are often encouraged to believe that fulfilment lies in lifestyle choices, in the clothes we wear, the car we drive, the experiences we accumulate. None of these things is inherently wrong; many are good gifts. They can bring pleasure and even moments of real delight. But can they fill the deeper void within us? Can they satisfy the emotional, spiritual and existential longing that surfaces sooner or later in every life?

Experience tells us they cannot. If you try and fill that void with what the world offers, you will only find that people are not perfect and cannot meet your every emotional, physical and spiritual need, that drink and drugs and sex only destroy when elevated to that level and possessions eventually rot or rust or generally lose their meaning. There is only one answer: Jesus Christ. In him we find a love that is eternal and without limit. We find forgiveness, restoration, and sanctification—the steady transformation of a life shaped by grace. And we find purpose.

From that foundation, happiness becomes a matter of perspective. This is the context in which Jesus says, "Do not worry about your life." Telling a worrier simply not to worry is rarely helpful. What Jesus does instead is redirect our attention. He invites his listeners to look at the birds of the air and the flowers of the field—images drawn from his attentive, lived experience. Creation is obviously sustained by God's care; human beings, he insists, are of even greater value.

Now, this isn't a call to neglect material life. Jesus went to parties, enjoyed meals and lived fully within ordinary human experience. His teaching is about perspective. Food, clothing and possessions are to be enjoyed, but not obsessed over. Anxiety cannot add a single hour to life. Obsession cannot secure ultimate security.

"Seek first the Kingdom of God," he says. That is both a promise of provision and a reordering of vision. When God's purposes shape our priorities, everything else finds its proper place. Gratitude replaces grasping. Joy replaces frantic striving.

And what of those who lack even basic necessities? The call to seek God's kingdom includes acting as instruments of his compassion. We can sometimes be part of God's answer to another person's prayer.

So, the secret of happiness? Trust God and seek his Kingdom first. In every situation, think, 'which way takes me towards God?' and you won't go far wrong.

# Albert Schweitzer

## *The Cutting Edge*

***'How does goodness save civilization? The answer is civilization; for civilization means continued forbearance for the sake of more than ourselves, without which community is impossible. A. Schweitzer***

When Europe was at war in Aug. 1914, the Schweitzers were made P.O.W.s of the French and forbidden to practise medicine. He continued his book on St Paul; and began to write 'The Philosophy of Civilization'. When his former patients protested his absence, the internment order from Paris was suspended, and he was allowed to resume his practice. The Schweitzers were finally ordered back to Europe, but he caught dysentery in Bordeaux, which required an operation to relieve him from an abscess. They were interned at a mental institution in St Remy de Provence, which Schweitzer recognized as the same hospital in which the painter Van Gogh had been treated for mental illness. Helene contracted tuberculosis, from which she suffered for the rest of her life, and Schweitzer for only two years.

Schweitzer preached his first sermon after five and a half years of war at the church of St Nicholas in Gunsbach and was in sole charge there. They became French citizens when Alsace was ceded back to France at Versailles. On rebuilding an academic career in Switzerland, he was made Honorary Doctor of Divinity at Zurich University. His return to Africa made his academic career irrelevant. He related his first African experiences in his book 'On the Edge of the Primeval Forest', published in June 1921 and sold across Europe. Royalties enabled him to resign his curacy at St Nicholas and his medical practice in Strasbourg. The Schweitzers moved to his father's vicarage in Gunsbach, where Albert planned a series of organ recitals in Switzerland, Sweden, and England.

The Rockefeller Foundation asked Schweitzer to test a new drug in the tropics, which enabled him to treat sleeping sickness, a prevalent disease at Lambarene. Searching for a philosophy of life, he came upon the idea of 'Reverence for Life' while writing about 'the Decay and Restoration of Civilization' and 'Civilization and Ethics'. Schweitzer returned to Africa on 21<sup>st</sup> Feb. 1924 without his wife Helene and daughter Rhena, who stayed in the Black Forest in Germany. Instead, a young English doctor, Noel Gillespie, came with him. They sailed on a cargo boat, a real break for Schweitzer, who spent his time answering fan mail by the sackload. Landing at Cape Lopez, which was renamed Port-Gentil, he reached Lambarene on 19<sup>th</sup> April. Though it was on government land, Schweitzer owned the 170-acre site he required. A quarter of it was reserved for cultivation. After six years of war, the site of his hospital and home was overgrown. Schweitzer, who was fifty-one in 1925, set about rebuilding the hospital from his designs. Hardwood, the major product of the Ogawe Africans, was used as a building material. Each building was raised on wood piles clear of stormwater. Corrugated iron from Europe was used for roofing.

