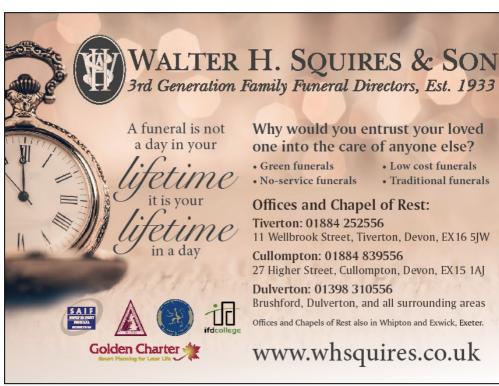
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## It's always time for God-given mindfulness

How well are you looking after yourself? Is God calling you to greater self-awareness?

The bible is often reminding us that it's tough out there and we've got to remember who we are, whose we are and to keep our wits about us - for example...

2 Corinth 10: 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

So many of our problems are rooted in thinking patterns that are actually producing the problems we're experiencing in life. Satan tempts us all to 'wrong thinking', but we don't have to accept his offer - we've got to get right back to abiding in Christ!

As we mature in faith (and often with hindsight!), we appreciate more and more the importance of looking after ourselves, not just for our own sake but also for the sake of our partners. It's important to take time to reflect on how God wants us to look after ourselves, particularly when we feel under pressure.

From resting in the peace of God and abiding in Him, flows a balanced approach to whatever the world can throw at us. From this vantage point we can more easily rally our thoughts and think about what we are thinking about. A simple and effective meditation is a prayerful connection with our saviour Jesus Christ - a quiet time with God nourishes our thoughts and therefore our words. Through prayer we both sooth and invigorate our spirit, allowing time for God to more clearly communicate with us, helping us to consider how we are best to communicate with the people around us 'in life and peace'.

Rom 8: 5 Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. 6 The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

As we line up our thoughts with God's thoughts, little by little we're changing. The more we change our minds for the better, the more our life changes for the better. When we begin to see God's good plan for us in our thinking, we grow in confidence to walk in it, and our life is restored and the peace of the Lord will reign.

**Rev Christian** 

# Thank you..

'Bill and Gill wish to thank everyone for their continuous & generous support, during their past years as Church Wardens.

It has been a privilege to serve St. Peter's and we hope the future of the church will progress from strength to strength.







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# **Bampton Hidden Garden Event**

Bampton Hidden Garden event, taking place on Saturday and Sunday 29<sup>th</sup> and 30<sup>th</sup> June 2024. About 20 gardens will be open to visitors from 11.00am to 5.00pm each day. Tickets are available at £6 per adult with children free and can be purchased in advance from Bampton Fresh or during the event from the Library and Resource Centre (LARC), Station Road, Bampton. Cafes, Pubs and shops will be open for refreshment and proceeds will go to planting and maintaining the lovely floral tubs, troughs and garden areas around the town. For more information, please contact Judi Chambers 01398 332403.



#### **Chevithorne News**

Sat June 1st, St. Thomas church fete to be held in the grounds of Hayne House by kind permission of Sir Ian and Lady Amory from 2-5 pm. Any help or donations would be much appreciated. All welcome. Parking available.

To Lewis and Sophie Gale we welcome a baby son William Hugh a brother for Edward.

We wish Harry Toogood and Emily Light every happiness on their forthcoming marriage at St Andrews Broadhembury.

The Duck Race, held at the Lost Kitchen, raised a total of £1,055 for various charities.

Well done to Joyce and helpers Thank you.

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## **Prayer Diary for June 2024**

Above all pray, this month, for peace – in Palestine/Israel, in Ukraine, in Sudan – in all the world, and in our hearts.

