

Totnes Ministry Team Newsletter

February 2023



**My command is this
Love each other as I have loved you.**

John 15:12



Reflection: An easy guide to fasting. Liz Waterson, LLM

For those of us like me, who have birthday in February, Lent can really put a strain on pious avoiding of chocolates and wine! And for 40 days too! But why 40 days? Well, the number 40 has great significance in the Bible. It appears 146 times and often has to do with trial, testing and probation. Here's a couple of examples from the Old Testament - in Genesis that's how long the great flood lasted; Moses was a shepherd for 40 years before he saw the burning bush and fasted for 40 days before receiving the 10 commandments, and Israel was 40 years in the wilderness. Each of these testing/probation events signalled a new depth in the relationship between God and the people.

At His baptism, God had affirmed Jesus in love, kinship and warm appreciation and then in that strength Jesus has to deal with some demonic suggestions which would seek to throw Him off course, but instead His responses strengthen and enhance God's affirmation of Him. One day Jesus would turn water into wine and multiply bread fish. But He would do this as a **value adder** not a **value grabber**. In the wilderness He spurns selfish consumerism.

In Isaiah 44 we read the prophecy that for the first time links the Suffering Servant with the Messiah. The devil quotes Isaiah 42 suggesting that the Messiah can act as recklessly as he wishes. But the Messiah of Isaiah 44 does not self-publicise and Jesus is the Suffering Servant who walks the way of the cross. Psalm 2 v 8 contains God's promise to His Son that indeed the nations of the world would be His – *He doesn't have to go and grab something that is already belongs to Him*. A deep relationship with God the Father brings anointing but suffering is inevitably mixed with it. No one can come close to the Father/Mother heart of God without being touched by great joy but great pain too. It is said that no one can look on the face God can live – it has been suggested that it's because of the shock of seeing immense suffering revealed in that face.

Finally, it's also noteworthy that Jesus doesn't rush into His new phase of life as He leaves the desert. He doesn't in any way compete with John's ministry. He validates it by being baptised by John and after His 40 days in the wilderness, He stays by the Jordan, and only begins to publicly speak and choose His disciples after John is put into prison. Graciousness is the watchword of Jesus' ministry.

What are we going to do during this time of waiting during the 40 days of Lent? Often, as I noted at the start of this piece, it is associated with fasting so I will leave you with some thoughts on fasting from Pope Francis.

Do you want to fast this Lent?
Follow the footsteps of Pope Francis

Fast from hurting words, and say kind words
Fast from sadness and be filled with gratitude
Fast from anger and be filled with patience
Fast from pessimism and be filled with hope
Fast from worries and have trust in God
Fast from complaints and contemplate simplicity
Fast from pressures and be prayerful
Fast from bitterness and fill your hearts with joy
Fast from selfishness and be compassionate to others
Fast from grudges and be reconciled
Fast from words and be silent so you can listen

SACRED SPACE



Sunday 19th February, 2023 at 6.30 p.m.
at St. John`s, Bridgetown

“Wondering & Wandering”... an
opportunity to walk the labyrinth

Lent invites us to make our hearts and
minds ready to remember Jesus`s life,
death and resurrection. As we prepare
to begin our Lenten journey, there will
be an opportunity to walk the labyrinth.

All welcome.

Services in our churches this month

	February 5th Septuagesima	February 12th Sexagesima	February 19th Quinquagesima	February 26th 1st of Lent
St Mary's Totnes	7.00: Silence 8.00: Holy Communion 11.15: Said Eucharist 6.30pm: Choral Evensong	7.00: Silence 8.00: Holy Communion 11.15: Sung Eucharist 5pm: Vespers	7.00: Silence 8.00: Holy Communion 11.15: Sung Eucharist 5pm: Vespers	7.00: Silence 8.00: Holy Communion 11.15: Sung Eucharist 5pm: Vespers
St. John's Bridgetown	10.00: Holy Communion	10.00: Holy Communion	10.00: Morning Praise 18.30: Sacred Space	10.00: Holy Communion
Ashprington	11.15: Holy Communion (Joint)	11.15: Village Worship	11.15: Holy Communion	
Berry Pomeroy	11.15: Morning Praise	11.15: Holy Communion	11.15: Holy Communion	11.15: Holy Communion
Brooking			9.15: Holy Communion	
Cornworthy		9.15: Village Worship	9.15: Holy Communion	9.15: Village Worship (joint service)
Dartington		10.30: Celtic Holy Communion		10.30: Morning Praise
Marldon	10.00: Holy Communion	10.00: Village Worship	10.00: Holy Communion	10.00: Holy Communion
Stoke Gabriel	8.15: Eucharist 11.00: Holy Communion	8.15: Eucharist 11.00: Holy Communion	8.15: Eucharist 11.00: Mattins	8.15: Eucharist 11.00: Eucharist 6.30pm: Evensong
Telephone		Midday	Midday	Midday
Zoom				10.00 from St John's

