

Dear Friends,

What seemed like a distant threat at the beginning of 2020 has become a present reality, changing lives and the way we live indefinitely. There has been lockdown, the isolation and the loneliness that comes with that, the loss of freedom, being unable to see our loved ones and, since the easing of lockdown, the constant changes. Many have adapted easily to life in lockdown whereas others have found it hugely traumatic and damaging to their mental health. Many have had to navigate grief, made even harder by the corona virus restrictions.

Corona virus restrictions and social distancing are going to be part of our lives for many months to come. This poses challenges to everyone, our economy and, of course, church. There are many challenges ahead for our churches – spiritually, emotionally, physically and financially. Church life as we know will be very different for a long time.

During the lockdown we have had to explore different ways of being church. We have recorded and live streamed our Wednesday 10.00am and Sunday 9.45 Holy Communion services from a variety of places – home, garden and church itself. We have had the opportunity to live stream morning prayer and Compline, which has been new to some, but has been popular. In addition, we have live streamed Messy Church at Home, our monthly wholeness and well-being service and Mother's Union service.

We have also embraced technology for social events such as Easter egg hunt, virtual afternoon tea and last weekend we have had a garden fest to celebrate Sunday School Anniversary Sunday, with photographs of gardens, games for our children and young people and a picnic in our individual gardens. We have contributed singing via the internet as well as having various meetings.

We are, of course, aware that not everyone has access to ICT and have tried to include people by post and via the telephone. The bi-monthly Sunday dial in worship and the church of England 'daily hope' line.

We are at the transient stage of re-opening church. Over the last week we have been opening for prayer on Monday evenings (7.00-8.00pm) and Thursday morning (9.30-10.30am). Obviously, the inside of St. Margaret's church has been adapted to take into account safe distancing, hygiene and cleanliness.

You will have heard in the news that churches and places of worship are allowed re-open for public worship from 4th July. We will need some time to prepare for this, taking into account government, Church of England and diocesan guidelines. First and foremost is everyone's health and safety, so social distancing measures will be in place for many months after the lockdown. This will also include how many we are allowed to have in our buildings. We still have to do our part in minimising the virus spread – both to ourselves and the local community.

It is highly likely that the services will be different to those that we are used to. There is some scientific evidence that the deeper breathing associated with singing can project water droplets, so coronavirus can travel far beyond the 2m required for social distancing. As a result, social communal singing will have to be restricted. There is currently research going on into this.

For the foreseeable future, assume that a friendly handshake (much less a hug!) is not appropriate as we welcome one another. There will not be tea or coffee after worship.

In terms of receiving communion, we are awaiting guidance, but it is highly unlikely that we will be sharing the wine.

For the immediate future at least, we will be having a mixture of services, both within church when we are open and by recorded and live streamed services, as we have been doing. We have prepared a questionnaire to ascertain what services you have found accessible and enjoyed throughout the lockdown. Hopefully, this will be reflected in what we can offer in the future, a 'mixed economy' or 'mixed ecology' of worship.

I would like to thank you all for your support during the lockdown – for myself and our ministry team and for each other. We have had to cope with some very challenging times, which I think will continue for some time. Please continue to care for each other. It will take time for some of us to get used to actually going out again (and that includes me!).

I would also like to thank everyone who has contributed to our worship, virtual 'social' events and a big thank you to our wardens, Laurel and David. A big thank to Carol Porter for all that she has done, in terms of technology and music.

The important thing to remember is that while everything around us is constantly changing, God is with us. He is unchanging and his love for us is never ending – whether we worship at home, in church or wherever we may be.

I will try to keep you up to date as new guidelines come into being.

Every blessing,
Deborah

FROM THE PARISH REGISTERS

FUNERALS

We commend into the loving hands of Almighty God:

Roger Hartley whose funeral took place at Blackley Crematorium on 23rd June

Joyce Turner who died on Sunday 21st June.

CALENDAR FOR JULY

The calendar for July is very limited whilst the Clergy team, Wardens and PCC consider the guidelines on how to resume public church services in a safe manner. Meanwhile, our digital communications and services will continue:

The weekly service sheet will continue to be provided by email, on our website and via Facebook. It will be the opportunity to reflect on the readings.

Sermons will be on the website: <https://stmargaretsprestwich.com/blog/>, our Facebook page, and our Twitter account @StMaggieP

The magazine will continue to be produced and delivered by email.

We will continue to live stream on our Facebook page <https://www.facebook.com/StMaggieP/>:

- Peregrini Morning Prayer daily at 8.30am,
- Compline daily at 8.30pm,

- Wednesday services at 10am,
- and some of our Sunday services at 9.45am.

Other Sunday services will be recorded in advance and published to the website and Facebook page at 9.45am.

We have a WhatsApp group for any prayer requests that you may have.

