



Exeter
Cathedral

Cathedral News

December 2018 – No. 680

From: The Dean



I'd like to take this opportunity to wish all our readers a very happy Christmas and a peaceful New Year. It seems premature in some ways doing this at the beginning of December, but of course here at the Cathedral, Christmas and Advent intermingle almost every day - what with the Christmas Market outside, and the many carol services we are privileged to host throughout the month. So with Christmas all around, I feel at liberty to send you these early good wishes as we celebrate again the birth of Jesus.

Christmas is, I admit, my favourite moment in the Church's year. That is true liturgically and theologically. I have loved Midnight Mass ever since I was a child. I also love the idea, so neatly expressed by St Athanasius, that "the Son of God became man so that we might become God." That is a theological truth. As his brothers and sisters, Jesus carries us to heaven with him. It is also a moral imperative for all of us at the Cathedral. We, the Church, Christ's body here on earth, are called to bring his love, compassion and healing to the world. And as we celebrate again the great blessing which is Emmanuel, God with us, we pray for grace that we may be a blessing to the world this Christmas.

Jonathan Greener

Parish Giving

We are pleased that 51 people have already signed up for the Parish Giving scheme. But it's not too late for others to join in. If you would like to know more, please speak to one of the clergy or pick up an information pack from the Cathedral.

Jonathan Greener



www.exeter-cathedral.org.uk

Christmas Wreath Workshop: Thursday 20th December

The Cathedral Flower Arrangers are holding their annual Christmas workshop in the Chapter House from 11.00 - 15.00.

All materials will be provided, but please bring scissors and/or secateurs.

There will be a break for lunch, which will be available in the Cafe for a discounted price, or you may like to bring a packed lunch.

Tea and coffee will be available throughout the day, with home-made mince pies after the demonstrations.

You will be able to make either a beautiful door wreath or a table centre complete with candles.

Tuition will be given, beginners are most welcome!

Cost £35 - please book by phoning the Cathedral Office (01392 255573) or via the Cathedral website (www.exeter-cathedral.org.uk/boxoffice)

This is a most enjoyable day, we look forward to seeing you there.

Sylvia Bush, Chairman, Cathedral Flower Arrangers

Advent and Christmas Fun - from the Cathedral Education Officer

12 Days of Christmas Trail: Sat 24th Nov – 29th December

Purchase a trail map from the Welcome Desk for £2.50 each and seek out the hidden treasure chests.

They will tell you what Exeter Cathedral gave on each day of Christmas, just like the famous merry rhyme.

Take your answers to the Cathedral Shop for a festive gift to take home.
Children free entry with a paying adult.

Mini Willow Tree Making: Sat 15th December

Drop in from 10.00 to 12.30. £5 per tree

Work with a little one or make your own creation to take home or give as a gift!

Meet the Real Saint Nicholas: Sat 22nd December 11.00 or 12.00

Each session £10 per child ages 6 and above

Do you know a small person who would like to meet the original St Nicholas and hear his unique story?

He will explain how saints are made, talk about doing good deeds and leave them with a great gift!

Book through Cathedral website or office.

The Lord's Prayer

You may have noticed in one of our Chapter Bulletins that, from Advent Sunday, we are changing the words of the Lord's Prayer we use at the Eucharist to what is often called the modern tradition version, i.e. the one that begins 'Our Father, who art in heaven...'

I have to say that we thought long and hard before making this change, for we recognise that the words of this prayer, taught by Jesus, albeit in the original Aramaic, play a key part in personal spirituality, and should not be tampered with lightly. And we also recognise that there is a sense in which we're moving backwards - reverting to how it used to be - and that's not always a good move for a church or any institution which is seeking to serve people effectively in the 21st century.

So why the change? It is really about the nature of a cathedral, which - more even than a parish church - is called to have very porous edges, and make welcome the many visitors who come through our doors. And our experience over the past 12 months is that a good number of those visitors have been confused when we don't use the words of the Lord's Prayer that are familiar to them - and especially at a moment in the service when we seek particularly to embrace everyone who is present. The sense of exclusion can be much greater on the big occasions when there are many more visitors: Christmas, Easter, etc. So we considered changing just for those festivals, but realised that this would be more disruptive for us all.

We are aware that this change won't please everyone - not least some of our regular congregations who over the past few years have readily adapted to the new form. But we firmly believe that although it is very important to build up a strong regular worshipping community, who form the backbone of cathedral life, a principal calling of this community is to serve those who come in occasionally.

So apologies to anyone who is upset, and thank you for your forbearance. My hope is that this will prove to be the right change to serve the mission of our cathedral, and to help make everyone who comes through our doors feel at home here.

Jonathan Greener

Safeguarding: From the Diocesan Safeguarding Adviser



In the November *News* the Dean wrote about safeguarding, and our responsibilities towards that.

