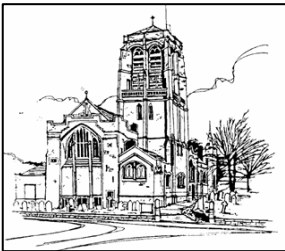


NEW LEAVES
PARISH MAGAZINE
St David's Church Exeter



JUNE 2026



**SUGGESTED
VOLUNTARY
CONTRIBUTION**

50p

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For services and events at St Michael's and All Angels CD, please see:
www.stmichaelsmountdinham.org.uk



WELCOME

The editorial team invites you to submit appropriate articles that reflect church, parish or community interest.

Please send contributions as Word documents (if possible in A5 format, maximum 1000 words) to:

newleaves@stdavidschurchexeter.org.uk

All articles will be printed with the author's name.

The views expressed are those of the individual contributors and do not necessarily represent the views of the editors or the Church.

We hope you enjoy this month's read.

Although this magazine is free of charge, voluntary contributions would be gratefully received. This can be done via the wall safes found close to the exit of the west and north doors. Alternatively you can give them to a member of the editorial team. Many thanks.

We welcome critical comments on the magazine.

Editorial Team: Sarah, Susan and Alice



Regular Services and Events

Sundays:

9.30 -10.30 am Parish Communion from St David's Church; also streamed on Facebook

6pm Evening Prayer at St David's Church

Weekdays:

Tuesdays at 9.00am Morning Prayer on Zoom

Tuesdays 10.30am – noon Friendship Café at St David's Church

Thursdays at 10.30am Holy Communion at St David's Church

Thursdays at 7pm Student group

If you don't already receive our regular weekly notice sheet by email and would like to, please contact Rev Mike Clark at notices@stdavidschurchexeter.org.uk

CLERGY GREETINGS

On the 27th of this month Suki will be ordained priest at Exeter Cathedral having spent her first year with us as a deacon. This will be a significant moment for Suki, and for all of us who have shared in and benefitted from her gifts and ministry over the last 12 months.

Ordination is sometimes thought of as marking a move into a different level of Christian life. The Church of England is very good at marking these occasions with great ceremony! But in many ways it is less about Suki stepping into something entirely new and more about a deepening and focusing of a calling already being lived out within the life of the Church.

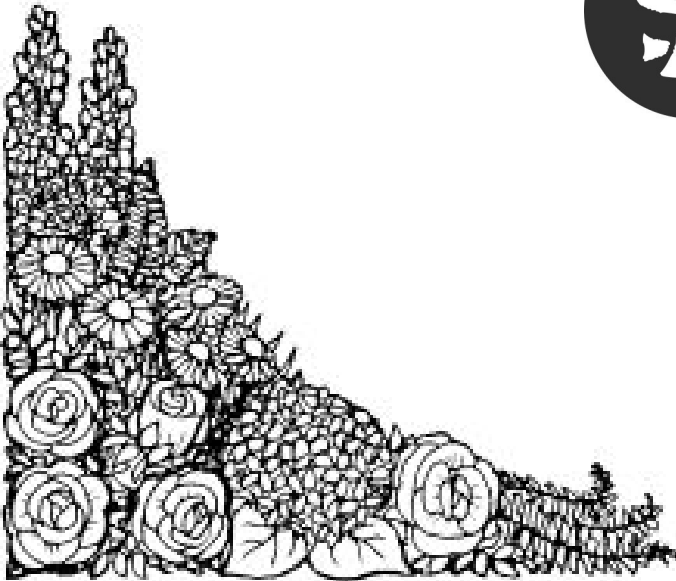
It also raises a question worth reflecting on: what do we mean when we speak of “priesthood”? In the Church of England we hold together two answers to that question. One is that some are ordained to a particular ministry of word and sacrament, pastoral care and oversight. The other is that the Church as a whole shares in Christ’s priesthood, a “royal priesthood” (1 Peter 2:9). It is really important that we hold these together.

At St David’s we already see much of this shared priesthood in practice. Many people give their time and use their gifts in a whole variety of ways. This means that the priesthood of the church is expressed in countless ordinary acts: in prayer for neighbours and the world, in helping others sense God’s presence in ordinary life, in welcome offered without hesitation, in kindness that is practical and costly and in love that does not depend on how it is received.

Recognising all this, ordination can be understood as the setting apart of one person to serve within that shared life, to preside, to teach, to nurture, and to help hold together the Church’s common calling. So, as we give thanks for Suki’s ordination and her ministry among us, we also give thanks for the life already present here: a shared priesthood in which we are all invited to take part.

Every blessing,
Mike

PS: It is not too late to sign up to attend the service. Let Suki know if you would like to come!



READERS AND LEADERS IN PRAYER: JUNE 2026

Sunday 7 June: Trinity 1

1st reading	Hosea 5.15 - 6.6 or Romans 4.13-25
Gospel Reading	Matthew 9.9-13, 18-26
Preacher	Suki Coe
Bible Reader	Gina Redman
Leader in Prayer	Ian Cartwright

Sunday 14 June: Trinity 2

1st reading	Exodus 19.2-8a or Romans 5.1-8
Gospel Reading	Matthew 9.35 - 10.8 [9-23]
Preacher	Ian Cartwright
Bible Reader	Richard Johnson
Leader in Prayer	Chris Gill

Sunday 21 June: Trinity 3

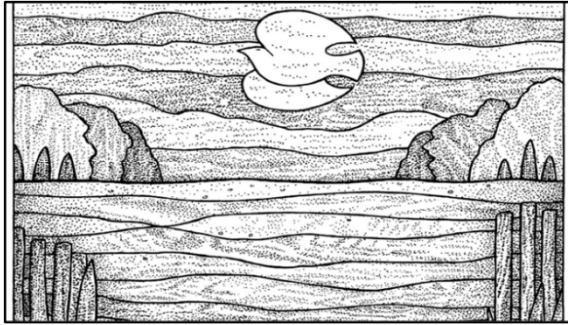
1st reading	Jeremiah 20.7-13 or Romans 6.1b-11
Gospel Reading	Matthew 10.24-39
Preacher	Mike Clark
Bible Reader	Pam Stanley
Leader in Prayer	Charlotte Townsend

Sunday 28 June: Trinity 4

1st reading	Jeremiah 28.5-9 or Romans 6.12-23
Gospel Reading	Matthew 10.40-42
Preacher	Sarah Cumming
Bible Reader	Steph Hills
Leader in Prayer	Bill Pattinson

Sunday 5 July: Trinity 5

1st reading	Zechariah 9.9-12 or Romans 7.15-25a
Gospel Reading	Matthew 11.16-19, 25-30
Preacher	Suki Coe
Bible Reader	Jonathan Johns
Leader in Prayer	Pete Francis



ST DAVID'S PARISH CYCLE OF PRAYER

June

- 7th Montpellier Court residents
- 14th The Co-op shop and all shop workers
- 21st Refugee Support Devon, the hostels for Asylum seekers on St David's Hill
- 28th The Cleaning team, Verger and Caretaker, Mary Quest

July

- 5th Flower arrangers and coffee makers, all businesses in the Parish
- 12th Sea Sunday
- 19th The Almshouses in New North Road and Mount Dinham, all those making pilgrimage
- 26th Local Police and Police Community Support Officers

A JOY AND PRIVILEGE TO BE RECEIVED BY THE POPE, SAYS ARCHBISHOP OF CANTERBURY

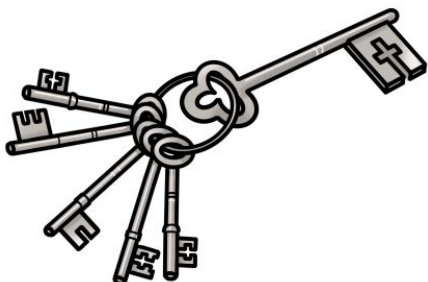
The Archbishop of Canterbury has praised the Pope for speaking out against injustice and about hope; has commended working together for the common good; and has endorsed the strengthening power of common witness, in an address after a recent private meeting at the Apostolic Palace in the Vatican.

She prayed with Pope Leo and said, “It is a joy and a privilege to be received by you, together with this delegation from Lambeth Palace.”