If you have any donations for porch boxes, please leave outside Church until 10.30am on Thursday mornings.

If we can help in any way, please contact Revd. Deborah on 0161 773 2698 or Revd. Sue on 07761 565428.

Please look after yourself and each other.

JULY AT ST.GEORGE'S CHURCH, SIMISTER

Hi Everybody

I hope you are all safe and well and keeping in contact with everyone. Life is very different at the moment. This will change and we will get back to some normality, if you have any problems, please do not hesitate to get in touch with me and I will try to help.

A BIG THANK YOU to

Revd. Deborah, Revd. Sue, Bishop David, Christine, Carol O. and Carol P. and all readers

You have all kept connected with both church families with interesting services, sermons and stories which we have enjoyed. I know it is not an easy task and can take a lot of time. We do appreciate it.

Well done Christine and Carol

I do hope the children enjoyed Messy Church, I did and passed it on to my Grandchildren in Australia.

Will you please pray for those who are sick remembering especially:-

Tom Porter, Joyce Roebuck, Tony Anderton, Mary and Colin Hargreaves, Rita Evans, Barbara Cass, Bob Hardy and Revd. Deborah.

All our church families, own friends, relatives and mankind.

Anniversaries of death. There will be no flowers in church

In July we remember:-

Rose Clayton, Christina Warrell, Nora Pitt, Patricia Jones, Anthony Harrison, Derek Johnston, Florence Foulkes, Brian Williams, James Warburton, Mary Sheila Rosenfield, Janice Booth and Marjorie O'Bank

Please keep safe and well much love and God bless Joan and Carol

St. Margaret's Church REREDOS FLOWERS

There are no flowers in church at present



Presence

I wrote last month about how much I valued being back in the church building. This month there has been the added pleasure of the church reopening for private prayer. Now, my experience has been a little different from yours, because I have been in the building regularly to livestream worship. But on the

other hand, as I don't live in the parish, I have literally seen no one from the congregation throughout lockdown, as I don't bump into people (at a social distance!) on walks or when shopping. So the new experience for me was being physically present in the same room as those of you who came to pray. Sadly, there was no opportunity for conversation (we had been asked not to chat outside), but nevertheless, I felt greatly cheered just to exchange a smile. Somehow emailing, phoning, and seeing people in videos doesn't convey the reality of someone's presence. It reminded me that one of the cornerstones of our faith is our belief in the incarnation – that God has come to us in human form, and in doing so he has declared the created world, and our bodies in particular, sacred. Creeds and study have their place of course (we do not undervalue the mind) and prayer and meditation are absolutely vital to our spiritual health, but at the centre is the Eucharist, which is not just ritual and theory, but is the act of eating and drinking real bread and wine. Our bodies, as well as our souls, matter to God.

Now, I am very aware that some of you will be feeling sad reading this. You have not been able to share the bread and wine in the communion service, and some of you will still be protecting yourselves from the virus by staying away from the church building, and will still have very limited meetings with others. I offer you this passage that was drawn to our attention at the clergy conference. It is from a book called *The Tree of Life* by Canon Gonville Aubie French-Beytagh. He was Dean of Johannesburg cathedral, when in 1971 he was arrested, held in solitary confinement and brutally interrogated. His crime was speaking out against apartheid.

Each morning, he stood in front of a piece of wall between two barred and gridded high windows, and imagined himself before the cross. "I faced it as I would an altar and said what I could remember of the Mass." From that first morning, he said the Creed, prayed generally, made a short confession, said the *Sanctus* and made a spiritual communion. "This is something I have never really experienced before, though I have read about it and advised people to do it, he recalled later. "But I can say with complete certainty that the communion that I received then was as real as any communion that I have ever received sacramentally.

"And you know, it was a reality. 'Therefore, with angels and archangels and the whole company of heaven' – I don't think I have ever known the reality of the company of heaven as I did in that prison cell ... I'm no

mystic. But I felt the presence of the Church, both in heaven and on earth. And then, when it came to the time of the consecration, I took – I didn't have any bread or wine – I took nothing in my hands and I said, 'This is my body, which is given for you. Do this in remembrance of me.' And again I took nothing in my hands and said, 'This is the blood of the new testament which is shed for you and for many, for the remission of sins. Do this as often as ye shall drink it in remembrance of me.' And I'll tell you this ... the communions that I received there in that prison cell, without the means of bread and wine, were as real and as glorious and as triumphant and as magnificent as any communion I've ever received in my own cathedral, with the organ going and the incense and the bells and all the glory. Just as real and wholly as healing and as complete."