Some may bring to the subject some preconceptions of what ‘safeguarding’ is. I have learnt since being in my role that ‘safeguarding’ in its broadest sense is absolutely fundamental to flourishing Christian communities and good pastoral care.

It is very important to appreciate that harm can be caused or suffered, not just due to a deliberate act by an ‘abuser’, but sometimes in someone’s inability to look after themselves or someone they are responsible for. There are of course those few cases where there are deliberate abusive acts, and whilst these are very much in the minority, we must be alert and vigilant to that possibility.

I would encourage you not to think of safeguarding as being something negative, a cause for being suspicious of others or something that gets in the way of positive human friendship and care, but as ‘looking out for and looking after’ people in our communities, and in particular, those who may be vulnerable and potentially more at risk of experiencing abuse, harm or neglect.

As a church we are all responsible for caring for those we meet. The training we ask our employees and volunteers to undertake, aims to better equip them to understand the nature of vulnerability and how that can be seen in every community, however large or small. It should better enable us to recognise what might give us cause for concern and significantly, what to do if we are concerned or someone shares a concern with us.

The Diocesan Safeguarding Team, which includes myself, Phill Parker and James May, and our DBS Coordinator and administrative support, Hilary Burrow, are here to support the Cathedral and its activities in a similar way to how we support parishes in this Diocese, but with an appreciation for the nuances of Cathedral life. Most importantly, if someone has concerns, we are here to help.

Safeguarding representatives contact details: <https://www.exeter-cathedral.org.uk/wp-content/uploads/2018/10/exeter-cathedral-safeguarding-representatives-october-2018.pdf>

Charles Pitman, Diocesan Safeguarding Adviser

The Old Deanery, Exeter, EX1 1HS

Direct Tel: 01392 345909; Mob: 07889542640

Email: charles.pitman@exeter.anglican.org

Secure e-mail: charles.pitman@dioceseofexeter.cjism.net

Chapter Bulletin

Welcome to the November bulletin following the latest meeting of the Dean and Chapter. We hope this keeps you up to date with decisions and updates from around the Cathedral.

Floor Review

A first draft of the Floor Review was considered by Chapter, and will be considered again at the December Chapter, before an update on the process is shared with staff in January.

The Dean and Chapter want to thank everyone who has contributed and given up their time to share their thoughts with the Review team.

St Peter Canon

Prebendary Becky Totterdell, who is currently a residentiary canon, is stepping down from her role as diocesan Director of Ordinands in the New Year, and as a result will be able to dedicate some more time to the Cathedral. The Dean and Chapter have agreed to create a new role, to be named the St Peter Canon, which Becky will fill. The role will be tasked with promoting closer links with the parishes of the diocese, as well as being involved with patronage. The creation of this canonry will require a change in due course to the Constitution and Statutes.

Safeguarding

Exeter is to have its independent audit of safeguarding over three days in February. At the January staff and Town Hall meetings we will dedicate time to talking about plans and expectations for the audit, so that everyone is aware of what will happen over those few days. Charlie Pitman, our safeguarding adviser, will attend the staff meeting to answer any questions we may have. Chapter spent time considering how confident it is that all areas of safeguarding including training and safer recruitment are being followed meticulously throughout the Cathedral. It noted that recruitment for all employed posts must be managed in conjunction with Catherine Escott (Administrator). Similarly, recruitment for all volunteer roles must be managed in conjunction with André de Mendonça (Visitors and Volunteer Manager). This is important to ensure that Safer Recruitment processes are followed.

Finances

Chapter looked closely at the management accounts. The Cathedral is on track to balance the books at the end of the year. The Dean and Chapter would also like to explore the possibility of introducing contactless giving in the Cathedral – a trial is currently underway in some parishes and Cathedrals, and we are

waiting to hear the conclusions of that trial before progressing further.

VISTA AR

Laurence Blyth updated Chapter on the progress of the VISTA AR project. Chapter congratulated Laurence on his new job and thanked him for his huge contribution to the Cathedral - both in the choir and in establishing the Cathedral's marketing function - over many years. He leaves us at the beginning of December.

Major projects

The Dean updated Chapter on discussions with HLF about possible funding for displaying the Exeter Book alongside a digital copy, and using these to increase visitor numbers to the Cathedral. Our application to a national fund was unsuccessful, but we intend to apply regionally instead. Jill Taylor has returned as Director of Development for the Cathedral. Jill was at the Cathedral some years ago and was very successful at raising money for previous appeals. With work needed on the Cathedral totalling around £13 million over the next decade, we need to explore all avenues to raise money to help us conserve this wonderful building.

