



THE REVIEW

October 2023





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THE REVIEW

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Editor's note: The next *Review* will be for November 2023. Items for inclusion need to reach me by 22nd October.

Thank you.

Editor: sheila@sheilabrain.com



Sunday Worship in October

Sunday 1st	Revd Janine Atkinson (<i>communion</i>) <i>with reception of new member</i>
Sunday 8th	Revd Ruth Dillon
Sunday 15th	Mission Sunday
Sunday 22nd	Revd Barbara Bennett <i>with infant baptism</i>
Sunday 29th	Revd Janine Atkinson

Mental prayer in my opinion is nothing else
than an intimate sharing between friends;
it means taking time frequently
to be alone with Him who we know loves us.
The important thing is not to think much but to love much and
so do that which best stirs you to love.
Love is not great delight
but desire to please God in everything.
Saint Teresa of Avila

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

From the minister...

Dear Friends

Read Matthew 21: 23 – 31

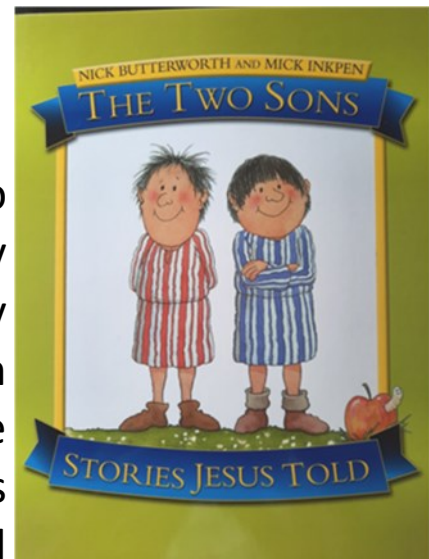
I read the children's book 'The Two Sons' to the children in the nursey school that I used to visit fortnightly for 'Story Time' and asked them 'which of the two sons pleased his father, the first or the second?' (as the question is asked in the book). The children (all aged 4 and under) shouted out 'The one who said he would go and help!'. 'Really!' I asked, 'even though he didn't *actually do* the job he said he would do?' 'Yes!' they replied. The Nursery staff and I exchanged worried looks - there was clearly some learning to do!

The book ends: 'Jesus says, "What we *do* is more important than what we *say*"'.

Our good intentions are useless, in any sphere of life, if they are not matched by our good example.

I expect the first son, had an 'excuse' – he was busy; he thought someone else might be better at the job than him; he didn't want to get his clothes / hands dirty, or it might be hard work. But in the end what counted was not his excuse, but his change of heart, he faced up to the job he had been called to do and he did it. Minds can be changed! And sometimes our change of mind can be wisdom.

The other son, full of great intention, was not as good as his word. When push came to shove, his word did not translate into action, and what counted against him was his inability to match deed with word.



Minds can be changed for the better or worse. Sometimes our change of mind is a weakness. What you see is not always what you get.

What we *actually do* is more important than what we *say* we will do, if we don't then do it. If there is a gap between word and action, we lack credibility and integrity. And we risk falling down the gap we have created. We ought not to pray and sing and nod our agreement in Church about justice and fairness and love and compassion – putting the first last and the last first etc. if our words and intentions are not matched by our deeds.

The Old Testament often talks about 'doing justice'. Another way of putting that might be 'doing the right thing'. I wonder, what might 'doing justice' mean for you?

What 'thing' can you do to 'do the right thing'?

It might be something small, like an act of kindness that might be no trouble for you, but will make a big difference to the person you are kind to. Or something bigger - even if it's inconvenient for you.

A bird with an injured wing will not be able to fly. It can flap its 'fit' wing as much as it likes, but it will never take off. A bird with one wing goes nowhere. Birds need two wings to fly – obviously! 'Word' and 'deed' are like the two wings of a bird - we need both to soar – to get off the ground even! To be 'fit for purpose' in bringing about God's kingdom we need the integrity to match deed with word.

As a Church, if our only 'fit' wing is our words, then we will not fly, either spiritually or in service to Christ in the world in which we are part of Christ's mission, where our loving words must match with loving actions.

Paul tells us that, in our relationships with one another, we are to have the same mindset as Jesus (*Philippians 2:5*) who talked the talk and walked the walk, all the way to the cross, for acting in accordance with his teaching. Living right with God can mean making many, sometimes great, changes in our lives. Minds can be changed, there's still time to respond in word and deed to God. This is what repentance is.

