Puby Country Benefice

The parishes of Ashwater, Beaworthy, Black Torrington with Highampton, Clawton, Halwill, & Tetcott with Luffincott

Bulletin August 2025



Shout praises to the LORD!
The LORD blesses everyone
who worships him and gladly
obeys his teachings.

Psalm 112:1 (CEV)

July

1st July Revd. Geoffrey Daryl HARRIS, Priest in Charge of Ashwater, Halwill, Beaworthy, Clawton and Tetcott with Luffincott (1999-2001) and Rector (2001-2003) aged 86.

CONTACTS

Rector

Revd. Dr. Paul Fitzpatrick 01409 254 667

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Highampton: Val Letheren 07484 880 770

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Ruby Ringers Shirley Richmond 01409 231 764

Safeguarding

Ashwater and Beaworthy Not Known

Tetcott Sharon Wonnacott 07980 989 262

Holywell Joint Council Val Letheren 07484 880 770

From the Parish Registers image (pg. 2) © Parish Pump,

Cover image: OS Map of Halwill/Beaworthy, Sheet XXVI, Surveyed 1803 to 1807. Published 1809. Reproduced with the permission of the National Library of Scotland www.maps.nls.uk Thanks to Revd. Dr. Paul Fitzpatrick, Val Letheren, Shirley Richmond, and

Sandra Ward for their contributions.

Mnemonic quiz by Kay Napier.

AUGUST

From the Rector's Desk

It is Thursday, 0700, the sun is up, morning prayer done and the farm that surrounds us is strimming before the sun gets too high. Henry has been walked by Sarah and is now asleep in the sun.

My day ahead has a PhD student review, a governors meeting, and about three reports that need completing. I need to treat some woodworm in one of the churches that I committed to and I am acutely aware that I need to do some home communions and visits. Yet my mind is focused not on these things but around a number of bereavements recently.

A church funeral is a very important occasion. People and their loved ones are surrounded in prayer and emotionally blanketed. The deceased's life is celebrated and their value endorsed; the processing of grief is engaged and community share the loss. Finally, there is a treasured (and sacred) place to visit, bring flowers, retain love and remember them.

I am slowly seeing this being destroyed for the sake of profit.

Every single day I turn on the telly, there are awful advents praying on the vulnerable, we must all have seen them: An older person addressing camera saying, 'My family will be so relieved that I set up a plan (to go straight to a nation crematorium and them have the ashes sent to the family), they (the family) won't have to worry about anything and they can

have their own celebration of my life when they are ready.' Even B-list celebrities are in on the act.

I know that the cost of a funeral is really high and that, for some people, this is very much the only option. I also know that our local funeral directors are wonderful, caring, professional, and incredibly committed to providing the best care possible.

My deep concern though, is that these TV adverts – which bypass our own funeral directors – promise much and deliver next to nothing, and we are sadly seeing the effects here in Ruby Country.

In the last month, I have found small piles of scattered ashes in two of our churches and a discreet hole dug and filled in in another. Two families have spoken to me about cremated remains which they have retained for years asking how they can progress 'closure'. I have spoken to two people at length with delayed and complicated grief and have another one awaiting a telephone call.

I know that we have become a commercialised society and I certainly know how much rural poverty there is in our patch but I am really worried about the long-term effects on unresolved grief and the loss of a chance to give value to every life.

So, what can we do?

Well, Halwill have led on this closely followed by Ashwater, Black Torrington and Clawton, all of whom have had to face these issues. We have an informal plan moving ahead to help people at any stage of the grief process. All churches have people who have done bereavement training, but what I need from all parish members, please, is information. If you know someone who is unable to afford a funeral, or who does not know how to process the retention of ashes after a long period, please tell our churchwardens. We <u>will</u> find a way to help. As I said to a wonderful church member this morning, people are more often loved and helped into church membership, than preached into it.

Thank you all, Paul.

