



# Cathedral News

June 2020 – No. 697

## From the Dean:



I've just had a week off, which was fantastic: who needs the Mediterranean when you have Devon on your doorstep - even in lockdown! And of course you avoid the nightmare of air travel.

I returned to work in time for Pentecost - a great day in the life of the Church. The following day was also supposed to be a great day in the life of the Church. For we were hoping to re-open our Cathedral doors for personal prayer, but as you all know that hasn't happened. We may be the Established Church, but so

little impact do we have on the financial life of the nation that the Government has decided it's safe for car showrooms to open but not the churches of our land. It's frustrating because we've done all the preparation, health and safety audits and so on. We'd lined up the necessary staff, but as yet to no avail. So we continue to operate in a virtual world, and we pray for patience, and for the many across our land who need the ministry of the Church and for whom it is currently inaccessible. Talking of which, morning and evening prayer by Zoom is a surprisingly good experience - if you have computer access, please do come and join us.

As a Chapter, we continue to monitor our financial situation very assiduously, and are immensely grateful to those who have responded generously to our appeal for funds. I think you probably know that while the Cathedral budget for this year was balanced, suddenly because of lack of earned income, there's



a likely hole of £800,000, which is catastrophic. There have been some encouraging messages from the Church Commissioners, though they haven't opened their treasure chests widely as yet. We've been having some very positive conversations with the Friends, about which more anon. We are also of course having to consider our staffing, and what the Cathedral will need to look like moving forward. What is clear is that volunteers will be essential; if it's possible to talk in these terms, even more essential than hitherto, though we are very conscious of the need to keep people safe and healthy. We're also of course looking at the future of our commercial activity. How will the cafe and shop work? Events are unlikely to happen inside the Cathedral for a considerable time. But what extra can we do - outside for instance? Because it sounds as though people are much safer in the open air.

Work on the Chapter House will begin soon we hope, though we are in negotiations with the contractors, since the tenders have come in a bit higher than we expected. One of the problems of course is that you never know what you're going to find in a place like the Cathedral till you start the work. So contingency allowances are high. But who better than Canon Mike Williams to bargain on our behalf about how much we can get for our money!

We shall start work soon on the North porch. You may remember we cleaned the statues, after Vladimir was pulled down. But we're now planning to give the whole thing a makeover. It is an architectural highlight of the building, and a wonderful way in, but at present it looks unloved and undervalued. One challenge was the medieval polychrome, but the paint fragments have now been analysed and assessed, so all we now need is the Cathedral's Fabric Commission's permission to get on with the work. The Friends have generously funded this, and Chris Sampson has managed to secure an extra grant, which I'm delighted to say looks likely to free up some Friends' money for other purposes.

Our Lottery Project continues. At the moment we are awaiting the procurement of our specialist advisors, which has to follow a fairly elaborate protocol,

because it will involve spending considerable amounts of public Lottery money. We are gradually getting our Activity Plan up and running. As you will hear me say often, what the Lottery does is to fund activities to bring people to the Cathedral to experience and understand their heritage. Any capital works they support are simply a means to help this happen.

A couple of fruits of the project already: we collected some VE Day memories and published them on our website. I was thrilled at the result, and especially so when I opened an envelope and someone had kindly sent me a lump of glass which their mother had picked up in the Cathedral after the bomb had dropped - so this was a souvenir of the window in St James' Chapel. Another direct result of our conversation with the Lottery is the blog of Stapledon the Cathedral cat. It comes out in our Cathedral Life newsletter once a fortnight, and we're very grateful to the cat for his fascinating insights - most recently into the life of Bishop Walter Stapledon, who emerges as a rather unsavoury character.

I am very grateful to the editorial group for pulling *Cathedral News* together. It is available online and by post on request. If you can't access the website, please do ask also for a printed copy of our weekly *Cathedral Life* - that way you can catch up with Stapledon and plenty more besides. And finally, we now have an online prayer board, and it's being very well used. Certainly it's keeping the Monday prayer group very busy.