- 1. Pray for all who have birthdays this month
- 2. **1st Sunday after Trinity** pray for all those who have to work on Sundays.
- 3. **Martyrs of Uganda** give thanks for all who die for their faith in Christ.
- 4. Pray for all students sitting exams at this time that their results match their hopes.
- 5. **Bishop Boniface of Crediton** pray for Jackie, Bp of Crediton/acting Bishop of Exeter.
- 6. Give thanks for all who work with the soil, farmers, gardeners and those in research.
- 7. Pray for all who work and volunteer at CHAT, and for those who benefit from this.
- 8. World Oceans Day give thanks for those who strive to protect the environment.
- 9. **2nd Sunday of Trinity** give thanks for being accepted as part of God's family.
- 10. Pray for the wok of Mothers' Union worldwide and Exeter Diocesan MU AGM today.
- 11. **St Barnabas Apostle** Help us, like him, to live simply and generously.
- 12. Pray for the homeless living in tents or 'sofa surfing'.
- 13. Give thanks for good friends and kind neighbours, hoping we are too!
- 14. World Blood Donor Day give thanks for all who donate this life saving gift.
- 15. Remember families torn apart as a result of knife crime.
- 16. **3rd Sunday after Trinity** pray that our faith's tiny mustard may grow and flourish.
- 17. Pray for those whose lives are devastated by drug and alcohol abuse.
- 18. Pray for all those affected by climate change and natural disasters.
- 19. Fathers' Day pray for all fathers, especially those who find parenting difficult.
- 20. Ask God to hold in His hand all those facing death at this time.
- 21. Summer Solstice give thanks for long summer days and light evenings.
- 22. **St Alban 1st British Martyr** Give thanks for those who act selflessly.
- 23. 4th Sunday of Trinity. May we open our hearts in love to God.
- 24. **Birth of John the Baptist** praise God for evangelizers who preach the Word.
- 25. Armed Forces Day give thanks for the brave women and men who keep the peace.
- 26. Pray for God's protection on youngsters out late at night, and for Street Pastors.
- 27. Give thanks for the wonderful work of the NHS under so much pressure at present.
- 28. Try to see Christ in all you meet today, however unlovely or unlovable.
- 29. SS Peter & Paul give thanks for the 'Rock' Peter and for Paul's insight.
- 30. **5th Sunday of Trinity/St Peter** help us to be brave enough to take risks for Christ.

## **Wonders of the Living World**

What are the best metaphors we could use to describe biological things? You might be used to hearing phrases like 'your genetic blueprint' or 'survival of the fittest', but are they helpful or even accurate? Some of these words fail to capture the wonder and joy of understanding something new about the nature of living organisms.

I learned that one researcher was using the phrase 'The Snuggle for Existence' as a way to convey the idea, familiar to biologists, that cooperation is at the heart of the living world. For example, every cell more complex than a bacterium contains minute energy factories, each one containing their own piece of DNA – which makes them a sort of miniature cell, hidden away inside the larger host cell. These 'mitochondria', as biologists call them, turn raw materials from the host into chemical energy. In this way, everyone benefits: mitochondria now have a safe a place to live, and the host receives the energy it needs. There are many more examples of organisms working together to produce something that is more than the sum of its parts, where often the individual parts could not survive on their own

'The Map of Life' is a way of describing the regularities we see in

biological processes. Eyes, legs and wings have emerged in the living world again and again, and why not? If the properties of light and gravity remain constant, we should expect living things to find the same solutions to seeing or getting around. When we look at these organisms' family trees, we see they share a common ancestor that had no eyes, or no wings. These structures have developed completely independently, or you could say that the paths of the living world have converged on the same solution. That's not to say they had a conscious goal, but that the world has certain properties, and those properties have channelled biological processes in certain directions

None of these stories give us definite evidence for God. Science simply provides data, which can often be interpreted in several different ways. Perhaps the world just happens to be full of mathematical regularities, maybe there's an overarching physical law we don't yet understand, or perhaps there are multiple universes and ours happens to be the one in which life has arisen. But I believe that the observations scientists make about the living world are compatible with the existence of the God described by Christian faith.

Dr Ruth M Bancewicz Parish Pump

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#### **Tiverton Mothers' Union**

June 26th is our SUMMER OUTING and we have chosen to go to Tiverton Canal Tea Rooms for a delicious cream Tea where we meet at 2-30 pm. As in past years we do invite friends and members of our congregation to join us for an enjoyable afternoon. To confirm our block booking we need numbers in advance please give your names to Nickie Johnson (07957 198388) or any MU member.

Our speaker for April Janet Jones who was accompanied by Bridget Vinton, who had MU cards for us to purchase and her last visit to us before she moves out of the area, both were welcomed by Nickie Johnson who opened our meeting with prayers. The reading was The Transfiguration Matthew 17th gathered our thoughts before Janet's talk "Transformation in Action" who went on to say transformation or change are words with similar meanings. Transformation would seem more important than change, society is changing and MU like all organisations needs to transform with the time. We need to look and see how we can help in our parishes.

Over the years we have changed from taking our children to school and then

they leave for University or work. Some of us are widowed or move locations. As we get older and require more help from others, which is difficult to accept.

MU members are resilient and adaptable and remember "With God Nothing is Impossible" as we continue with our prayer life.

As always our meeting finished with many thanks to our speaker for coming from Buckfastleigh to give us such a thought provoking talk as we enjoyed tea& cake together.