Fabric

The Dean and Chapter considered a report from the Inventory committee of the FAC, concerning the chasuble and the rondels. They decided that though the items should probably not be rated as outstanding, they were committed to conserving them.

Thank you

A particular thank you to Cressida, and the many staff who have been involved in helping to get the Christmas market up and running this year. We look forward to a lively few weeks on the Green!

Jonathan Greener

Exeter City Centre Chaplaincy – Carols and Christmas Music

Exeter City Centre Chaplaincy invites everyone to their popular and informal *Carols and Christmas Music* at St. Stephen's Church on the High Street on *Wednesday, December 12*. Pop in and out anytime between 12 noon and 2.00 pm. *Free Hot and Mulled Drinks and Mince Pies, Music from City Centre Church Choirs and the Salvation Army.*

Tales from the Foodbank

There will be no collection in December, but a financial contribution will be sent. The next collection will be on **Sunday 27th January** at the 10 am Eucharist. The list of items needed by the Foodbank will be in the Weekly Sheet on Sunday 20th January. Please, as far as possible, give from that list. With many thanks.

Felicity Cawthra

News from the Bellringers

As another year draws to a close, we reflect upon an eventful and challenging time in the life of the Cathedral bells. With many months out of action due to the refurbishment works, ringing has now almost returned to normal in the belfry. Early in November, Taylors bellhangers returned to reinstate the sound tube system which enables us to hear the bells clearly as we ring; the rope paths were also altered on the 2nd and 11th. The works are now tantalisingly close to completion as we await the new rope spider and fitting of the mesh safety cage.

This last stage will bring to fruition a fundraising project which seemed daunting at least in the outset; but the end result is a glorious ring of twelve that, thanks to this long overdue and comprehensive programme of refurbishment and maintenance work, can now be assured to ring out over the city for generations to come. The support of the Cathedral was vital, alongside the generosity of our ringers and the invaluable time of so many in making this project such a huge success. Thank you.

On Sunday 2nd December, there will be a full peal attempt by a visiting band of ringers to herald Advent Sunday; as the candlelight of the Advent Procession and Carol Service spreads light across the darkening city, so the bells will call everyone to worship that night. Then on Christmas Eve, the bells will be rung for Grandisson and Midnight Mass, before they awaken the city with the dawn of Christmas morning. The effortlessly joyous sound of bells evokes the very soul of Christmas, and we are thankful to all that the constancy of the bells in the life of the Cathedral and city remains - to close the year in certainty and open a new one with hope.

The Cathedral bellringers extend our season's greetings to one and all, as we look forward to a year of ringing ahead, when the bells will once again be the unchanging spirit and voice of the Cathedral.

Clare Griffiths, Exeter Cathedral Bellringers Secretary

Pilgrimage to Sicily led by Bishop Martin Shaw Tuesday 10th to Saturday 21st September 2019

- The pilgrimage will be travelling to and from Bristol airport.
- The cost is £1699.
- Extra single room supplement of £434.

Sicily is the largest and most populated island in the Mediterranean. Lying close to the mainland of Italy, and just 90 miles from the African coastline, it retains Arab as well as Greek and Roman influences in its architecture and culture. Sicily is dominated by the dramatic landscapes around Mount Etna, Europe's most active volcano.

Our pilgrimage will include tastes of the birth of Christianity in the Western World, beginning with St Paul and the architectural story of Christianity's artistic relationship with the Arab world.

The pilgrimage will include visits to Catania, Syracuse, Palermo, Cefalu, and Monreale. There will be plenty of free time and opportunities to enjoy the local cuisine.

For further detail please contact Martin and Elspeth Shaw either by email: amartinshaw@gmail.com or telephone 07980 191251 or 01392 663511

To book, contact Pax Travel:
Pax Travel
2nd Floor, 102 Blundell St London N7 9BL
Tel: 020 7485 3003
E-mail: info@paxtravel.co.uk

Farewell and Thank You

We are sad to say farewell to Laurence Blyth and to Kate Burhouse, who have moved on to new opportunities. The *Cathedral News* team is particular grateful to Laurence for his contribution to the *News*, and for his unfailing support and encouragement. Both Kate and Laurence have had a long association with the Cathedral in a variety of roles. They go with our thanks, love and very best wishes for the future.

Focus: Jean Hall, a Cathedral Reader, Guide & Steward



'May the mind of Christ my Saviour live in me from day to day,

By His love and power controlling all I do and say.'

R.B.Wilkinson 1859-1928

For the very first time I am not drafting this Focus in The Den in my garden at home. I am sitting at the dining-room table in a Scottish turreted house near Inverness, looking out at the glorious colours reflected in the loch. *'I to the hills will lift mine eyes, from whence doth come mine aid'* comes to my mind!