We hope very much to see you soon, but in the meantime pray that you will keep safe and well.

**Jonathan Greener**

## **Greetings from the Company of Tapisers**

We trust you are all keeping safe and well – and we look forward to being able to meet up again when it is safe to do so. It is likely that the first move towards us being able to return to the Cathedral will be for the building to be opened

for individual prayer and meditation. It will be wonderful when that day arrives!

When we are allowed “in” again, I would urge you to take some time to appreciate the Rondels. These cushions, which cover the stone ledges on both side of the Nave, are often overlooked. The reason is simple: when visitors enter the Cathedral their gaze automatically goes up – to the impressive fan vaulting – and not down or sideways! The Rondels are one of Exeter Cathedral’s treasures, though, so please take some time to have a closer look!

The statistics are noteworthy: installed in 1989, they took 6 years to complete. There are 14 million stitches, 68 Tapisers worked on them, and there are 720 Rondel-shaped ‘windows’ containing snippets of national and local history from Roman times until 1983, when HM The Queen distributed Maundy Money here. Marjorie Dyer, an artist, was responsible for the incredibly complex design: a staggering achievement, especially as she was in her 70s when this commission began!

Have you noticed that all Monarchs, Bishops and Deans are named – along with their dates? The colourful rainbow background has a subtle white silk line which stretches the 72 metre length of the cushions: this represents the Holy Spirit’s presence throughout history. Look out for the Exeter Elephant, the Lord’s Prayer in Latin and in English, Henry VII’s visit in 1497, the bombing of the Second World War ... It’s all there – and so much more! This is a fine legacy which The Company of Tapisers is proud to have created.

Warmest wishes to you all,

**Diana Symes, Chairman of the Company of Tapisers**

## **Thank you**

Margaret Guyver would like to thank everyone for their good wishes and kindness following her recent hip replacement operation. She reports that a good recovery looks likely, which is very good news indeed.

## **Tech Tips: Zoom**

From 30 May Zoom will require everyone to be on version 5, which uses the latest information security. If you then try to use an older version to enter a meeting, you will be prompted for confirmation before upgrading. I suspect

most of us are OK, as we didn't start using it until recently. e.g. I'm already on v5.

You can find guidance on joining Zoom and tips for during the meeting at <https://www.exeter-cathedral.org.uk/wp-content/uploads/2020/04/Zoom-instructions-31-March-2020.pdf>

**Clare Bryden**

*We're very grateful to Canon James Mustard for sending this much deserved appreciation of the efforts of the Cathedral's Choral Scholars*

**From "The Tablet", 30<sup>th</sup> April 2020**

**BEST OF THE CURRENT CHOICES!**

**CLASSICAL MUSIC**

If you're missing the rhythm of regular choral services, more digital options are emerging every week. Best of the current choices is the daily service of Compline led by the choral scholars of Exeter Cathedral from their individual homes – a regular moment of quiet reflection, music and prayer at 8.30 p.m. from Monday to Saturday, on the Cathedral's Facebook page.

## **Book Group**

**Wednesdays at 7.30pm on Zoom, starting 1<sup>st</sup> July.**

(joining details to be published in notices and online)

Looking at *Into the Silent Land*, by Martin Laird

Led and hosted by Bishop Martin Shaw.

A chance to 'get together' to read, discuss, and learn from this book and from one another. Order the book now (£10.95 on Amazon, Waterstones, Foyles etc; slightly cheaper for an e-copy) and be ready for joining in at the beginning of July.

**A CATHEDRAL QUIZ EVENING**



**Saturday 27<sup>th</sup> June 7.15 for 7.30pm on Zoom**

**From Canon Ian Morter**

As it looks as though this year's St Peter's Tide celebrations are going to be very different because of physical distancing precautions, we're going to try to get together electronically on the ubiquitous

ZOOM MEETINGS.

So we invite any members of the Cathedral Community, near or far, to join us for a fun evening. You can gather a team of four who work together (you do this on Zoom without having to physically together) or compete as an individual. If you are on your own, but want us to create a team for you, we can arrange that too!