Ruby Country Benefice **Services for August 2025**

Sunday 3 rd	9:30am	Ashwater	Morning Service
7 th Sunday after	11am	Black Torrington	Holy Communion
Trinity	3pm	Beaworthy	Lammas Harvest
(Proper 13)	5:30pm	Tetcott	Tea
	6pm		Evening Service
Sunday 10 th	11am	Black Torrington	Café Church
8 th Sunday after	11am	Clawton	Holy Communion
Trinity (Proper 14)	6:30pm	Beaworthy	Evensong
Friday 15th	7pm	Black Torrington	Celebrating St. Mary
The Blessed Virgin	Villati		(Patronal Service)
Mary			
Sunday 17 th	9:30am	Ashwater	Holy Communion
9 th Sunday after	11am	Black	Morning Prayer
Trinity		Torrington	= 1
(Proper 15)	11am	Halwill	Holy Communion
Sunday 24th	11am	Beaworthy	Holy Communion
10 th Sunday after	11am	Clawton	United Service
Trinity			
(Proper 16)			
Sunday 31st	11am	Clawton	Benefice Service
11 th Sunday after			
Trinity			
(Proper 17)			

Sunday 24 th	6:30pm	Highampton Village	Ecumenical Bible
August		Hall	Study
			(all welcome)

Weekly - all welcome from the benefice

Every	10am	Black	Morning Prayer
Wednesday		Torrington	state) uston

Lectionary Readings for **August 2025**



Sunday 3th	
Trinity 7	

Ecclesiastes 1:2, 12-14, 2:18-23 Psalm 107: 1 – 9 Colossians 3: 1 – 11 Luke 12: 13 – 21

Services at Ashwater, Beaworthy, Black Torrington, Tetcott

unday 3th Sunda

Trinity 8

Genesis 15:1, -6
Psalm 50:1-8, 23-24
Hebrews : 11:1-3,
8-16
Luke 12: 32-40

Services at Black Torrington, Clawton, Beaworthy

Sunday 10th

Isaiah 61: 10 – end or Revelation 11:19 – 12:6, 10

Friday 15th

The Blessed Virgin Mary

Galatians 4:4-7 Luke 1: 46-55

Service at Black Torrington

Sunday 17th Trinity 9

Genesis 15: 1- 6 Psalm 82 Hebrews 11:29 – 12:2

Luke 12: 49 – 56

Services at Ashwater, Black Torrington, Halwill

Sunday 24th

Trinity 10

Isaiah 58: 9 – end
Psalm 103: 1 – 8
Hebrews 12:
18 – end
Luke 13: 10 – 17

Services at Beaworthy, Clawton

Sunday 31st

Trinity 11

Proverbs 25: 6 – 7
Psalm 112
Hebrews 13: 1 – 8,
15 – 16
Luke 14: 1, 7 – 14

Service at Clawton

To help you prepare for one of our services or to read at home:

The Calling of the First Disciples: A bible study on vocation in three parts.

The Calling of Peter

Read Matthew 4:18-22

Peter would not have been in a position to initiate church growth at the point of his calling, but Jesus spotted the potential that lay within him.

How might your potential and personal gifts be used to serve God in the Church and the world?

Prayer

Lord help us to believe that we are all ordinary people made extraordinary through your vision and your power.

Take our insecurities and feelings of inadequacy, and give us the courage to see ourselves and others as you see us, with gifts and potential to transform your world and build your Kingdom.

Amen

The Calling of Mary Magdalene

Read John 20:1-18

Mary was charged by the Risen Jesus to be the first Christian evangelist: not to hold onto Jesus and string out the glory of that extraordinary moment (as the apostles had earlier tried to do on the Mount of Transfiguration), but to go and share her story.

The idea of evangelism can be daunting, but in the Gospels, it was very simple – just talking to someone else about the life that faith in Jesus

can bring.

How might you help each other to take the fear out of faith-sharing, so as to make it joyous and accessible?

Prayer

Lord, you call us by our names.

Help us to be confident in our own unique identity. To find opportunities to develop our specific gifts and our passions.

Enable us to hear and recognise the call of Jesus in our lives, and those of others.

Help us to find appropriate and life-giving ways to spread your Good News in a way which draws others to you and helps them experience your radical and extraordinary love.

Amen

The Calling of the Seventy

Read <u>Luke 10:1-12, 17-21</u>

Joy is the overriding emotion in this chapter of Luke (just as in much of Luke's writings). Responding to a vocation provides a huge sense of purpose in one's life.

How do you cultivate an ethos of security and adventure in your Christian life?

Are there opportunities to get involved in having a go at ministry in your Church?

How might you help foster links between your church and your community?

Prayer

Lord, enable your church to be the safe harbour as we search and explore a vocation in life and in ministry.

Help it to be the lighthouse too, enabling us all to navigate our lives with skilfulness and joy, risking an adventure in Christ as we follow his leading, believing against the odds that we will discover the vitality of a new vocation.

