

Glenorchy

UNITED REFORMED CHURCH
EXETER ROAD - EXMOUTH

THE REVIEW

July/August 2023





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THE REVIEW

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Editor's note: The next *Review* will be for September 2023. Items for inclusion need to reach me by 20th August

Thank you.

Editor: sheila@sheilabrain.com



Sunday Worship in July

Sunday 2nd	Revd Janine Atkinson (<i>communion</i>)
Sunday 9th	Revd Janine Atkinson (<i>Commitment for Life</i>)
Sunday 16th	Revd Janine Atkinson
Sunday 23rd	Revd Ruth Dillon
Sunday 30th	Revd Jean Hughes

Sunday Worship in August

Sunday 6th	Revd Peter Brain
Sunday 13th	Revd Janine Atkinson
Sunday 20th	Revd Janine Atkinson
Sunday 27th	Revd Janine Atkinson

Church Directory 2023

The Church Directory has now been updated and reprinted. There is a printed copy for everyone who is listed in it, which you will receive with your copy of the *Review*, or separately for those who receive the *Review* on-line. We believe that the information is correct but however hard we try, it is always possible for mistakes to creep in, so please let us know if we have got anything wrong (especially postcodes and phone numbers!) so that corrections can be made in future issues of the *Review*.

Please note the data protection notice on the last page. The Directory is for internal use only and is not given to anyone outside the church.

Sheila Brain, Jenny Newman

From the minister...

If you've ever seen geese flying you might have noticed their V' formation. Why do they fly like that? - I'm glad you asked!



Well, flying like this gives them several advantages.

Firstly, as each bird flaps its wings it creates an air current, which helps the bird immediately behind. So, with the exception of the leading bird, each bird uses less effort and so it can fly further. Apparently, a goose flying on its own can fly 100 miles whilst birds in 'V' formation can fly 171 miles!

Secondly, as the lead bird tires, another flies forward, taking its place. By sharing the hard workload, none of them drops out from exhaustion.

Thirdly, if one bird has to drop out because it gets sick or injured, two other geese leave the formation to follow the bird down to help and protect it. They stay with the hurting goose until it can fly again, creating a small 'V' formation.

Fourthly, they make a lot of noise, honking as they fly. In fact, it's the geese at the back who make all the noise, for one thing so that the leaders know they are following and keeping up, but it's also a way of encouraging the leaders - cheering them along!

The migration of birds of any variety is an awesome thing, but migrating geese can teach us something about living and working together

When we share the load, we can go a lot further than we might have thought possible and we can achieve our goals together.

We're always glad to have someone with us when we're hurting, so we do the same for others.

Encouraging words will always get the best out of people. They'll feel happier and work better, so the whole team benefits.

Jesus said, 'look at the birds of the air...' (*Matthew 6*) - we can learn a thing or two from them!



Rev Janine

Prayer is ...

True prayer is neither a mere mental exercise nor a vocal performance. It is far deeper than that - it is spiritual transaction with the Creator of Heaven and Earth.

Charles Spurgeon

Read more at www.brainyquote.com/quotes/prayer

Created for Joy

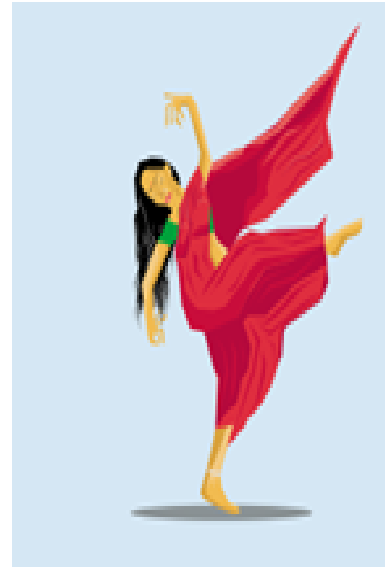
I sometimes forget
that I was created for Joy.

My mind is too busy.
My heart is too heavy for me to
remember that I have been called
to dance the Sacred dance of life.

I was created to smile
To Love
To be lifted up
And to lift others up.

O Sacred One
Untangle my feet from all that ensnares.
Free my soul.
That we might dance and that our dancing
might be contagious.