Jesus talks about what life must *look* like if we are to live a life of Christian discipleship. Fortunately, as disciples we are believers under construction!

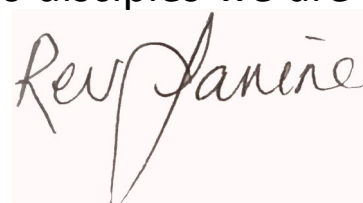
A handwritten signature in cursive script that reads "Rev Janine". The signature is written in dark ink on a light pink rectangular background.

image: Book Cover 'The Two Sons' by Nick Butterworth & Mick Inkpen

Caring

Blessed are they that respect my lame leg and my paralysed hand.

Blessed are they who understand how much effort my ear makes
to hear what they say.

Blessed are they who realise that my eyesight is misty
and my thoughts travel slowly these days.

Blessed are they who not only spare time to chat to me,
but smile as they do so.

Blessed are they who never say, "You have told me that before".

Blessed are they who know how to call up my memories
of days gone by.

Blessed are those who bring back to mind that I have been loved
and esteemed in the past, and that I am not rejected, even today.

Blessed are they, whose acts of kindness, make easier my days.

Translated from a leaflet found in Brussels Cathedral

News of the Church Family

At the Church meeting we recorded the deaths of two Church members, David Lee had been a member for over 70 years and had grown up in the Church from a young age. David died on Sunday 3rd September. Brian Chapman had been a member for over 20 years and was involved with the walking group and died on Saturday 9th September. These friends will be much missed.

Several people have been unwell, some with Covid, and Noel Harrower has been in hospital. Angela Morland had a fall and damaged her foot, so is finding it difficult to get around. Many people have long term health problems and so are unable to come to Church. We thank them for their continued support for the Church in various ways.

On a more positive note: we look forward to receiving John Greenslade into membership on 1st October. John has been worshipping with us regularly for some time now but unable to attend in recent weeks due to a bout of Covid.

Bible Book Club

Wednesday 11th October

2pm to 3.30pm,

We'll continue to delve into some of Jesus' parables.

Do come and join us



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



In Memoriam : Brian Chapman

A lifelong Christian with an inner peace and light that shone, even in his final weeks. Brian joined us at Glenorchy with his wife Pat around 22 years ago. Brian was a Primary School Teacher, quickly becoming the youngest Headteacher in Hertfordshire at the time of his appointment! In keeping with his gifts with children, he was also involved in the Boys Brigade.

Dad to Keith and Ian, Brian was a devoted family man, welcoming their wives Lisa and Claire into the family and eventually 7 grandchildren – Ben, Liv, Toby, Hannah, Edward, Jamie and Samuel.

He and Pat travelled the world together and also enjoyed some big family holidays with their children and grandchildren. Brian loved steam trains, travelling on buses, Exmouth seafront, gardening and walking.

He was a healthy and active man and an enthusiastic leader of the Church Walking Group, together with Bob Austen. He took the group to some of his favourite places, always checking that the route was manageable for the less fit and making sure it was not too muddy!

He was also a keen and thoughtful Church House Group member.

During their years involved at Rickmansworth Baptist Church, Brian had been organist and played at Glenorchy from time to time.

Brian will be much missed. His was a life well lived and his love, care, kindness and skills have enriched many lives during his 87 years.



Flowers in Church

Grateful thanks to all who contributed to the Harvest Display, especially to Pam Pope who donated the flowers and to Mell who arranged them.



17th September : flowers donated by Mary Blackburn in memory of her husband Trevor and arranged by Jean.

Devon Historic Church Trust

Thank you to all the people who sponsored me to stay in the Church Building on Saturday 9th September. The Church will received back half of the money donated. Sadly no one from our own Church or the other Churches in the Town took part in the walk, ride, stride event.

Jenny Newman



...and thanks to all those who supported the coffee morning and stalls the same day in support of the shoe box appeal.

Walking Group Friday 13th October Budleigh Salterton



Meet at the free car park just above the public hall in Budleigh Salterton at 10am.

We will walk along the old railway track to the new wetlands and explore the new walkways there.

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

Glenorchy Finances



You will be aware of the rising costs of everyday living, and these apply to our church too. Recently we have incurred several large bills, over and above the regular ones for M&M, utilities and cleaning, which has resulted in us spending more than our income. In addition we have lost donations from several people who have died or moved away.