Amen



Beaworthy Update

By the time you read this, St Alban's will have held its first joint Lammas and Harvest service on 3rd August celebrating both the corn harvest and the other summer and Autumn bounty with our prayers for the farming communities that surround us. We hope to attract a range of folk and donations for local food banks too.

You may recall that on the 29th May last year, St Alban's held a gardening talk, "Spring into Summer", in the Beaworthy Parish Hall at Patchacott (EX21 5AR). Everyone who attended voted it a great success; the talk was informative and entertaining with plenty of time for questions. and the plants brought along by plantsman, Alan French, as illustrations were available for sale at the end of the evening – with such great competition that only a few remained.

I'm pleased to announce that by popular demand, Alan has agreed to return and give another illuminating talk on Tuesday, 23^{rd} September. This time the theme is "Colour your Autumn" with many exciting plants on show. These plants will be available for sale following the talk.

The evening will include an interval for tea and coffee and a gardening themed prize draw. Entrance fee £3 includes refreshments.

Tickets on the door. Do call 01409 221 501 if you've any questions.

Sandra Ward

St Alban's PCC Secretary

St Alban's Church, Beaworthy Lammastide



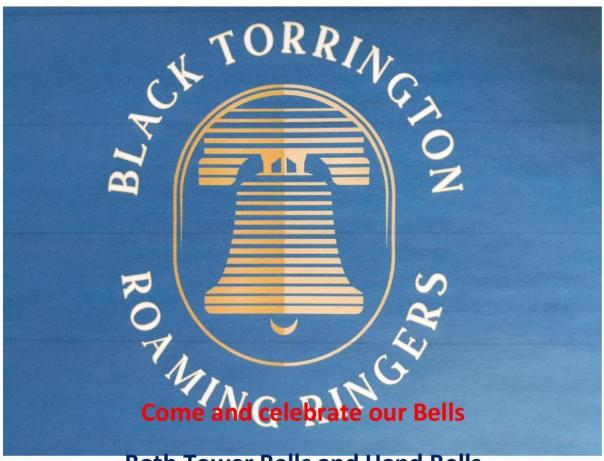
3pm, Sunday 2ndAugust 2025

Special service conducted by Dr Reverend Paul Fitzpatrick to celebrate and give thanks for the first grain Harvest of this year The service will be followed by drinks and light refreshments in the church Please donate non – perishable food to decorate the Church. This will be donated to local Food Banks and can be left in the church porch or Beaworthy House from Friday 1st.

Special Bell Service

Sunday 3rd August 11.00am

St. Mary's Church, Black Torrington



Both Tower Bells and Hand Bells

Paul will be presenting awards to our Ringers and blessing the bells

The tower bells will ring before the service and the Hand bells in the service

Come and show your support and see what it's all about!



Celebrating St Mary's **Black Torrington**

You are warmly invited to St Mary's Church on Friday 15th August at 7.00 pm for a short informal service followed by Cheese and Wine

We are grateful to the many people who contribute in so many different ways to the life and work of our church and community. We would like to use this opportunity to say Thank you.

We hope that you can join us for this special occasion!

Revd Dr Paul Fitzpatrick - Rector Val Letheren - Churchwarden

RSVP to:

Val Letheren 07484880770

val.letheren@btinternet.com

St Mary's Ruby Ringers

An exciting afternoon - well different!

St. Mary's Ruby Ringers [from Black Torrington in very rural Devon] visited Burdon Grange care home on a very hot afternoon early in July.

Carrying an ever-increasing amount of gear, we walked along the corridor to the day room, but were greeted as we went by very loud electronic guitar music and singing.

There he was, Nathan, surrounded by cables and speakers, playing to one resident who managed to be sound asleep in his wheelchair.

We put down the gear and, while some changed into the newly-acquired short sleeved polo shirts, others set off to find the trestle tables. Meanwhile, Nathan and I got acquainted.

Of course, you've guessed it, we were double-booked. There was nothing for it. Nathan moved over and switched off the electric, the found trestles were put up and everything was set out while Nathan and I went through our play list

Then once the residents + wheelchairs were all assembled, we introduced ourselves and set off.

Everyone enjoyed themselves, which after all is the main thing.

I told Nathan the key for each piece and he accompanied and

sang too.