For the Gardeners amongst you Y.M.C.A. is to host BBC Gardeners Question Time in collaboration with St David's Church Tuesday 18th June 5-8 pm tickets £4-50. Advanced tickets only ymcexeter.org.uk/GQT.

Betty Thrall



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# June 2024 Diary

Sun 2 June	8:00am 9:30am 10:00am 10:15am	Holy Communion (BCP) Morning Prayer Online Morning Prayer Chevithorne Holy Communion
Mon 3 June	7:30pm	Deanery Synod
Sun 9 June	9:30am 10:15am	Morning Prayer Online Holy Communion
Sun 16 June	9:30am 10:00am 10:15am	Morning Prayer Online Holy Communion Chevithorne Holy Communion
Sat 22 June Sun 23 June	7:00pm 9:30am 10:15am	Gospel South West: Choir Concert Morning Prayer Online Holy Communion
Wed 26 June Sat 29 June	2:00pm 1:00pm	Mothers' Union Meeting Tudors Dynasty: The Podcast
Sun 30 June	9:30am 10:15am 1:00pm	Morning Prayer Online Holy Communion Tudors Dynasty: The Podcast
Sun 7 July	8:00am 9:30am 10:00am	Holy Communion (BCP) Morning Prayer Online Holy Communion Chevithorne
Sat 13 July	1:00pm	Wedding
Sun 14 July	9:30am 10:15am	Morning Prayer Online Holy Communion

# Tiverton Pannier Market – 2024 events schedule

#### June

Saturday 1 June (9am to 2pm) – Tiverton Farmers Market Thursday 6 June (midday to 2pm) – Midweek Car Boot Sale Saturday 15 June (times TBC) – Tiverton Family Dog Show and Father's Day event Sunday 30 June (9am to 2pm) – Tiverton Salvage Fair

## July

Thursday 4 July (midday to 2pm) – Midweek Car Boot Sale Saturday 6 July (9am to 2pm) – Tiverton Farmers Market (Summer Festival) Saturday 13 July (5pm to 9pm) – Electric Nights

#### **August**

Thursday 1 August (midday to 2pm) – Midweek Car Boot Sale Saturday 3 August (9am to 2pm) – Tiverton Farmers Market Saturday 17 August (times TBC) – Pirate event Sunday 25 August (10.30am to 4pm) – The Great Western Teddy Bear Fair

## September

Sunday 1 September (times TBC) – Devon General bus event in town centre Thursday 5 September (midday to 2pm) – Midweek Car Boot Sale Saturday 7 September (9am to 2pm) – Tiverton Farmers Market Friday 27 September (10am to 1pm) – World's Biggest Coffee Morning Sunday 29 September (10am to 4pm) – Market Fest (alongside eat:Festival in town centre)

## October

Saturday 5 October (9am to 2pm) – Tiverton Farmers Market (Oktober Feast) Saturday 12 October (times TBC) – Apple Day Saturday 26 October (10am to 2pm) – Halloween Pumpkin Hunt, A Chance to Shine and family event Sunday 27 October (9am to 2pm) – Tiverton Salvage Fair



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#### Jam and Jerusalem

Well June makes you think of lots of Sunshine days, Wimbledon, strawberries and Ice Cream!!

So Caro has come up with another delicious recipe for us all to enjoy.

Easy-peasy Ginger Ice Cream.

1 pt of double cream, whipped but not too stiff

1 tin of condensed milk

1 tsp good vanilla essence

1 jar of preserved ginger in syrup

Reserve 2 or 3 lumps of ginger & finely chop, purée the rest of the ginger with all the syrup.

Mix everything together - cream, condensed milk, vanilla essence, ginger purée and chopped ginger - & pour into a plastic tub to freeze.

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So I await your lovely recipes to add to our wonderful collection. Sally

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# The D-Day Normandy Landings

Eighty years ago, on 6<sup>th</sup> June 1944, the D-Day Normandy Landings took place. More than 150,000 Allied troops landed on the beaches of Normandy. The Battle of Normandy ended on 25<sup>th</sup> August with an Allied victory.

The question of what the *D* stood for has never been absolutely determined: some say it just stood for Day; others maintain it was Disembarkation, because it was an amphibious operation. What is sure is that there was a spiritual dimension. General Eisenhower, the commander of Operation Overlord, urged those taking part to "beseech the blessing of Almighty God upon this great and noble undertaking", and President Roosevelt broadcast a prayer to the nation – the United States, that is.