~ *Hafiz*



Minister's Annual Leave

Rev. Janine will be on Annual Leave from Saturday 22nd July until Monday 7th August inclusive and will not be checking emails, answering phone calls / text messages, or be available to visit activities or individuals.

Please contact your Elder or pastoral visitor if you have any need you think they can help with. Thank you for your understanding.

News of the Church Family

Please continue to pray for Sheila Elliot following the death of Bill, and Dave Mortimer following the death of Carol.

Noel Harrower will welcome visits from the his Church friends, at Bronte Care Home, Lower Lane, Ebford (tel: 01392 875670).

Several members, including Dorrie & David Warner and Jo & Michael Hooper, are unable to get to Church for health reasons . Please remember them in your prayers.

Flowers in Church

Grateful thanks to Dot Roberts who donated the flowers for 4th—11th June in loving memory of her husband, Mervyn, and to Jean who arranged them.

Please let me know if you would like to donate the flowers for a particular date.

Lyn Bellamy



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

Special congratulations for Ian and Jean Peters who celebrate their SILVER WEDDING on 8th August



Bible Book Club

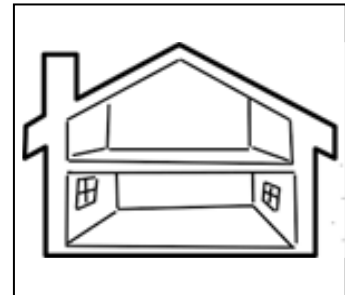
The Bible Book Club will meet on **12th July at 2pm** (please note date) as we continue to look at the parables.



There will be no meeting in August but it will resume on - **Wednesday 13th September from 2pm to 3.30pm,**

PRAY-GROUND AT HOME

Mindful Prayers



- **You will need:-** somewhere to sit where you will be able to use your senses to experience what is around you – If you have no choice about where to sit, you'll be OK where you are.
- **Instructions:-**
Notice 5 things that you can see - and thank God for them
Notice 4 things you can hear - and thank God for them
Notice 3 things you can touch - and thank God for them
Notice 2 things you can smell - and thank God for them
Notice 1 thing you can taste - and thank God for it

Pray

Thank you, Lord God, for all my senses that help me to experience the world you made in all its glory -
and all its ordinariness. Amen

God saw everything that he had made, and indeed, it was very good.

Genesis 1: 31 (NRSVA)

Mission Committee update:



The prose and poetry afternoon on June 21 raised £170. Thanks to Angela for organising, to all those who read and to those who prepared the tea.

Now we are looking forward to the 'At Home' with Keith and Anne Empson on **Thursday afternoon July 6, 2-4.** Their home is the first house at the Salterton Road end of Fairfield Road (bus stop for Gussiford Lane). There will be a 'bring and buy' stall (so please do both), refreshments, items made by Anne – and strategically placed donation bowls!

Do remember Rehoboth in your prayers. The situation in Zimbabwe is as difficult as ever – though not 'newsworthy'. Their newsletter is on our notice board. And if you sponsor Christine Stredwick's parachute venture, you will be helping them financially too. ***Peter Brain***



Christian Response to Eastern Europe

The Warehouse in Spider Lane will be open on Wednesday 5th July 10am-3pm and again on Saturday 15th July to receive donations of good quality clothing, bedding including synthetic duvets, (sorry no pillows unless brand new), kitchen goods. Also shoes (if brand new) children's and adults. I can collect on Tuesday 4th morning or late afternoon. ***Jenny Newman*** (275457)

The Warehouse is usually closed in August.



Who is my neighbour?

The Sunday morning service on **July 9** will focus on ***Commitment for Life***.

Of the three CforL partner countries, Glenorchy currently supports work in Bangladesh, a country suffering acutely from climate change, with periodic floods and drought – though they have contributed nothing to causing the problem! The struggle for ‘development’ (which is their case means anything better than survival) is fraught with difficulty. And yet they accepted thousands of refugees expelled from neighbouring Myanmar.

You may have seen the news updates which we post on the Mission Notice Board. There are some encouraging projects and committed people which we can support.

Commitment for Life is the United Reformed Church’s own world development programme. There is a CforL envelope in this July Review and spare envelopes in the vestibule. Please treat this appeal like a gift day rather than a coffee morning!