The Serving Clerks of the Cathedral have been meeting regularly on Zoom during this lockdown and have held a couple of quiz evenings. **Caroline, Louise and Steve** have offered to help me organise our St Peter's Quiz Evening.

### **What do you need?**

- A computer or tablet (iPad or similar)
- Pencil and paper
- Boundless knowledge! (seriously, it's going to be fun not University Challenge!)
- A supply of a beverage of choice – soft drinks are permitted.

### **How do I take part?**

- Please register your interest with me as soon as possible on [ian.morter@exeter-cathedral.org.uk](mailto:ian.morter@exeter-cathedral.org.uk) giving me your email address.
- Tell me if you are in a team, and please give me their email addresses, or let me know if you want us to create a team for you.

- I will send you the details of how to log into the ZOOM Quiz and we need to be gathering 15 minutes before the 7.30pm start so we can get the teams in their private ‘break-out rooms’ where they can confer.

No prizes can be awarded because of physical distancing, and health and hygiene requirements, but certificates for the three top teams will be given (by post). Do join us for a fun evening, where you will see and hear your friends from the Cathedral Community. You never know, you may meet some new faces.

### **The Flower Arrangers’ Year**

I was saying at a Zoom coffee morning that there was nothing to write about in the next *Cathedral News* because of lockdown. A member of the congregation suggested I tell you all how we organise arranging throughout the year – so here goes.

We know that we need arrangements for certain church Festivals during the year. So we start with dates for them, and the Rota Secretary fixes the Fridays on which we can arrange, then checks those against planned events already in the Cathedral Diary. Sometimes we have to work when staging and lighting and catering companies are in the building. This isn’t usually a problem, but where it might be, we have to alter the arranging day.

Once we have the skeleton of the rota, the Rota Secretary assigns arrangers to a placement. There can be up to eight of us arranging at one time. We regularly arrange at the High Altar, the Lady Chapel, the Flower Box (opposite the Cathedral Shop), St Gabriel’s chapel, and the four Nave pillars. The lead pillar arranger is the person who does the North East pillar; the lead co-ordinates the other 3 arrangers so foliage can be shared and the design is similar in all 4 pillars.

We have to ensure that the colours are appropriate for the Church festivals (for instance Pentecost is always red). The rota secretary orders the flowers throughout the year ensuring that the required colours are used. When there is a wedding, we try to accommodate the wedding colours.

Arrangers  
their dates,  
during the  
people, and  
rota is  
all to see  
in. We all  
personal  
email and  
numbers so  
made if  
plans



are then sent  
usually 3 or 4  
year for most  
a whole year  
produced for  
who will be  
share  
addresses,  
phone  
swaps can be  
personal  
change.

Usually we meet at 9am on a Friday. We clear the previous arrangements, replace old blocks of Oasis with fresh supplies refresh, and share foliage. Our florist supplier brings in boxes sorted for each placement and we usually pop these into water to condition. Then comes coffee time! We are usually finished before 12 noon, and once everyone has signed up to water on one day in the following 2 weeks that's it! Happy arrangers!

We have beautiful fresh arrangements that should last two weeks, please the congregation, and surprise our visitors, and everyone who passes through our glorious building.

**Flick Evans, Secretary Cathedral Flower Arrangers**

**The Dean locked up before the lockdown!**



The Chief Constable recently invited the Dean to inspect the new state-of-the-art police station now open in Exeter. How appropriate that the opening of "the nation's "greenest" police station, sporting highly impressive 21st century technology, should be marked by the locking up of Dean Greener. A cautionary tale!