By 1927, the hospital was ready to receive patients brought in

on a fleet of canoes constructed from hollowed-out tree trunks, but liable to capsize. His reputation as a great humanitarian spread, and in Geneva, he was awarded the Universal Order of Human Merit in 1927. He could not accept it until a year later, when he was offered the Goethe Prize for Services to Humanity. The prize money was used to build a home big enough for guests in Gunsbach, to be his European headquarters. He also helped Germans in distress through charities.



*Schweitzer by Karsh*

When Schweitzer returned to Africa, Helene came with him, though her health was not good. Besides Joseph, they now had thirty-five volunteer assistants, all capable of running the hospital without him. He never employed a black doctor because they expected to be paid. He needed a hard day's physical work before settling to write, but life was too much for Helene, who had to return home at Easter. As literacy grew among Africans, he supplied them with hymn books. The hymns were beautifully sung with enthusiasm. Europeans were not impressed with the conditions at the hospital because patients shared it with various animals - goats, antelopes, cats, dogs, sheep, pelicans, monkeys, and chickens, which wandered about on earthen floors serving as a safety measure against fire. Church services were held successfully with the help of a regular interpreter.

While in Oxford, Schweitzer was awarded an honorary degree in Divinity, and in Edinburgh, he received an honorary degree in Divinity and Law. His return to Lambarene in 1933 was without Helene. Knowledgeable in the philosophy of Nietzsche he was aware of the development of mass will, which was prevalent in Germany at that time, where there was a choice of two extremes, Nazism and Communism. Helene was Jewish and, with her daughter Rhena, moved to Switzerland. Aeroplanes now flew over Lambarene, but Schweitzer refused to fly. He could have ordered an X-ray machine, but the imminence of war prompted him to stock up on drugs. By 1938, Lambarene had a radio station. After seven months, he returned to Europe to spend just ten days in Alsace before the Schweitzers, with daughter Rhena, sailed again to Africa to prepare the hospital for war. At 20 years of age, Rhena saw her father's hospital for the first time. After a few weeks, Helene returned to Europe with Rhena to be with her fiancé.



The hospital staff and patients lived on cheap rice containing weevils for three years. At the declaration of war in 1939, Gabon soon fell to the Free French under General De Gaulle, who was then able to harass the Italians in Abyssinia.

Unfortunately, the final consignment of drugs and equipment was lost when the ship 'Brazza' was torpedoed near Cape Finisterre. Unable to cope with the number of patients, many had to be sent home. Helene made her way to Lambarene and arrived on 2<sup>nd</sup> Aug. 1941, ready to perform her duties as a nurse. A much-needed supply of medicines was received from America in May 1942, with a further supply in 1943 from Britain and America. Aged 70, Schweitzer had worked continuously for eight years without a successor in view. The for \$4000. The hospital was running into debt, and the American drug that treated leprosy brought in an increasing number of patients.

John Hill

# Albert Schweitzer

## *The Cutting Edge*

***'Whoever would save his life shall lose it, and whoever shall lose his life for My sake and the Gospels shall save it.'* Jesus Christ**

***The truth which is latent in every human soul becomes patent in the awakened spiritual consciousness as simply Jesus has risen in the hearts of men.'* A. Schweitzer**

Just as he was prepared to close his hospital, two Americans arrived with a cheque for \$4000. One of the benefactors, Merlin Arnold, a member of the Unitarian Church, wanted to publicize Schweitzer's work for the American people. He fulfilled his promise by publishing an article in Time magazine on 6<sup>th</sup> Oct. 1947 entitled 'The Greatest Man in the World' (*meaning Jesus*). The money received was enough to repay Schweitzer's debts and to put his account in order.

