

THE REVIEW

December 2023 January 2024





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Editor's note: The next *Review* will be for February 2024. Items for inclusion need to reach me by 21st January. Thank you.

Editor: sheila@sheilabrain.com

Sunday Worship in December

Sunday 3rd Revd Janine Atkinson (communion)

Sunday 10th Revd Michael Diffey

Sunday 17th Carol Service

Revd Janine Atkinson

3.30pm Blue Christmas (see p15)

Sunday 24th Christmas Service

Revd Janine Atkinson

No Service on Monday 25th (Christmas Day)

Sunday 31st Revd Peter Brain

Sunday Worship in January

Sunday 7th Revd Janine Atkinson (*communion*)

Sunday 14th Revd Barbara Bennett

Sunday 21st Revd Janine Atkinson

Followed by Church Meeting

Sunday 28th Revd Janine Atkinson

Special Concerts at Glenorchy

There are two special concerts taking place in the church in December on successive days. Please support these if you can, as both are in aid of charity and entry is free.

Friday 15th at 7.30pm: "Gig for Gaza" concert in support of the charity "Embrace the Middle East" working in Gaza.

Saturday 16th at 4pm: Clyst Valley Choral Society in aid of our chosen mission charity Smile Train. (*posters on pages 17 & 19*)

Our church motto:

"Within these walls let no-one be a stranger"

From the minister...

Dear Friends

Some of my most vivid Christmas memories as a child revolve around food!



There was a Saturday every October when we went, as usual, to visit grandma and grandad Drakett. The table would be full of apples, raisins, sultanas, currants, nutmeg, suet, sugar, lemons and brandy, because that was the day we would muck in as a family to make grandma's special recipe mincemeat — grandma's mincemeat didn't have candied peel in it (no one in our family liked it!)

Grandma, mum and I would set to work in front of the fire on the hearth rug with bowls, and chopping boards, peeling and chopping all the ingredients until they were ready to put through the big mincer that had been attached to the table. I remember trying, without success, to turn the handle of the mincer when I was small, but over the years I got stronger and eventually assumed the role of head mincer! The minced ingredients would plop out into a big bowl ready to be mixed until it was ready to bottle. We made jars and jars of mincemeat for all the family, aunts, uncles, neighbours, church folks - just about everyone we knew got jars of grandma's mincemeat.

Then Christmas Eve was spent (again) with chopping boards on our laps and a pan and a bowl on the floor in the living room. Grandad Lawley, dad and I watching telly as we chopped vegetables in preparation for Christmas Dinner.

One of us on potatoes, one on sprouts, one on carrots; the board for peeling and chopping on our laps, the bowl for the peel and waste and the pan ready to be covered in cold water overnight, on the floor. Meanwhile, mum and grandma Lawley prepared the Turkey in the kitchen, making stuffing and bread sauce, and brandy butter for the pudding. So many Christmas memories are associated with food!

Maybe you have Christmas memories of food, prepared and eaten together?

It's easy to hide the meaning of Christmas in food – overeating, and chocolate – and overlook the baby born for us – God with us!. But, maybe Christmas has more to do with food than we might imagine.

Here's what Luke tells us about Jesus' birth — as you read, notice how many times the word 'manger' is used.

In those days a decree went out from Emperor Augustus that all the world should be registered. ² This was the first registration and was taken while Quirinius was governor of Syria. ³ All went to their own towns to be registered. ⁴ Joseph also went from the town of Nazareth in Galilee to Judea, to the city of David called Bethlehem, because he was descended from the house and family of David. ⁵ He went to be registered with Mary, to whom he was engaged and who was expecting a child. ⁶ While they were there, the time came for her to deliver her child. ⁷ And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn.

⁸ In that region there were shepherds living in the fields, keeping watch over their flock by night. ⁹ Then an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were terrified. ¹⁰ But the angel said to them, 'Do not be afraid; for see — I am bringing you good news of great joy for all the people: ¹¹ to you is born this day in the city of David a Saviour, who is the Messiah, the Lord. ¹² This will be a sign for you: you will find a child wrapped in bands of cloth and lying in a manger.' ¹³ And suddenly there was with the angel a multitude of the heavenly host, praising God and saying, ¹⁴ 'Glory to God in the highest heaven, and on earth peace among those whom he favours!'