For Wild Church/ Monastics contact Sam Wernham on livingspirit3@gmail.com

Unity in Diversity – 6-7pm St Mary’s, Totnes



Thursday Feb 2nd - Singing at Imbolc.

Ian and the Bowden House singers will lead us in an evening of singing, music for the soul that joins with nature and the stirring of new life at this time.

Thursday Feb 9th - An exploration of Benedictine Spirituality, Abbott David
Abbot David will explore how the rule of St Benedict has inspired the formation of monastic communities and ordered their everyday routine. A monastic community is a model of Christian living based on the Gospel of Christ.

Thursday Feb 23rd - Demystifying Mysticism, Steve Banks

Ken Wilber’s first two books, ‘No Boundary’ and ‘The Spectrum Of Consciousness’, present both a revolutionary new synthesis of psychology and spirituality. Also a synthesis of the esoteric branches of the major spiritual traditions.



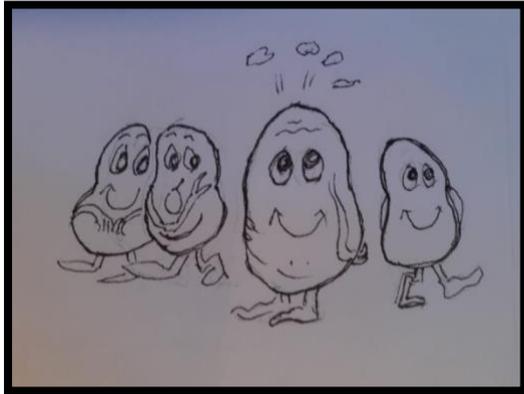
Thursday 16th Feb, 7.30-10pm

Storytelling and music with Daniel Morden (story) and Oliver Wilson-Dickson (violin). *The Beast in Me* explores stories about perceptions of beauty and the value of kindness.

Suitable for ages 10+

For tickets, see

www.stmarysandstjohnstotnes.org



Welcome to the Hot Potato Café!

A new initiative starts at St John's this month, so why not come to the new Hot Potato Café on Fridays - Feb 3rd, Feb 24th and 24th March between 12-2pm. Donations if you can.

Supported through a grant from:



Could you help with our food offers? Free Food Hygiene Training course available, Feb 10th, 10am-2pm at St John's, Bridgetown

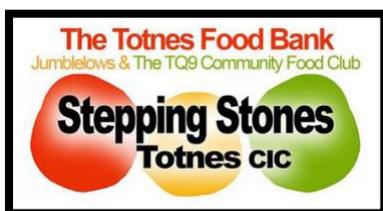
As part of our grant we are able to offer a Free Food Hygiene Training course for anyone who might be able to volunteer or who is already handling fresh food items regularly.

Please find out more and sign up to the course

<https://ttm.churchsuite.com/events/hoamly18>

Or contact ttmcomms@gmail.com / 0777351030 by **Monday Feb 6th**

Regular events:



Thursdays 10-12 at St Mary's Church Hall. Food Bank, vegan soup from 11.30am



Community Café at St John's, Bridgetown
10-12 am every Wednesday.

With **Mindful Making** craft and wellbeing classes free on the mezzanine floor.

SouthWest Coast Path Challenge- 50-50-50

This year I am 50; coincidentally so is the Southwest coastal path. What better way to celebrate than walking all 630 miles of this wonderful path in under 50 days. I am walking the path in memory of my fabulous dad David Robinson who died last year. He was my inspiration and spiritual guide. I am hoping to raise £1500 for the wonderful Rowcroft Hospice where he spent his last months. I would love to be able to share some of the walk with other women- family, friends- both old and new and spend time reconnecting, exploring and talking about life, love, loss and the wonders of the outdoors on the spirit! If you would like to help me raise money then please visit my justgiving page. If you would like to join me for any section- do get in contact! There is an itinerary on my page. Thank you Becca Robinson.

