



THE REVIEW

March 2023





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THE REVIEW Contents

Worship in March.....	5
Manse news.....	5
Minister's letter.....	6
Lent Bible Study course.....	9
Church family news.....	10
In Memoriam.....	10
Flowers, Readers, Greeters.....	11
World Day of Prayer.....	12
Mission Committee.....	13
Eco matters.....	14
Eco extra.....	15
Walking Group.....	15
Lunchtime concerts.....	16
Fairtrade Fortnight.....	17
Library.....	18
CREE.....	18
David Lee: Nicknames.....	19
Foodbank.....	20
Puzzle Corner.....	21
Calendar for March.....	22
Lent meditation.....	23

Editor's note: The next *Review* will be for April 2023. Items for inclusion need to reach me by 25th March

Thank you.

Editor: sheila@sheilabrain.com



Worship in March

Sunday 5th	Revd Janine Atkinson with Holy Communion
Sunday 12h	Revd Peter Brain Mission Sunday
Sunday 19th	Revd Janine Atkinson Mothering Sunday
Sunday 26th	Revd Janine Atkinson

Welcome Home!

Janine, Mike and Nat have at last been able to move into the Manse and we wish them every blessing now that they are settled in their permanent home. It will of course still take a little while before everything is unpacked and sorted, so please give them time for that over the next week or two...



There is no telephone installed as yet, but if you need to contact Janine her mobile number is **07549 162 015**.

Our church motto:
“Within these walls let no-one be a stranger”

From the minister...

Matthew 4 v1-11

At school, I was the one nobody picked to be on their team in games. I was uncoordinated and disinterested. Ultimately, I tried to be out in rounders, preferring to sit and watch than play. That became my identity – the one on the side-lines. I've worked hard to overcome it, but there are still times I'd happily be on the side-lines. I was, however, the listener, the one people would find and confide in.



Perhaps you were the sporty one, or the clever one, or the kind one, or the joker, or the sensible one – or the disruptive one! Whatever it is, we all have an identity – one we give ourselves, or one that others give us. For some, for better or worse, their 'identity' sticks throughout their life: a blessing or a curse. Our identities are shaped by many factors and some people will wrestle with the search for their identity more than others.

During his time in the wilderness, Jesus shared the human struggle for our 'identity'. He was tempted by three different identities. With his God given power he could be a magician, a daredevil or a tyrant. But he wrestled with and rejected them all, accepting instead the difficult option of bearing good news for the poor and dispossessed, an identity and message at odds with the powers and principalities of the world. A square peg in the round hole of religious practice. His identity was forged through the prism of his living relationship with God. Nourished and equipped by his knowledge of (Hebrew) Scripture, he batted Satan's tempting proposals out of the park.

I wonder, what challenges your God-given identity, and how do you respond?

Rejecting the temptation to collude with earthly power is easier if we are able to speak with confidence, as Jesus did, from a scriptural and experiential relationship with God that we are confident about and can draw on, just as Jesus was.

So, what do we need to do to be able to say that we live ‘not by bread alone, but by every word that comes from the mouth of God’? Perhaps a challenge for Lent, is to take something up rather than give something up – maybe some careful, thoughtful Bible reading, so that we too can challenge those voices that tempt us into self-interest and self-glorification.

We increasingly live in a world of opinion. But the world is changed for the better by our actions not our opinions. Jesus’ opinions were words backed up with action – inclusive generosity in a political and religious administration that was exclusive.

This Lent, why not wrestle with the temptation to be worldly and embrace your God-given identity in your own, less risky, wilderness. Perhaps (if you don’t already) you could indulge in daily Bible reading. Why not join our Lent Bible Book Group (see p 9)

Knowledge of Scripture is key to meeting the challenge of embracing our God-given identity – however topsy turvy that identity might seem.

Like Jesus, we must choose which voices to listen to, and having a strong sense of our identity in Christ, and being mentally and spiritually nourished by Scripture and drenched in God’s love will equip us to choose wisely.