She went on, “Your Holiness, you have spoken powerfully about the many injustices in our world today, but you have spoken even more powerfully about hope. The world needed this message at this time — thank you. It reminded us that, despite our sufferings, people long for life in all its fullness, and countless people are working each day for this vision of the common good.”

She continued, “May we continue to work together in that hope, trusting that the one who has begun this good work among us will bring it to completion. Please be assured of a warm welcome for the Church of England should you honour the United Kingdom with a visit.”

Parish Pump News
June 2026



LETTER FROM AMERICA

Greetings!

Some of you might remember us from when we lived in Exeter and attended St. David's in 2018. We've stayed in touch with Sue, Charlotte, Hilary and Roger, David and Ruth and other congregants with occasional Zoom calls. Sue suggested we consider penning a regular column for New Leaves, so here we are.

Spring has finally arrived here in Wisconsin. But it's been a dreary and sodden one – we just experienced the wettest April on record. For Earlise, the change in seasons means a chance to pot flowers for the front yard; for Jeff it means a chance to photograph Home Talent League baseball (an amateur league that's akin to country cricket in England).

In other sporting news, Jeff is on tenterhooks as Spurs fight a teeth-grinding relegation battle. He's looking forward to supporting Three Lions in the World Cup here this summer ("It's coming home!").

We could fill the whole column with rants about the dismal and dangerous state of politics over here. But rather than subject you to that, we'll just say that we were heartened by the recent royal visit. It was refreshing to listen to an actual king speak soberly and sanely about the special relationship our countries have shared these many years.

Jeff is settling into his new position as the compliance manager for Wisconsin Public Media. He handles contracts and helps producers obtain the rights to footage and other forms of intellectual property for radio and television production, as well as filing reports with the Federal Communications Commission. It's the perfect job for Jeff, as it was public television that exposed him to Dr Who and The Prisoner and other classics from the 70s and 80s – a foundational experience that turned him into a keen Anglophile.

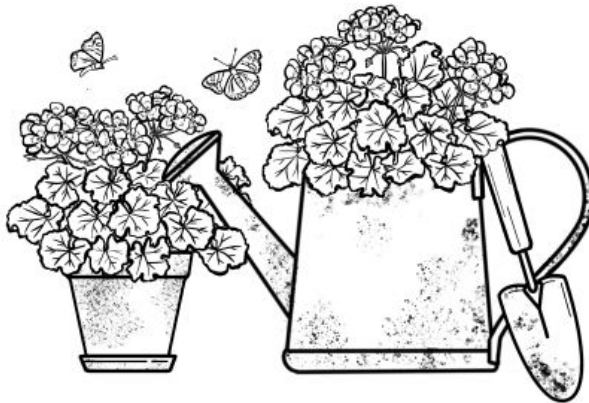
Earlise continues to stay busy in her role as a professor and researcher in the University of Wisconsin's School of Medicine and Public Health and the Carbone Cancer Center. She spends a lot of her time scrambling to fill gaps in her funding caused by cuts enacted by the Trump Administration—a desperate dance taking place on many other college campuses.

In mid-April, we had a week-long holiday in Maui, one of the Hawaiian islands. We went there to meet my sister and her family, who live in Australia. Hawaii is about halfway between Wisconsin and Australia, so it's a good meeting point.

Our next trip will be to Trinidad in July, to help Earlise's father celebrate his 80th birthday. Jeff is looking forward to the photo opps but not the heat ("Mad dogs and Englishmen..."). We're considering coming over to see you all next summer.

In closing, we hope you're all keeping well, and we look forward to worshipping with you soon at St. David's!

Jeff Brown and Earlise Ward Brown
May 2026



THE STORY OF EMILY

Have you ever heard of Emily Hobhouse? Until we visited a new museum near Liskeard telling “the Story of Emily”, I knew nothing about this extraordinary woman – campaigner, journalist, pacifist and national hero in South Africa – and I knew very little about the Anglo-Boer war.

This new museum tells the story of Emily Hobhouse, brought up in a Victorian rectory in St Ives (not to be confused with St Ives), and her legacy as a witness to the horrors of the Anglo-Boer war. A fearless humanitarian and pacifist, she defied the British Empire to expose the horrors of the concentration camps established during the Anglo Boer War. Branded a “hysterical woman” and “traitor” she refused to be silenced, saving thousands of Boer women and children.

She didn’t just speak out – she published damning reports, led social reforms, and single-handedly challenged an empire at war. In an era that silenced women, Emily Hobhouse roared with truth and defiance. She described the scorched earth tactics of the British Army, and went on to lobby for peace during the First World War. Her state funeral in South Africa was attended by 20,000 people.

The museum consists of the Victorian Rectory, which is restored to the way it would have looked in 1875 when Emily lived there, and the War Rooms. The latter is a modern display using immersive media, including VR headsets (which was quite extraordinary and worked well) describing a Boer homestead, experiencing Guerilla warfare and scorched earth tactics – and a display of artefacts and really interesting photos and re-enactments.

It was at times a challenging experience hearing this perspective on this history and conflict, which we are not taught in the UK – but which is key to our understanding of the Boer experience, and what happened next in South Africa. It raised some interesting challenges to us about what constitutes heroic behaviour, and how history, (and especially the history of women), is told by the victor.

The museum offers timed tickets to manage visitor numbers, and the restaurant is also part of the experience. The menu celebrates South

African heritage recipes, and offers full meals, as well as coffee and cakes. The food was really special, with so many things we had never heard of – an expensive treat but part of an amazing day out. We upgraded our ticket to an annual pass as we shall definitely be visiting again and learning more.

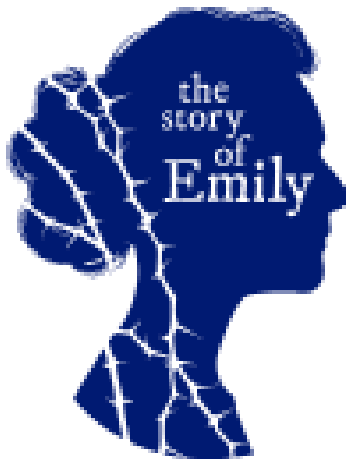
Her speeches have stayed with me, including:

“That is, I think one of the worst features of war... the rotting away or jeopardy of Justice, Truth and Humanity.”

Visit thestoryofamily.com for further information and a biography of this extraordinary woman, or read *Rebel Englishwoman: The remarkable life of Emily Hobhouse* by Elisabeth Brits.

Maggie Draper

May 2026



*“Be merciful towards the
weak, the down-trodden,
the stranger”*

Emily Hobhouse, 1913

FEED THE BIRDS - THOUGHTFULLY

If you enjoy feeding the birds, you are not alone. Up to 60% of households in the UK regularly feed their wild birds, according to surveys from UK Pet Food. It all adds up to an estimated £250 million in sales annually, with roughly 150,000 tonnes of seed being sold.

When feeding wild birds, here are five mistakes to avoid:

Not keeping feeders clean. This can spread disease. The RSPB advises cleaning bird feeders once a week with a mild soap such as washing-up liquid. Do it outside, using brushes that you keep for this job alone.

Leaving too much food out. It can attract rodents. The RSPB advises that little and often is best. But keep an eye on those feeders and keep them topped up. When birds are nest-building and raising broods, they need a lot of energy. Feed peanuts in a rigid mesh feeder, so that large piece of nut cannot choke baby birds. Avoid putting out fat in hot weather – it can go rancid.

Feeding bread. This can lead to malnutrition. Bread is high in carbohydrates, while garden birds require a protein-rich and high-calorie diet. A chick with a stomach full of bread can freeze to death overnight. Ideally, feed a combination of mealworms, seeds, sunflower hearts, dried fruit, peanuts and fat.

Not providing water. Birds need to drink and bathe daily, especially in hot weather. Change the water every day and keep the basin clean.

Putting feeders in the wrong place. Place your feeders near to shrubs, trees and bushes, to provide cover. Blackbirds and robins are ground feeders, whereas tits and sparrows prefer to feed from hanging stations. Using an array of feeders will attract a wide range of birds.