His experience of the Eucharist in the time of great darkness, was as real to him as, and as great a blessing as, any "real" Communion Service he had been to. And he also felt the presence of not only the saints and angels, but also the church on earth – all Christians everywhere. So, the other side of the coin is that although our bodies matter very much to God, in times when we cannot be physically present in church, God honours our desire to be there and blesses us. At the time of writing it is likely that some of us will be able to meet again for worship in church some time during the next few weeks. If you cannot be there with us, be assured that you are not forgotten, that our prayers and worship will include you, and I pray that you will feel not only God present with you, but the whole congregation, too.

Rev Sue

Reflection on Worries

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:4-7

"Don't worry!" Easy to say, and hard to do. If only we had a "worry switch", so that we could simply turn off our worries! I wonder if that would help, though? If I am worried about my friend who is ill, I worry because I am

concerned. What kind of person would I be if I didn't worry, if I wasn't concerned?

Paul's teaching to the Philippian Christians was probably based on what he had heard of Jesus's teaching (Matthew 5:25-34), so it came on good authority. Paul wrote from bitter experience, and knew how hard it can be to find peace. He wrote of the anxiety that he felt in his daily concern for the churches for which he was responsible (2 Corinthians 11:28). Like Jesus, who knew distress and agitation in Gethsemane, Paul did not sail through life on a perpetual wave of joy and peace. Despite this, many Christians reading this passage have felt condemned.

St Paul can appear to be telling them that they do not have enough faith. In fact, anxiety and worry are good indicators of what we care about. In this sense, they are very much like prayer. The essential difference is that Jesus and Paul turned their worries into prayer by bringing them into the presence of God and enfolded them in *His* peace. The problems begin when we think we can find our own peace, outside of this context. It is impossible to get through life without worrying, unless we care for nothing and no-one. It is what we worry about, and what we do with our anxiety, that matters in God's kingdom.

A "Have a Go" habit: Meditation

- Choose a meditation phrase for this week from a Psalm of your choice...something good and true e.g. [Psalm 18:1](#) "The Lord is my rock, my fortress, and my deliverer...". Write it down and keep it with you...as the background on your phone maybe.
- Make it your constant "go to" thought whenever you catch yourself worrying...Chew it over, breathe it in, walk it out.

The *#FaithAndMentalHealth* reflections were written by Rev Prof Chris Cook. Ruth Rice developed the "Have a go" habits. All the reflections to help with mental health can be found on the Church of England website.

Rev Deborah

Dial -in service

Thanks to those who have been dialling in to our afternoon services for everyone who has a telephone of any description. People have expressed appreciation that they had the opportunity to worship with others for the first time in a few weeks. We did have some teething troubles with a less than perfect connection, but since then the sound has been very good.

Phone **0208 080 6592** from any phone.

A voice will ask for the meeting key. For security purposes I am not putting that here. It is the same number every time for the Sunday afternoon at 3.00 service. I've sent invitations through the post to as many people as I had addresses for. **If you don't have the key number, ring me.**

Enter the number followed by # (hash).

Ignore the message about personal ID. Enter # again.

You should then find that you can hear me, and anyone else who has dialled in.

If when you dial the phone number the reception is bad, don't bother to put in the meeting key but start again and try one of these numbers:

0330 088 5830

0131 460 1196

0203 481 5237

0203 481 5240

0208 080 6591

It may be that different ones work better on different days.

We shall say together the first part of our usual Sunday service, from the beginning to the Peace and then ending with the Lord's Prayer and blessing. Do join us. The dates are

July 5th, July 19th

The lines will be open at 3.00, and the service will start at 3.10 to give everyone a chance to dial in.

Don't hesitate to contact me for help – including before 3.10 on the day. If it's not working for you, you can put your phone down at any time. **Rev Sue**

Can't wait until our next phone-in service? Hear a 2-minute message from Archbishop Justin on a free phone number then

Press 1 for a talk about a hymn

Press 2 to listen to a hymn

Press 3 for prayers

Press 4 then 5 for the Church of England weekly service

Press 4 then 6 for the Church of England morning or evening prayer



A free phone line of hymns,
reflections and prayers

Lockdown Blessings

For many, lockdown has been an incredibly difficult time of worry, isolation, ill-health, boredom and captivity. It has been tough, and will continue to be so for many months to come.

For others it has offered opportunities and blessings. I am fortunate to be in this group. I have had the blessing of my immediate family – tempered with a home and garden large enough to facilitate solitude when needed!

I have had the blessing of being in the “virtual service” team. This has given me the privilege of visiting the vicarage garden every few weeks to record Rev Deborah celebrating Holy Communion. This began way back before Passion Sunday, included most of the Holy Week services, and many of the weekly services since. It has been a true blessing to be one of the two gathered in His name. I was rarely closer than 3 or 4 metres, but was there, present with Deborah and with God. We often recorded two or three services back to back, which was exhausting; but every service was different. We rarely stopped for a retake, in fact I can only think of three occasions – two were due to battery failure, and one because the Host blew away! The hazards of outdoor worship, or the Holy Spirit reminding us that we are never in control? – despite our efforts to convince ourselves to the contrary.

