



St Swithuns with St Andrews Exton

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The Rector writes:

Pilgrimage

First: Don't forget that Easter is very early this year, and that means that Lent starts early too, with Ash Wednesday on February 10th! Our Lent course will start the following week, on 18th February and will run on Thursday afternoons from 2:30-3:30 followed by tea, coffee and biscuits for those who don't have to rush away. We will be following a train of thought and reflection about Pilgrimage, possibly working through a Lent course produced by Churches Together in Britain and Ireland. So do join us for that, or contact me for more details.

The topic is not an accident - my mind has been running on the concept of Pilgrimage lately. After ten years of ordained ministry, I will be taking a Sabbatical after Easter this year, and although my plans are not yet quite fixed, I am intending to include a pilgrimage, probably along one of the Camino routes to Santiago de Compostela.

As I have done 'long walks' for my holiday a couple of times in the last few years, first on the West Highland Way and then along Hadrian's Wall, I find myself wondering what the difference is, or might be, between the experience of a walk taken for a holiday and one taken as some kind of pilgrimage. For some pilgrims, of course, just as back in the middle ages, the idea of reaching an especially 'holy' place, perhaps one connected with a particular saint towards whom one has a particular devotion, or from whom one hopes to ask for a miracle of healing or other benefit, might be the motivation. For others, and I'm sure that was also the case in Medieval times before the invention of package holidays, there is no real difference and the pilgrimage is simply an acceptable reason to embark upon an adventure. In fact, those who organised bands of pilgrims were really the first 'travel agents' and the tours they put together back then were no doubt the beginnings of the travel industry today!

My own feelings and motives don't seem to fall neatly into either of those groups. Although I hope that I will reach the eventual destination of my chosen trek, and receive the official Latin certificate to say that I have done so, I don't find myself particularly concerned that circumstances might conspire to prevent this.

For me, and I'm sure many others, the idea of 'Pilgrimage' is more about the process than the destination. It is about time, how we 'spend' it and what it really means to 'waste' it. And it is also about letting go of the things that surround us and make us feel safe and in control. Unlike the other walks I have done, where accommodation is booked in advance and luggage carried between one bed and breakfast and the next by a baggage service, I would be planning to do this with only a small bag that I can carry with me, allowing me to use the Pilgrim hostels along the way which do not require forward booking. For someone who is always tempted to overpack; to cover every eventuality and take two of everything in case the first fails, this in itself will be a spiritual exercise! So join me in Lent, and pray for me after Easter as I set off.

OPENING UP TO GOD

This Course of Quiet Prayer is continuing in 2016

Learn new ways of listening to God.

Explore and practise different modes of prayer.

Find and refine your own style of spirituality.

The course will draw on a range of Christian traditions. Open to anyone wanting to develop their relationship with God in the company of others. Sponsored by the White Cross Mission Community

Every first Tuesday, starting on 2 February 2016

7.30pm to 9.00pm, Woodbury Church Rooms

For further information please contact Carolyn Keep 01395 232318 or

Viv Armstrong-MacDonnell viv.a-macdonnell@tiscali.co.uk



THANK YOU

'Donoveen and Nigel were very grateful and strengthened by the thoughtfulness, sympathy and prayers of their friends in St. Swithun's and St. Andrew's, on the death of Donoveen's Son, David, aged 57, who died of heart disease on 11th January.

Their presence and support at East Devon Crematorium on 22nd January for his funeral, was much appreciated by the family.



FLOODLIGHT DEDICATIONS

20th January Gordon Davies "In memory of my Dad who died one year ago."

6th February "Happy Birthday Lin, love from Colin"

14th February Murrrough MacDonnell "for St Valentine's day and to celebrate 25 years of being married to Viv on 19th January 2016.

To have the church floodlit for your special event, contact Mike Jeans 01395 232544

COFFEE AND DRAW

The draw will be made at the Charity Coffee Morning on the third Tuesday of each month.

January's winning draw ticket was held by **Pam Spray**.