Parish Pump
June 2026

Editor: What good tips do you have for feeding the birds? And what birds does your garden attract?

REFLECTED FAITH SERIES: THE CREED (PART 2)

Last month we considered where the Creed is placed within the service. This month let's think about what is in the Creed(s).

It's important to be aware that the earliest known Creed, which is still substantially used today, was first found in a letter from around AD 341. This is known today as the Apostles' Creed because it is widely thought to have been originally written by the Apostles themselves.

Every phrase in it can be noted as derived directly from biblical texts and it is the compilation that has taken so much thought and discussion until we arrive at the versions we use in churches today.

Because the Creed succinctly includes everything Christians believe, it unites us all in those truths; whichever Christian denomination you choose to worship within.

So, establishing wording that expresses the faith of all Christians has been the challenge.

Protestants sometimes wonder at the inclusion of the phrase, 'the holy catholic Church', but the word 'catholic' here has the meaning of 'universal' rather than denominational.

We are ALL united in our basic faith.

This is what makes us Christians and distinguishes us from other 'churches', whether they have the name of Jesus in their title or not.

Only Churches that acknowledge and include one of the recognised creeds can join the international organisation of 'Churches Together'. Essentially, the Creed is a sure way to know that you are at a Christian service.

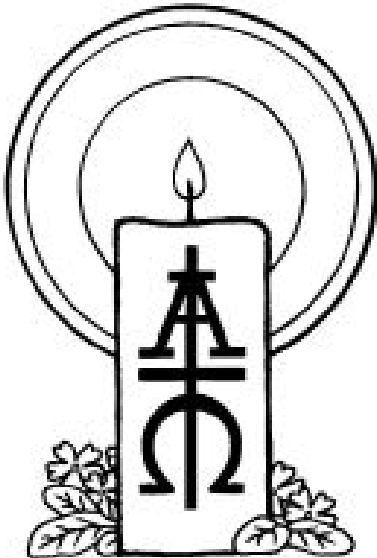
In more recent years the Church has authorized several Affirmations of Faith which contain the key tenants of faith but are shorter and, if you like, simpler to understand.

This month

Because the Creed has to be universally accepted within established churches, deviations from the texts are not permitted. However, just for

the joy of thinking ... what would you include in a statement of faith if you were drafting it? Which friends would you want to include on your 'committee'?

Revd Dr Jo White
June 2026
(from Parish Pump)



HELP US BECOME A HEART-SAFE COMMUNITY

St David's Church parishioners are hoping to raise approximately £1200 to install an on-site defibrillator (AED) and consumables, for use in a cardiac emergency.

While we currently rely on the defibrillator at the nearby college, having our own device would allow for a faster response. Using an AED within 3–5 minutes of cardiac arrest can boost survival rates from 6% to over 70%. Your donation would protect our congregation and all the different people and groups that use our building.

How to Donate:

If you would be interested in making a one-off donation to help us purchase this defibrillator, please have a word with Maggie Draper or Helena Walker or the clergy team. Alternatively, you can make a donation direct into our church account by bank transfer. The account details are:

St David's Church (Lloyds Bank)

Account no. 64045860

Sort Code 30 80 37

If you could mark your donation De-fib that would be very helpful. If you would prefer to donate cash, please hand it to Helena Walker or Maggie Draper.

Thank you for your generosity in keeping us all safe.

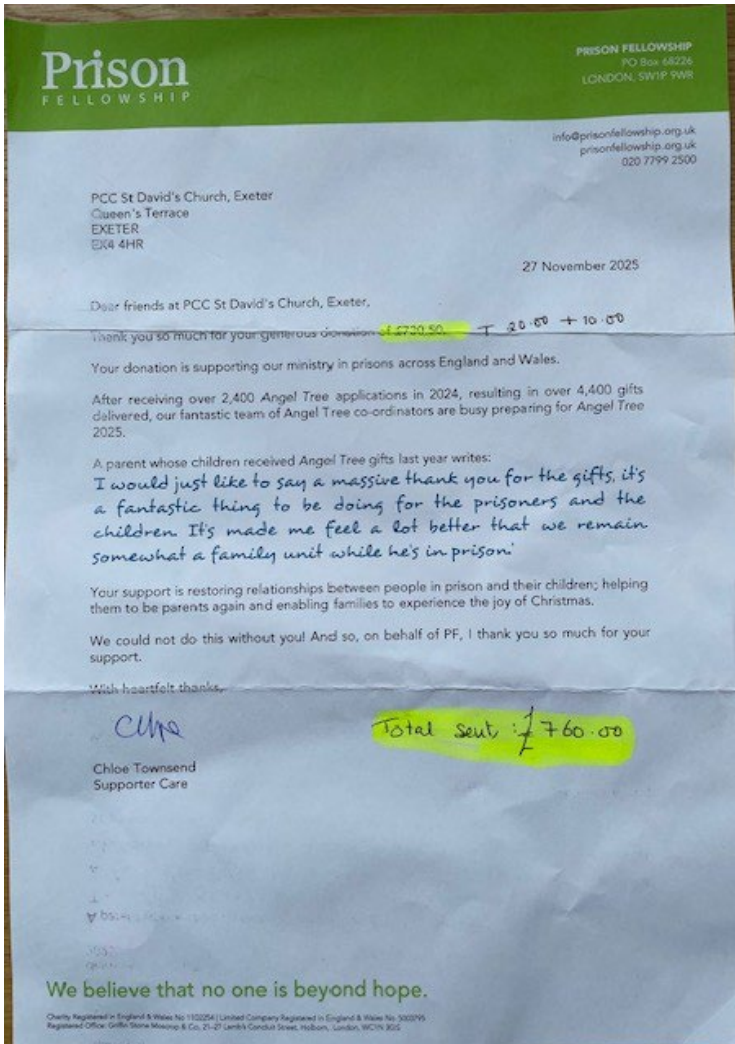
Maggie Draper

April 2026



ANGEL TREE COLLECTION 2025

The PCC has received the letter below, thanking St David's for our contribution to the Angel Tree charity at the end of last year. We thought you might like to read it! Thank you for your generosity (Eds)



60 YEARS OF GIRL CHORISTERS AT ST DAVID'S CATHEDRAL



St David's Cathedral recently marked 60 years since girl choristers first sang in the Cathedral Choir with a celebratory evensong.

It was in April 1966 that the Cathedral Choir were busy preparing for a BBC radio broadcast of choral evensong, when in the days leading up to the recording, numerous boy choristers succumbed to a measles outbreak that was spreading through the local primary schools.

Facing the prospect of no choristers being well enough to perform, Organist and Master of the Choristers Peter Boorman approached music teacher Rosalyn Charles, and asked if the girls of Ysgol Dewi Sant school choir may be able to sing.

The school, Dean and Chapter all approved the emergency measure, and following a successful broadcast on 20th April 1966, chapter agreed in July 1966 that the girls were to become full choristers.

Ever since, the soprano line in the Cathedral Choir has been sung by girls aged 8-18, drawn from St Davids and, more recently, further afield in Pembrokeshire. St David's Cathedral pioneered the concept of girls singing in cathedral choirs, decades before similar initiatives were launched in other cathedrals.

To celebrate this milestone, the Cathedral held a special evensong, with the Cathedral Choir joined by former choristers from the past 60 years.

Parish Pump News
June 2026

ST DAVID'S MUSIC GROUP AKA 'THE BAND'



On the 3rd Sunday of the month, at St David's morning service, the choir and organist take a break. Instead, the music is led by our music group – a merry band of musicians which currently includes players on violin, flute, clarinet, guitar and keyboard.

The purpose of the music group is to:

- make heavenly music as part of the morning service
- be inclusive of all who wish to play – whatever their age or standard – supported by experienced players
- offer an optional, occasional opportunity to play solo or duet during communion with/without keyboard accompaniment

In the past, we have had players on recorder, oboe, viola, cello, saxophone, trumpet, bass guitar and harp.

The age range, to date, is 7 – 80+.



We welcome new players.

- University students have joined us for the duration of their course.
- Young children have joined us until they are grown up and leave home.
- Adult 'returners' have dusted off their instruments and rekindled a love of playing.

Come and try a Sunday if you like – play a hymn or two??