We were mainly blessed with superb weather, although I have learned just how loud the wind can sound on recorded video! The rain has been an infrequent companion to these videoing sessions, but once we had no option – I sheltered outside and filmed through the window as Rev Deborah presided over the Eucharist in her dining room.

I have been blessed with the opportunity to reacquaint myself with Audacity (audio editing software) and to acquire and learn how to use Premiere Pro (video editing software). Neither iMovie nor MovieMaker have the functionality needed to do what I wanted for the parish.

The entire parish is blessed to have the services of Tom, with whom I have been blessed to work even more closely during lockdown. I have sent him many requests for piano and organ accompaniments, which he has recorded and sent back to me to add the vocal parts. I know this has been a frustrating process for him. Imagine playing through to the end of a 7-verse hymn only to have an ambulance race past, sirens blaring, and have to begin again. Or to continue playing whilst wildly gesticulating through the window to visitors not to ring the bell!

I have been blessed with the opportunity to learn more about copyright law, in particular with regard to live streaming, podcasting, and recording music for playback later. It is this, along with liturgical season, that governs our hymn choices these days. To this end, the parish is blessed with a steadily growing library of recorded hymns – backing tracks, melody voice and harmony voice

recordings – for use as needed. You can listen again to some of them here:

<http://stmargaretsprestwich.com/2020/06/29/lockdown-hymns/> *

A long time ago during choir practice at St Margaret's, Sally Ogden said that we were simply offering back to God the gifts He had given us. This is what I have striven to do during lockdown.

More recently, Barack Obama said that “the best way to not feel hopeless is to get up and do something”. Wise words indeed, and a blessing to hear them.

Carol P

*For those of you receiving this issue by post, I'll play these pieces to you when we're all back together again.



MESSY CHURCH

Our next Messy Church is on Wednesday 16th September, 4.00-5.30pm at the Lady Wilton Hall, if the guidance gives us permission to do so. If not then we will have 'Messy Church at Home', which can be found on www.facebook.com/StmaggieP . Watch this space!

Sunday School Anniversary

GARDEN FEST

This year, instead of our usual weekend of activities for the Sunday School Anniversary, we held a picnic (in our own homes and gardens), shared photos of our gardens, and Sunday School had an afternoon Zoom call in which games were played and much fun was had by all. Wurzella Gummage even made an appearance!

Photos of our gardens were shared online by Rev Deborah (<https://www.facebook.com/StMaggieP/>). There is also a retrospective online event here <https://www.facebook.com/events/605741516740030/> - please do share any photos you may have of the weekend.





I'm sure it will come as no surprise that this year's visit to Stockport Plaza to see TOP HAT musical has been postponed until next year. It is still doubtful if any theatres will open this year. We just hope that they can still survive until at long last we will be able to attend live shows. At this time, it is still too early to be able to confirm if we can have our September meeting. Fingers crossed. I do hope that you are all keeping well and look forward to being able to spend some time in each other's company.

Joan Evans

STAYCATION

Usually in August, we have our 'Staycation'. This year our staycation is 3rd-7th August. Obviously, it will be very different this year, but we didn't want to cancel it. We have a few events planned electronically and, depending on guidelines and advice we may be able to meet up in small groups.

As we have been unable to go to either Foxhill's or Parcivall, we will be having a quiet day with the theme being together with God.

Monday 3rd August

- 8.15pm Compline

Tuesday 4th August

- 8.30am Peregrini Prayer
- 9.00am Session 1: Input and reflection time
- 10.15am Coffee
- 10.45am Session 2: Input and reflection time
- 12.00 Lunch
- 2.00pm Session 3: Input and reflection
- 3.15pm Service of wholeness and healing

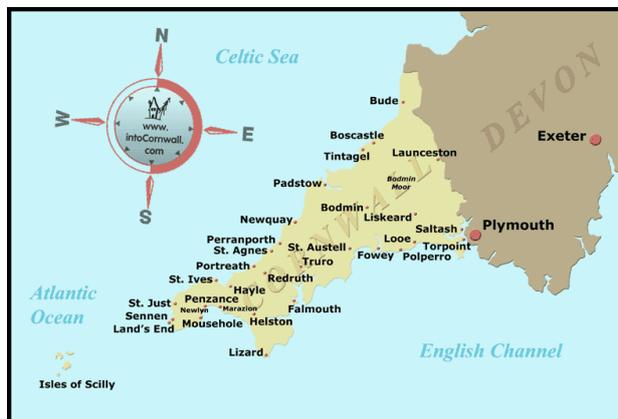
If you haven't been on a retreat and just want to try a quiet day, please do join us.