To take part in the monthly draw, contact Donoveen Alcock 01395 239363

BIBLE STUDY/HOUSE GROUP

Open to everyone in the Mission Community at the home of Eileen Pratt, The Greenhouse, Station Road, Exton. EX3 0TR

2.30-3.30 pm on the **fourth Thursday** in the month.

LENT COURSE

Thursdays in Lent at Exton, starting **18th February 2-4pm** followed by tea, coffee and biscuits.

LYCHGATE STALL

The next Lychgate stall in church will be on **Saturday 6th February**.

SUNDAY LUNCH CLUB

On **14th February** at **The White Hart**

If anyone is interested please contact Lin Milsom 01395 233854

Deadline for next Digest

Monday 22nd February.

Please send items of Church or School news to the editor at st.swithuns.digest@gmail.com

Sue Hudson, Churchwarden writes:

LYCHGATE

After many years organising and running the church Lychgate Stalls and Winter Fayre, June Hann has decided for personal reasons, to stand down. Having worked alongside June at both events I know what a huge commitment this has been for her, and on behalf of all of us at St Swithuns I would like to thank her and Roger for what they have done.

This will leave a significant gap in our ability to run the events especially the Lychgate Stall. I am unable to do it on my own if it is to continue in its present format. I would need at least two others to support me on a regular basis, in addition to those who supply produce and run the stall. So I am appealing to for volunteers. If you can commit to most Saturday mornings during the summer and would like to help please let me know. The more people the less the commitment.

If there is no support forthcoming, the Lychgate Stall will have to fold. This would be a shame as it has been a social focus and outreach for the church as well as providing significant income. It would be very sad to see its demise.

The last three monthly Lychgate Stalls in church will continue as planned.

CHRISTMAS

A rather belated big "Thank You" to everyone who contributed to the Christmas celebrations. The church looked (and still does) beautiful with the stunning floral arrangements, and special thanks to Nigel and the choir for all the singing they did at St Swithuns and in the Mission Community.



MISSION COMMUNITY SERVICES FEBRUARY 2016

Sunday 7th February - Sunday before Lent

8.00 am	BCP Said Eucharist	Clyst St George	Rev Karen Spray
9.30 am	Eucharist	Aylesbeare	Rev Karen Spray
9.30 am	Team Eucharist	Woodbury Salterton	Rev Chris Cant
11.15 am	All Age Eucharist	Woodbury	Rev Chris Cant
3.00 pm	Sunday Club	Aylesbeare	Rev Karen Spray
6.00 pm	Evening Service	Exton	Mrs Christine Grist

Wednesday 10th February - Ash Wednesday

7.00 pm	Combined Eucharist	Clyst St Mary	Rev Karen Spray & Rev Chris Cant
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Sunday 14th February - Lent 1

9.30 am	Eucharist	Farringdon	Rev Chris Cant
9.30 am	Eucharist	Exton	Rev John Davies
9.30 am	Family Worship	Woodbury Salterton	Lay Led
11.00 am	Morning Worship	Clyst St. George	Lay Led
11.00 am	Family Service with Baptism	Clyst St. Mary	Rev Karen Spray
11.15 am	Eucharist	Woodbury	Rev Chris Cant

Sunday 21st February - Lent 2

9.30 am	Eucharist	Clyst St. Mary	Rev Chris Cant
9.30 am	Morning Worship	Exton	Lay Led
11.00 am	Sunday Club in the Church Rooms	Woodbury	Junior Church
11.15 am	Morning Prayer	Aylesbeare	Mrs Carolyn Keep
11.15 am	Eucharist	Woodbury	Rev Karen Spray
6.30 pm	Evensong	Woodbury	Rev Geoffrey Wrayford

Sunday 28th February - Lent 3

8.00 am	CW Said Eucharist	Woodbury	Rev Karen Spray
9.30 am	Eucharist	Exton	Rev Karen Spray
11.00 am	Family Eucharist	Clyst St George	Rev Chris Cant
11.00 am	Family Eucharist	Clyst St Mary	Rev Karen Spray
11.15 am	Morning Worship	Woodbury	Mrs Christine Grist
6.30 pm	Sung Compline	Farringdon	Rev Karen Spray