If you would like to find out more, speak to Robert or Susan at church or email:

instrumentalgroup@stdavidschurhexeter.org.uk

REGULAR EVENTS

- Martial Arts Medieval sword fighting
Monday 7pm - 9pm
irondoorcollective.co.uk
Contact the group on idxeter@gmail.com
- Friendship café Tuesday 10.30am – 12pm
- Bell Ringing Wednesday 7.30 – 9pm
- Lent Group Thursday 2pm
- Student Group Thursday 7pm, with food!
- Please talk to one of the clergy if
 you would like to know more
- Men's/Women's Saturday 9am (check newsletter for
Breakfasts dates and venues)



UPCOMING CHURCH EVENTS

Monday 1st June at 7pm

PCC meeting

Tuesday 2nd June at 10.30am

‘Try It Out Tuesday’
Tuesday Friendship Café
Book online

Thursday 4th June at 6.30pm

Men’s “Breakfast”
Pie & Mash @ Exeter Brewery
Tap Room

Sunday 14th June

Celebrating Ian Cartwright’s 55
years of service. Cake and
prosecco after the service.

Wednesday 24th June at 7pm

Activities’ team leaders
safeguarding meeting

Sunday 28th June 2.30- 4.30pm

Parish Cream Tea and
Celebration followed by choral
evensong



OTHER UPCOMING EVENTS

at St David's unless otherwise indicated

Sunday 31st May at 4pm

Torbay Singers sing Evensong in
Exeter Cathedral

Saturday 6th June at 6.30pm

University of Exeter
Contemporary Choir
Summer concert: musical theatre,
choral pieces, rock ballads, folk
songs. Tickets on the door.

Saturday 13th June at 7.30pm

Dunsford Singers
Dvorák Mass in D, traditional folk
songs. Tickets on the door or from
<https://www.dunsfordsingers.co.uk/>

Saturday 13th June at 7.30pm

Exeter Philharmonic Choir: Jazz
for a Summer Evening
Holy Trinity Church, Exmouth.
Tickets from
<https://www.ticketsource.com/exeterphilchoir>

Sunday 21st June 7-8.30pm

Flamenco Show with prize-
winning artists Rebeca Ortega
(dancer), Ramon Ruiz (guitarist)
and Carlos Lobo (singer)

Tickets from
<https://www.eventbrite.co.uk/e/exeter-flamenco-from-spain-rebeca-ortega-ramon-ruiz-tickets-1988554859114>

Saturday 23rd June at 7.30pm
(tea/coffee/refreshments 6.30pm)

Citizens' Advice Exeter
Fundraising Concert
Tess and the D'Urbervilles,
beatboxer R'Ocean and visiting
French group Whisper in the
Rennes in *St Stephen's Church*
Tickets from

<https://www.tickettailor.com/events/citizensadviceexeter>

Tuesday 30th June at 7.30pm

Exeter Chamber Choir: The
Golden Hours at *St Margaret's
Church, Topsham*
Tickets from

<https://www.exeterchamberchoir.co.uk/goldenhours-2>





Try it out Tuesday at the Friendship Cafe

- Try something new!
- Build confidence and take some time for yourself
- Enjoy a creative activity with a cuppa and a cake



Scan QR code for details and to book.

When: First Tuesday of each month, 10:30am-12noon

Where: The Friendship Cafe, St David's Church, Queens Terrace, Exeter, EX4 4HR



FUNDRAISING CONCERT

citizens
advice Exeter

SATURDAY 13TH JUNE 7.30PM

ST STEPHEN'S CHURCH,
EXETER HIGH STREET, EX4 3LW
REFRESHMENTS FROM 6:30PM

BROUGHT TO YOU BY:

TESS & THE D'URBERVILLES



WITH BEAT BOX STAR
R'OCEAN



AND SPECIAL GUESTS ON
TOUR FROM FRANCE
**WHISPER IN
THE RENNES**



TICKETS: £20
CONCESSIONS: £15

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VISIT THIS LINK
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[HTTPS://BUYTICKETS
.AT/CITIZENSADVICE
EXETER/2173940](https://buytickets.at/citizensadviceexeter/2173940)





Programme of Talks – June 2026

Exeter Forum's programme of weekly talks for June 2026 is shown below. Meetings take place in the Mint Methodist Church, Fore Street, Exeter, EX4 3AT on Wednesday mornings. The talks start at 10:45am, while coffee is available from 10:15am. Descriptions of talks and speakers also appear on the Exeter Forum website

www.exeterforum.org, and in the weekly newsletter sent to Forum members and to interested visitors. Visitors are welcome subject to a small charge for each talk. Late programme changes will be shown on the Exeter Forum website.

Wednesday 27 May	<i>Spring break</i>	<i>No meeting</i>
Wednesday 3 June	Jerry Bird	<p>RAF Exeter's D-Day Role in Operation Overlord.</p> <p>Jerry Bird, Lead Safety Officer at Exeter Airport returns to describe how in early June 1944 RAF Exeter had become USAAF Station 463 supporting the USAAF 440th Troop Carrier Group for the invasion of occupied Europe. The 440th carried paratroopers of the US 101st Airborne Division (The Screaming Eagles) to their destiny in Normandy.</p>

Wednesday 10 June	Geoff Pettinger	Shaldon's hidden botanical garden. Geoff tells the story of how Maria Homeyard (who made a fortune from cough medicine) used her wealth to develop a new housing estate and a botanical garden on land above Shaldon in the 1930's.
Wednesday 17 June	John Davidson	Lord Exmouth and the Barbary Pirates. For three centuries, the Barbary Pirates threatened South West England. After the end of the Napoleonic Wars, the British Government sent a fleet commanded by Lord Exmouth, Sir Edward Pellew, in 1816 to end the problem by diplomacy or force. This is the story of the Battle of Algiers and what happened afterwards.
Wednesday 24 June	Professor Peter Aggett	Is what we eat controlled at all? All living creatures have evolved to develop efficient means of acquiring adequate and safe nutrition. It is important to know and understand how these innate processes are affected by modern environmental conditions.



PRAYER AND POETRY CORNER

Prayer for June

Lord, here we are in June – a beautiful month - and a month when we remember Barnabas, a faithful follower of yours. He was a good man, full of the Holy Spirit. He encouraged your people to remain true to you in what must have been dangerous and challenging times.

Lord, in the current dangerous and challenging times, when so much seems alien and out of control, help us to encourage one another to be steadfast in our faith and in our lives.

Thank you for the example of Barnabas. Help us to be encouraged by, and to encourage, others.

May we enjoy June in all its beauty, wondering at the glory of creation.

Amen

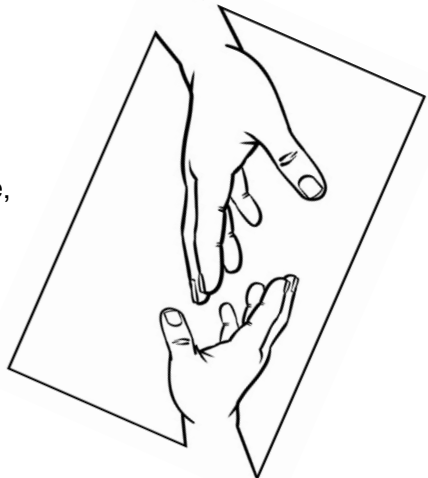
Based on a prayer by Daphne Kitching

pp

Be the Power of all Things within Us

O God the Holy Ghost who art Light unto Thine elect,
Evermore enlighten us.
Thou who are Fire of Love,
Evermore enkindle us.
Thou who art Lord and Giver of life,
Evermore live in us.
Thou who bestowest sevenfold grace,
Evermore replenish us.