Thursday 6th August

- Quiz evening

There is also some flexibility to add other ideas for Wednesday and Friday.

Please join us for an adapted staycation.



DEBORAH'S WALK/JOG FROM LAD'S END TO JOHN O'GROATS – VIA THE GARDEN

STAGE 2

ST. AUSTELL TO EXETER

St. Austell to Bodmin (12.5 miles)

This section of my journey wasn't too bad, only 12.5 miles. I will leave you to work out how many laps around the garden it was.

Bodmin is a historic town in the South West of Bodmin Moor. As you walk around Bodmin you can see the old county courtroom and an imposing and eerie jail. The 15th century parish church of St. Petroc was the largest church in Cornwall until the building of Truro cathedral.

I visited their website and prayed for the church before sending an E-mail. Here is the response.

*Hello,
Thank you so much for your innovative idea and for praying for us.
Thank you for visiting our website. This is such an encouragement.
God bless you.
Barbara
(Bodmin Team Ministry, Saint Petroc's Parish Centre)*

There is a phrase 'going or gone Bodmin', which refers to the Cornwall County Asylum opened in Westheath Avenue, Bodmin. It means 'going mad' or 'simple'. Perhaps I have 'gone Bodmin!'

I am a bit apprehensive about the next section of my run which is across Bodmin Moor. I've been warned about the Bodmin Beast. Mysterious sightings of big cats and giant paw prints have added to the rumours that the beast (s) do exist. The beast was first spotted in 1983 and between 2005 and 2011 and

205 sightings were reported to the police. Between 2011 and 2015, officers were called on 28 separate occasions. Wish me luck as I cross Bodmin Moor to get to Launceston. 21.6 miles with the thought of a beast trailing me is not a pleasant thought. I hope that this part of the journey isn't too 'cat'astropic or beastly!

Bodmin to Launceston – over Bodmin Moor (21.6 miles)

This is a long stretch and could take a while, although the scenery is amazing. It is one of Cornwall's designated areas of outstanding natural beauty. A remote, bleak, heather covered granite moorland, which is littered with Neolithic and Bronze Age remains, Medieval clapper bridges and the best-preserved Celtic Holy Well in Cornwall.

I stopped for a drink at a pub in Bolventor that was immortalised in Daphne DuMaurier's novel 'Jamaica Inn'. From here I did a little detour to explore Cornwall's highest peaks, Brown Willy and Rough Tor. These are within the parish of St. Breward, which hosts the highest church in Cornwall. The name 'St. Breward' is a tribute to the great Celtic monk, the Raven Lord Branwallader, son of the Cornish King Kenen.

I didn't manage to walk the Camel Trail, a trail which provides access to the beautiful Cornish countryside along a disused railway line between Wenfordbridge, Bodmin, Wadebridge and Padstow. It does look beautiful though – but it would have added an additional 18 miles (one way). It was a no brainer!

This stretch across the moor is a long one, so I thought I would add a bit of excitement by travelling part of the journey by night, hoping to perhaps see the Bodmin Beast. It shouldn't be too cataclysmic. If I am alert and don't catnap, I might catch sight of the beast. Catastrophe averted. I didn't find the beast!

Launceston

Having reached Launceston, I now have 93 miles under my belt. Launceston is known as the gateway to Cornwall. Set on a large natural mound, Launceston Castle dominates the landscape. It was begun soon after the Norman conquest and has an unusual keep consisting of a 13th century round tower inside an earlier circular shell keep. The castle was a prison and George Fox, founder of the Quakers, was confined here in 1656.

The [Launceston Steam Railway, a narrow-gauge heritage railway](#), is a popular tourist attraction during the summer months. Unfortunately, there wasn't the opportunity to try it out.

Going through the town gate and up the hill is the town square, I visited the Church of St. Mary Magdalene, part of Launceston Parish Churches. It is a grade 1 listed building and the exterior of the original part of the church is built of carved granite blocks. The Church is built on the site of a mediaeval chapel consecrated in 1524, although the site is probably older. The current church was built following the tragic death of Sir Henry Trecarell's young son in 1511. Last year they had a lovely Christmas Tree festival.

I received some lovely E-mails from the parish.

Dear Alison and Peter, (Vicars)

Received this today and thought you might like to see it.

Sue (Parish administrator)

Greetings from St. Margaret's Church, Prestwich, Bury

Isn't this lovely? Please do thank her for her prayers. Can we add this to the pewsheet next week, and let her know we are doing so, maybe send her the pewsheet as well?

Many thanks, Alison

Dear Rev'd Deborah,

Thank you so very much for your kind words. Rev'd Alison Hardy and Rev'd Peter Knight have asked me to send our grateful thanks to you for your kind words. I hope your recovery will continue as you take your virtual journey from Land's End to John O'Groats. I have attached last Sunday's pew sheet for you to read and I will include your name to our prayers for next Sunday.