Before June 5 – the original date for D-Day, before bad weather forced a rethink – a massive and successful series of deceptions were put in place to make the Nazis think the invasion would come elsewhere. The Germans were certainly confused. Hitler, thinking the attack was a feint,

refused to send reinforcements, and their strategy was hampered by the absence of their brilliant Commander Erwin Rommel, who was on leave.

Nevertheless, the Americans suffered over 2.000 casualties at Omaha Beach, which was the most heavily defended. Altogether it was reckoned that over 4000 Allied troops were killed, but about 156,000 successfully stormed the beaches, and many landed behind the lines, including American paratrooper Private John Steele, who descended on to the pinnacle of the church tower in Sainte -Mère-Église, the first village to be liberated by the U S Army. Lit up by searchlights, he survived by pretending to be dead, was captured and then escaped, joining the invading soldiers.

This year handmade silhouettes of almost 1,500 servicemen were transported to Normandy for an art installation, *Standing with Giants*, to mark the anniversary.

Parish Pump

## **Random Thoughts**

"What is truth?" demanded Pilate.

Being the Governor of an outpost of the Roman Empire and tasked with keeping the peace with a resentful and rebellious people, he had to tread a delicate political line. He was a just man, frustrated by years of having to listen to and act upon so much dubious evidence at many trials; and we all know the resulting faulty verdict when evidence is left out of a hearing. When accidental it is bad enough, but when deliberate we are justly appalled.

And so Pontius Pilate, feeling it politic to condemn an innocent man for the sake of preventing what seemed to him a catastrophic uprising (and possibly the end of his career) washed his hands of it. I have often wondered how he reacted to the aftermath, but we shall never know for he disappears from Biblical history. I have reflected too, how many millions of innocents before or since have been sacrificed to political expediency.

Yet of this fascinating man, his question remains, sharp and clear:"What is truth?"

Most thinking people long for it, science searches for it, history doesn't seem to bother much about it, and in these days of technical wonders we are besieged by misrepresentations, propaganda, fake news and lies. It seems, indeed, that we are little children stumbling in the dark.

"And ye shall know the truth, and the truth shall set you free."

But faced with it, we recognize it with piercing clarity and grasp it with the relief of a man adrift in a fractious sea, for it came from the lips of our Lord when he said, "I am the Way, the Truth and the Life."

Anon



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#### LIGHTHOUSE NEWSLETTER No 31 - June 2024

Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life'. John 8:12 (NIV)

#### One day .....

As I'm sitting writing this, the rain is lashing against the window. It seems to have been raining forever, although we did have some lovely weather for a few days last week. This means that we are not getting the use of the Harbour, our outdoor seating area, that we hoped for. A few brave souls have been out there, especially when the sun is shining, when it becomes a real sun trap.

Let's hope that the weather will improve once summer finally arrives, and we can use the Harbour every day. There is nothing better than sitting out there on a sunny day with a cup of coffee, a slice of Penny's or Kelsie's cake and some friends to chat with. All we must do is wait for the rain to finally end one day!

#### **Visitors to Tiverton**

One of the things that we have noticed since moving nearer to the town centre is the increase in the number of visitors to Tiverton who now find us. Over the years it felt as if we were slowly being left out on a limb at New Creation, but now Lighthouse is in the middle of where it is all happening. Visitors to the town are overjoyed at finding us and often tell us how once they too had a Christian shop in their area, but now it had closed.

As well as enjoying a drink and home-

made cake, many will take the opportunity to stock up on various items to take home with them. And then they find the Downstairs Room and the second-hand book department — what joy! When leaving they often comment on the friendly atmosphere and how they had enjoyed their visit.

The other week, a lady who had been brought up in Tiverton was making one of her regular trips to her hometown to see family and friends. She mentioned how disappointed she had been on her last visit to find that New Creation had closed, and now on this trip, how pleased she was to find that we had only moved 200 yards down the road and changed our name.

#### May's non-newsletter

I'm sorry about the missing newsletter

last month but something unexpected turned up on the day I had set aside to write it. Fortunately, the problem was resolved, but left me no time for the newsletter.

Thank you for your continued prayers and support for the work of Lighthouse.