**Pamela Greener**

### **Cathedral Community Committee (CCC)**

This is just to reassure readers that the CCC is still here, and members are closely involved in many of the online worship, activities and meetings that have kept us all in touch during the lockdown. Please do get in touch with me at [hmm53@tiscali.co.uk](mailto:hmm53@tiscali.co.uk) or with any of the other members if there are any matters you would like us to raise with Chapter or the clergy team. Many of our agreed projects are on hold at the moment, but the CCC will meet in the near future to discuss with Chapter how best we can help to further the ministry of the Cathedral in the months ahead. Chapter agreed to postpone the elections to the CCC, which were due in April, for a year. Deanery Synod elections have been postponed until the autumn.

**Heather Morgan, Chair CCC**

### **The July edition of *Cathedral News***

We hope to publish the next edition of the News in the early days of July. The deadline for material is **Saturday 27<sup>th</sup> June 2020**. Please send any contributions



to Heather Morgan (01392 877623) [hmm53@tiscali.co.uk](mailto:hmm53@tiscali.co.uk) or any member of the editorial team; Rosemary Bethell, Jenny Ellis and Sheila Atkinson.

**Focus:**

**Cressida Peers**

**The Cathedral's Events and Christmas Market Manager, and a member of the St. Peter's Singers**

*'Sing for the morning's joy, Cecilia sing, in words of youth and praises of Spring.*

*Walk the bright colonnade by fountain's*

*spray, and sing as sunlight fills the waking day,*

*Till angels voyaging in upper air, pause on a wing, and gather sound*

*into celestial joy, wound and unwound,*

*A silver chain, or golden as your hair.'*

Ursula Vaughan Williams: from a Hymn for St Cecilia

The skies were blue, a rare day in February, when I met up with Cressida inside the Cathedral, who then took me to the flat in The Cloisters. It was the flat in which I had spent time with Tim Parsons, our Cathedral's Organist and Assistant Director of Music, before writing about him in a Focus. More about this later!

Cressida was born in Bristol in 1992 to David and Charlotte Peers.

Her father was employed by the Environmental Agency, being responsible for the regulation of landfill sites; his office was in Exeter. Her mother was managing the Cleansing Department for Crawley Borough Council, which meant having the responsibility for the collection and disposal of domestic and surgical waste, as well as the management of the road-sweepers. They had met at an incinerator in London when they both worked for the GLC (Greater London Council).

How romantic is that?

Her mother had planned, after a while following Cressida's birth, to return to work, but in 1994, the demands of her father's daily commute to Exeter persuaded them to move westwards. Her parents are closely involved with the Cathedral today; her mother helps with the Cloister Club, Coffee Rota and as a back-stop Roof Tour Guide. Her father, who was awarded the Queen's Diamond Jubilee Medal for being the first responder when the container ship Napoli, carrying toxic materials, beached at Branscombe in Dorset; potentially a huge disaster. He is now one of Cressida's mainstays during the setting up, and maintenance of the Christmas Market.

Magdalen Court School was her first school, then when she was aged eight, she auditioned for the Cathedral Choir.

*'I was auditioned twice by Stephen Tanner, where I chose to sing "My favourite things". I became a chorister, and pupil at the Cathedral School. I loved it! The daily 8.30am practice, the singing for Monday Evensongs, and for alternate weekend Services. At that time there was a 60/40 ratio to the boys. We did a tour to Belgium and Holland, staying in a hostel. Great fun!*

*I only began to really appreciate all the experiences I'd been given then when I got much older. The singing for special services, and on a Friends' Day, when we sang with the boys "Blessed be the God and Father" by Samuel Wesley.'*

After leaving the Cathedral School, she went on to St. Margaret's, where she sang in their Chapel Choir, and joined the Combined Cadet Force.

*'Which I loved! Especially the wearing of their uniform, being outdoors, camping and learning to shoot blanks with the Cadet Rifle!*

*I even made it to a competition!'*

These experiences, especially the exercises on Dartmoor and at the CCF Combined Summer Camp in Cornwall, provided opportunities for her to see that she was an all-rounder. She participated in the Ten Tors Annual Event on

Dartmoor, and achieved a Duke of Edinburgh Award following the completion of a major hike over Dartmoor.