God Bless, Sue

Dear Revd. Deborah,

Greetings from Launceston. Thank you very much for your lovely message, and for taking the time to stop at Launceston and "visit" St Mary's Church. We wish you well in the rest of your journey and pray for you especially in these times of lockdown. I wonder if you know Bishop Mark and his wife Sally (long-standing friends)?

With our prayers
Rev Peter Knight

Small world isn't it!

There are several interesting stories that exist about the graveyard and the local area.

Apparently, a ghoul or kergrim, is said to haunt the church yard.

If a man with a stiff neck goes there in the first few days of May, he should visit the grave of the last female member of his family buried there. He then needs to pass his hand from head to foot of the grave and wipe some dew on his neck and it will cure it. In the case of a women, she should go to the grave of the last deceased male.

At nearby Yeolmbirdge, the wild hunt may be seen by someone crossing the bridge. But woe betide anyone who sees this twice, they will not live to tell the tale.

I think that it is time for me to continue the next stage of my journey!

Launceston to Oakhampton (Two castles trail) -24 miles

For this section of the journey I decided to follow the 'Two Castles' trail, a 24-mile route between Launceston Castle and Oakhampton Castle. The trail passes through, the ancient capital of Cornwall, through historical battlegrounds and peaceful and beautiful countryside. It includes a number of climbs and crosses a variety of terrain including stretches of road, woodland tracks, field paths and open crossings of moor and downs. It is part of the Dartmoor National Park.

Okehampton Castle was once the largest castle in Devon, is situated on a picturesque wood hill above the Okement River, just on the edge of the town. After the castle's last owner fell foul of Henry VIII in 1538, it declined into an allegedly haunted ruin which is now owned by English Heritage.

I think that I will have a rest in this beautiful setting and since I am now in Devon, feel a cream tea is in order.

That's better! I am ready to explore Oakhampton. Along the main street there is a restored 19th-C mill housing the [Museum of Dartmoor Life](#), a 17th century town hall, the White Hart, a handsome Georgian coaching inn and the 14th-C Parish church with stained glass windows by Victorian artist William Morris.

I went to visit 'All Saint's Parish Church, which is on the edge of the town, one of the fourteen churches of the North Moor Team Ministry. All Saints seeks to be at the heart of the community and to serve it in the best way they can. They are a growing church, with a good range of ages and backgrounds and an active social programme.

Dear Deborah,

Thank you for visiting us!

Either you have a very large garden or you must be doing one heck of a lot of laps. Good luck with it. You have my great admiration.

Thank you for your prayers. You have mine in your fight with cancer. I will pass your email to our online magazine editor if I may.

Every blessing

Stephen Cook

Okehampton

It would be good to linger in Oakhampton as there are many outdoor pursuit activities to get involved in, but due to lockdown, these are not available at the moment. As well as the 2 Castle Trail, the Granite Way and the West Devon Way also offer the opportunity to explore this area of Devon. However, Exeter calls!

Oakhampton to Exeter 23.5 miles

I decided to roughly follow the A30, passing the pretty villages of Stickle path, Whidden Down and stopping at Tedburn St. Mary, 7.5 miles west of Exeter. The scenery is stunning and the village has a wide mixture of housing, ranging from traditional thatched cottages to modern housing developments, mobile home developments at Pathfinder Village and Woodlands, and a sheltered housing scheme for the older generation who wish to remain in the village. There is a village school, two Churches and two pubs, and a large number of businesses and sports and social organisations.

There has been a church building used for Christian Worship in Tedburn St Mary for over eight hundred years. The earliest part of the existing church

building, dating from the 13th Century, is the Lady Chapel, where there appears to be an ancient tomb or monument, and a *piscina* (a niche containing a basin used for cleansing the Communion Vessels). Above the entrance of the church are the words 'Surely the Lord is in this place'.

The parish prayer reads

*God our heavenly father; make the door of our parish church
wide enough to receive all who need human love and fellowship and a Father's
care,
and narrow enough to shut out all envy, pride and lack of love;
here may the tempted find help, the sorrowing receive comfort,
the careless be awakened to repentance, and the penitent be assured of your
mercy;
and here may all your children renew their strength
and go on their way in hope and joy.
Through Jesus Christ our Lord
Amen*

Now onto Exeter. In complete contrast to the North Dartmoor is the hustle and bustle of Exeter. The modern-day city was built on the foundations laid by the Romans who established Exeter as an administrative capital for the Dumnoni (a Celtic tribe) of Devon and Cornwall around AD50. The Romans built a fortified wall around the city, which was later improved by Alfred the Great. Exeter was a major commercial area until a weir was built across the river in 1290, halting the river traffic. In 1563, the first ship canal, which bypassed the weir and the city was able to re-establish itself, especially through the cloth and wool trade.