On the declaration of war in 1939, Schweitzer remained at work in Lambarene for eleven and a half years, never failing an operation. His eventual return to Gunsbach was greeted in triumph. Declining air transport, he refused to accept invitations to speak in the U.S.A., even when invited to Colorado on the bicentenary of Goethe's birth. But when the invitation was repeated with an offer to pay him in French francs payable to his hospital, he accepted on his 74<sup>th</sup> birthday. The climate of Aspen in Colorado, 8000 ft high, did not suit Schweitzer, nor did the glorification of his person. He said of himself: *'I was no prodigy, one way or another. I got somewhere thanks to good teachers and my industry. There is nothing unique about me whatsoever.'*



Still giving the impression of genius, unconcerned with hero worship, his focus was on the practical aspects of Christianity. He saw that the Church's function had changed from fostering communal life to forgiving sins so that one might die in the hope of a glorious resurrection. Nowadays, it offers both. For Schweitzer, his essential justification was the example of his life in the hospital he had created. With the support he received from Europe and the U.S.A., he could take his survival for granted. By 1950, the hospital was run by twenty-four volunteer staff, two-thirds white, with 400 patients, half were lepers. Some came for two-year periods, others for a second time. The increasing number had to be found accommodation. Until the government took over, Lamberene was the only hospital to treat leprosy for hundreds of miles, but Africans would paddle 250 miles upstream along the rivers to reach it.



His career was crowned with the award of a Nobel Peace Prize in 1953. The prize money enabled him to pay for corrugated iron to re-roof the growing village around his hospital after a fire had destroyed buildings. James Cameron, the television journalist, was the first to visit Lambarene and reported without prejudice. He approved the Schweitzer ethic of reasonableness and kindness. He saw the hospital first as a mission, despite its squalor and what he described as 'surpassing ugliness'. John Gunther appreciated that the smoke from the Ogawe fires drifting through buildings would discourage insects, and he appreciated the earthen floors as a safety measure against fire. He recognized the hospital as essentially African.

In the giving of honours, the Order of Merit was presented to Schweitzer by our Queen Elizabeth II. It was followed by receiving the German Order of Merit. As a human, his financial rewards must have given him satisfaction. As a Christian, honours were beside the point. He was more concerned with the truth that transcends history, that Jesus did not declare to the High Priests at his trial that he was the Messiah, but proudly that he was the Son of Man. It was that statement, regarded as blasphemy, that condemned him. The abiding and eternal in Jesus, which Schweitzer subscribed to, is independent of all historical knowledge and could only be understood in contact with his spirit. Though he appreciated that the music of J.S. Bach was 18th-century in form, its essence was pure musical truth. So is the mysticism of Christ expressed in St Paul's letters, though the latter believed in the early return of Jesus, in judgment and 'messianic glory.'

Schweitzer dedicated his life to the service of the living and found an activity that gave his life meaning and purpose. All that can be described as love, devotion, compassion in suffering, sharing of joy, and common endeavour was included in his ethic of 'Reverence for Life,' and the subject of his book. He maintained that his ability to retain faith was due to his power of thought. His thoughts are contained in the book 'Out of My Life and Thought', published in 1933. He regarded his devotion to Ogawe Africans as atonement for the years of slavery inflicted upon them, from whose labour men had grown fabulously rich. His death occurred on 4<sup>th</sup> Sept. 1965. His spirit lives on.

John Hill

## DI WEST HELPS TEAM CLINCH NATIONAL TITLE

In 2025 Di West, one of our LLM's (Readers) and leader of our home groups won a national award for tennis. Representing Devon, as part of the ladies aged over 75 tennis team she took part in the National Seniors County Cup. This involves putting players from all counties in the UK into divisions, the aim being to win your division and gain promotion to group 1. This culminates in a final of North versus South in September. Our over 75 Devon ladies in Group 1, Di and Anne from Budleigh Salterton Tennis Club, Linda from Torquay and Jenny from Barnstaple won in the South of England, beating Middlesex, Surrey, Warwickshire, Suffolk and Kent. They then beat Lancashire in the final. Our team became Undefeated National Champions of 2025! We were awarded our County Colours at a ceremony at the Exeter Golf and County Club in January.