When the angels had left them and gone into heaven, the shepherds said to one another, 'Let us go now to Bethlehem and see this thing that has taken place, which the Lord has made known to us.' ¹⁶ So they went with haste and found Mary and Joseph, and the child lying in the manger. ¹⁷ When they saw this, they made known what had been told them about this child; ¹⁸ and all who heard it were amazed at what the shepherds told them. ¹⁹ But Mary treasured all these words and pondered them in her heart. ²⁰ The shepherds returned, glorifying and praising God for all they had heard and seen, as it had been told them. (Luke 2: 1-20)

Writers didn't use any more words than were necessary at the time Luke's Gospel was written. Written words were expensive – there was the cost of the 'paper' and possibly the scribe's time. So, if a word is used as many as 3 times in 20 verses it must be significant. So, why is the manger significant?

Well, every beast of the stable knows that the manger is the feeding trough, the source of nourishing, health and strength - food for life.



And the baby Jesus lying there in the manger became the one given to us for life and health and strength, the very source of our deepest needs for nourishing, the sort of nourishing that is not satisfied by food or drink, but a spiritual food to satisfy our spirit which needs constantly feeding with what God offers us

So perhaps preparing for Christmas by making mincemeat, a rich feast of fruits for winter nourishing, is not so far removed from the fruits Jesus came to remind us of - the fruits of the spirit and the spiritual nourishing we need to give us life and spiritual health and strength for each day.

A Christmas Prayer

God of the years, come and meet us in the memories and rituals of our preparations for the feast of the Birth of Jesus. Help us to pass on, through chopped fruit and sticky fingers, the story of mincemeat and mangers in which your love is found and through which your sweetness nourishes us and builds us up in life and spiritual health and strength. *Amen.*

I wish you all a blessed and peaceful Christmas as we celebrate the source of life, born among us and God's richest blessings of love, hope, peace and joy in 2024.



Shoe Boxes



A huge thank you to everyone who contributed in any way to our Christmas Shoeboxes. 80 boxes packed with clothing, essential items, toys, treats and sweets were taken to the warehouse on Monday 13th. By now they will be on their way to Moldova or Ukraine with thousands of others from this region. Happy Christmas to you all. *Glenorchy Crafters*

Toy Service



Thank you for the wonderful response to the appeal for gifts and toys for needy children this Christmas. They made an impressive display and will be much appreciated by the recipients. It was good to be joined once again by our friends from the Salvation Army for the service and to hear from Andrew Cutler about how the toys will be distributed.

News of the Church Family

Covid 19 is still doing the rounds and several members and friends have been unwell with this virus. Gerry Bennett has been in hospital following an accident to his leg. Please remember in your prayers all those friends unable to get to church at present for medical or personal reasons.

Two of our members have died recently: Fran Ellis died on November 21st, peacefully at home, surrounded by her family. Noel Harrower died in hospital on November 22nd, after a short illness. Funeral arrangements to be announced.

Exchanging Christmas Cardswithin the Church Fellowship

There are boxes in the Vestibule for members and friends to exchange Christmas Cards within the Church Fellowship. Please put full names on the envelope and place them in alphabetical order of surname. Cards for the housebound will be delivered to them in the week beginning 17th December. There is a space on the Vestibule noticeboard if people wish to send a card to the Church Fellowship as a whole. This is part of our EcoChurch commitment to reducing our use of paper.

Flowers in Church

Grateful thanks to Sheila Elliott who donated the flowers for Remembrance Sunday in loving memory of her husband Bill and daughter Margaret Louise, and to Mell who arranged them.



Lyn Bellamy

Love and congratulations to all who celebrate an anniversary or birthday in December / January .



In Memoriam: Fran Ellis

For those of us who knew and loved Fran the thing that we will remember most about her was her willingness to smile and her kind heart. I loved spending time in her company. We used to meet at Darts Farm for coffee and a chat. Almost always someone would recognize her and come over for a chat. She loved her family and her friends. Mary Blackburn who was an old school friend of hers said of Fran 'What you saw was what you got'. She was a 'doer' and enjoyed helping out when there were events going on at Glenorchy.

Fran enjoyed her work in a Solicitor's office and later in an Adoption agency in Exeter. When she married Bob she was always supportive of him and of the churches he served. Bob and Fran had been married for over 60 years and in September they renewed their wedding vows on the day of their daughter, Sharon's marriage which was conducted by Bob.