We had only recently discovered that one ringer has a lovely contralto voice, so we have been experiencing following a singer, especially for the 'spirituals', which has been quite a learning curve, but Nathan learned quickly to follow us.

Maybe for a challenge for fun in August one member will bring her accordion!



Shirley Richmond St. Marys, Black Torrington



Jigsaw Festival at Black Torrington Church 17th & 18th October 2025

More info on Facebook:

http://facebook.com/groups/631382982792834

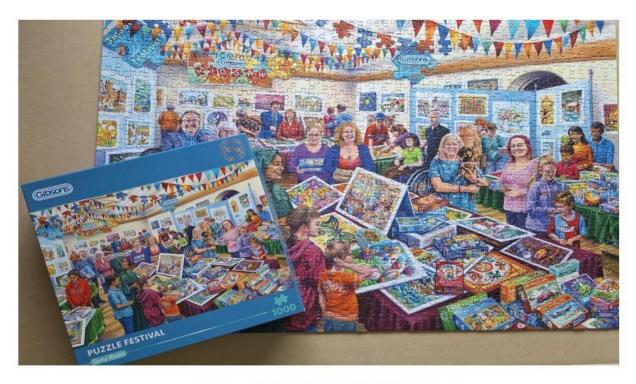


Puzzle Making social

Sat. 6th September 2025 6pm
With cheese and wine St Mary's Church, Black Torrington.

O Meta A

Jigsaw Festival at Black Torrington Church
17th & 18th October 2025
More info on Facebook:
http://facebook.com/groups/631382982792834



GRAND JIGSAW FESTIVAL

on 17th and 18th OCTOBER 2025

There will be about 800 mounted jigsaws on display, all complete, and in various sizes from 50 - 4,000 pieces – just waiting for you to purchase. The boxes will be there too of course, piled up and readily accessible.

Even if you don't want to buy, the 'art exhibition' will be amazing, vibrant in colour covering so many topics.

- Vintage wooden and card puzzles to admire or buy will be on display
- Many of Gordon Lees' paintings have been used by jigsaw manufacturers, and he has kindly signed a selection
- Several original 'Waddington' jigsaws [pre 1994] will also be on sale
- Brand new puzzles available by tombola
- Refreshments available

Two more dates to save for puzzle making up:

August 20th 11.30 -12.00 with tea, coffee and cake

September 6th 6. 00pm with wine and cheese

All events at St Mary's Church, Black Torrington

Black Torrington

Roaming Ringers Summer outing to North Devon







Tower One. 9.30am

St. John the Baptist, Charles.

First floor ringing chamber—accessed via trapdoor in floor of ringing chamber.

Ages of the Bells 1-5 1733 Tenor (Heaviest) 1937 and it sounded so different to the others.

Tower Two. 10.35am

All Saints, High Bray.

Ground floor ringing chamber.

A six bell tower and they are heavier, than we are use too!

We will have muscles, by the end of the day!





Lunch 12.50pm Muddiford Inn.

Meals were pre-ordered, as we just have a a short time to get a drink, eat and move on to the next tower.

Food was on the table prompt at 1pm.

And very good it was.

Would recommend the pub.



Tower Three 12 noon

St Michael & All Angels, Marwood

We were told ground floor chamber, but the photo clear shows, we went up stairs. And had to put the doors in the floor, before ringing the bells.

This is the third tower and yet again heavy and so different to ring.

Our Young ringers are taking it all in there stride.



Tower Four 2.15pm

St. Peters, Shirwell

Most definitely a ground level tower, but we needed to master the combination lock to get at the rope's.

It took a little while, ex ringer of this tower thought he remembered it!

A Box was needed for bell 3. Its rope was very short.



Tower Five 3.20pm St. James , Arlington

First floor Chamber, winding stone narrow stair case, to get up there. Close the door and then we can ring.

Bell six, even our strong chaps found it a struggle to keep that bell up. Heaviest bell of the day.

If you can spot, by the hole in the floor is a Church Mouse.

A fine day out.

Special thanks to David for spending so much time arranging it.

Where are we going in 2026?



Interested in learning a new art?
You would be more than welcome to join us.