Over a cup of coffee, Mary Logan mentioned it might be nice to put something in the Net and so asked Di a few questions:

*Mary: What first made you interested in tennis?*

Di: My family love to play tennis and as a youngster, we were fortunate enough to have a tennis court at home, and so weekends and holidays were spent having fun on court and playing in local tournaments. I started

playing competitively in junior events in the summer holidays. I think my parents thought it was a good way of keeping me out of mischief! Also, a good way of making friends, keeping fit, giving me a hobby for life. On leaving home to serve as an Army officer, I found sport in the Army was quite key to team work, keeping fit and helping others. I played tennis and squash for the Army and as part of team won the Inter Services a number of times, playing on the beautiful Wimbledon grass courts. On leaving the Army, I turned a hobby in to a business and became a tennis and squash coach, basing my career on "Tennis for Everyone". In the 80s tennis could be an elitist sport and I wanted it to be available for everyone. I started a business coaching adults and children on park courts for £1 a time – specialising in those who had no natural ball skills and, in the case of adults, were never picked for the school team. We started a tennis club as well as a coaching business, Just Tennis, and I won an award for starting a business which gave young people a hobby, sense of purpose, fitness, fun and friends.

*Mary: Have you ever met any famous tennis players?*

Di: I certainly have! On leaving Wimborne and my tennis business for my husband's career, we moved to Nottingham where I secured a job as co-ordinator of the national and international tennis tournaments held at the Nottingham tennis centre.

Firstly, my brother, John Feaver (google him!) was a well known player in his day and a director of the LTA, also being involved in Wimbledon for many years. He reached the last 16 in the singles and held a record number of aces against Newcombe for years. Ranked 4th in the country he played Davis Cup for GB. Today, on my trips to Wimbledon, I am fortunate that he invites me to the members enclosure where we mingle with current stars. However, in the 90's, as a tournament co-ordinator it was a privilege to be a small part of a team which fielded people like Sue Barker, Ann Jones, Virginia Wade, Tim Henman and Greg Rusedski. Not forgetting John and David Lloyd. They were all frequent visitors in to my office at the centre. Tim, especially, was wonderful in providing coaching for the schools. During the Nottingham Open tournament we would have over 1,000 children in for coaching and Tim would be very involved.

*Mary: What difference has your faith made?*

Di: A huge difference. I invited the Lord Jesus into my life over 50 years ago after a death experience, and I can testify to His faithfulness through the ups and downs of life. I have moved around a lot due to business opportunities and have always found my local church a source of steadiness in my faith, growth, companionship and encouragement. Family life is important to me. Our faith can be a private matter but we are also the "family of God". In the Lord's Prayer, Jesus says "Our Father, we don't carry burdens alone, we don't celebrate victories alone. We are not saved to solitude, although some choose it, but into family.

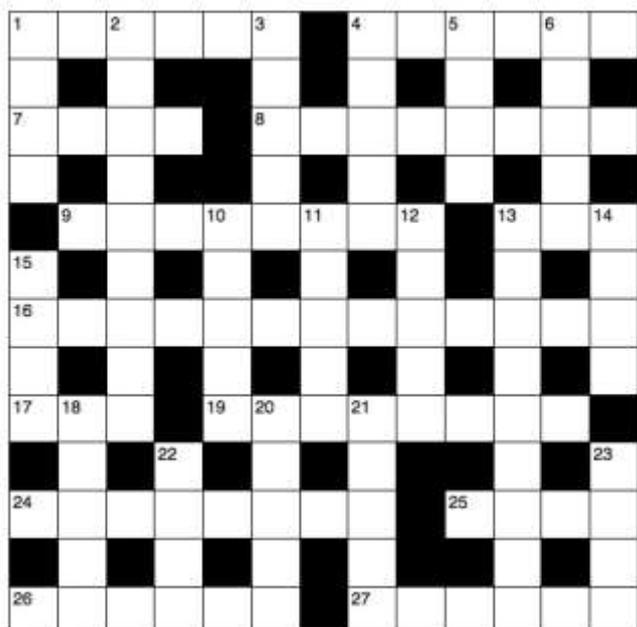
*Mary: What place does tennis have in your life now?*