My first stop is the magnificent Exeter cathedral, an Anglican cathedral with Gothic architecture. Edward the Confessor founded the cathedral in 1050, but there has been a Christian presence on the site for 1600 years. Worship and prayer are at the centre of the life of the cathedral which is supported by the cathedral choir. There are a wide range of services including evensong, Saturdays @ 7 and Holy Ground (a chance to explore ideas and beliefs), as well as the usual services.

I also decided to visit a local church, so went to visit St. David's Church, near Exeter College. The building was designed by [W D Caroe](#) and commissioned by Revd C J Valpy French. It was consecrated by the Bishop of Exeter on the 9th

January 1900. It is actively involved in the community with Messy Church, soup kitchen, parish lunches, the green team (an eco-group), groups and socials.

I think that it is now time for another cream tea before exploring some of the other sites of Exeter.

Exeter's Underground Passages were designed to bring clean drinking water from natural springs outside the walled city in the Medieval times. The water came through lead pipes into the heart of the city. The pipes sometimes leaked and repairs to buried pipes could only be carried out by digging them up as we do today. To avoid this disruption the passages were vaulted. You can go underground and had I been there in reality and they had been open, I would have been there.

A ten minute walk from the city centre leads to the ancient quayside. Once there, it is like an oasis of calm populated by offbeat cafes and antique shops. Having chilled out here, I need to resume my journey to Tiverton via Cullompton.

OUR DAILY BREAD

July 2020

Dear Lord, we pray for all those who are preparing to leave school, college, university to embark a new era in their lives. We pray Lord you will keep them safe as they embark on this new journey. Keep them from stress and help them to be positive about their future whatever the outcome. Amen

Wednesday 1st

When the path ahead of us is washed away, God will give us wings.
Only God can see everything. Ecclesiastes 8:17

Thursday 2nd

May we learn from each other how to give, how to receive, how, in joy, to celebrate and how, in pain, to grieve; how to fight for what is right yet not do any wrong; how to be the family to which we all belong.

Friday 3rd

Thomas the Apostle: Almighty and eternal God, who, for the firmer foundation of our faith, allowed your holy apostle Thomas to doubt the resurrection of your Son till word and sight convinced him: grant to us, who have not seen, that we also may believe and so confess Christ as our Lord and our God.

Saturday 4th

Be thou a bright flame before me, be thou a guiding star above me,
Be thou a smoothly path below me, be thou a kindly shepherd behind me,
Today, tonight, and for ever. Amen. **St. Columba.**

Psalm this week 121

Sunday 5th

It brings such peace to think that Jesus never leaves us. "When I awake, I am still with You." **Psalm 139: 18**

Monday 6th

Lord keep us safe this night, secure from all our fears; may angels guard us while we sleep, 'til morning light appears.

Tuesday 7th

"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today." Amen. **Matthew 6: 34**

Wednesday 8th

"I've never had a friend like you" she said. So they walked awhile together and talked about every wonderful thing ahead. Walk with Jesus, Talk with Jesus. He is your friend.

Thursday 9th

Grant us a vision Lord, to see what we can achieve; to reach out beyond ourselves; to share our lives with others; to stretch our capabilities; to increase our sense of purpose; to be aware of where we can help; to be sensitive to your Presence; to give heed to your constant call. Amen. **David Adam**

Friday 10th

Show me your ways, O Lord, teach me your paths; guide me in your truth and teach me, for you are God my Saviour, and my hope is in you all day long.
Psalm 25: 4-5

Saturday 11th

Lord Jesus Christ, the Lamb of God who takes away our sins, have mercy on us and help us to extend mercy and love to others. Show us how we might share Your love with others today. **Jesus was the perfect sacrifice who died to give us life.**

Psalm this week 122

Sunday 12th

Come into my soul, Lord, as the dawn breaks into the sky; let your sun rise in my heart at the coming of the day.

Monday 13th

Be still, for the presence of the Lord, the Holy One is here.
Be still, for the glory of the Lord is shining all around.
Be still, for the power of the Lord is moving in this place.