We Practices on a Wednesday evening 6.3opm—8.3opm
1st Wednesday—Langtree
2nd Wednesday—Black Torrington
3rd Wednesday—Shebbear
4th Wednesday—Black Torrington
If there is a 5th Wednesday we go a
Roaming to a different Church.



big moments
YOUR
CHURCH IS
HERE FOR YOU



FUNERALS







Ted

A reflection, following on from the Pentecost article last month

Half hot summertime rainy day. Left Exeter Central in search of a coffee and croissant before a diocesan meeting to discuss treasurers' options for the new council. Called by 'Ted' packing his rucksack on the pavement, his pile of *Big Issues* laid aside.

Ted speaks in a shout and was desperate to tell me, or anyone who would engage with him, that Friday he had attended an appointment at the hospital, was scanned again yesterday, and was informed he was terminal, from cancer, that morning.

I have known Ted for a year or more now. A decent man who few bother to talk to. I always try to make time for him. I have never given him money and he has never asked. Always entirely sober, he is as clean as someone who sleeps in a churchyard can be. He cares for a young neurodiverse man who also lives on the streets. He was once a proud solider and, until recently, a farmer in Melton Mowbray. He has no family and I have no idea how he ended up on Exeter High Street.

I do know that he is safe, cogent and, I think, honest. I asked God in my prayers to send me someone whom I could share my faith with this week. He sent Ted. I rattle on a lot about 'telling our stories' and sharing our faith, but, as someone reminded me recently, it is equally (more) important to listen to other people's stories. Paul.



Morning Prayer

Every Wednesday
St Mary's Church, Black Torrington
10am

All welcome



Find us on Facebook

www.facebook.com/rubybenefice

Bulletin Submissions

Anything and everything is welcome* but please send submissions to rubycbulletin@gmail.com BY MIDDAY on the 15th of each month. Anything received after this time or to any other address may not make it into the Bulletin. Thanks

*subject to editor's discretion

You go nowhere by accident.

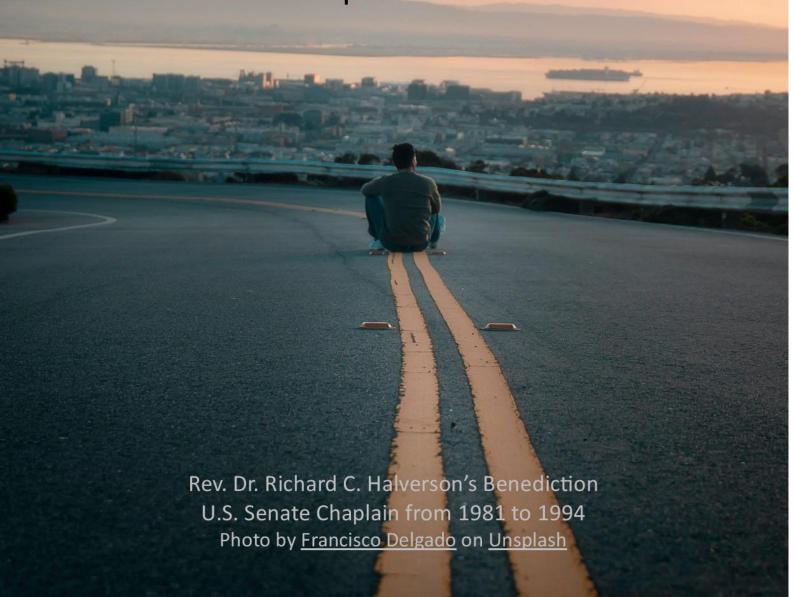
Wherever you go, God is sending you there.

Wherever you are, God has put you there.

He has a purpose in your being there.

Christ, who indwells in you, has something He wants to do through you, wherever you are.

Believe this, and go in His grace, and love and power.



John Henry PELLEW January 1825 – 2nd September 1876



Back to St. Alban's in Beaworthy for this month's research. And in the spirit of "going nowhere by accident", I picked this grave totally at random.

John Henry PELLEW was born in January 1825 and baptised at Bridgerule. From accessible baptism records, he seems to be the only son of John PELLEW and Hannah MASON, and their youngest child; four sisters were born in Stoke Climsland in Cornwall between

1809 and 1816; Jane, Rebekah, Mary Ann and Hannah Mason, making them between 17 and 9 years older than him.

The family were of farming stock. One cannot be sure why they moved from Stoke Climsland to Bridgerule to Beaworthy, but they are all rural areas so it is likely to do with farm land.

The first time we see the PELLEWs on our patch, it is recording the burial of Hannah PELLEW, John Henry's mother. She died in 1837, aged 57 at Drebury [sic] on the outskirts of modern Halwill Junction, and was buried at Beaworthy on 5th February 1837.