From the Minister, cont:

Knowledge of Scripture is in decline in western society. So, those of us who remember it and are prepared to study it have work to do. We have keys to unlock the good news about God, through all that Jesus said and did – and still does. The challenge is to pass on the message that we received. The job is entrusted to us to be witnesses to what God's love can do for the world?

This Lent is as good a time as any to tend to the garden that we may have neglected. Now is the time to prepare the ground, to plant and prune for a better flourishing of life springing up in the wilderness of the world's spiritual drought and thirst.

Rev. Janine

*Lord, teach me a new freedom.
Freedom to reject comparison
and to embrace uniqueness.
Freedom to cut ties with greed
and to feast on love.*



*Freedom to abstain from over indulgence
and feast on self-control.*

*Freedom to leave behind selfish thoughts
and to focus on the needs of others.*

*Freedom to fend off insecurity
and to embrace grace.*

*Lord, at this time of Lent,
thank you for the freedom you bring. Amen*

(Lenten prayer for young people from www.lords-prayer-words.com)

Lent Bible Book Group

Lenten Course : Jesus' Last days



Join us in The Pilgrim Room on Wednesdays in Lent at 2pm to take a closer look at some of the events of the week leading up to Jesus' death on the cross.

Focussing on Mark's Gospel (but also dipping in and out of the other Gospels} we will be continuing as follows:

Wednesday 1st March – read Mark 14: vv 12 – 31 and bring along a picture, reflection, prayer, or poem that 'says' something to you about The Last Supper

Wednesday 8th March – read Mark 14: vv 32 – 53

Wednesday 15th March – read Mark 14: vv 53 – 15: v 15

Wednesday 22nd March – read Mark 15 vv 16 – 39

Join us as you are able – it's not a problem if you miss any.

Railways and the Church may have their critics, but both are the best way of getting you to your destination.

Revd W Awdry, author of Thomas the Tank Engine.

News of the Church Family

Several members and friends have been very unwell and some have been in hospital, including Gill Packe and Carol Mortimer. Other friends have been in for day case procedures. Please remember the family of Betty Griffiths who died at the end of January. No funeral arrangements are known, as it will be a private occasion at her own request.

In Memoriam: Jeanette Sampson

Jeanette was born in London in 1936. She showed an early interest in cooking and trained as a chef, working at a famous London hotel and then at a local hospital. She was actively involved at a Methodist Church where she met her first husband, with whom she had three children before he left home. In 1970 she married Nigel and they decided to move to Exmouth where they bought a guest house, enabling Jeanette to use her catering skills and be at home for the children. They moved to Taunton in the 80s where she worked as head cook mainly in care homes, but came back to Exmouth on retirement and rejoined Glenorchy Church. Here she enjoyed using her flower-arranging skills on special occasions and joined the catering committee, where she put her catering experience to good use. She also joined a house group, where her contribution was much appreciated. She later developed serious mobility problems, which restricted her activity, and was more recently affected with Alzheimers and had to move finally into a residential care home, where she still enjoyed joining in sing-songs and other activities! She died peacefully at the end of December after contracting Covid.

Flowers in Church

There will be fresh flowers in church on Mothering Sunday, March 19th, and for Easter. If anyone would like to give a donation towards these displays, it will be much appreciated.

If you would like to donate fresh flowers for a particular date, perhaps in memory of a loved one/family or to celebrate an anniversary, please speak to Lyn, so that this can be arranged



Lyn Bellamy

Artificial flowers

You may have noticed that we are now mainly using silk flowers for the pedestals in church and in the porch. We still use fresh flowers for special occasions such as Easter, Harvest and Armistice Sunday. As noted above, some members have previously donated flowers for particular occasions or in memory of loved ones, and you may still like to make a donation towards the artificial flowers so that these can be renewed from time to time.

Mell Davis

We are greatly indebted to our friends from Tower Street, who generously started us off with their collection of flowers.

Readers needed

Please give your name to Lyn if you would be willing to read occasionally on a Sunday morning.

Meet & Greet

Lyn also organises the rota for welcoming people at the door, so please have a word with her if you are willing to help.