She left St. Margaret's, when she sixteen, for Exeter College, because she wanted to study for the International Baccalaureate, rather than A levels. Her chosen subjects were, Biology, English, Italian, Mathematics, Music and Psychology. Achieving this goal, she applied for and obtained a place at Bangor University to study Psychology.

*'Bangor was very different. There were ten thousand or so students in a city of less than twelve thousand people! It relied upon the university's support for local businesses, and the success of events in the city. Sadly, there was not much music going on in the university, and I regretted that but, I gained mountaineering! I climbed Mount Snowden; the first time with my best friend, Georgia. It was a beautiful day, prime sunbathing territory with a cold, pristine view....an iconic view! I climbed it a few more times, but usually in summertime.'*

For her B.Sc. thesis, she chose to study Accent Bias; this was where she endeavoured to find out if there were indications, or otherwise, of a strong likelihood that preference would be shown for your own accent when assessing peoples' abilities and confidence levels.

*'The results showed that there are strong preferences here!'*

Returning to Devon post-graduation, she began to work at the Entry Desk in the Cathedral during the Summer months; that then led on to her working full-time in the Visitors' Office, doing a multitude of jobs, that ranged from co-ordinating volunteers, education, general administration and events.

However, sometime in 2013 she found time to join a group, who were wishing to raise funds, for research into Meningitis, by climbing Mount Kilimanjaro. Meningitis not only has the potential for causing considerable harm to small children and babies, but, also, in young adults. (There is a great deal of information currently about this infection in the media outlets at present)

*'It was tough! You needed a lot of stamina. I suffered from altitude sickness, which sometimes was so severe that I was struggling to put just one foot in front of the other. It took five days to reach the summit, and one and a half days to descend! My worst fears before the trip had been about not knowing anyone in the group. The best bit ever was getting to the top!'*

In 2015, big changes came when Cressida re-located to London. She had been appointed the Corporate Events Executive at St. Paul's Cathedral.

*'This involved everything from organising private viewings and corporate hospitality events; we held three hundred dinners in the Crypt, three or more a week. London is the heart of business and there is a lot of wealth. We had other exciting events, especially the celebratory service for Her Majesty the Queen on her 90<sup>th</sup> birthday. That was very exciting and enjoyable. She looked wonderful in her bright yellow outfit. And, of course, in complete contrast, was the filming of a part in the film Paddington 2. That was really great fun, and exciting!*

Cressida, in 2017, sensed that she needed another career move. She read the advertisement for an Events Co-ordinator at Exeter Cathedral, applied for it and was appointed.

*'There then followed many discussions between the Chapter and all interested parties, which led to the decision being made that we had to evaluate that which we needed to do regarding the Christmas Market. The conclusions were that we needed to organise and run the market ourselves. Of course, there was a considerable risk attached to this! But, we have shown, that the risk, was well worth taking. Thorough enquiries are always carried out, and I expect high standards from the traders! Of course, the weather has a huge influence upon the footfall.'*

How does this young woman find recreation from her workplace?

*'Well! I love travelling a lot. My parents were, and still are cruise fanatics! I love it, too, now! It's seeing those so very differing countries, eating the lovely food,*

*visiting amazing buildings and other sites of interest. You go from furry boots to bikinis!*

*I sing with the St. Peter's Singers, and sometimes with Matthew Cann's Antiphon, or The Heritage Singers, formerly with Sylvia Pritchard as their Musical Director, and now with Andrew Millington and Stephen Tanner.'*

Following on from there, I asked if she had a favourite piece of music or hymn.

*'My favourite hymn is "Of the Father's heart begotten" which is sung at the beginning of the Grandisson Service on Christmas Eve.*

*Away from Exeter, I love walking along the seafront at Exmouth, where my parents live, and on Dartmoor. I enjoy reading, especially psychological thrillers, and watching BBC TV murder mystery series! And I like cooking, especially salmon for Tim!'*

Well, that last sentence leads us nicely on to where she is now!