Dreybury Lane in Halwill Junction is the lane beside the Junction Inn. At this time, Halwill Junction did not exist — it was still farmland. So Dreybury lay — and due to this quirk of geography, still does lie — in the Beaworthy parish, rather than Halwill.

We find John Henry PELLEW in the rather crowded home of his father in the 1841 census. They are listed as living at Drebury – presumably at the farm.

60-year-old John PELLEW is described as a farmer, and John Henry, his son, is 15 years old with no listed occupation, but one presumes he would be assisting on the farm. They have three members of staff, Sarah FOWLER aged 35, William POMERY aged 15 and James KNIGHT aged 12. In addition, they are living with John PRIOR, aged 30 – an agricultural labourer, Jane PRIOR, his wife – also 30 – and their daughter Hannah Edy PRIOR aged 2 months.

Jane PRIOR is the oldest sister of John Henry; Jane PELLEW had married John PRIOR, a sojourner of Beaworthy at St. Albans on 27th November 1839.

The family did not just farm one farm – at the time of John PELLEW senior's burial at Beaworthy in March 1844, his home was listed as Weadon in Northlew.

In 1851, John Henry PELLEW is aged 25, the brother-in-law of the home owner and a cattle dealer. John is now living with the sister closest in age to him, 34-year-old Hannah WEEKES, wife of George WEEKES, aged 41 and a farmer of 200 acres, employing 3 labourers.

They are residing at Lower Wheadon, Northlew which — having had a look at a map — is likely to be Lower Whiddon — part of the Whiddon settlement on the outskirts of Beaworthy, and just a few fields over from Dreybury. In fact, in the 1860s, there was a direct track between Dreybury and South Waytown (as the map records it), with the track to Beaworthy forming the vertical part of a 'T' shaped road — if you have remarkably good eyesight, you might spot it using the map on the front page.

Also in the household are the WEEKES children, 11-year-old George, 6-year-old William, John Henry Pellow WEEKES aged 2 and Thomas Paige WEEKES aged 5 months.

They have employed niece Ann WEEKES, aged 14, as their house servant alongside another 14-year-old, Ledgea MARTIN, and 22-year-old John WESTLAKE from Beaworthy is their farm labouring servant.

Sister Jane PRIOR and her husband John, by 1851, were living and farming 96 acres at "Hindabrough" (Henderbarrow at the bottom of present-day Halwill Junction).

Also at Lower Whiddon was an Alexander BREYLEY aged 37 of Halwill, who farmed 68 acres. Among his staff was a 23-year-old house servant, Grace BREYLEY, born at Northlew. Grace would marry John Henry PELLEW at Tavistock in 1853.

By the time we find John and Grace in the 1861 census, they have three sons – Henry aged 8, John aged 5 and one-year-old Albert. Both adults are 33, John is described as a landed proprietor and they are at 'Lower Wheaton'.

In 1871, the family are living at Drebury Farm, with John now a farmer of 131 acres. John, Grace, Henry, John and Albert have a servant, Mary Jane HICKS aged 18, and 65-year-old Mary MARTIN who is a visitor.

From the newspaper records, Dreybury Farm – house plus 132 acres was let "from Michaelmas 1872" for seven or fourteen years, implying that the PELLOWs retained ownership, however no longer lived or farmed there.

They remained in the Northlew/Whiddon area. John Henry PELLEW died 2nd September 1876 at Northlew and was buried at Beaworthy five days later. His effects amounted to under £2,000 and his will was proved by sons Henry and John. According to the inflation calendar, this is just short of £300,000 in today's money.

On John Henry's death, the family appear to have moved more into Northlew, residing at Harper's Hill, with widow grace and son Henry living together in the 1881, 1891, 1901 and 1911 census. Henry's employment went from gardener to living on own means, to rate collector to assistant overseer poor rate collector. Grace died in July 1920, and Henry in November 1925.

So, to an outsider, this seems to be a story of a farmer farming, before dying at the age of 57.

But we go nowhere by accident, remember?

Upon John Henry PELLEW's death, his farm at Dreybury, previously rented out was sold on.

It was bought by a city man, looking to set up an experimental farm. A few years later, this city man decided to buy some additional nearby land – "500 acres of bogland" which came with a 'country seat' – Winsford House.

This man was George Webb MEDLEY.