By Christina Rossetti (1830-94)



Two contrasting poems for June

Life, death, the universe and everything

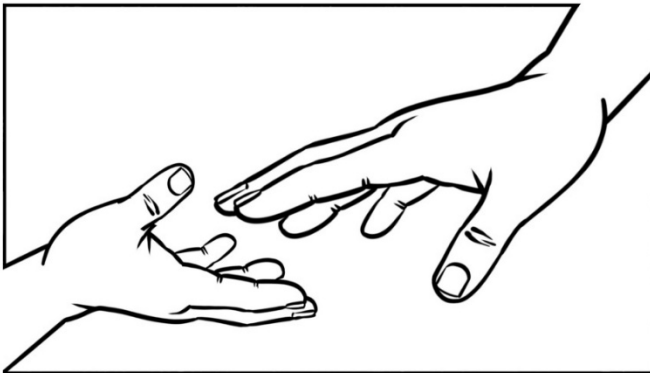
It was in the garden when man first met
His Creator God and walked with Him.
The pleasures of Eden were his to enjoy
The genesis of man who was then without sin.

To make him complete God took Adam's rib
Forming Eve to be by his side,
But the devil appeared in the form of a snake
Offering fruit that they should have declined.

Paradise lost, they were sent from that place,
They had disobeyed God and death entered in,
No longer to walk in the cool of the day
And enjoy all the pleasures that God could bring.

But God's in control of all He has made,
Our world and beyond and mysteries untold,
There are more things in heaven and earth than we know
To be revealed as time ends and eternity unfolds.

By Megan Carter



TROOPING THE COLOUR

In celebration of the King's 'official' birthday (13th June this year)....Trooping the Colour originated as a way of ensuring that troops recognised their flag so that they could rally to it in a battle.

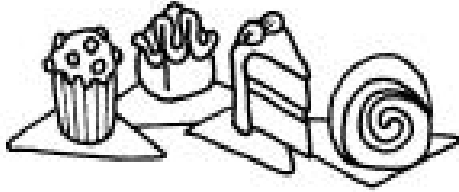
A National occasion in crimson and black
No button misplaced; no harness is slack.
The rhythmic precision of mass marching feet –
The pulse of the nation and heritage meet!

The beat of the drums, the sound of the band
The parade is exquisitely, perfectly planned.
The long months of training, hard effort applied
Build up to this moment of national pride!

The horses and soldiers all form up in ranks
The audience watching can't help but gives thanks!
For those standing tall out there on the sand
Prepared to give all for our King and our land.

By Nigel Beeton





RECIPE CORNER: GLUTEN-FREE ALMOND, PEAR, CARDAMOM AND CHOCOLATE CAKE

I love this cake! It's fun to make, too. Hope you enjoy it.

Make up to 2 days ahead; store in an airtight tin.

300g butter, at room temperature

300g caster sugar, plus extra for dusting

5 medium eggs, lightly beaten

300g ground almonds

50g gluten-free flour (or ordinary plain flour)

½ tsp ground cardamom (or the seeds from about 20 cardamom pods, ground)

1 large ripe pear

70g dark chocolate (70% cocoa)

- Heat the oven to 180° (160° fan, gas mark 3). Grease the base and sides of a 23cm springform cake tin and line with baking paper.
- Using an electric mixer or whisk, beat the butter and sugar together for 10 minutes, until pale and increased in volume
- Gradually pour in the beaten eggs, whisking continuously.
- Add all the dry ingredients: whisk at a low speed until just combined. Fold the mixture a few times with a spatula to sure it's well-mixed.
- Turn the mixture into the tin, level the top, then place in the centre of the oven and back for 20 minutes.

- In the meantime, core the pear and thinly slice; break the chocolate into small pieces.
- After the initial 20 minutes, carefully remove the cake from the oven. It will be liquid, with just a touch of colour.
- Press the chocolate pieces vertically into the mix across the whole cake. Arrange the pear slices on top. Dust with a little caster sugar, and return to the oven.
- Bake for a further hour until a skewer inserted into the middle comes out clean.
- Leave to cool for at least 20 minutes, then serve whenever you like, with pouring cream or crème fraiche.

Sarah Rimmington
May 2026



CREATIVE & MINDFUL MOMENT

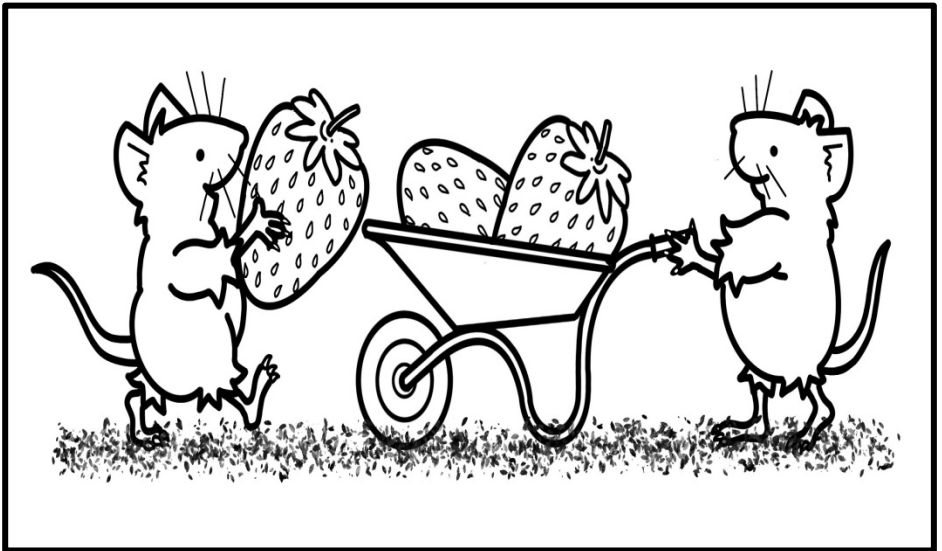
Let your creative juices flow, add colour or pattern

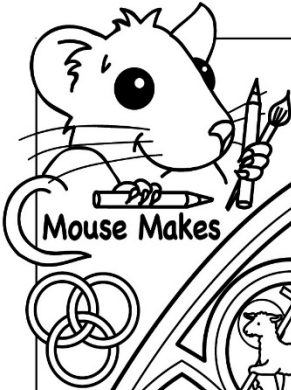
Bring your finished artworks to church and share them with everyone!

Thank God for the treats in life.



OR TRY THESE FOR FUN!





"May the grace of the Lord
JESUS CHRIST and the
 love of **GOD** and the
 fellowship of the
HOLY SPIRIT be
 with you all."

2 Corinthians
 13:14



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VENLR	JYIAM	TRUTH
SLAEP LG	ACGODJM	THAHSRI
HALDOOR	LROCKUA	OSPOWER
EMEWORD	MELORDJ	ULFLIFE
PBREADW	IABBAGE	POWYNDR
HLALPHA	GTDEBES	AWISDOM
EEMCGJY	HOYRFET	DBEPBVC
RMEHOEK	TRAHATY	VWTIREO
DMIRSST	YGHOIEF	OIEREFM
SAVIOUR	VSWLARA	CTRIAIF
PNESNSU	OHEYENT	ANNTTRO
OUNTLOT	JEHOVAH	TEACHER
MESSIAH	IKINGLE	ESLGIFT
RLGBFIS	SHIELDR	DSGUIDE
KEOMEGA	SAVIOUR	THELPER

JESUS • CHRIST
 SON • SAVIOUR • LORD
 EMMANUEL • MESSIAH
 SHEPHERD • LAMB • WAY
 TRUTH • LIFE • DOOR
 BREAD • WORD • HEALER
 VINE • ALPHA • OMEGA

GOD • FATHER
 ABBA • LORD • JEHOVAH
 YAHWEH • ALMIGHTY
 HOLY ONE • SAVIOUR
 ETERNAL • CREATOR
 KING • MAJESTY • JUDGE
 SHIELD • ROCK • I AM

HOLY SPIRIT
 GIFT • HELPER • WITNESS
 COMFORTER • GUIDE
 ADVOCATE • WISDOM
 POWER • TRUTH • BREATH
 LIFE • ETERNAL • DOVE
 WIND • FIRE • TEACHER