It really is our opportunity to help. Put the CforL envelopes with the offering on July 9 or on a later Sunday if you are away (or forget!).

Peter Brain

If you are reading the Review on-line, you can learn more: click [HERE](#)



Eco Matters

We are going through a prolonged hot spell (what we used to call “summer”). Most probably, we have turned off our radiators and are saving the gas which would be used to heat them. That situation might last for months. What we don’t often think about, though, is the “pilot light” – that little gas flame, which goes on burning throughout every week, ensuring that the boiler will respond and come on fully when we need it again. The pilot light burns around 1 cubic meter of gas in the 168 hours of a week and produces a similar volume of the greenhouse gas carbon dioxide. Does it really matter? After all, we will probably burn 30 cubic metres of gas in a cold week in January.

I think it matters.

The most “energy greedy” device in our homes is probably our electric kettle. Fortunately, it only takes a few minutes to come to the boil – but do we boil more water each time than we need to use? If we try “Filling the cup before filling the kettle”, we might use only half as much electricity !

We expect national governments and the United Nations to construct policies to deal with Global Warming. Maybe we can help by changing the way we do things, too

Peter Johnstone

Advance Notice:

The coffee morning on **Saturday 9th September** will be raising money to support our effort to fill shoe boxes with gifts for children in Moldova.



Walking Group

Friday 14th July : Woodland Walk



Meet at 10am at the end of Castle Lane just before the Salterton Road almost opposite the recycling centre. There is ample room to park on the lane. Most of the walk is on tracks through the woods so good shoes are recommended. Hope to see you there.

Contact **Peter Street** (266005) or **Bob Austen** (269942)



Friday 11th August : Otterton

Meet at 10am in the centre of Otterton and walk along the fields and by the river .

Bob Austen



Cookies Corner

There is always a stock of Marmalade in the cupboard and it is usually on sale at the Saturday Coffee Morning on the 1st Saturday each month. If you have a surplus of fruit from your garden or allotment, then Cookie can turn it into Jam. All proceeds going to charity.

Jenny Newman



Mission Committee Extra!

Please sponsor
Christine Stredwick
who is parachuting over
Dunkeswell
on August 8 to mark
her 90th birthday
and raising money for
Rehoboth and Hospiscare.



Sponsorship form available in the vestibule

Devon Historic Churches Trust Saturday 9th September

Walk/ Stride/Ride fundraising day

Would you like to visit all the Churches in the town, or even some of them? Sponsor forms are available from Jenny.

Glenorchy will be open from 9am -1pm to welcome anyone from Churches in the area taking part. I am seeking sponsorship to stay in the Church from 9am-1pm, as I can no longer actually participate in the walk. My sponsor form is on the notice board in the vestibule. I will be busy whilst waiting for other people to come along and helping with the Coffee Morning. Thank you .

Jenny Newman

Come and support the coffee morning that day - see p 12

A REAPPEARANCE

Recently an etching of the original Glenorchy Chapel fell off the wall at the back of the side aisle and was damaged. Val Nuttall took it to a picture framer who found two old posters used as backing to keep the etching in place. They were both advertising the mid-week services of Exmouth's Free Churches. The churches at that time were the Baptist Church, Beacon Congregational Church, Glenorchy Congregational Church, Primitive Methodist Church and Wesleyan Methodist Church.

Glenorchy's mid week service was on Thursdays at 7.30. The date of the first poster was probably 1905 and the minister was Rev. J. Kitto Baker whose address was given as The Manse, Withycombe Road. The house is still there and was the middle one of a group of three at the bottom of Marpool Hill. These houses each have a small slated turret.

The second poster is probably from 1908 when the minister was Rev. W.J. Shergold whose address was given as Summerlands with no further details. I don't know where Summerlands was. Can anyone throw any light on where it was? It must have been in Exmouth. The Baptist Church was then as now in Victoria Road, Beacon was at the back of The Beacon adjacent to the school, The Primitive Methodist Church was on the higher side of The Parade and the Wesleyan Methodist Church was in Tower Street and of course the building is still there though no longer a church.

The posters will now be put in the church safe for safe keeping.

David Lee



There is no Newsletter from the Foodbank this month, but your generous donations continue to be much appreciated, as demand continues to grow during this time of continuing high inflation and now the new pressure on housing costs.