So, I must now re-wind my mind to the stimulating couple of hours I spent with Jean in her home, where I learned, first of all, that Jean was born in a Truro Nursing Home in 1925.

Her father, Gordan Hall, born in 1894, was the first boy from Truro Cathedral School to become a boy chorister at Truro's Cathedral, later becoming the organ scholar to Dr Monk, and was appointed as the Cathedral's Assistant Organist when he passed his FRCO.

WW1 interrupted this life when he was conscripted into The Royal Garrison Artillery and drafted to The Middle East. Whilst serving in Northern Italy, he sustained such serious injuries, from flying shrapnel, to his right leg that it required amputation. During these dark times, he was supported by a chaplain, who had recognised him from former times at Truro Cathedral. The war ended, he returned to Cornwall, where he set about teaching himself to play the organ using his left leg only. He was appointed the organist at Kenwyn Parish Church, started teaching pupils for their LRAM piano examinations, others to play the organ, and became very involved with the local musical world; going on to become the director of the Truro Amateur Operatic Society.

Jean's mother, born in the Midlands, attended Stafford High School for Girls and always wanted to study German; but this was thwarted, when she was sent to join her elder sister at Truro Diocesan Training College, to train as a teacher. It was here, in 1912, that she first met the man who was to become her husband. Upon leaving college she went to teach boys at St. George's Church of England School, and joined the Amateur Operatic Society. They married in 1922, and by that time she was the producer for their shows.

'She gave my father wonderful loyal and loving support. It cannot have been easy. I was born in 1925, and was their only child; my life was much influenced by their combined activities. We had a young and lively maid, who helped my

mother in the mornings and played with me in the afternoons. My mother taught me to read, and to understand basic arithmetic before I went to school.'

Initially, for two years or so, Jean attended Truro High School's kindergarten class, which she enjoyed; but, then the family had to move back to Falmouth, in order for her father to keep his post as Organist & Choirmaster at Falmouth Parish Church of King Charles the Martyr. She became a pupil at Falmouth County High School, and was very sad to leave their lovely home in Truro; it took a while to settle in. In retrospect, Jean recognises that there she had been taught well in mathematics, history, science, and had developed an interest in architecture. She had a long period of ill health, but, when aged thirteen, she was able to return to Truro High School, having been considered old enough to go on her own on the bus.

'But I had to repeat a year because I had a poor grasp of Latin grammar! This was considered, by the formidable classicist headmistress, as being more than a significant weakness; it required attention! However, all was not lost because I had already done the maths, science and ancient history! I loved those subjects, because they can lead you to other areas of interest. So I had an easy time with these! I appreciated the school's calm atmosphere, and particularly loved the distinctive brown tunics and salmon pink blouses we wore!

Truro specialised in Languages! The Headmistress, as I have already indicated, demanded very high standards. The war brought huge changes; we had many evacuees in the classes, and many changes in the staff membership. The Headmistress's sister was an Oxford don, who hand-picked talented teachers for the school. One of them, Jean Wilkes, an English teacher (who went on to become Head of King Edward's in Birmingham and the Vice Chancellor of Birmingham University) became very influential in my educational development, enabling me in 1943 to apply for, and get a place to read English at Somerville College in Oxford. I was awarded a four year scholarship, because I'd agreed to become a teacher after graduation and was very fortunate to be able to hear lectures given by C.S. Lewis, Neville Coghill and J.R.Tolkien.

'I loved it at Somerville! I'd got out of Cornwall, made many friends, sang with the Balliol & Somerville Choir and Amy, a friend, encouraged me to join the Scout and Guide Club, which held interesting talks and discussions. I loved reading maps, the outdoor activities, but hated cookery. I cycled everywhere and grew to love the Oxfordshire countryside. I acted as Quartermaster at a Guide Camp and here I gained valuable experience in working with younger children.

All the students were encouraged to do some form of 'war-work'. These activities, plus learning Scottish Dancing enabled me to meet some men, who were rather scarce on the ground! This was due to the fact that all over eighteen

year olds, male and female if they were healthy and not in reserved occupations, were called-up into the Armed Services. I liked going to St. Aldate's Church, which catered for undergraduates, and especially their Tuesday teas! It was a low to medium Anglican church.'

Following graduation, and obtaining her Post Graduate Diploma in Education, Jean applied for many jobs, and was appointed in 1947 to a temporary posting at The City of London School for Girls; this lasted for three years, during which time she really got to know London, and really appreciated the joy of living near to Richmond Park for a short period before moving on in 1950 to Cheltenham Ladies College.