Di: As a widow, I have a freedom to bring my life before God and seek His way forward. My priorities are making time for my family, keeping myself well, enjoying retirement, church, friends, sport, travel, service. Tennis has not always been at the forefront of my life, due to circumstances, but now I have the opportunity to train, play, have fun and at the age of 79, achieve!! I give back to the game, coaching a little, playing for my club and introducing people to Pickleball, a new game sweeping the country, a mix of tennis, table tennis and badminton. I trained as a Pickleball coach at aged 78 and started the game off in the Exmouth LED, our local leisure centre and have taught at the Deaf School. I am also the Ladies Senior County Co-ordinator for Tennis for Devon. It is my role to be the link between our county teams and the LTA in London. I also look after our County captains if they have a problem with their teams, opponents or the LTA. We have teams in the Over 75's, 70's, 65's, 60's, 55's, 40's and 35's. It keeps me busy and is fulfilling. I am grateful to still be playing and really appreciate those I play with. We have fun, keep fit, and are always happy to help others. I have a family motto which I feel shows the attitude I attempt to attain:

For when the One Great Scorer,  
Comes to write against your name,  
He writes not that you won or lost,  
But how you played the game.

We all have to deal with failure as well as success and this is where our attitude is so important, try not to dwell on the losses in life but allow God to lead you forward, equipping you and transforming you and helping you adapt to change, whatever season of life you are in. He may surprise you! New doors may open!

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**Across**

- 1 The earth is one (6)  
 4 'On a hill far away stood an old — cross' (6)  
 7 'I am the — vine and my Father is the gardener' (John 15:1) (4)  
 8 The Caesar who was Roman Emperor at the time of Jesus' birth (Luke 2:1) (8)  
 9 'Your — should be the same as that of Christ Jesus (Philippians 2:5) (8)  
 13 Jesus said that no one would put a lighted lamp under this (Luke 8:16) (3)  
 16 Involvement(1Corinth.10:16) (13)  
 17 17 Armed conflict (2 Chronicles 15:19) (3)  
 19 Where the Gaderene pigs were feeding (Mark 5:11) (8)  
 24 What jeering youths called Elisha on the road to Bethel (2 Kings 2:23) (8)  
 25 The Venerable — , eighth-century Jarrow ecclesiastical scholar (4)

- 26 8 Across issued a decree that this should take place (Luke 2:1) (6)  
 27 Come into prominence (6)  
 28 (Deuteronomy 13:13) (6)

**Down**

- 1 Where some of the seed scattered by the sower fell (Matthew 13:4) (4)  
 2 Sexually immoral person whom God will judge (Hebrews 13:4) (9)  
 3 Gospel leaflet (5)  
 4 Physical state of the boy brought to Jesus for healing (Mark 9:18)  
 5 Tugs (anag.) (4)  
 6 To put forth (5)  
 10 Nationality associated with St Patrick (5)  
 11 Leader of the descendants of Kohath (1 Chronicles 15:5) (5)  
 12 'After this, his brother came out, with his hand grasping heel' (Genesis 25:26) (5)  
 13 14 At Dothan the Lord struck the Arameans with — at Elisha's request (2 Kings 6:18) (9)  
 14 'Peter, before the cock crows today, you will — three times that you know me' (Luke 22:34) (4)  
 15 Spit out (Psalm 59:7) (4)  
 18 'When I — , I am still with you' (Psalm 139:18) (5)  
 20 Concepts (Acts 17:20) (5)  
 21 Thyatira's dealer in purple cloth (Acts 16:14) (5)  
 22 Does (anag.) (4)  
 23 The second set of seven cows in Pharaoh's dream were this (Genesis 41:19) (4)

**FEBRUARY  
CROSSWORD ANSWERS**

**ACROSS:** 1, Credit. 4, Tackle. 7, Cain. 8, Kenaniah. 9, Strength. 13, Beg. 16, Salvation Army. 17, ARC. 19, Every day. 24, Admonish. 25, Dire. 26, Sneeze. 27, Bronze.  
**DOWN:** 1, Cock. 2, Epistolic. 3, Taken. 4, Tenet. 5, Cane. 6, Leave. 10, Erase. 11, Guide. 12, Honey. 13, Barbarian. 14, Guys. 15, Asia. 18, Rod in. 20, Voice. 21, Rahab. 22, Hope. 23, Mene.