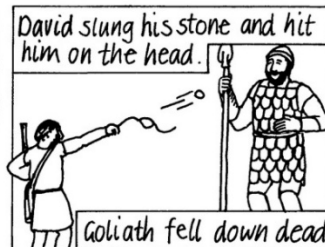
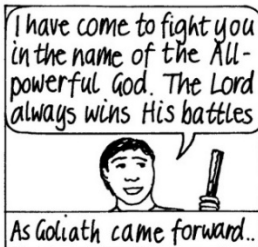
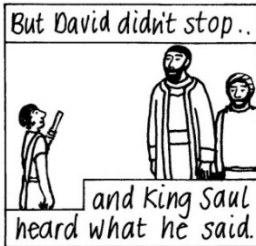
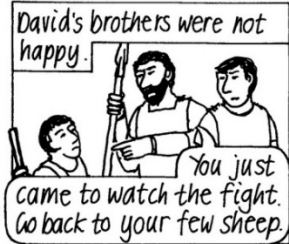


Bible Bite

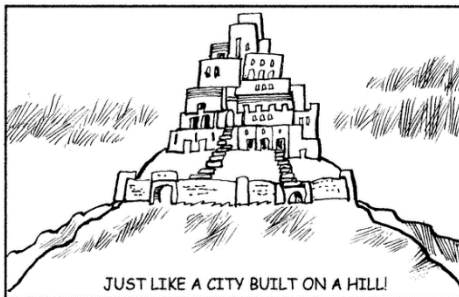
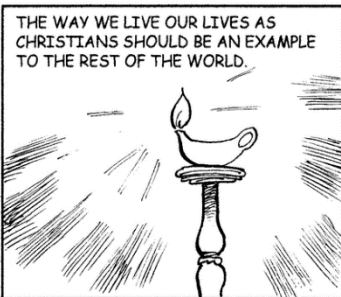
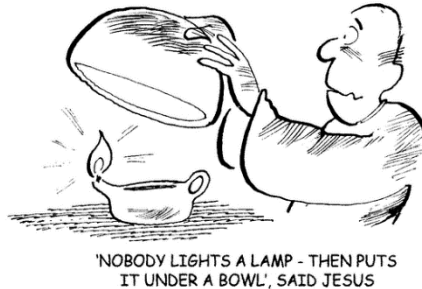
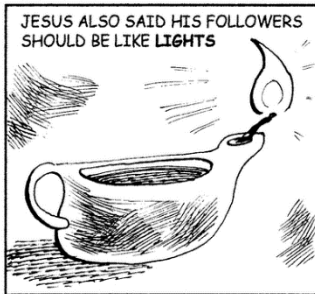
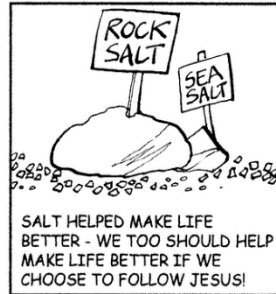
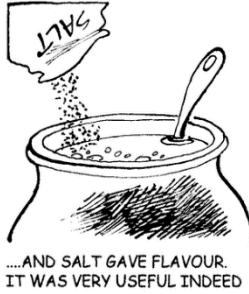
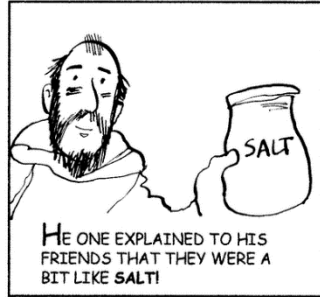
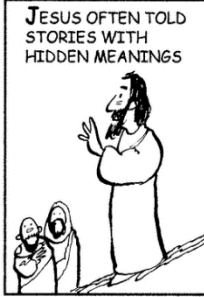
A short story from the Bible

It can be read in the Bible in
1 Samuel 17:1-50

The Philistine and Israelite armies
faced each other. For 40 days, the gigantic
Philistine champion, Goliath, taunted them..



The tale of
the
Salt
and
Light



SUDOKU (Medium)

Solution on Solutions Page

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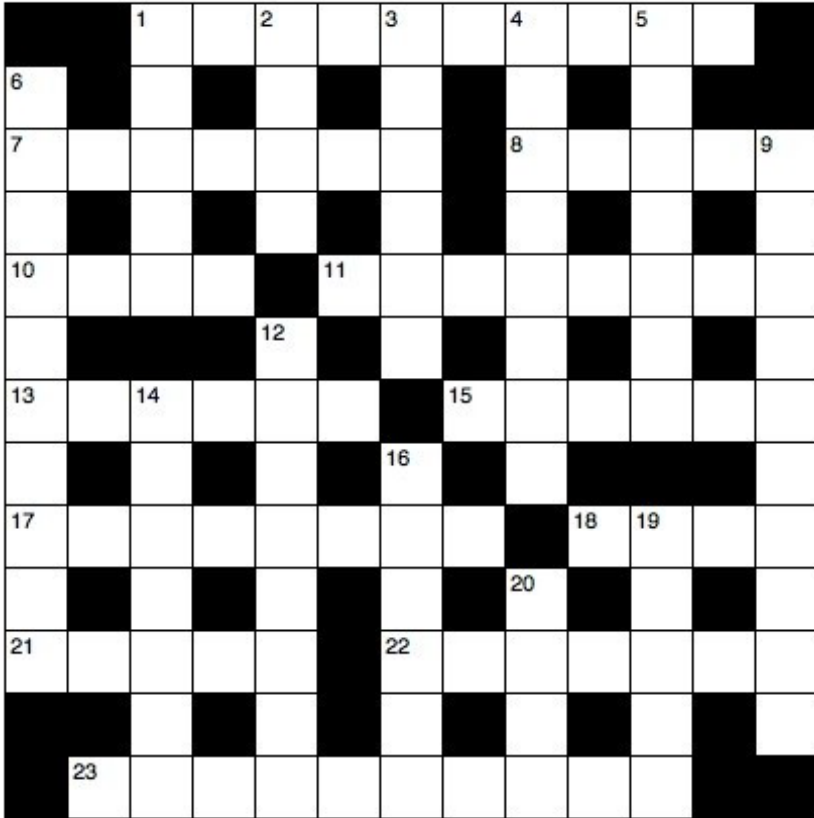


R^oN

The plug was stolen in 1548

CROSSWORD

Solution on Solutions Page



Across

1 Evil (Genesis 6:5) (10)

7 Musician called for by Elisha when he met the kings of Israel, Judah and Edom (2 Kings 3:15) (7)

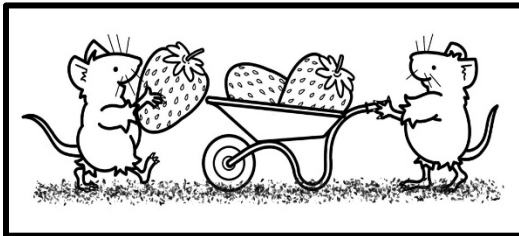
8 The request that led to the institution of the Lord's Prayer: 'Lord, — us to pray' (Luke 11:1) (5)

10 'We are hard pressed on every—' (2Corinthians4:8) (4)

- 11 Fraud (2Corinthians6:8) (8)
 13 'His troops advance in force; they build a siege ramp against me and — around my tent' (Job 19:12) (6)
 15 Where Rachel hid Laban's household gods when he searched his daughter's tent (Genesis 31:34) (6)
 17 'Now about spiritual gifts, brothers, I do not want you to be—' (1 Corinthians 12:1) (8)
 18 Nomadic dwelling (Genesis26:25) (4)
 21 'As for man, his days are like —, he flourishes like a flower of the field' (Psalm 103:15) (5)
 22 Or I live (anag.)(7)
 23 Those guilty of 1 Across (Romans13:4) (10)