So, please prayerfully consider the following:

- ♦ If you are still giving the same amount as you did 2, 5 or even 10 years ago, are you able to increase it?
- ♦ If you use the envelope scheme, can you put your donation into the envelope *every week* and bring them whenever you are able? Alternatively put the accumulated sum into the latest envelope.
- ♦ Could you send a cheque to **Glenorchy URC** if you have a long absence?
- ♦ Have you become a tax payer recently, and could now Gift - Aid your donations?
- ♦ Perhaps you would find it more convenient to set up a Standing Order to our church. It could be weekly, monthly, quarterly or yearly – whichever suits you best. This way we receive a steady, certain income that we can rely on to meet our costs.

Thank you for your donations of time and money. Please continue to enable Glenorchy to be an active, supportive community of Christian witness in Exmouth.

Sheila Johnstone (Gift Aid / Envelope Scheme co-ordinator)

Bank Account name: Glenorchy URC
Sort code: 52-10-26 account no: 12052671

PRAY-GROUND AT HOME

Mirror, Mirror!



You will need:-

An ordinary Mirror - big enough to see your face in! Do **not** use a magnifying mirror!

Set Up:-

We all have times when we don't like to look in a mirror, because we don't *like* the way we look and we find faults with our appearance.

Find a quiet place in a 'good light' where you can look at your face in the mirror for a few moments.

Instructions:-

Look at your face in the mirror and consider your features - don't be tempted to find faults in any of them.

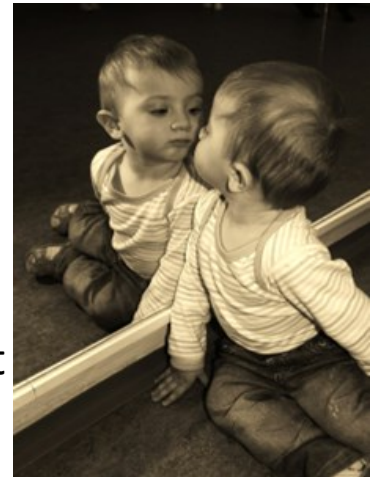
When God looks at you, God sees someone he made and loves, just the way you are and God wants you to know that you are beautiful in his sight.

People often judge others by their appearance and have unrealistic and unhelpful ideas about what 'beauty' is.

Say thank you to God for making you just the way you are - beautiful!

You are truly loved in the eyes of your Creator - God!

No matter how you feel about yourself, whether you feel confident about yourself or not, you are worth everything to God, you are unique in your appearance, abilities and personality - and you are loved And, there isn't anyone you can look at who isn't loved by God.



'It is God himself who has made us what we are and given us new lives from Christ Jesus; and long ages ago God planned that we should spend these lives in helping others.' *Ephesians 2: 10 – The Living Bible*

Based on an idea in Claire Daniel's book '80 Creative Prayer Ideas - A resource for church and group use'

For more Pray Ground Activities, ask Rev Janine for the 'Glenorchy URC Family Pray Ground' Booklet – resources devised for children and their grown-ups



2024 URC diaries

Sign up now on the form on the vestibule noticeboard to order a URC diary for 2024

Pocket size (green or yellow) £7.99

A5 size (blue) £9.99

As well as year planner, calendars and notable dates for the URC and the wider church, it includes names of URC officers and staff and Synod information. Please speak to Jenny if you have any questions.



As an Eco Church
we are aware of Biodiversity Loss
and of Climate Change.
We are committed to improving
our care for the Environment
in our personal lives and
in our communal life.

Mission Committee update:



Our autumn **Mission Sunday** will be on **October 15** when we shall learn more about 'Smile Train', the organisation which deals with people here and around the world born with cleft palates.

Please bring your Mission box (or its contents in a bag) on that Sunday. We appreciate that less cash is being used now, but it is still legal tender (!) so do set aside your 'loose change'. If you have not got a box at home, please take one from the vestibule; it is a simple way to give your spare coins to some very worthwhile good causes.



There will be a Mission committee **coffee morning** with stalls on **November 4**; more details later.

One of the roles of David Lee was to act as our Mission treasurer; we welcome Sue Densham into that role. Please give her plenty to count!

Peter Brain

Reform

NEWS COMMENT INSPIRATION DEBATE

The URC Magazine "Reform" is full of pictures, articles and news from all across the United Reformed Church. For more information, please contact Ronald Peters (Tel:265599). It costs £29.50 p.a. - with a special offer to new subscribers of £24.50. If you would like to subscribe, please let Ron have a cheque for the relevant amount payable to "Glenorchy URC" by 5th November, please.