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 Original author Henrik Ibsen

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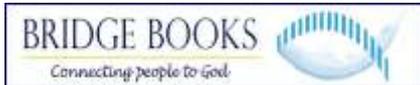
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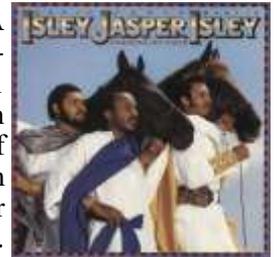


- Su 2nd Sunday of Lent  
David, Bishop, Patron of Wales, c.601
- M 2 Chad, Bishop of Lichfield  
MAF
- Tu 3 Deacons
- W 4 Peace in the Holy Land
- Th 5 RNLI
- F 6 Christian fellowship in Exmouth
- Sa 7 Perpetua, Felicity and their companions  
The Wave Church, Littleham
- Su 8 3rd Sunday of Lent  
Edward King, Bishop of Lincoln, 1910
- M 9 **Mothers' Union**
- Tu 10 Pastoral Links
- W 11 Care Homes in Exmouth
- Th 12 Lifeguards
- F 13 Churchwardens
- Sa 14 Exmouth Community College
- Su 15 Mothering Sunday 4th Sunday of Lent
- M 16 Exmouth Town Council
- Tu 17 Patrick, Bishop Patron of Ireland, c.460  
Health visitors
- W 18 Cyril, Bishop of Jerusalem, 386  
Devon Air Ambulance
- Th 19 Joseph of Nazareth  
Peacemakers
- F 20 Cuthbert, Bishop of Lindisfarne  
CMJ
- Sa 21 Thomas Cranmer, Archbishop, 1556  
Devon in Bloom
- Su 22 5th Sunday of Lent  
Open Door Exmouth
- M 23 The Church in Devon and Cornwall
- Tu 24 Walter Hilton, Augustinian Canon, 1396  
Hospice, South West
- W 25 The Annunciation of Christ  
Archbishop Sarah
- Th 26 Exmouth Community College
- F 27 Peace in the World
- Sa 28 Our choirs
- Su 29 Palm Sunday  
Church schools
- M 30 Harriet Monsell, 1883  
Littleham Hub
- Tu 31 John Donne, Priest, Poet, 1631  
**Men's Shed**

It's funny how things can turn around when you are least expecting them to.

Recently I was chatting to two friends where one disclosed his daughter had recently parted company with her long-standing boyfriend. This was upsetting for the whole of the family – so much so my friend had found himself listening to 'break up songs' from distant past.

The conversation developed where all three of us started talking about our own break up songs -songs which provided comfort to a broken heart or those songs which for whatever reason didn't provide any comfort but just reminded us of the time of the break up. One such song for me is 'Caravan of Love' by the Housemartins (apparently written and first recorded by Isley-Jasper-Isley) - A Northern English Indie Band- which was the Christmas Number 1 almost forty years ago - back in 1986 . As the song reminded me of a then painful break up in December of that year it was never my favourite song -far from it . Although I can ( and do ) smile about it now it is not a song I would ever want to listen to.



Anyway the following morning at around 8am I was sat in Wetherspoons in Exmouth in my dog collar drinking coffee when I could hear 'the very song Caravan of Love' being played from the kitchen area. With a smile on my face I contacted my friend with a 'You are not going to believe this' sort of message. My friend in the spirit of humour messaged me back with a link to the video of the song –from 1986 which I had never seen. Later that day when I returned to Holy Trinity Church I played the video and song . I would have turned it off pretty quickly had the performance of the song not been filmed in a church. Although the video was a little irreverent in parts there were images of stained glassed windows , pulpits, cross's and 'God Loves You'.