<https://www.justgiving.com/page/becca-robinson-1671375091427>



**MOVE IT
OR LOSE IT!**®
WITH BECCA

THE class for the young at heart!

**Come and have fun, stay fit,
keep mobile!**

**Classes running every Thursday at
1- 2pm in St, John's church and 3-
4pm in Ashprington Village Hall**

First class free!

**Contact Becca for more
information.**

rebecca.robinson@moveitorloseit.co.uk

07445 105050

Opportunity to learn about the AV systems in our churches

We are really lucky to have great Audio Visual facilities in our churches. What we really need is a group of people who know how to operate it at a simple level – cameras and sound! It's really fun and creative, so if you are interested please contact Rev Chris Harris on chris@totnesrectory.co.uk for details of easy introductory sessions coming up.

Ash Wednesday and the start of Lent – 22nd February



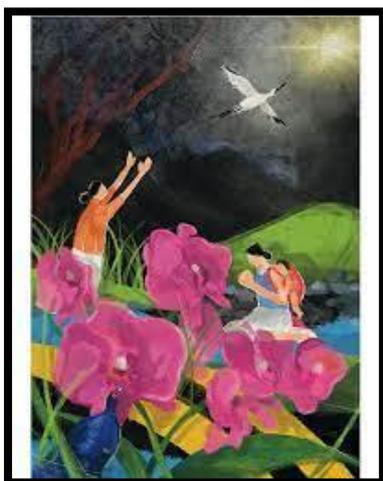
Imposition of Ashes

St John's, Marldon – 10am
St John's, Bridgetown – 12.30pm
St Mary's, Totnes – 7pm

Other services may be being arranged.
Please check with the local Church Wardens
or through ttmcomms@gmail.com

Lent Courses

This year our Lent Courses will be run on the theme of baptism. There will be various opportunities to join a course. These will include daytime / evening and in person / on-line. Details will be circulated by Fr Jim in the coming weeks. Please see the weekly email bulletin for details, or contact him at 0777356652 or fr.jim@totnesrectory.co.uk



World Day of Prayer

Save the Date

March 3rd, 10.30am at St John's, Bridgetown

Small steps to save our precious world – Julian Hall

Here's an idea that will cost you nothing, can be done effortlessly and will help combat climate change. All you need do is use a different method of searching the web! Up until recently, I always used Google. But guess what? Google's huge profits aren't benefitting the planet one bit. On the contrary, they are funding massive fossil fuel extraction – as are Microsoft and Amazon. To turn this situation around, do one final search - for **Ecosia**.

Ecosia is a search engine based in Berlin, Germany. Ecosia considers itself a social business, is CO2-negative, supports full financial transparency and protects the privacy of its users. Ecosia is B Lab-certified, meeting its standards of accountability, sustainability and performance. With every web search you do, Ecosia plants a tree, removing 1 KG of carbon dioxide from the atmosphere. As of October 2022, the company claims to have planted more than 160 million trees and counting since its inception. Furthermore, Ecosia does not store your data, sell your data to advertisers or use external tracking tools and your searches are encrypted to ensure privacy. I have now been using Ecosia since October and can thoroughly recommend it.

Have you ever thought about your own Ministry?

There are so many ways to serve. Our churches and communities rely on the many people who offer their time, talents and resources to keep our churches going.

Ministry comes in many forms. From 'getting up there' and leading from the front, to making coffee, donating a raffle prize, ringing a friend or congregation member that is poorly or may be feeling alone.

In the Team, we have a Lay Leaders group that explores different aspects of Ministry – including stuff you might not have thought of. Currently we need people to lead a short telephone service once a month for those who worship from home (and prefer not to use a computer!). But there are lots of different ways to use your gifts – whatever they are.

Curious? Please let Rev Chris Harris know – or any of the ministry team.

chris@totnesrectory.co.uk



Climate Justice event hailed a great success

150 people from the churches and communities of Totnes, came together with a panel of experts for a Christian Aid Talking Climate Justice Day, hosted by St John's Church, on behalf of Churches Together, during the Week of Prayer for Christian

Unity. This was a unique opportunity not only for the churches to show a lead on this issue, but also to open dialogue with all those other groups and individuals who are passionate about the impact of climate change and climate injustice and to discuss what we can do as individuals, in our churches, in our local community and nationally.....