'Over the next six years, I learned a great deal from the other members of staff, who were very supportive and had created a college-like atmosphere. I made life-long friendships and I enjoyed helping with the Cotswold Club, which specialised in local architecture, history and literature. Leaving Cheltenham, seeking new pastures as many of my friends had done, I spent the next two years as a lecturer at Redlands Teacher Training College, in Bristol, where I really enjoyed supervising our students when they were out on 'teaching practice' in the vicinity'

Jean moved to Exeter in 1958, when she was appointed Head of English at The Maynard School, where she stayed for the next 29 years, retiring in 1987.

During these years, English as a subject went through a form of crisis. Everything was challenged and queried, and great pressures were placed upon the teachers to abandon the classics in favour of 20th century literature, and, also, not to be so concerned with accuracy with grammar and spelling. For many teachers it was very disturbing, because they believed (I still do!) that it was vitally important for them to continue to enable students to learn how to write and express themselves clearly and accurately, as well as exposing them to a varied selection of authors and their writings; the bottom line being the quality of the text, be it of fact or fiction.

Jean has never wanted to live alone. In 1970, her friendship with the late Joy Yeates began, when Joy was appointed secretary to The Maynard School's Headmistress.

'We both had an interest in steam railways and became members of the South Devon Railway Society, and especially so with Staverton Station. Gradually we did more and more together, and in 1971 decided to share a home. My father had died in 1972, and my mother was becoming more frail, so she came to Exeter, and we lived as a family for many years until my mother needed nursing care. She was three months short of her 109th birthday when she died. Joy and I developed an interest in canal boating after taking a holiday on the Llangollen Canal. We were complete novices!'

They quickly improved! Progressed on to narrow boats, and loved them, joined the Inland Waterways Association, and later became committee members. They wrote a guide to the Exeter Canal & Quays, then one on the canals in the South West of England. These guides included illustrations sketched by both of them, and spawned a 'cottage industry' producing postcards with sketches concerning areas of interest in the rural and urban districts through which the canals had been cut; these were sold in local post offices/stores and provided a boost in Joy's income.

'We loved making music together, or with friends, as well as listening to it. I played the clarinet, and had played for three years in Lionel Dakers' Orchestra. Joy could play both flute and violin. Before my meeting-up with Joy, I'd enjoyed travelling to the Outer Hebrides with its turquoise blue seas, Scotland, Greece, Croatia and Venice with a friend from Cheltenham. The many and varied journeys spent with Joy, around the British Isles, brought us so much enjoyment, fun and interest. Amy, my friend at Oxford, had introduced me to the Lake District, and Joy and I rented cottages and did a lot of walking there. To sit on the top of Scafell Pike is very special! Our last holiday was with a friend to Harrogate in 2014. Sadly Joy's health declined and she died in 2015.'

How did Jean 'arrive' at the Cathedral?

'Initially I went to St. Leonard's, then Joy and I started to attend the 6.30pm Service in the Cathedral. There was tea afterwards! The late Revd Prebendary Harry Rann (a former Sacrist and Succentor) made us feel very welcomed, so we became regular members of the congregation. At that time, Dean Richard Eyre was trying to increase the number of guides and stewards, so I became one, and loved telling the Cathedral's story to people from all over this country and the world. I use the Reformation to tell the Cathedral's story; the vision and revision, the Sylke Chantry Chapel and the paintings that replaced the statues on the Quire Screen.'

On some of the Sunday 10.00 Eucharist Services, we can hear Jean reading a lesson from the lectern, the clarity of her voice reaching into the far corners of the Nave.

In any spare time, she enjoys reading detective novels, historical biographies, books about places, and visiting gardens of special interest. Her favourite poem is Wordsworth's *The Prelude*. She goes to the Northcott Theatre when there is a play or performance that has stimulated her interest, and obtains a lot of pleasure and refreshment from listening to most of the diversity of music produced and performed here in the Cathedral.

'I love being a guide, and steward in the 2.30pm slot. I seem to be able to engage with our visitors who, maybe, live elsewhere in the UK because I've been fortunate in having visited most parts of the UK. It is part of my ministry within

the Cathedral. It saddens me that there appears to be not a great deal of communication between the various departments/sections within the community. How can we improve that?

This, I know, is a matter which has been and is of concern; it is being discussed by the Chapter, and at the Cathedral Community Committee meetings. Perhaps all of us need to remind ourselves that we all are vehicles of communication, and should not assume that it is always someone else's responsibility? Thank you, Jean, for sharing your story, and for your ministry within this cathedral. You have challenged us to think about that which we do, or do not do, here at the Cathedral.

Rosemary Bethell

Advent Flowers: Interpretation of an Altar Frontal

I wonder how many of you are looking at the pillars, High Altar, Lady Chapel and Flower Donations Box, and wondering what the Exeter Cathedral Flower Arrangers have done?!

As you know, during Advent we have had a "still life" rather than fresh flowers. When we put our heads together, we found the most beautiful altar frontal hanging in the Spencer Carpenter Room. Rather than being left in storage, Ian Morter had asked Diana Symes to adapt it to a wall hanging. This has been our inspiration.