And then perhaps for the first time I started listening properly to the words which included 'Every woman, every man ...Join the caravan of love'. It continued with references to brother and sisterhood, living in a world of peace, letting love flow from your heart, joining together with hearts of gold and how the children of the world can see ( the caravan of love ) is a better place for all of us to be -with the continued invitation to join the caravan of love.

I must admit I was quite taken aback. And I played it again .and again. The words were poetic with a richness and depth I had never appreciated – It is in truth a beautiful song with a message of love and unity . And then it struck me as I was listening-

Holy Trinity Church is very much a Caravan of Love , as are our churches at Lypstone and Littleham. How blessed we are.

With love peace and prayers  
Rev'd Shaun.

DATES FOR YOUR DIARY

- Su 1 Hygge Home Church Holy Trinity 4 – 5.30 pm  
Open to God with Bishop Moira Littleham 5.30 – 7 pm
- M 2 **School's Easter Experience Holy Trinity**  
9.30 am – 3.30 pm  
Rainbows HT Hall 5.30 – 7 pm  
Next Gen. Youth Holy Trinity 6 – 7.30 pm
- T 3 0-5s cancelled today  
Knitting Circle HT Coffee Bar 10 – 12 noon  
Good Afternoon Choir HT Hall 12.30 – 2.30 pm  
Kingdom Club Lymptstone 3.30 – 4.30 pm  
Brownies HT Hall 5.30 – 7.15 pm
- W 4 Wednesday Prayers Littleham 9 am  
Lenten Quiet Morning Lymptstone 10 am – 1 pm  
Lent Course Lymptstone 7 – 8.30 pm
- Th 5 Lent Lunch Lymptstone 12 – 2 pm  
Community Prayer Meeting Lymptstone 4–5 pm
- F 6 Beacon School Holy Trinity 9 – 9.30 am  
Tick Tock Lymptstone 9 – 11 am  
**0 – 5's HT Hall 10 – 11.30 am**
- M 9 Prayer Meeting HT Coffee Bar 9 am  
Rainbows HT Hall 5.30 – 7 pm  
Football 4 All Littleham 6 – 7 pm
- T10 0-5s HT Hall 10 – 11.30 am  
Knitting Circle HT Coffee Bar 10 – 12 noon  
Good Afternoon Choir HT Hall 12.30 – 2.30 pm  
Kingdom Club Lymptstone 3.30 – 4.30 pm  
Brownies HT Hall 5.30 – 7.15 pm  
Choir Rehearsal Lymptstone 6.30 – 7.30 pm  
B&F Meeting Zoom 6.30 pm
- W 11 Wednesday Prayers Littleham 9 am  
Bridge Books Pop-up Holy Trinity  
10 am – 12.30 pm  
Lent Course Lymptstone 7 – 8.30 pm
- Th 12 Lent Lunch Lymptstone 12 – 2 pm  
Community Prayer Meeting Lymptstone 4-5 pm
- F 13 Beacon School Holy Trinity 9 – 9.30 am  
Tick Tock Lymptstone 9 – 11 am  
**0 – 5's HT Hall 10 – 11.30 am**  
Lymptstone School Lymptstone 1.15 pm
- Su 15 Baptism (tbc) Holy Trinity 10.00 am  
Bobby Brunt Memorial Service Lymptstone 12.30 pm
- M 16 Prayer Meeting HT Coffee Bar 9 am  
Rainbows HT Hall 5.30 – 7 pm  
Next Gen. Youth Holy Trinity 6 – 7.30 pm
- T 17 0-5s HT Hall 10 – 11.30 am  
Knitting Circle HT Coffee Bar 10 – 12 noon  
Good Afternoon Choir HT Hall 12.30 – 2.30 pm  
Kingdom Club Lymptstone 3.30 – 4.30 pm  
Brownies HT Hall 5.30 – 7.15 pm
- W 18 Wednesday Prayers Littleham 9 am  
Quiet Prayer Lymptstone 11.30 am  
Lent Course Lymptstone 7 – 8.30 pm