The result was wonderful: heartfelt, passionate debate about how to join the fight for a just and equitable resolution to the climate crisis. Our panel were hard hitting, provoking and passionate as they explored how to combat the injustice of the global climate crisis. 120 people stayed to enjoy a healthy lunch of homemade soup and jacket potatoes, provided and served by St John's team and supporters from our other local churches, with time to chat and visit a range of stalls and displays (including Christian Aid, Totnes Climate Hub, Beyond Borders, Fair Trade, and Eastgate bookshop.) In the afternoon discussion groups shared ideas on why this topic was important, what gives us hope and ideas for action. We finished by writing our 'commitments to action' on a chain of people which can be displayed and added to.

It was amazing to be part of an event where diverse and often divided groups and interests were united in common values about our planet and humanity. And the urgent need to act now, together. This is hopefully just the start of many new conversations and connections.

Thankyou everyone who attended and those who worked to make the day so positive, which continued into the evening.....

If you would like to find out more about the Climate Justice Event and follow up, please contact Juliet Hancock juliet.hancock@btinternet.com

If you would like to find out more about Christian Aid and how to get involved locally, please contact Becca Robinson robinsonrebecca153@gmail.com



‘It’s just a (final) thought’ – in memory of Rev Cliff Berdinner

When I first started editing the magazine, I was delighted to receive wonderful monthly gifts from Rev Cliff Berdinner. With alarming regularity, a gem of writing would pop into my inbox, and phew, the last page was done. Cliff died in January, and his life was celebrated at St John’s, Bridgetown with family and friends.

In his eulogy, Churchwarden and friend John Holl also reflected on Cliff’s ‘thoughts’. John said ‘From his Personal Philosophy to his True Faith, I can think of no better way to close than by quoting Cliff’s definition of his own Belief, in his words: “I believe in the One Eternal Spirit that upholds all things and is known to us through ancient scripture, through Jesus the Holy Man of Nazareth, and through my own awareness.

I believe I am called to honour the Spirit and to live my life in that understanding.”

John added – ‘Now that truthfully is how he did live his life, and in so doing enriched ours, greatly - and that is much *much* more than ‘just a thought’”

Cliff’s son also shared a poem written by Cliff in his later years. It seems fitting that our small tribute to this wonderful man should end with his own words.

‘Life comes to us in many ways, and in the days when we were young the sun made life such fun.

Now our days are full of fearful thunder, gone are those days of cheerful wonder.

And as we look at days to come we wonder where has gone the fun.

Only love can heal the wounds we bare, come as it does from those who care and come to us.

Love comes in many ways and lights our days and bids the shadows gone.

And we are one in love that whispers softly – we are not alone.’

Our thoughts are with Paula and the family as we thank Cliff for your many years of thoughtful teaching; for the Light, Love and Peace you have shared with us. May True Peace now be yours.

March Newsletter Deadline: February 20th
ttmcomms@gmail.com or Diana on 07773551030

If you would like to join our mailing list and receive regular news about our Ministry Team, please let us know by emailing ttmcomms@gmail.com
[Follow us on Facebook at](#)
<https://www.facebook.com/groups/509069870119796/about>

How to contact the Ministry Team and Clergy

Totnes Team Rector

Revd Fr. Jim Barlow

t: 07775 356652

e: fr.jim@totnesrectory.co.uk

Team Vicar & Canon Chancellor

Canon Deborah Parsons

t: 01803 840113

e: deborah@totnesrectory.co.uk

Website (with links to all churches)

<https://www.stmarysandstjohnstotnes.org/home>



NO JOB TOO BIG OR SMALL.
Single to full colour printing.
Gicleé prints up to A1
Digital printing available.
Colour and mono photocopying.
Plan printing to AO.

FAST DELIVERY AT VERY COMPETITIVE RATES.

PHONE OR EMAIL US FOR A FREE QUOTE ON
01803 863174
Email veaseys99@hotmail.com
SOUTH STREET TOTNES TQ9 5DZ



- Experienced, friendly and local RIBA chartered architectural practice based in Mid Devon, working across the South West.
- Specialising in the adaptation of listed buildings, residential extensions, renovations and low energy design new builds.
- Call Luke McAdam for a chat about your project and how we might be able to help.

PROUDLY PROVIDED ARCHITECTURAL SERVICES TO THE CHURCH OF THE BLESSED VIRGIN MARY, RATTERY
01392 459777 - MAIL@HMAD.CO.UK - WWW.HMAD.CO.UK

“God of music and song, God of all the music of life, raise a song in my heart that will flow out into the life which I live. As I journey towards Easter through Lent, may my song reflect this wonderful, terrible, glorious act”

David Cole