For those not versed in Halwill history, upon George Webb MEDLEY's death, his wife Molly sought to design and build a lasting monument for him which she could gift to the community – Winsford Cottage Hospital, now managed by the Landmark Trust.

So, in the scheme of things, John Henry PELLEW's death set off a chain of events which ultimately gave Halwill the gem which is Winsford Cottage Hospital, not only a beautiful example of VOYSEY architecture, but timely medical assistance for hundreds for just shy of a century.

And as I was walking around on their annual open day just four days before writing this, I thought, "what an amazing coincidence," but it's not coincidental – I, and they, were exactly where we were meant to be.

In my research, I found a sad but ironic story, published in the Devon Evening Express in 1884;

While George Webb MEDLEY was conducting an ensilage experiment with gentlemen present (to watch said experiment) William BRANCH, a farmer at Dreybury, got his hand caught in the cog wheels of a horse powered chaff cutter and it was thus dismembered. Doctor Linington ASH was sent for, and Mr.

BRANCH's arm was removed from the machine and his limb dressed.

I could not help thinking, 'should there have been a hospital nearby, Mr. BRANCH would have had much timelier treatment.'

There is a portrait of Dr. Linington ASH hanging in the community area of Winsford to this day. Now when I look at it, I think more of William BRANCH who lost a limb twenty years too early.

The ensilage experiment continued afterwards, but the newspaper article makes it seem more of an inconvenience to the experiment than a terrible accident – a horrible reminder of the landowner-servant relationship of the prewar age.

But this is a simple reminder that, no matter how insignificant we might feel or seem, we are all part of something so much bigger, and the mere flapping of a butterfly's wings can cause earthquakes. Every life has meaning.

Kay Napier July 2025

Sources:

www.findmypast.com
www.familysearch.org
Beaworthy Parish Records
GRO Births and Deaths records.
STANFORD, Caroline, Winsford Cottage Hospital History Album, The Landmark
Trust, 2019
Trewman's Exeter Flying Post, 12th June 1872 [pg 1]
www.officialdata.org
Devon Evening Express 27th August 1884
www.maps.nls.uk

Mnemonic Quiz:

A mnemonic is used to remember information, often using the first letter of each word to stand for another;

For example, acronyms like (N)ever (E)at (S)hredded (W)heat can denote the cardinal points of the compass – (N)orth, (E)ast, (S)outh and (W)est.

See if you know or can guess what these mnemonics could be used to help you remember.

If you find it too tricky, there's a little hint box below to give you a clue as to which school subject it could help you with.

- Richard of York gave battle in vain.
- 2) Super heroes must eat oats.
- 3) God equals light not darkness.
- 4) Big elephants can always understand small elephants.
- 5) A big secret conceals her past.
- 6) Every good boy deserves favour.
- 7) Rhythm helps your two hips move.
- 8) My very educated mother just served us noodles.
- 9) Gentiles eat pork chops.
- 10) No plan like yours to study history wisely.
- 11) Please excuse my dear aunt Sally.
- 12) A tense grey cat lays very low, sneaking slowly, contemplating a pounce.

The answers will be in September's Bulletin.

HINT BOX

- 1. Science. 2. Geography. 3. Religion. 4. English. 5. History. 6. Music.
- 7. English. 8. Science. 9. Religion. 10. History. 11. Maths. 12. Science?

Monthly Reflection from Canon Cate Edmonds, Canon Steward at Exeter Cathedral

Holiday or Holy Day

"So then, there remains a Sabbath rest for the people of God, for whoever has entered God's rest has also rested from his works as God did from his. Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience." Hebrews 4:9-11

At this time of the year, many of us will still be thinking about holidays. Children are off from schools, colleges and universities have slowed down. When the weather is good, we see many people sitting in the sunshine. However, as I'm sure we are all aware, it has not always been like this, even though the Ten Commandments calls us to have a rest. There are numerous verses in the Bible advising us to rest from our labours and give ourselves time for recuperation.

We tend to think that the concept of holidays has always been in existence. Before the 19th century and the onset of the industrial revolution they were Holy Days, which were the days for a rest from work. Employers may have given a day off for a religious festival and those wealthier may have taken time for a pilgrimage or the "Grand Tour". Those working on the land may have been able to take a short time off for seasonal celebrations such as Harvest or Lammas. The concept of a set period to go on holiday really started in the North of England during the beginning of the 19th Century when factories and mills would shut down, usually two weeks, to encourage people to go to the seaside for refreshment and relaxation; these weeks were known as Wakes Weeks. Where did that term Wakes come from?