Tuesday 14th

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through Me." **John 14: 6**

Wednesday 15th



St. Swithun's Day: Almighty God, by whose grace we celebrate again the feast of your servant Swithun: grant that, as he governed with gentleness the people committed to his care, so we, rejoicing in our Christian inheritance, may always seek to build up your Church in unity and love. Amen

Thursday 16th

God will show us the way, because that's what good shepherds do. "He makes me lie down in green pastures. He leads me beside quiet waters. He restores my soul. He guides me in paths of righteousness for His name's sake." **Psalm 23: 2-3.**

Friday 17th

We pray for those for whom today is like the windswept mountain: give them comfort. We pray for those for whom today is like a stormy sea: give them calm.
We pray for those for whom today is like the darkest night: give them hope.
Amen

Saturday 18th

No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love Him – but God has revealed it to us by His Spirit **1 Corinthians 2: 9,10**

Psalm this week 123

Sunday 19th

Gregory & Macrina, Teachers of the Faith: Lord of eternity, creator of all things,

in your Son Jesus Christ, you open for us the way to resurrection that we may enjoy your bountiful goodness: may we who celebrate your servants Gregory and Macrina

press onwards in faith to your boundless love and ever wonder at the miracle of your presence among us. Amen

Monday 20th

God was faithful, His mercies ever new. And no matter how dark the night, this much would always be true. Morning would come.

Tuesday 21st

May we learn from each other how to give, how to receive, how, in joy, to celebrate and how, in pain, to grieve; how to fight for what is right yet not do any wrong; how to be the family to which we all belong.

Wednesday 22nd

Mary Magdalene: Almighty God, whose Son restored Mary Magdalene to health of mind and body and called her to be a witness to his resurrection: forgive our sins and heal us by your grace, that we may serve you in the power of his risen life. Amen

How lovely is your dwelling place, O Lord! **Psalm 84:1**

Thursday 23rd

The Lord still waits for you to come to Him, so He can show you His love. **Isaiah 30:18**

Friday 24th

Love is giving, not taking, mending or breaking, trusting, believing, never deceiving, patiently bearing and faithfully sharing each joy, every sorrow, today and tomorrow.

Saturday 25th

James the Apostle: Merciful God, whose holy apostle Saint James, leaving his father and all that he had, was obedient to the calling of your Son Jesus Christ and followed him even to death: help us, forsaking the false attractions of the world, to be ready at all times to answer your call without delay. Amen

Psalm this week 124

Sunday 26th

O Lord hear my prayer, come and listen to me. O Lord hear my prayer, answer me when I call.

Monday 27th

If miracles really do happen, they happen when people pray. Amen

Tuesday 28th

The Lord is my light and my salvation.....whom shall I fear? **Psalm 27: 1**

Wednesday 29th

Mary, Martha and Lazarus: God our Father, whose Son enjoyed the love of his friends, Mary, Martha and Lazarus, in learning, argument and hospitality: may we so rejoice in your love that the world may come to know the depths of your wisdom, the wonder of your compassion, and your power to bring life out of death. Amen

Thursday 30th

Human loyalty will reach up from the earth, and God's righteousness will look down from heaven. The Lord will make us prosperous, and our land will produce rich harvests. **Psalm 85: 11,12**

Friday 31st

When it comes to faith – more is always better

May the boldness of the Spirit transform us, May the gentleness of the Spirit lead us, May the gifts of the Spirit equip us, to serve and worship God; And the blessing of God Almighty, the Father, the Son and the Holy Spirit, be among us and remain with us always. Amen



Maggie's Music Makers

For fairly obvious reasons, we are not physically meeting at present. Instead we are meeting via Zoom for weekly singing practices every Wednesday from 5.30-6.30pm in the comfort of our own homes. Please contact Carol P if you would like to join in.

Articles for future editions of our parish magazine should be emailed as an attachment (Word doc, A4, portrait, no columns) to stmargaretsprestwich@gmail.com no later than:

August Magazine

26 July

Large print version of the magazine. We are planning to produce a larger print version of the magazine. If text this size easier for you to read, let whoever brings your magazine know.

TOP TIPS

This month's Top Tips come from our dear friend Mavis. Do you have any Top Tips you could contribute in future months?

- For shelling hard boiled eggs. Half fill a jam jar with cold water. Put the boiled egg in and replace the lid. Shake very well. The shell should peel off with ease.
- If the scissors get a little blunt. Fold tin foil and cut into strips this usually does the trick.

STRENGTH

Mental and physical

Emotional raw

Strength keeps you going

When you feel you can go on no more.

If you are wondering if you are strong

The answer is always **YES**.

Don't underestimate

The silent strength

That you don't even know you possess.

Submitted by Joan K

Face Coverings

As you will know, fabric face-coverings are now essential when using public transport, and are highly recommended inside enclosed spaces.



Under my trading name of JeaniusBags I have been making and selling these in all kinds of colours and prints. As I have no wish to profit in any way from the pandemic, every penny raised from the sales of these items is donated to Porch Boxes (<https://porchboxes.wordpress.com/>).

Please take a look at my website (<https://jeaniusbags.com/ppe/>) or facebook page (https://www.facebook.com/pg/JeaniusBags/photos/?tab=album&album_id=690675425061916) and contact me if interested.

Carol P