Fran had a short spell in hospital but when she was discharged it was suggested that she should go in to a Nursing Home for a while. Bob knew that this would not be what he or Fran would want so nursing care at home was arranged for her and so it was that she died peacefully at home with her family around her.

Pam Diffey

Christmas Decorations in Church

Sincere thanks also to those who came along to help put up and decorate the Christmas trees in Church this year, along with other decorations.



Glenorchy Bible Book Club

Our Advent Study continues on Wednesdays in December from 2 – 3.30pm (last meeting Wednesday 20th December). We are looking



closely at some Christmas Carol words and considering what they tell us about God and, of course, Jesus.

Our January Meeting will be on Wednesday 10^{th} : 2-3.30pm

Church Choir

We are practising at 3.00 pm on Fridays until 15th December, preparing an anthem to sing in the Carol Service on Sunday 17th December. We will then take a break and resume practices at 3.00 pm on February 16th to prepare for the World Day of Prayer Service on Friday 1st March. *Peter Johnstone*

Walking Group

Friday 8th December: Around Exmouth

The walk will be around unfamiliar streets in Exmouth with a touch of History. Meet at 10.00am in the car park at the Swimming Pool.

Bob Austen (269942)

Friday 12th January: Around Sidmouth

The walk will be at Sidmouth taking in the sea front and interesting areas further inland. Meet in the Connaught Gardens car park at 10am. **Peter Street** (266005)

First Aid Training

We are hoping to arrange a training session for First-Aiders in the New Year. It will be a single 3-hour session in basic skills, including using the defibrillator. There will be more information at Church Meeting in January and if you are interested please me know. **Sarah King**

Eco Matters

The United Nations COP 28 Conference on Climate Change has begun in Dubai, in the United Arab Emirates. 198 countries will have representatives at the meeting. One of the aims of the meeting is to put in place arrangements to support the 46 countries which are listed as "least developed" in coping with the effects of climate change through a "Damage and Loss Fund". Unfortunately, Professor Saleemul Huq, one of the most influential and outspoken supporters of their case, died at the age of 71, in October. We must hope that someone with knowledge and energy will take his place.

There is controversy over the fact that the President of the Conference, Dr Sultan Ahmed Al Jaber, from the host country, is an executive of an energy company which produces oil for export around the world. The same company is also developing renewable energy sources, as well ... is that good? You will probably have heard the rumours of secret meetings to discuss new oil wells being developed, taking place during the Conference.

Britain cannot claim to be doing better because our Government has recently approved the Rosebank oil field and given licences for oil exploration.

A new feature of this conference is that, as well as the official representatives meeting, there will be a meeting where anyone who wishes to express their ideas publicly can make their contribution independently.

Elsewhere: It is encouraging to hear of Prince William's promotion of the "Earthshot" prize – financial support for the best ideas for sustainability.

Peter Johnstone



There is a Marquee on the Strand with various activities throughout the week. The Churches will be hosting all day on Friday. Please visit the marquee and support them—and join in the carol singing!



A time when we can, with others, acknowledge the "blue" feelings we may have at Christmas time, the reasons for them, and simply offer those feelings to God

Sunday December 17th 3.30pm - 4.30 pm



At Glenorchy United Reformed Church, Exeter Road, Exmouth

Refreshments available afterwards

CHRISTMAS PRAY-GROUND AT HOME



Christmas Card Prayers

As you write and receive Christmas Cards, pray for the person you are writing to, or receiving from. Perhaps you could pray...

Dear God, I pray that (name) will know that they are loved and appreciated by me and that they are precious to you.