Love and congratulations to all who celebrate an anniversary or birthday in March.





World Day of Prayer 2023

Friday 3rd March at 2.30pm

“I have heard about your faith”

Prepared by the women of Taiwan

We are hosting the event this year, so it would be good to see many of you sharing this time together, and learning more about Taiwan. The service lasts about an hour, followed by refreshments.

Come and join with friends from other churches in Exmouth for this annual event.

Sheila Johnstone

Prayer Card – Taiwan

For once you were darkness
but now in the Lord you are light
Live as children of light –
for the fruit of the light
is found in all that is good and right
and true.

Ephesians 5:8-9



Food Bank

Thank you for your continued support for the Food Bank. Food and monetary donations are welcome. The box for food is by the entrance into the Church and the money box is usually on the white table in the entrance.

The food donations are taken to the Food Bank on a Tuesday morning. The demand is constantly increasing each week.

- see the Food Bank Newsletter on **p20**.

Mission Committee update

Last month we reported on our three chosen charities for 2023. One is the Sailors' Society (which some will remember as the British Sailors Society). Their chaplaincy and support ministries around the world are as necessary and as effective as ever, whatever the name! Click [here](#) if you are reading this on-line for more information.



We shall learn more of their work on Mission Sunday March 12. On that Sunday there will be a 'bring and share' lunch – so please bring your sandwiches or whatever, and buy a cake or two (or three); other items will be on sale too.

Then after Easter on Sunday April 30 we shall join in **Songs of Praise**. Please pick your favourite hymn and say whether you would be willing to say a few words about your choice. Put it on the form which you will find in this magazine or in the vestibule. Janine will use four of them during the morning service; then there will be a 'soup and rolls' lunch, after which we will continue in good voice, finishing no later than 2.30pm.

Incidentally there will be a special Fairtrade-focus coffee morning on Saturday March 4, but the committee decided not to hold its own coffee morning, at least not until the autumn.

Peter Brain

PS Please remember Mark, Dorcas and the Rehoboth family in your prayers: as if things were not bad already their old car has packed up after a night encounter with a massive pothole!

Eco Matters



ZerO Waste Store

In line with our Eco Church strategy, a visit to the ZerO Waste Store in the Magnolia Centre (opposite the old Post Office) is both enlightening and encouraging. No plastic to be seen, everything is either paper, glass or bamboo and the storage bins are stainless steel.

Basically, you use bottles and containers which are of a known weight, fill them with your purchases—as much or as little as you require— then they are weighed again and you are charged for the contents only. How often have we bought standard quantities of rice, cereals etc. when only a small amount is needed..... Apparently you can buy a teaspoon of dried herbs if that is what you want!

We were amazed at the huge variety of goods available from good olive oil, tea, pulses, shampoo, shower gel, hand wash — just go and see for yourself. The shop is beautifully laid out, exceptionally clean and it would be a great shame if it had to close.

Do try it!

Val and Mell

Eco Matters reminders

Tablet Blister Pack Recycling

Don't forget to bring your empty medicine 'blister packs' to Church and put them in the box in The Vestibule. They will then be taken to Superdrug, who recycle them.

Used Stamps

There is also a box in The Vestibule for used stamps, which will be used to benefit the work of the Leprosy Mission. Thank you!

Walking Group

Friday 10th March : Lympstone



Unfortunately, the February Walk around Lympstone had to be cancelled, so it has been rearranged for March.

Meet at Lympstone public car park at 10am for a walk round the local area. Please let Peter Street (**01395 266005**) or Bob Austen (**269942**) know if you intend to come. Look forward to seeing you there.



Another reminder to sign the rota for serving tea and coffee in the hall on Saturday or Sunday morning, please. If you enjoy your coffee and chat, then please think whether you might help occasionally.