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Book tickets online at:
www.tivertontheatre.com

Or at the box office: TIVERTON TOURIST INFORMATION CENTRE [at Tiverton Museum of Mid Devon Life, Beck's Square, Tiverton]

FIND US AT TIVERTON HIGH SCHOOL/PETROC

TCAT, Bolham Road, EX16 6SQ. 07443 502523



For all events at verton Community Arts

#### ST THOMAS', CHEVITHORNE

#### **SERVICES**

For services please refer to the Diary

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#### **CHURCH OFFICIALS**

PRIEST The Revd Christian Hill

The Vicarage, St Andrew Street

Tiverton, EX16 6PH

revchristian@stpeterstiverton.org.uk

#### **CHURCH WARDENS**

Lady Louise Heathcoat Amory

Hayne House, Bolham, Tiverton, EX16 7RE 254492

Mrs Margaret Stacey

Knightshayes Home Farm, Bolham,

Tiverton, EX16 7RF 252569

#### **PCC SECRETARY**

Lady Louise Heathcoat Amory

Hayne House, Bolham, Tiverton, EX16 7RE 254492

## **CHURCH TREASURER**

Esther Burd Email estherburdy@gmail.com

Hone Farm, Chevithorne. EX16 7QW 07739227529

#### CHEVITHORNE MAGAZINE CORRESPONDENT

**VACANT** 

#### **COVE MAGAZINE CORRESPONDENT**

**VACANT** 

#### ORGANISATIONS ATTACHED TO SAINT PETER'S CHURCH

#### YOUNG CHURCH

We welcome all children and young people of whatever age, and like to have them in the congregation with us. Our policy is to enjoy our children – to see and hear them. Supervised activities tailored to the needs of individual children are provided during the 10.15 service.

#### **ALTAR TEAMS**

Sacristans care for the altar, and with Servers assist at Holy Communion on Sundays. (Contact Susan Beale 252619)

#### **CHOIR**

New members always welcome. (Contact: Gill Heard music@stpeterstiverton.org.uk)

#### BELL RINGERS

Bells are rung on Sundays and for Weddings. Practice on Tuesday 7.30. (Contact Sheila Scofield, email-ringers@stpeterstiverton.org.uk)

#### **MOTHERS' UNION**

MU is a worldwide Christian organisation, concerned with the family, for women and men, married or single. At present we meet on 4th Wednesday in the month from 2.00 to 4.00 in the Baptist Church Lounge, and we welcome visitors and potential members! Contact Nickie Johnson 07957 198388.

#### PRAYER CHAIN

For those in need of some supportive prayer. Offered in total confidence. (Contact Jean Jenner 256597)

#### FLOWER ARRANGING TEAM.

A team who decorate the church at festivals and throughout the year. New members always welcome. Beginners offered tuition. (Contact Sally Mundy 254378)

#### SUNDAY INTERCESSIONS

If you are unwell and would like to be included by name in the prayers at Parish Communion, or if you would like the name of a friend to be included (having first got their permission) please contact Jean Jenner 256597.

#### ST. PETER'S, TIVERTON

SUNDAY 8.00 Holy Communion (BCP) (1st Sunday only)

9.30 Morning Prayer online - joint with The Exe Valley Mission Community

10.15 Holy Communion (CW)

THURSDAY 10.00 Holy Communion at St Paul's

(Other Services as on Notice Board in Porch)

PRIEST: The Revd Christian Hill, The Vicarage,

St Andrew Street, Tiverton, EX16 6PH <a href="mailto:revchristian@stpeterstiverton.org.uk">revchristian@stpeterstiverton.org.uk</a>

CHURCH OFFICE and Tim Bayton, St. Peter's Church Office EX16 6NU

WEBSITE CONTACT: <u>office@stpeterstiverton.org.uk</u> 242991

READER: David Catchpole, 15 Uplowman Rd, EX16 4LU pcc@stpeterstiverton.org.uk

CHURCH-WARDENS:

P.C.C.VICE-CHAIRMAN: Gill Heard 258600

CHOIR Gill Heard 258600

ADMINISTRATOR: <u>music@stpeterstiverton.org.uk</u>

P.C.C. SECRETARY: David Catchpole, 15 Uplowman Rd, EX16 4LU 252100

TREASURER: Helen Wakely, The Firs,

Elm Grove Road, Topsham, Exeter, EX3 0EJ 07711 380647

252100

hwakely1@gmail.com

PARISH GIVING Helen & David Wakely, The Firs,

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SAFEGUARDING Joanna Hall-Tomkin

REPRESENTATIVE: Castle Croft, Park Hill, Tiverton, EX16 6RP 07791 747844

safeguarding@stpeterstiverton.org.uk

MAGAZINE

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CotswoldComputing@live.co.uk

CHURCH WEBSITE: <u>www.stpeterstiverton.org.uk</u>

#### INFORMATION

To arrange a Consultation regarding Baptisms, Weddings and other matters please ring the Office on 242991 or email office@stpeterstiverton.org.uk

Baptized and communicant members of other Churches are always welcome to receive the Sacrament at Holy Communion