The frontal was made in 1994 for a tiny chapel, in what is now the Old Deanery, for Richard and Anne Eyre, who used the chapel regularly. It is called the St Michael and All Angels frontal. It is stunningly clever, and can be interpreted in several ways, but we have ignored the "Dragon" at the bottom edge! It was designed by the late, very talented, Mary Carr, and worked by the Cathedral team of Tapisers. It was made using a wedding dress donated to the Cathedral, and Mary not only took it apart to use, but dyed the fabric and the thread to sew it. What a wonderful time they must have had embroidering such a beautiful piece!

We are showing our 3D version and have had at least three meetings and four workshops to produce our interpretation. We so hope that you will appreciate what we have done. It is different, and may get you talking perhaps, but we are delighted with the result. Led by Nicky Wright, the team included Janet Phare, Linda Wilkerson, Alison Davenport, Judy Best, Sylvia Bush and Flick Evans.

From Advent until Christmas, the embroidery will hang near the Flower Donations Box, opposite the Cathedral Shop in the South Quire aisle, so everyone can enjoy it and see how beautiful it is, and what inspired us.

Flick Evans

Pastoral Care Team

During December we are taking a new step in pastoral care at the Cathedral with the commissioning of the Pastoral Care Team. This group of people were recruited and trained in 2017 and some have been deployed as day chaplains, but changes at the Cathedral have delayed their deployment as a Pastoral Care Team. I have been delighted to work towards releasing them for the ministry for which they are trained, and they will be commissioned during the Choral Eucharist on 9th December.

They will support the work of pastoral care in four areas: with visiting and listening, with supporting the bereaved, with taking communion to the sick and housebound, and with encouraging baptism families. They will not replace the clergy or the day chaplains in pastoral ministry, but will be an additional expression of our care, enabling us to show care more effectively.

We would love the help of the cathedral community – congregation, volunteers, and staff. If you are aware of a pastoral need, for yourself or someone else, please tell us. The community is too large to assume that someone will notice. We have set up an email address, pastoral.care@exeter-cathedral.org.uk, which comes to the Canon Chancellor and Priest Vicars. You are also warmly welcome to phone the Canon Chancellor on 07906 249132.

We will seek to make contact with you or the person in need ourselves in the first place, but we will subsequently, with your permission, ask a member of the pastoral care team to get in touch too, so that the contact can be ongoing.

We are deeply grateful to those who are taking this step of being commissioned now. We plan to run the training in Pastoral Care again in 2019 and hope to increase the size of the team and bring more diversity to it, as well as offering the training to other parishes in Exeter which may appreciate training their own people in Pastoral Care.

Those to be commissioned are:

Ann Cordrey
Anne Foreman
Clare Bryden
Diane Coombes
Elsie Howell
Elspeth Shaw
Fiona Moffatt
Heather Morgan
Helen Whitehead

Howard Moffatt
Julie Glover
Malcolm Joyce
Malcolm Pomeroy
Nick Horton
Ros Werner
Sue Bell
Yve Taylor

Chris Palmer, Canon Chancellor

Prayer and Spirituality Day: 'Come and See' Saturday 2 February 10.00 – 16.00

Join others for a prayerful and engaging day to explore different spiritual practices and ways to pray, including

Pilgrim Paths - Labyrinth

Find his face in paint

The Jesus Prayer – prayer of the heart

Meditate with Taize

Slow Bible Reading

Silence – contemplative prayer

Knowing God in each hour

Review your day with God

And more...

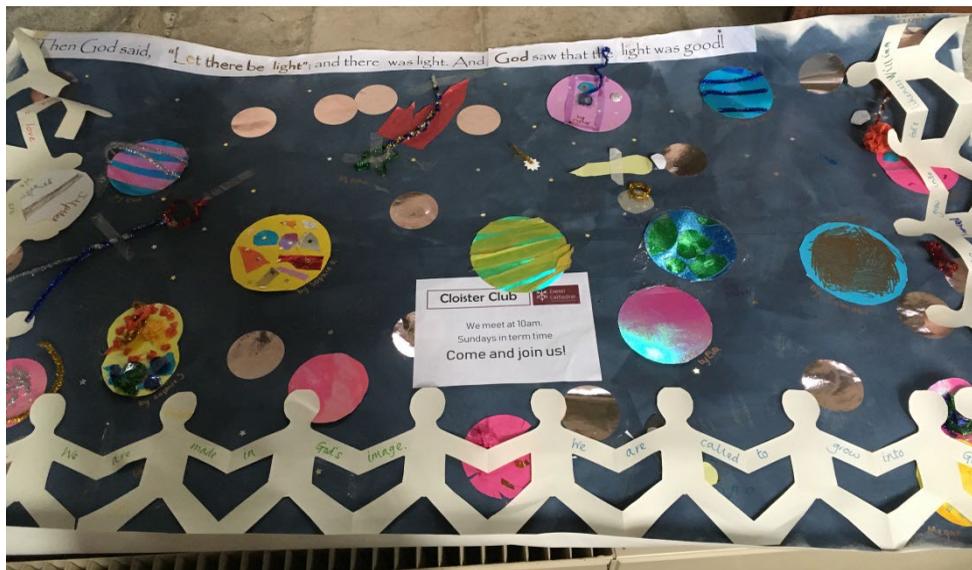
All in the context of accessible worship, with space to pray alone, and a light lunch provided.