Wrap (name) in your love, Lord God, because she/he is a gift to me Amen

Satsuma Prayers

This prayer idea came from www.godventure.co.uk

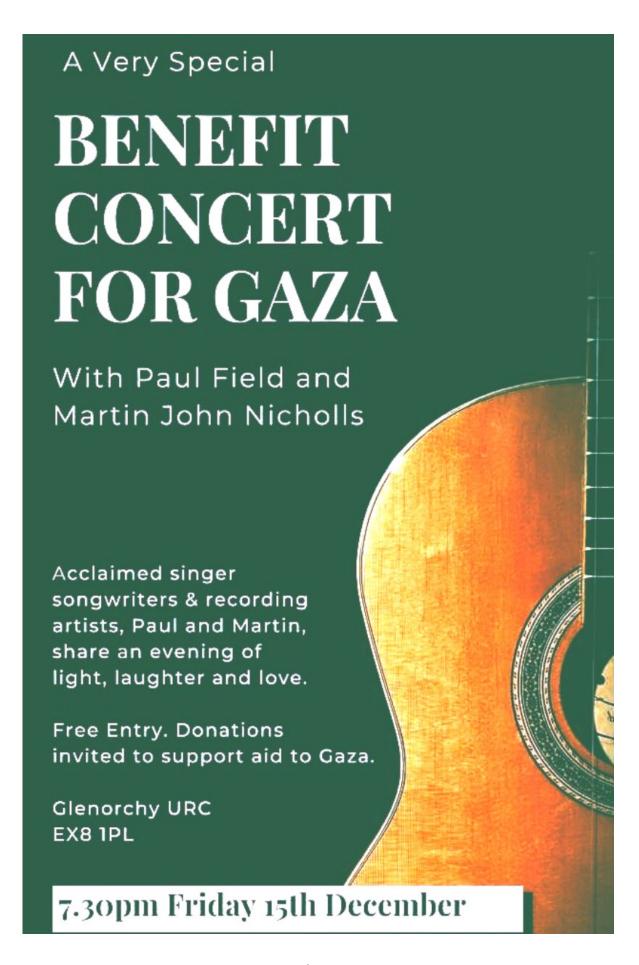
A friend of mine used to say you know it's Christmas when people go out and panic buy Satsumas (whether they eat them normally or not!)



If you have a satsuma (or many!) try this prayer activity Pray for a different person as you eat each segment Your prayers could be:

- Short e.g. Dear God Please help and care for [name] ... [name] ...
- Specific e.g. asking God to help someone important to you
- Silent or out loud
- ◆ Individual or taking turns around a group of friends / family e.g. praying for a person in the group and then eating a segment.

NB. you will pray for more people if you use a chocolate





January 3rd Duncan Honeybourne (Piano)

January 10th Cor van der Wijngaard (Organ)

January 17th Robert Manning (Organ)

January 24th Dorothy & Tony Raven (Piano Duets)

January 31st Iryna Ilnytska, Richard Lucas (Mezzo & Piano)

Table Tennis Club

will meet on Friday December 8th
from 7pm – 9pm
There will then be a break until the New Year
when we will resume every Friday in January



Why not make a New Year Resolution to come and join us? Sarah King and Mike Atkinson

Christian Response to Eastern Europe.

Thank you to all who contributed in any way to the 80 Shoe Boxes Glenorchy Church were able to take to the Warehouse. Many tons of humanitarian aid have been taken to Moldova and Ukraine this year. Please ask me for a copy of the latest newsletter. The Warehouse will be open on 6th December. I can collect clothing bedding etc all in good condition on Tuesday after 4.30pm or Wednesday morning after 9.30am.

Jenny Newman (275457)

Puzzle Corner

New Year!

L	M	S	В	R	0	S	P	P	R	Υ	D	R	Ε
D	J	В	R	0	R	Ε	D	Α	Ε	P	R	N	U
Ε	Ε	R	R	В	J	P	Ε	R	В	R	U	0	Ε
Υ	Ε	J	0	D	Α	T	С	Α	G	J	С	N	Ε
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SEPTEMBER
OCTOBER
GLENORCHY
AUGUST
APRIL
JUNE
JULY
MARCH
FEBRUARY
MAY
NOVEMBER
JANUARY
DECEMBER



Last month: How many musicals did you know without looking them up? Singin' in the Rain; Aspects of Love; Sound of Music; Gay Divorce; Oklahoma; Matilda; Oliver; The Pajama Game; South Pacific

Cost of printing the Review

At the Church Meeting in November it was noted that the cost of printing the *Review* now comes to almost £1 per copy (£10 per year). It was agreed that although it continues to be issued free of charge, people should be invited to contribute by putting something extra into the collection. There, is of course, no cost for reading the pdf version sent by email!





Thank you to all our Harvest Festival donors

At the beginning of October our off site store cupboard was bare but now it is overflowing! We would like to say a **HUGE** thank you to everyone who has donated to the Food Bank

this Harvest Festival including churches, schools, and businesses. We rely heavily on the generosity of the community to keep the Food Bank functioning and through your support we were able to distribute 279 parcels that provided food for 658 individuals.