- | | |
|------------------------|---|
| March 1 st | Wensleigh and Jackie Palmer
<i>Organ and songs</i> |
| March 8 th | Pieces of Eight singers
Directed by Mark Perry |
| March 15 th | The Beacon Trio
Ruth Lass, Anna Cockcroft, Joyce Clark |
| March 22 nd | Iryna Ilnytska, John Daraisey
<i>Songs with piano</i> |
| March 29 th | Samantha Muir: <i>Guitars</i> |

Wednesdays at 12.30 pm
refreshments from 12.00
admission free: donation invited

(On being complimented on his organ playing:)
There is nothing to it. You only have to hit the right
notes at the right time and the instrument plays itself.
Johann Sebastian Bach





It's Fairtrade Fortnight again! Please commit to buying one extra item with the Fairtrade Mark

Tuesday February 28 at 4.30pm
Salvation Army Hall

The Exmouth group will host two guests from a coffee Co-operative in Rwanda who are visiting Devon this year.

Please come and meet them on February 28th at the Salvation Army when they (and we) will enjoy a cream tea.

Fairtrade items will also be on sale.

Saturday March 4th

Fair Trade Coffee Morning at Glenorchy



There will also be a Fair Trade stall with items for sale at the coffee morning at Glenorchy on the Saturday.

André Previn: You're playing all the wrong notes.
Eric Morecombe: I'm playing all the right notes. But not necessarily in the right order





The Church Library has been brought back into use. It has been re-organised for ease of selection, so please continue to browse and borrow.

See miscellaneous for cartoons, humour, general interest and children's books for children / grandchildren.

Please use the borrowing and returns book, which you'll find on the shelf. When returning books please note them in the book and place them back on top of the bookcase.

Many thanks



Christian Response to Eastern Europe.

The Warehouse, in Spiders Lane- off Marley Road, will be open on Wednesday 1st March 10am -3pm and Saturday 18th March 10am - 1pm. Good quality clothing for men, women, and children will be welcome along with bedding, including duvets, but not feather ones. No pillows unless they are brand new. The next truck will be going to Moldova during the first week of March. Please remember the driver and the long journey he will be making to get the truck there safely.

I can collect from 4pm on Tuesday afternoon for Wednesday or Friday afternoon for Saturday. I am just a phone call away 275457.

Jenny Newman

NICKNAMES

No doubt some of you have or had a nickname.

At Exmouth Grammar School mine was “Leo the lion tamer” because I was so timid and shy. (*editor’s note: see also the Minister’s letter on p6 about identity!*)

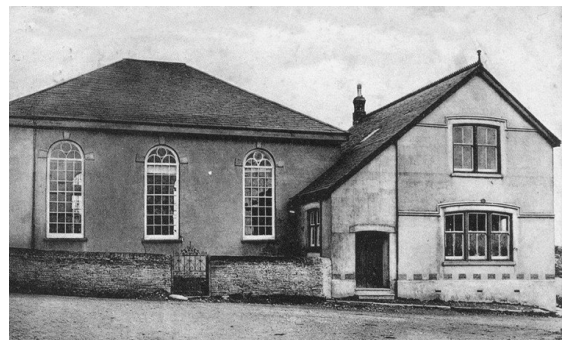
Some churches also have nicknames, although I don't think Glenorchy has.

In the late 1950s I helped Geoff Aplin along with two others to do a sociological survey calling at every house in Delabole in Cornwall. We did this alone, not in twos. This was for a thesis Geoff was writing. At that time there were 3 Methodist chapels in the village and the four of us camped in the chapel at the western end of the village. It was called Medrose. All three chapels had nicknames.

The former Wesleyan chapel was “High and Mighty”, the former Primitive chapel was “Spite and Envy” and Medrose for some reason “The Old Folks at Home”. Two of the chapels were in the road leading down to the famous slate quarry and were almost opposite each other.

Some years later when staying at Padstow I went to Medrose on Sunday morning and found that the other two had closed and all the Methodists were worshipping together.

David Lee





Looking back and looking forward

The start of a New Year gives us all time to reflect on what has gone before. In 2022 Exmouth Food Bank **distributed 3,094 parcels** (a 42% increase in demand when compared to 2021) that **provided food for 8,091 people**.