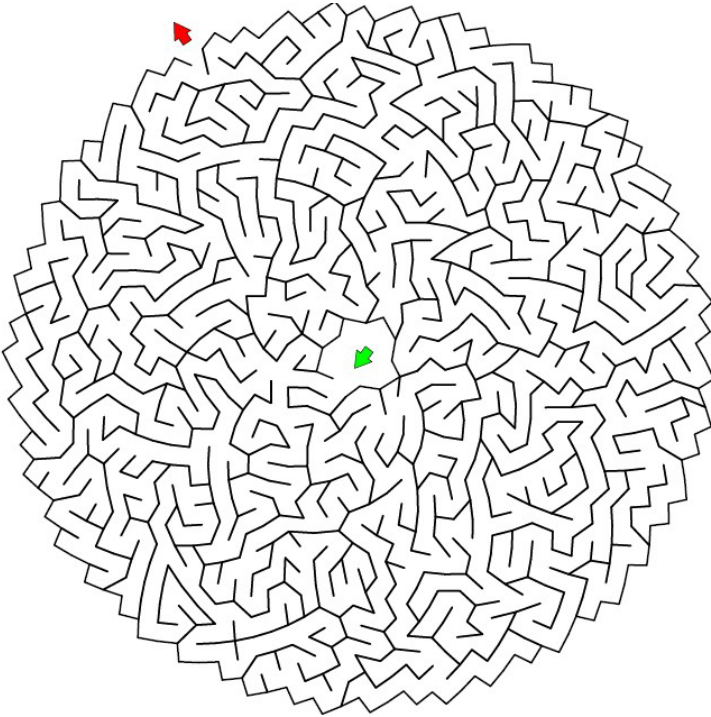
Down

- 1 'God so loved the — that he gave his one and only Son' (John 3:16) (5)
 2 'Away in a manger, no — for a bed' (4)
 3 Mob ten (anag.) (6)
 4 'Each — group made its own gods in several towns where they settled' (2 Kings 17:29) (8)
 5 Began (Luke 9:46) (7)
 6 Speaking very softly (John 7:32) (10)
 9 Workers Ruth joined when she arrived in Bethlehem with her mother-in-law Naomi (Ruth 2:3) (10) 12 Put in jail (Acts22:19) (8)
 14 Aceturn (anag.)(7)
 16 Discharge (Acts21:3) (6)
 19 'All these—come from inside and make a man "unclean"' (Mark 7:23) (5)
 20 'Let us rejoice and be glad and — him glory!'(Revelation19:7) (4)



AMAZING MAZE

Start in the centre and exit top left



...well you cannot fault the efficacy of the new 'Planned Giving' scheme...

WORD SEARCH

Visit of the Blessed Virgin Mary to Elizabeth: June 26

The visit of Mary, mother of Jesus, to Elizabeth, when both were pregnant, is a moving account of two humble, ordinary women, caught up in a great event that would shape world history.



FIND THESE WORDS IN THE GRID

Mary	Ordinary	Family	Beloved
Virgin	World	Jerusalem	Disciples
Mother	History	Wedding	Dying
Elizabeth	Great	Cana	Cross
Pregnant	Blessed	Wine	Keeping
Unique	Place	Centuries	Church

DOES YOUR PARTNER...

OR A FAMILY MEMBER LIVING WITH YOU...

- ...cut you off from family & friends?
- ...make you feel ugly, undesirable or useless?
- ...threaten you to get their own way?
- ...blame you for their behaviour?
- ...never admit that they are wrong?
- ...force you to do things you aren't comfortable with?
- ...misuse the Bible to excuse their behaviour towards you?

1 in 4 people experience domestic abuse - do not suffer in silence

If you believe you or someone you know is at immediate risk of harm, dial **999**

If you are concerned about someone you know, but unsure what to do, contact the Diocesan Safeguarding Team: 01392 345909/ 345910/ 294969

If you believe you are experiencing domestic abuse and want to talk to someone, call the National Domestic Violence Helpline: 0808 2000 247 or contact the Devon Domestic Abuse Support Service: 0345 155 1074



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SOLUTIONS PAGE



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GOD IN THE SCIENCES

This article is *written by Dr. Ruth Bancewicz, based at The Faraday Institute for Science and Religion in Cambridge.*

She writes on the positive relationship between Science and Christian faith.



Re-joining the ‘choir’: Why people are the helpers of Creation

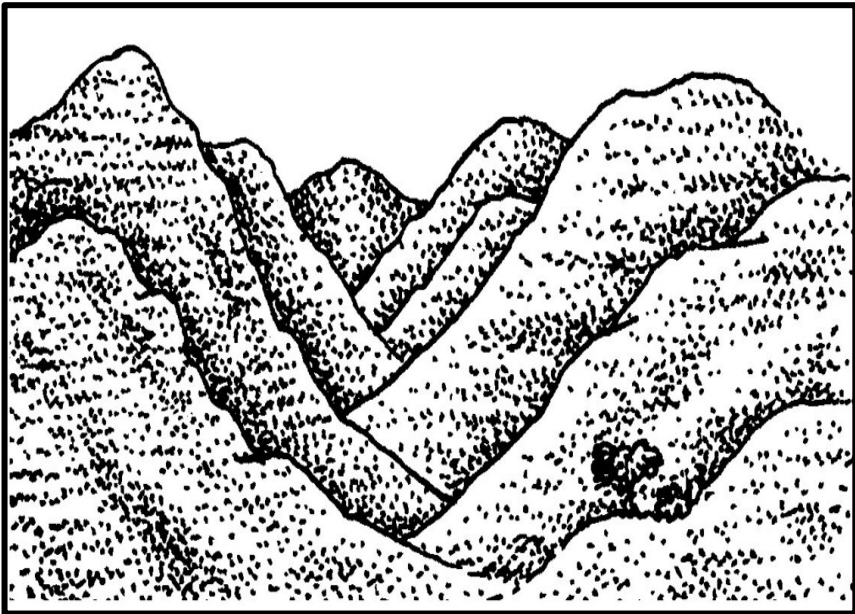
Urbanisation has taken us away from the rest of Creation, often reducing it in our eyes to a resource that we draw on when we feel like it, or need it. But Jesus said the stones would start praising Him if people didn’t (Luke 19:40), and in the Psalms and Job, all of Creation is praising God. There is no hint here that people are needed to enable Creation’s praise to happen. The singing is metaphorical, but it draws attention to fact that all creatures praise God by being themselves. They don’t only praise with their ‘voices’, but with everything else they do as well: eating, running, hopping, grooming, reproducing, and so on (which is a reminder to us that our whole lives can be an act of praise to God).

Our isolation from Creation’s praise can add to our sense that the whole world revolves around us and our needs. In reality, Creation is God-centred and ‘His name alone is exalted’ (Psalm 148:13). The value of Creation for God is not necessarily linked to its value for us – it is of value to God because He made it, He cares for it, and it praises Him.

Genesis 1:28 says that we must “rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground”. To rule wisely we need to get hold of the fact that, although

we have a special responsibility, we are creatures alongside all the other creatures. One way to ground ourselves in this idea is to re-join the choir and worship God together with every other living and non-living thing on earth.

Rather than being needed to help Creation praise God, we can actually rely on it to help *us* in our worship. Sharing God's delight in Creation, we can learn to delight in God. In return, the best thing we can do is to let living things recover their full fruitfulness as much as possible so they can praise God fully. We are called to a life of humble service, taking care of each other and everything else on this planet. In this way, we can choose to see other creatures as they are, pointing our attention away from themselves towards God – until we are caught up in their praise of Him.



QUOTES

With Christian faith in mind...

All but God is changing day by day. - *C Kingsley*

Our life is scarcely the twinkle of a star in God's eternal day. - *B Taylor*

God's gifts put man's best dreams to shame. - *Elizabeth Barrett Browning*

We must lay it down as an elemental principle of religion that no large growth in holiness was ever gained by one who did not take time to be often alone with God. - *Austin Phelps*

The noblest revenge is to forgive. - *T Fuller*



SMILE LINES

Quiet prayers

A little boy was saying his go-to-bed prayers in a very low voice. "I can't hear you, dear," his mother whispered. "Wasn't talking to you," he replied firmly.

Some of the great questions of life

Why are buildings called buildings when they are finished? Shouldn't

they be called built's?

Why is abbreviated such a long word?

Sermon

A pastor, known for his lengthy sermons, noticed a man get up and leave during the middle of his message. The man returned just before the conclusion of the service. Afterwards the pastor asked the man where he had gone. "I went to get a haircut," was the reply.

"But," said the pastor, "why didn't you do that before the service?"

"Because," the man said, "I didn't need one then."

Oops

I went grocery shopping on an empty stomach and am now the proud owner of Aisle 4.

Moon

For centuries, people thought the moon was made of green cheese. But then astronauts visited it, and they say that the moon is really a big hard rock.

Well that's what happens to cheese, when you leave it out.