- Th 19 Lent Lunch Lymptstone 12 – 2 pm  
Community Prayer Meeting Lymptstone 4 – 5 pm
- Sa 21 "Saying Goodbye" Baby Loss Service Exeter**  
Cathedral 11 am
- Su 22 Joint Mission Community Service Littleham 10 am
- M 23 Prayer Meeting HT Coffee Bar 9 am  
Rainbows HT Hall 5.30 – 7 pm
- M 23 Football 4 All Littleham 6 – 7 pm
- T 24 0-5s HT Hall 10 – 11.30 am  
Knitting Circle HT Coffee Bar 10 – 12 noon  
Good Afternoon Choir HT Hall 12.30 – 2.30 pm  
Greater Chapter Meeting HT Coffee Bar 2 pm  
Kingdom Club Lymptstone 3.30 – 4.30 pm  
Brownies HT Hall 5.30 – 7.15 pm
- W 25 **St Peter's Pre-prep Easter Service** Lymptstone  
8.30 – 10.30 am  
Wednesday Prayers Littleham 9 am  
Quiet Prayer Lymptstone 11.30 am  
PCC Meeting Lymptstone 7 pm
- Th 26 Fire Service Training visit Holy Trinity tbc  
Lent Lunch Lymptstone 12 – 2 pm  
Community Prayer Meeting Lymptstone 4 – 5 pm  
Lent Course Lymptstone 7 – 8.30 pm
- F 27 Beacon School Holy Trinity 9 – 9.30 am  
Tick Tock Lymptstone 9 – 11 am  
**0 – 5's HT Hall 10 – 11.30 am**  
Lymptstone School Lymptstone 1.15 pm  
Choir Rehearsal Holy Trinity 6.15 pm
- HOLY WEEK
- Su 29 Palm Sunday Family Communion Services All 3 Churches
- M 30 Prayer Meeting HT Coffee Bar 9 am  
Rainbows HT Hall 5.30 – 7 pm  
Next Gen. Youth Beach Games Meet at HT  
6 – 7.30 pm  
Drop-in Prayer Hour Holy Trinity 6 – 7 pm
- T 31 0-5s HT Hall 10 – 11.30 am  
Knitting Circle HT Coffee Bar 10 – 12 noon  
Good Afternoon Choir HT Hall 12.30 – 2.30 pm  
Greater Chapter Meeting HT Coffee Bar 2 pm  
Kingdom Club Lymptstone 3.30 – 4.30 pm  
Brownies HT Hall 5.30 – 7.15 pm  
Stations of the Cross Lymptstone 7 pm
- W 1 Wednesday Prayers Littleham 9 am  
Lent Course Lymptstone 7 – 8.30 pm  
Drop-in Prayer Hour Littleham 6 – 7 pm
- Th 2 **LAST DAY OF SCHOOL TERM**  
School Easter Service Lymptstone 9.15 am  
Lent Lunch Lymptstone 12 – 2 pm  
Community Prayer Meeting Lymptstone 4 – 5 pm
- MAUNDY THURSDAY
- Holy Communion All 3 Churches 7 pm  
Foot washing and Reception of Holy oils - Lymptstone  
Reception of Holy oils, stripping of Church and 1 hour watch - Holy Trinity  
Reception of Holy oils, simple Communion around a table - Littleham
- F 3 Good Friday Service Littleham 11 am  
Good Friday Service Lymptstone 11 am  
3 Hours Devotion with Bishop Mike Holy Trinity 12 – 3 pm
- Su 5 Service of Light Holy Trinity 5.30 am  
Sunrise Service RNLI Station 6.15 am  
Said Eucharist Lymptstone 8 am  
Family Communion Lymptstone 9.30 am  
**Sung Eucharist with Hygge Children's corner**  
Holy Trinity 10 am  
Family Communion Littleham 10 am



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**THE STRAND, EXMOUTH  
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Exmouth Churches Working Together

ST MARGARET & ST ANDREWS CHURCH LITTLEHAM

## ECOCHURCH COFFEE MORNING

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Who we are  
& What we do**

A talk by Stephen Moseley

Met Office

**Wednesday 15th April  
10 am to 12 noon**