The Wakes originated from the Middle Ages as the annual dedication feast of a parish church. Once a year the old rushes on the church floor were cleared out and replaced. Fresh, sweet smelling rushes were gathered from nearby streams in the summer months and

brought to church in a ceremony called rush bearing. The church was decorated and garlands hung on the wall, and the whole village commemorated the occasion with a holiday (or 'Holy Day'). Celebrations included feasting, drinking, music, dancing, and general merrymaking! However, during the 17th century, Wakes were one of the celebrations that were restricted by Puritans, who took a more austere approach to church life.

It was not until the 19th century before this idea of holy days became a holiday. Eventually in 1871 the Bank Holiday Act was instituted ensuring that there were designated statutory days off, and this solidified the concept of public holidays. Enough history, what is important is it states frequently in the Bible that we all need to have time off, a holiday. We don't necessarily have to dash to the seaside, as was encouraged in the 19th Century, but we do need time for rest and recuperation. We need to be refreshed like the rushes on the floor of the Medieval churches, time to put away our daily stresses and give ourselves time for recouperation and refreshment. As you enjoy this holiday season may you find this prayer helpful:

"Lord, in the midst of the business of this holiday season, I seek rest and renewal for my weary soul. Help me to slow down, to be present in each moment, and to find joy in the simple things. Renew my spirit and fill me with your peace. Amen."

Canon Cate Edmonds, Canon Steward Exeter Cathedral

Answers to July's Quiz

- 1. The Terminator (Arnold Schwarzenegger) 2. Derek "Del Boy" Trotter (Only Fools and Horses) 3. The Fonz/Arthur Fonzarelli (Happy Days)
- 4. Andy Warhol. 5. Monty Python's Flying Circus. 6. Budweiser beer commercials. 7. "The Insecure Woman" character, played by Arabella Weir in 'The Fast Show'. 8. 1984. 9. Samuel Pepys. 10. Colonel John "Hannibal" Smith (The A-Team). 11. PC George Dixon (Dixon of Dock Green).
 - 12. Rod Tidwell (Jerry Maguire). 13. Rowan and Martin's Laugh In. 14. US Army Recruitment slogan. 15. Émile Coué.

Worried about a Child or Vulnerable Adult?

Please speak to your Parish Safeguarding Representative if you have any concerns for the wellbeing of a child or adult, or about the behaviour of someone towards a child or adult.

Your Parish Safeguarding Representative is:

ASHWATER: Not Known. BEAWORTHY: Not Known.

TETCOTT: Sharon Wonnacott Sharonwonnacott@hotmail.co.uk 07980 989 262

HOLYWELL JOINT COUNCIL (Black Torrington with Highampton, Clawton and Halwill)

Val Letheren rubycountry.beneficeadmin@btinternet.com 07484 880 770

If you cannot reach your Parish Safeguarding Representative, please contact the Diocesan Safeguarding Team:

Costa Nassaris Head of Safeguarding and Diocesan Safeguarding Officer

01392 294 969 <u>costa.nassaris@exeter.anglican.org</u> 07809 339 501

James May Deputy Diocesan Safeguarding Officer

01392 345 910 <u>james.may@exeter.anglican.org</u> 07889 542 646

Rebecca Lane Deputy Diocesan Safeguarding Officer

01392 294 975 rebecca.lane@exeter.anglican.org 07889 542640

David Cross Deputy Diocesan Safeguarding Officer

david.cross@exeter.anglican.org 07572 923 242

General Enquiries: safeguardingenquiry@exeter.anglican.org

01392 294 929

IMMEDIATE RISK OF HARM

If you believe someone is at immediate risk of harm or that a crime has been committed dial **999**.

If you have serious concerns about an individual's wellbeing, you should contact the relevant agencies:

Concerns about Children 0345 155 1071 Devon Multi Agency Safeguarding Hub

(MASH)

Concerns about Adults 0345 155 1007 Devon Care Direct

Domestic Abuse 0345 155 1074 Devon Helpline for professionals &

Individuals

Rape Crisis 0808 802 9999

Please notify your Safeguarding Representative and/or the Diocesan Safeguarding Team after contacting any of these agencies.

All information in this bulletin correct at time of publication

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