Excerpts from answers to history tests and Sunday school quizzes by 10- and 11-year-olds. They were collected over a period of three years by two teachers.

Ancient Egypt was old. It was inhabited by mummies who all wrote in hydraulics. They lived in the Sarah Dessert. The climate of the Sarah is such that all the inhabitants have to live elsewhere.

Solomon had three hundred wives and seven hundred porcupines. He was an actual hysterical figure as well as being in the bible. It sounds

like he was sort of busy.

The Greeks were a highly sculptured people, and without them we wouldn't have history. The Greeks also had myths. A myth is a young female moth.

Socrates was a famous old Greek teacher who went around giving people advice. They killed him. He later died from an overdose of wedlock which is apparently poisonous.

Julius Caesar extinguished himself on the battlefields of Gaul. The Ides of March murdered him because they thought he was going to be made king. Dying, he gasped out "Same to you, Brutus."

Sir Walter Raleigh is a historical figure because he invented cigarettes and started smoking.

Sir Francis Drake circumcised the world with a 100-foot clipper which was very dangerous to all his men.



DAYS OF NOTE IN JUNE

2nd June - Erasmus, a good saint when you're all at sea

Do you like messing about in boats? If so, you'll have heard of St Elmo's Fire, the light that is sometimes seen on mastheads of boats after storms at sea.

St Elmo is another name for St Erasmus, a fourth century Syrian bishop. Legend has it that one day when Erasmus was preaching out of doors, a thunderbolt hit the ground right beside him. That might have distracted many bishops, but Erasmus kept on preaching. His courage won him the respect of sailors, who also had to brave the elements in

their daily work. He died about 300AD.

When Erasmus was made the patron saint of sailors, however, it led to a curious confusion. His emblem became the windlass, a kind of hoist used by many sailors at sea. Many medieval Christians, seeing the windlass emblem, assumed it was an instrument of torture. They knew Erasmus had died during the Diocletianic persecution, and concluded that a windlass had been used to remove his intestines (which it hadn't).

This led to Erasmus being adopted by another group of sufferers. As well as sailors, who remember the thunderbolt, he is also the patron saint of anyone with gut ache!

4th June - St Petroc, founder of Padstow

If you're in Cornwall this summer in search of peace and quiet, Petroc may be the saint for you. Especially if you ever find Padstow a bit too crowded for your liking; he may well have sympathised.

This 6th century abbot is one of Cornwall's most famous saints. Petroc set sail from South Wales, landed at Haylemouth, and founded a monastery at Lanwethinoc – which is now known as Padstow (meaning Petroc's Stow). 30 years later he moved on in search of further peace and quiet, building another monastery at Little Petherick (Nanceventon). Here he engaged with the local community by building a mill and a chapel.

In time, Petroc began to feel crowded again. So he tramped up to the remote wilds of Bodmin Moor, where he lived as a hermit – until some 12 monks turned up to join him. Petroc housed them all in a monastery on a hilltop, while he enjoyed his private space in a cell by the river.

But even here Petroc was not alone. One day, a terrified stag came rushing through the woods, pursued by the hunt. Petroc flung open the door of his cell, and the panting animal took refuge. When the huntsmen arrived, they did not dare argue with the famous holy man, and went on their way. The story goes that stag's gratitude made him tame, and a stag became Petroc's special emblem.

Petroc was buried in the monastery in Padstow but in c.1000 his shrine

and relics, including his staff and bell, were moved to Bodmin. They have remained there ever since, except for a short, unplanned trip to Brittany in 1177, when they were stolen and carried off by an errant Canon of the Church. Henry II intervened, and everything but a rib of Petroc was eventually returned.

9th June - Columba of Iona, missionary to the UK

In 563 AD St Columba sailed from Ireland to Iona, a tiny island off Mull, in the Western Highlands, and brought Christianity with him.

Columba (c. 521-97) was born in Donegal of the royal Ui Neill clan, and trained as a monk. He founded the monasteries of Derry (546), Durrow (c.556) and probably Kells. But in 565 he left Ireland with twelve companions for Iona, which had been given to him for a monastery by the ruler of the Gaelic kingdom of Dalriada. He spent the rest of his life in Scotland, returning to Ireland only for occasional visits.

Columba's biographer, Adomnan, portrays him as a tall, striking figure of powerful build and impressive presence, who combined the skills of scholar, poet and ruler with an energetic and sometimes even harsh commitment to his missionary work.

Columba had great skill as a scribe, and spent much time in his later years transcribing books. One example of his work is the Cathach of Columba, a late 6th century psalter that is now in the Irish Academy – it is the oldest surviving example of Irish majuscule writing.

After his death, Columba's traditions were upheld by his followers for about a century, not least in the Synod of Whitby and in Irish monasteries on the continent of Europe.

A prayer of St Columba:

Christ With Us
My dearest Lord,
Be Thou a bright flame before me,
Be Thou a guiding star above me,
Be Thou a smooth path beneath me,
Be Thou a kindly shepherd behind me,
Today and evermore.

9th June - Ephrem the Syriac, prolific hymn writer

Ephrem the Syriac was born 306AD in Nisibis, Turkey. Baptised in 324, he joined the cathedral school in Nisibis, where it soon became clear that he had a gift for writing both music and lyrics.

Ephrem wrote hundreds of hymns. His poetry was so powerful, and his melodies so evocative, that they soon spread across the Roman Empire. He became the most prolific and gifted hymn-writer in all of eastern Christianity, with his works influencing the development of both Syriac and Greek hymn-writing.

After Nisibis fell to the Turks in 363, Ephrem fled to Edessa, where he continued to work. But plague struck the city in 373, and while nursing others he died of the disease. But his music lives on - more than 500 of his hymns still survive today.

16th June - Richard of Chichester, wanting God more clearly, dearly and nearly

Richard of Chichester was a 13th-century bishop but began life as Richard de Wych of Droitwich, the son of a yeoman farmer. He was a studious boy, and after helping his father on the farm for several years, refused an advantageous offer of marriage, and instead made his way to Oxford. He later studied canon law in Paris and Bologna.

In 1235 he returned to Oxford; he was appointed Chancellor, and supported Edmund, Archbishop of Canterbury, in his struggles against King Henry III's misuse of Church funds. Having been made a priest, Richard eventually became a bishop. He was seen as both charitable and accessible, stern and merciful, extraordinarily generous to those stricken by famine, and a brilliant legislator within his diocese.

Richard of Chichester died at Dover on 3rd April 1253. In art, he is represented with a chalice at his feet, in memory of his having once dropped the chalice at the Eucharist!

He was also, of course, the author of the famous prayer, now set to music, which includes the words, "may I know thee more clearly, love thee more dearly and follow thee more nearly, day by day."

25th June - Maximus of Turin, first Bishop of Turin

When we hear the name Maximus, many of us remember the popular film *Gladiator* and Russell Crowe starring as a Roman general who ends up as a slave and defies the Emperor.

But Maximus of Turin, the first Bishop of Turin, also led a tumultuous life in fighting evil. He witnessed the martyrdom of Sisinnius, Martyrius and Alexander, three missionary bishops in Italy, in 397.

The following year, 398, barbarian incursions swept through Northern Italy, and Turin filled up with soldiers and refugees seeking safety. Maximus challenged the wealthy landowners of the city to use their estates and fine houses to relieve the suffering of those in need. He also told them not to seek profit from the unrest, but instead to use their wealth to redeem prisoners of war. One historian has recorded that he "governed his flock wisely and successfully" during those days of invasion, panic and death.

Remarkably, more than 100 of Maximus' sermons survive. These and his writings did much to help the spread and consolidation of Christianity in Northern Italy. He has a link with the British Isles, too: he is thought to have consecrated St Patrick as Bishop, on Patrick's return journey from Rome to Ireland.

**Thank you to all contributors
to this edition!**

**The deadline for inclusion of
articles for the next issue of
New Leaves (July) is:**

Sunday 14th June 2026

Please send any information, articles or images you'd like to submit for inclusion in future issues to the editorial team at:

newleaves@stdavidschurchexeter.org.uk

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A special thank you to Graham Lerwill for organising the printing of this magazine – we very much appreciate his hard work.