Ronald Peters

Table Tennis Club Mark 2.0

Every Friday in October*

from 6pm – 8pm

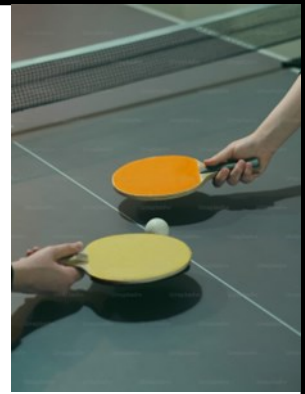
to knock a Table Tennis ball around

No experience necessary, just yourself and a bat and ball (if you have them)

Looking forward to pinging and ponging

Sarah King and Mike Atkinson

image: www.unsplash.com Fatima Sangul



*** No meeting on 13 October**



Christian Response to Eastern Europe

The Warehouse will be open on Wednesday 4th October 10am-3pm. I can pick up any donations of good quality bedding, clothing etc on Monday 2nd afternoon or Tuesday 5th after 4.30pm. The Warehouse will be open on Saturday 21st October 10am-1pm. The need is even greater now, as the Charity is taking humanitarian aid into Ukraine as well as Moldova. Families in Ukraine have been bombed out of their homes and are now existing in cellars. With the bombing of two dams, fresh water is in short supply.

They have found ways of filtering water in wells and rivers with the Charity providing some of the equipment.

The Shoebox truck will leave in early December. If you are able to fill a Shoebox please speak to me or to any member of the Craft Group who can give more information about the contents needed. A service for dedication of the Shoeboxes will be held on Sunday 12th November.

Jenny Newman

Advance Notice: - Gift /Toy Service 26th November



As usual, we will be contributing to the Salvation Army appeal for toys and gifts for Christmas.

These will be distributed by the Salvation Army via local Children's Centres. All Gifts and Toys need to be brand new and left unwrapped. Rolls of wrapping paper will be much appreciated and will be given to the parents to wrap the Gifts for their children. There will be a box in the Vestibule for your donations. Please start to think about this and consider what you might buy as a gift.

Puzzle Corner

Writers with the Muse this month:

Elegy in a country churchyard;
The Whitsun Weddings;
Four Quartets;
Drake's drum;
Dulce et decorum est;
Love came down at Christmas;
Canterbury Tales;
The wreck of the Deutschland;
Lake Isle of Innisfree.



Last month I was driving in:

Gibraltar, Latvia, Spain (Espana), Norway, Oman (where else!),
Romania, Switzerland (Confederation Helvetica), Croatia (Hrvatska Republic) and Venezuela (YV)



Oct . 4th David Davies (*organ*)
11th Darach woodwind ensemble
18th 'Aspects of Love': Iryna Ilnytska and Olga Obertas
with John Draisey (*piano*)
25th Andrew Millington (*organ*)

Nov. 1st Iain McDonald (*baritone*)
with Nick Brown (*piano*)
8th Beacon Trio: Anna Cockroft (*violin*),
Joyce Clarke (*piano*), Ruth Lass (*cello*)
15th 'Le Jazz': Chris Gradwell and Andrew Barrett
22nd Melanie Mehta (*soprano*)
with John Draisey (*piano*)
29th Bartholomew Quintet (*clarinet with strings*)

Dec. 6th Joyce Clarke (*piano*)

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

THE 2024 URC PRAYER HANDBOOK



Full to the Brim

Themes of fullness and emptiness run throughout the Bible. The prayers gathered in this book speak of different kinds of fullness – fullness of blessing, fullness of being too busy – and of the need, sometimes, to empty ourselves in order to be filled afresh.

The first section follows the lectionary, with a prayer based on one or more of the set readings for each week. For the second section, we invited people to interpret the idea of ‘full to the brim’ in whatever way resonated with them.

We have subdivided this section into prayers that could be used in public worship and those more suited to personal devotion. It is our hope that, in reading these prayers, you might make connections with your own need for fullness, and what you might need to let go to make space.

Above all, we hope that you will find yourself refreshed and nourished.

Revd Stephen Ansa-Addo and Revd Sue McCoan, Editors

If you wish to order a copy, please sign the list on the noticeboard in the vestibule.