Cost: £12 (please enquire about a reduction if this is too much for you)

Bookings by 25 Jan via the Cathedral Website:

<https://www.exeter-cathedral.org.uk/news-events/whats-on/prayer-spirituality-day-come-and-see-20190202-100000/>

Thank you.....to the children and helpers of the Cloister Club for this wonderful collage of the Planets. Have a closer look-it is in the South Quire Aisle opposite the entrance to the Cathedral Shop.



The Wednesday Kitchen

Each Wednesday a team of wonderful volunteers come together to provide a warm welcome, a meal, friendship, and clothing for those who are homeless or vulnerably housed, in the Chapter House.

It has been my privilege to go along many Wednesdays, and I have been hugely impressed by the warmth of this ministry, and delighted to speak with both volunteers and guests. The fact that the Cathedral welcomes people in this way is hugely appreciated by those who come along, and is known as a sign of the Cathedral's commitment to work with all our neighbours, whatever their situation in life.

We are renaming this ministry 'The Wednesday Kitchen' (formerly The Wednesday Café) in order to avoid a confusion with the Cathedral Café. And this change gives an opportunity to remind the Cathedral community of the activity, to thank those who give of their time, energy, and resources, and invite you to be involved.

Chris Palmer

The team would like to thank all of you who have, so generously, supported us by donating clothes and toiletries. As winter approaches, we are looking for tents (portable as our folk have to carry everything), groundsheets, sleeping bags and blankets as well as warm, serviceable clothing, waterproofs, wellies and boots, hats, scarves and gloves - thermals are always welcomed. We continue to require pants and socks, both ladies and gents, as well as toiletries such as deodorants, toothbrushes, wet-wipes, hand sanitisers and towels.

On the last Wednesday before Christmas (19th Dec this year), we hold a special cafe and like to give each of our customers a wrapped gift - often the only gift they will receive. When you are out shopping for gifts, please consider buying an extra item or two to be wrapped and presented at this event, (chocolate bars, new woollen socks, pants, gloves, hats, scarves, for example). We are always happy to collect items locally, and so please do not hesitate to contact Penny Harris by email: penny@harris58.com or telephone her on 07702 641426. In addition, we would like to thank those people who donate cakes each week - these are greatly enjoyed. Thank you. If you would like to join our team as a volunteer or make a financial donation to support our weekly work - please see the cathedral website:

<http://www.exeter-cathedral.org.uk/about-us/outreach>

A big "thank you" from all at the 'Wednesday Kitchen'.

Penny Harris

'Travelling Light' during Advent and Christmas

Over the last couple of years, I've had the joy of working with a friend from my days at the Community of St Mary the Virgin, Wantage. Michelle Eyre has set up an organisation called Discovering Prayer to help people not called to the monastic life to find a balance, rhythm and space in daily life. It provides audio prayer times that help people learn how to pray and deepen their relationship with God.

This Advent, Discovering Prayer is running a programme called 'Travelling Light'. It's a series of guided Christian prayer and meditations, to help you stay calm and focused in the run up to Christmas. If you'd like to enrol, you will receive three audio prayer times and a wealth of other material. You will also be travelling alongside a community of like-minded people who are desiring greater meaning.

It is worth looking at the 25 tips they have gathered, which aim to help you have a calmer, more meaningful, and less stressful Christmas. The themes include: uncovering the hidden meaning as you plan Christmas; sending mindful Christmas cards; giving presents and your presence; lightening the load; and sharing the joy.

The links are:

- 'Travelling Light' programme – <https://discoveringprayer.com/advent-welcome>
- Blog post of tips – <https://discoveringprayer.com/blog/tips-travelling-light-advent-and-christmas>

Wishing you a fulfilling and joyful run-up to Christmas!

Clare Bryden

Welcome Back!

We are delighted to welcome Jill Taylor (back) to the Cathedral. Jill will be leading the fundraising efforts necessary to facilitate the Development Plan agreed by Chapter.