Here are a few statistics from their website:

- Over 70% of the food we give out is donated directly by churches, schools, local clubs, organisations, businesses and individuals.
- We then use monetary donations to buy additional items such as bread, fresh fruit and vegetables.
- Recent levels of demand for food parcels are nearly double the annual averages for the past three years.
- Our standard, one person, one week food parcel would cost about £25.
- Our volunteer team would cost over £9,120 a month to employ, but they all give their time for free.

Current shortages include:

- Cereal boxes; Porridge oats and pots of instant porridge
- Packets of instant soup
- Tinned fish and cold meat (ham, corned beef); meat meals (e.g. stews, pies, hot dogs, meat balls, beans & sausages
- Tinned tomatoes,; vegetables (peas, sweetcorn, mixed veg
- Tinned fruit ; Jams/peanut butter/yeast extract spreads

We would also welcome donations of:

- Shampoos and conditioners; Nappies and pull ups sizes 5

www.exmouthfoodbank.org.uk

Exmouth Beach Wheelchairs.

There is a cabin on the Queen's Drive part of the seafront, not far from the lifeboat station, where there are wheelchairs available with very wide tyred wheels. This is a fairly new scheme by the Council to help people with mobility problems access the sandy beach. If you feel unable to get onto the sand on foot, you can borrow a wheelchair. The cabin is staffed by volunteers several mornings each week. You will need an able-bodied friend with you to push you along in the wheelchair. They will be responsible for your safety and will be given advice about that at the time. There is a ramp onto the sand opposite to the cabin. Donations help to maintain the scheme.



Peter Johnstone

Puzzle Corner – July

Take your seats!! (in London, but where?)

Comedy of Errors

SE1 9DT

Lion King

WC2E 7RQ

Ain't too proud (without royal title)

W1D 4HS

Dear England

SE1 9PX

Groundhog Day

SE1 8NB

The Tempest

NW1 4NU

Bleak expectations

W1J 9HR

The tiger who came to tea

SW1Y 4HT

Oklahoma! (which company?)

SE1 8LZ



July Calendar

Saturday 1st

10am Coffee Morning

Sunday 2nd

10.30am Family Service
with Holy Communion
Revd Janine Atkinson

Tuesday 4^h

2pm Elders Meeting

Wednesday 5th

10am Art Group

Thursday 6th

9.15am Job Café
2pm Open Afternoon at
the Empsons (see p10)

Saturday 8th

10am Coffee Morning

Sunday 9th

10.30am Family Service
Revd Janine Atkinson
Commitment for Life

Wednesday 12th

10am Art Group
2pm Bible Book Group

Thursday 13th

9.15am Job Café

Friday 14th

10am Walking Group (see p13)

Saturday 15th

10am Coffee Morning

Sunday 16th

10.30am Family Service
Revd Janine Atkinson

Wednesday 19th

10am Art Group

Thursday 20th

9.15am Job Café

Saturday 22nd

10am Coffee Morning

Sunday 23rd

10.30am Family Service
Revd Ruth Dillon

Tuesday 25th

2pm Craft Group

Wednesday 26th

10am Art Group

Thursday 27th

9.15am Job Café

Saturday 29th

10am Coffee Morning

Sunday 30th

10.30am Family Service
Revd Jean Hughes

August Calendar

Saturday 5th

10am Coffee Morning

Sunday 6th

10.30am Family Service
with Holy Communion
Revd Peter Brain

Friday 11th

10am Walking Group (see p13)

Saturday 12th

10am Coffee Morning

Sunday 13th

10.30am Family Service
Revd Janine Atkinson

Saturday 19th

10am Coffee Morning

Sunday 20th

10.30am Family Service
Revd Janine Atkinson

Saturday 26th

10am Coffee Morning

Sunday 27th

10.30am Family Service
Revd Janine Atkinson

Thursday 31st

9.15am Job Café restarts

Puzzle Corner – August

Something a little more relaxing after the tough one for July!

To be a city you need a river, so which are these:
Severn - Mersey - Cam - Tyne - Isis - Ure - Dee -
Wye - Ouse.

Last month's listing for Devon lovers:

Galmpton, Lympstone, Exminster, Newton Poppleford,
Okehampton, Rattery, Colyford, Honiton, Yelverton.



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