More information from Jean Curl (276054)

A5 standard version £5.99

A4 large print version £11.99



Job Position: Family Support Service Lead
Hours: 16 hrs per week
Salary: TBC
Normal working days: Monday & Thursday

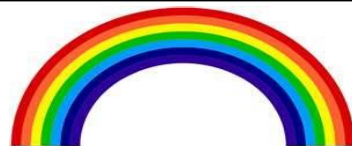
Open Door Exmouth has been at the heart of our community for over 25 years. We are a Christian charity, motivated by the call to 'love your neighbour,' seeking to make a positive difference in peoples' lives and to help those most in need in our town. Open Door has supported children and families through different projects over the years including ICE (now Haven at Exmouth Community College) and a Child Contact Centre. The Child Contact Centre came to a natural end during the Covid-19 pandemic making space for a new project to be born – Parent Hub. Our Parent Hub Café provides a safe and supportive space for parents and children each week, with access to a Baby Bank and 1:1 support.

Email: info@opendoorexmouth.org.uk for job application pack

Closing date for applications is Thursday 19th October 2023



Christian Aid Rainbow Fair Saturday 14th October



Once again Christian Aid in Exmouth will be holding its Rainbow Fair in Glenorchy Hall on the morning of 14th October. Churches in the town are each allocated a different colour as the theme for their stall, which makes up a very colourful event overall.

This year the colour for Glenorchy is BLUE. Please search through your items at home and look for any blue items that you might be able to offer for the stall. Use your imagination! There will be a box in the vestibule for your contributions. Thank you! And please come along on the day itself to support this special fund-raising event.

Special thanks to Val and Heather who have volunteered to organise and staff the stall.

There will also be a separate cake stall, for which any contributions will be most welcome.



Also needing
volunteers...

Contact:
Rose Doyle

youth@opendoorexmouth.org.uk





Back to School

August had seen a big increase in demand during the school holidays and all the pressures this puts on families.

And then the start of a new term in September can be particularly expensive. As well as providing families with food, we were pleased to be working in partnership with Exmouth Stationery and Copy Centre to provide pencil cases for those with children beginning secondary school this September.

We are so appreciative of the wonderful support we have received from your Harvest Festival gifts of both food and finance. In addition to the physical items of food we rely on financial donations which are used to purchase £4,000 worth of stock each month. This support is amazing!

Jenny Newman adds

Thank you to Glenorchy friends for all your generous contributions to our Harvest display which then went to the Food Bank. The need for food increases almost weekly. The Salvation Army Hall is a hive of activity on a Tuesday & Friday morning with volunteers dating up all the donations received via churches, shops and other organisations which organise a collecting point. At the end of November Advent Calendars with chocolates will be included in the family food bags. The donation box for food is by the door into the Church, or a monetary donation can be made via the Green collecting box in the white table in the entrance. Thank you for your continued support.

October Calendar

Sunday 1st

10.30am Family Service
with Holy Communion
Revd Janine Atkinson
6.00pm CTE Harvest Supper

Tuesday 3rd

2.00pm Elders Meeting

Wednesday 4th

10.00am Art Group
*12.30pm Lunchtime Concert

Thursday 5th

9.15am Job Café

Friday 6th

6.00pm Table Tennis

Saturday 7^h

10am Coffee Morning

Sunday 8th

10.30am Family Service
Revd Ruth Dillon

Wednesday 11th

10.00am Art Group
*12.30pm Lunchtime Concert
2.00pm Bible Book Group

Thursday 12th

9.15am Job Café

Friday 13th

10.00am Walking Group (see p10)
2.00pm David Lee funeral service

Saturday 14th

10am Coffee Morning
Christian Aid Rainbow Fair

Sunday 15th

10.30am Mission Sunday

Wednesday 18th

10.00am Art Group
*12.30pm Lunchtime Concert

Thursday 19th

9.15am Job Café

Friday 20th

6.00pm Table Tennis

Saturday 21st

10am Coffee Morning

Sunday 22nd

10.30am Family Service
with infant baptism
Revd Barbara Bennett

Tuesday 24th

2.00pm Craft Group

Wednesday 25th

10.00am Art Group
*12.30pm Lunchtime Concert

Thursday 26th

9.15am Job Café

Friday 27th

6.00pm Table Tennis

Saturday 28th

10am Coffee Morning

Sunday 29th

10.30am Family Service
Revd Janine Atkinson

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

Glenorchy United Reformed Church

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