Many people will remember her efforts for the Third Millennium Campaign. If anyone has any fundraising ideas or energy, Jill would be delighted to see them in her office. Or they can email jill.taylor@exeter-cathedral.org.uk

Cathedral Shop

Chapter are delighted that Alice Escott has become the Cathedral Shop Supervisor. We wish her well in this very important role.

Congratulations!

The Revd Professor Morwenna Ludlow, and the Revd Professor Susan Gillingham were installed as Canons Theologian during Evensong on 28th November. Here they are in the Sacristy, after the service, with Bishop Robert.



Cathedral Community Committee Awayday

On 24th November, the CCC had its first Awayday, at Sheldon. The title of the day was *What does it mean to be Mother Church?* We explored this in three presentations in which we explored what it means to be Mother Church for our life as a Cathedral Community, for Worship in the Cathedral, and for Nurture and Discipleship. All the presentations were presented jointly by clergy and lay colleagues, and all were punctuated with lively debate. We used both modern and traditional forms of worship during the day, ending with BCP Evening Prayer. We will report in detail in next month's edition. Suffice to say at this stage that we all agreed it was a very good day, in which many excellent ideas were shared and points of action were agreed. The hospitality of the Sheldon community was, as always, generous and efficient, and the whole day was notable for its warmth, good humour and energy, which were sustained throughout.

Heather Morgan, Chairman CCC

What's On in December

A few highlights from the *Cathedral Diary in December*; more on the website and in the "Christmas in Exeter" leaflet.

2 nd	18.00	Advent Procession
3 rd	14.00	Lord Mayor's Carol Service
4 th	14.15	Devon Federation of Women's Institutes Carol Service
	19.30	Cathedral Big Sing 2018
5 th	09.00	Chapter Meeting
	19.30	Exeter College Carol Service
6 th	19.00	Christmas with the Cathedral Choir
7 th	14.30	Exeter Cathedral School Advent Service
8 th	14.30	Masons' Carol Service
	19.00	Christmas with the Cathedral Choir
9 th	14.30	Handel's <i>Messiah</i> – the Cathedral Choir
10 th	19.30	National Trust Christmas Concert
11 th	19.30	Exeter Philharmonic Choir Carol Concert
12 th	11.00	Stover School Carol Service
	19.30	Exeter Philharmonic Choir Carol Concert
13 th		Meeting of Exeter Cathedral Music Foundation Trustees
	12.00	Diocesan Open House Carol Service
	19.30	G4 Christmas Concert
14 th	11.00	Exeter Cathedral School Carol Service
	19.30	LaLa Choir Christmas Concert (CLIC for Christmas)
15 th	10.00	Willow Christmas Tree activities
	19.30	Exeter Festival Chorus Christmas Concert
16 th	14.00	The Exeter Nativity outside the West Front followed by a service in the Cathedral at 15.00
	18.30	Hospiscare Service <i>Light up a Life</i>
17 th	13.00	Lunchtime Carols
	19.00	St Peter's School Carol Service
18 th	19.00	BBC Radio Devon Carol Service
19 th	19.00	Blue Light Carols
20 th	11.00	Flower Arrangers' Workshop

- 13.00 Lunchtime Carols
 18.00 Businessman Carol Service
 21st 13.00 Lunchtime Carols
 22nd 11.00 Meet the real St Nicholas
 13.00 Lunchtime Carols
 15.00 Crib Service
 24th *Christmas Eve*
 18.00 Grandisson Office for Christmas Eve, Procession and Service of Lessons and Carols
 23.30 Midnight Mass
 25th *CHRISTMAS DAY*
 07.00 Bells ring for Christmas Day; 08.00 Holy Communion
 10.00 Choral Eucharist; 11.45 Choral Mattins
 16.00 Choral Evensong & Carols from the Minstrels' Gallery
 26th *St Stephen, Deacon, the First Martyr*
 11.00 Solemn Eucharist
 27th *St John, Apostle & Evangelist*
 28th *The Holy Innocents*

Next Month: We ARE having a **January** edition. Please send material for the by **Wednesday 13th December** to Heather Morgan (01392 877623, hmm53@tiscali.co.uk and Sheila Atkinson sm.a@blueyonder.co.uk. The other members of the editorial team are Rosemary Bethell, and Jenny Ellis.

And finally.....

Even a cursory glance at the diary for December indicates what a busy month it will be for everyone at the Cathedral. Hundreds, if not thousands, of people from across Devon and further afield will attend the various carol services and concerts. It will be a great joy to see them all, and they will all be most welcome. For the whole Cathedral Community, clergy, staff, volunteers and congregations, much hard work lies ahead during Advent and Christmas-thank you in advance to everyone who will contribute, and to all of them, and to all our readers, wherever you are, when it arrives-Happy Christmas!