These are sobering statistics which are sadly symptomatic of the current economic situation. We are now consistently distributing over 75 parcels per week to feed over 200 people. The good news is that, due to our amazing team of unpaid volunteers and the loyal support provided by the wider community, we have been able to respond to such demand.

At the moment we are distributing about £8,000 worth of food per month; £4,000 of this we receive in physical donations of food and then we use financial donations to pay for the additional stock that we need to buy in. So, we'd like to say a big THANK YOU to all of our donors – we simply could not do this without you.

Launch of Mushroom Community Food Network On 23 January we were invited to speak at the launch of Mushroom – a new community food network for Exmouth and the local area. We were excited to join with other organisations such as Open Door, Transition Exmouth, Launchpad and Budleigh Lions to explore how we can work together to ensure that no one goes hungry. It was also good to share with local councillors the work that we do and the challenges we face.

Mushroom will also be focusing on the re-distribution of food surplus, food sustainability and education and nutrition. But first they will be conducting some local research to determine what is exactly needed and where

NOTE: Food donations needed this month

We are continuing to focus on restocking our core items such as tins of fish, meat and fruit - and boxes of cereals.

You can look on our website for a full list of this month's items. www.exmouthfoodbank.org.uk/donate/donate-food

A copy of the Newsletter is on the noticeboard in the Hall.

Puzzle Corner

Last month you should have identified: Genesis, Leviticus, Exodus, Numbers, Obadiah, Ruth, Chronicles and Habakkuk.

Staying in the world of the Old Testament:

Non-Jewish nations;

Priests of the sanctuary;

The Babylonian captivity;

Samson was one;

The Hebrew scriptures;

"my master";

Partners of the Seraphim;

Abraham's burial place;

The Day of Atonement.



March Calendar

Wednesday 1st

10am Art Group

*12.30pm Lunchtime concert

2pm Lent Bible Group

Thursday 2nd

9.15am Job Café

Friday 3rd

2.30pm World Day of Prayer

Saturday 4th

10am Coffee Morning

with Fairtrade stall

Sunday 5th

10.30am Family Service

with Holy Communion

Revd Janine Atkinson

Tuesday 7th

2pm Elders Meeting

Wednesday 8th

10am Art Group

*12.30pm Lunchtime concert

2pm Lent Bible Group

Thursday 9th

9.15am Job Café

Friday 10th

10am Walking Group

(see p15)

Saturday 11th

10am Coffee Morning

Sunday 12th

10.30am Mission Sunday

Revd Peter Brain

Bring your own sandwich lunch

Wednesday 15th

10am Art Group

*12.30pm Lunchtime concert

2pm Lent Bible Group

Thursday 16th

9.15am Job Café

Saturday 18th

10am Coffee Morning

Sunday 19th

10.30am Family Service

Revd Janine Atkinson

11.30am Church Meeting

Wednesday 22nd

10am Art Group

*12.30pm Lunchtime concert

2pm Lent Bible Group

Thursday 23rd

9.15am Job Café

Saturday 25th

9.30am Coffee Morning

* Tea/coffee served in the hall from 12 noon before concerts
--

Sunday 26th

10.30am Family Service
Revd Janine Atkinson

Tuesday 28th

2pm Craft Group

Wednesday 29th

10am Art Group
*12.30pm Lunchtime concert
2pm Lent Bible Group

Thursday 30th

9.15am Job Café

Saturday 1st April

10am Coffee Morning

Sunday 2nd April

10.30am Family Service
Revd Janine Atkinson

Temptations : a meditation for Lent

Creature comforts — and why not?

All you have to do is give up a few rocks

These sun-baked stones

That burn your hands and cut your feet

Could soon become a desert treat!

Stop being so hard on yourself!

Fame — all yours for the taking

All you have to do is leave this lonely wilderness

Head right to the centre of the noisy crowd

Drop in your branding clear and loud

Start showing what you've got!

Power — not as easy, but well within your reach

All you have to do is want it more than anything

Make it your top priority, your one and only deity

Instead of your strange, silly God

Of Suffering

Solitude

And Silence

Brother Eckhardt

Glenorchy United Reformed Church

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