Modifying the content of our food parcels

East Devon District Council and Adult Social Services are increasingly handling complex cases where support from the Food Bank is required at short notice. Some families and individuals are placed in emergency accommodation with access to limited cooking facilities i.e. a microwave or kettle. Others, often the elderly, are discharged from hospital and need a supply of easy meals they or their carers can prepare. We are keen to help and in these instances are able to modify our food parcels to include a selection of nutritious ready meals that don't require freezing or refrigeration. Our volunteers have enjoyed tasting some of these — particularly the options that we are getting ready for the festive season!

Christmas hampers

8th December if possible. Your help is much appreciated.



Christmas Carols and Songs

with

Clyst Valley Choral Society

at

Glenorchy URC Church, Exeter Road, Exmouth, EX8 1PL on

Saturday, 16th December 2023, 4:00 pm



Free Admission ~ donations to Smile Train

Week of Prayer for Christian Unity 18th to 25th January 2024

You shall love the Lord you God...
...and your neighbour as yourself (Luke 10,27)

The material for this year's Week of Prayer has been prepared by Christians in Burkino Fasso and is based on the parable of the Good Samaritan.

At the time of printing the *Review*, the Exmouth arrangements for weekday Prayer and lunch meetings are being planned. Details will be advertised in the weekly bulletin in January.

December Calendar

Sunday 3rd Advent Sunday

10.30am Family Service with Holy Communion Revd Janine Atkinson

Tuesday 5th

2.00pm Elders Meeting

Wednesday 6th

10.00am Art Group *12.30pm Lunchtime Concert 2.00pm Advent Study Group

Thursday 7th

9.15am Job Café

Friday 8th

10.00am Walking Group (see p12) 3.00pm Choir practice

7.00pm Table Tennis

Saturday 9th

10.00am Coffee Morning

Sunday 10th

10.30am Family Service Revd Michael Diffey

Wednesday 13th

10.00am Art Group

2.00pm Advent Study Group

Thursday 14th

9.15am Job Café

Friday 15th

3.00 Choir practice

7.30pm Gig for Gaza

Charity concert (see p17)

Saturday 16th

10.00am Coffee Morning4.00pm concert by ClystValley Choral Society (see p19)

Sunday 17th

10.30am Carol Service Revd Janine Atkinson

Monday 18th

Christian Aid Carol Singing at Tesco

Wednesday 20th

2.00pm Advent Study Group

Thursday 21st

9.15am Job Café

Friday 22nd

9am—4pm Christmas in the

Strand event (see p14)

Saturday 23rd

10.00am Coffee Morning

Sunday 24th

10.30am Christmas Service Revd Janine Atkinson

No service on Monday

Saturday 30th

Coffee Morning

Sunday 31st

10.30 Family Service Revd Peter Brain

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

January Calendar

Tuesday 2nd

2.00pm Elders Meeting

Wednesday 3rd

*12.30pm Lunchtime Concert

Thursday 4th

9.15am Job Café

Friday 5th

7.00pm Table Tennis (to be confirmed)

Saturday 6th

10.00am Coffee Morning

Sunday 7th

10.30am Family Service With Holy Communion Revd Janine Atkinson

Wednesday 10th

10.00am Art Group *12.30pm Lunchtime Concert

Thursday 11th

9.15am Job Café

Friday 12th

10.00am Walking Group (see p12) 7.00pm Table Tennis

Saturday 13th

10.00am Coffee Morning

Sunday 14th

10.30am Family Service Revd Barbara Bennett

Wednesday 17th

10.00am Art Group

Wednesday 17th

*12.30pm Lunchtime Concert

Thursday 18th

9.15am Job Café

Friday 19th

7.00pm Table Tennis

Saturday 20th

10.00am Coffee Morning

Sunday 21st

10.30am Family Service Revd Janine Atkinson 11.30am Church Meeting

Tuesday 23rd

2.00pm Craft Group

Wednesday 24th

10.00am Art Group *12.30pm Lunchtime Concert

Thursday 25th

9.15am Job Café

Friday 26th

7.00pm Table Tennis

Saturday 27th

10.00am Coffee Morning

Sunday 28th

10.30am Family Service Revd Janine Atkinson

Wednesday 31st

10.00am Art Group

*12.30pm Lunchtime Concert

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