Recently, there was a lovely moment in the Cathedral when Cressida and Tim's engagement was announced. Those of us who know them both, are delighted and send them our congratulations and prayers for many years of happiness together. I invite all of you, who read this Focus, to join in with those congratulations and best wishes.

I was nosey enough to enquire where it all began!

*'I'd met Tim when I returned from London, and we gradually got to know each other through mixing socially with mutual friends. Then in August 2017, we went on a camping trip to Looe, in Cornwall.....that's where it all started! Then in December 2019, in Prague, very romantically, Tim proposed to me.'*

So, God moves in a mysterious way, his wonders to perform!

Reaching towards the end of this Focus, it remains for me to record her answers to the usual two questions. What, for her (apart from the obvious which is above) are the best, and worst aspects to the Cathedral?

*'The best thing is the Cathedral has become my second home. I've been coming here since a babe in arms with my mum, and it is now entrusting me to deliver a huge number of events. The worst thing is that I find it so difficult to switch-off!'*

Thank you, Cressida.

**Rosemary Bethell**

## **Where prayer is valid**

During the days between Ascension and Pentecost, I was ruminating about the Cathedral as building and people, prompted by the lack of access of most people to the building during the lockdown. I have heard many an alliterative sermon, so I was delighted to find that my ruminations resolved into three trains of thoughts, each beginning with the letters S and P!!

### **Spirit and Place**

As part of my morning prayer time, I had been reading "On the Holy Spirit" by St Basil. He writes: "Scripture frequently speaks of the Spirit in terms of *place* – a place *in* which people are made holy... Where can we offer [the sacrifice of praise]? Only *in* the Holy Spirit! Where did we learn this? From the Lord himself.. [The Samaritan woman] was deceived by local custom into believing that worship could only be offered in a specific place, but the Lord, attempting to correct her, said that worship ought to be offered in Spirit and in truth" (author's italics; see John 4:24).

A physical place such as the Cathedral building is important as a sacred space. The offering of worship in one spot over the centuries has formed it into what is known as a 'thin place' or a place where prayer is valid, to channel TS Eliot. Touch the walls and you can feel the prayer soaked into them. Yet we are not tied to the building as a place where prayer is valid. It is in the Spirit as place that we truly worship.

## **Stones and People**

Again, Basil writes: “The Spirit is indeed the dwelling place of the saints, and the saint is a suitable abode for the Spirit, since [s]he has supplied God with a house, and is called a temple of God.” In this he is following St Paul, who wrote to the Corinthians: “Do you not know that you are God’s temple and that God’s Spirit dwells in you? ... God’s temple is holy, and you are that temple.” (1 Cor 3:16,17b; NRSV)

That is, not only do we dwell in the Spirit, but the Spirit dwells in us. To contemplate is literally to ‘temple with’. In contemplative prayer, our heart is the temple where we encounter God in the Holy Spirit.

Moreover, in his first letter, Peter writes: “like living stones, let yourselves be built into a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ.” (1 Pet 2:5; NRSV).

The physical stones of the Cathedral are not at present resounding to the sound of the liturgy, organ, choir and congregation. Yet we living stones forming that spiritual house, we who are Jesus’ disciples today, can still cry out in worship (see Luke 19.40): “O come, let us sing to the Lord... Let us come into God’s presence with thanksgiving; let us make a joyful noise to God with songs of praise!” (Ps 95:1a,2, NRSV).

Paul describes himself and others, as builders on the foundation of Jesus Christ, and the building materials may be gold, silver or precious stones (1 Cor 3:10-12). The Cathedral is a beautiful building, built to the glory of God. We too, if we let it happen, may form a beautiful spiritual house of precious stones, to the glory of God. And I see and hear of inklings that we are letting it happen, on Facebook, Zoom and Telegram, on the telephone, two metres outside our front doors, and in periods of shared silence.

## **Screens and Proximity**

At present we are seeing each other and attending Cathedral services through screens. But this is not new. Screens at the side of the Nave have been



frequently used for big events when it is otherwise difficult to see what is going on.

I can see and hear what is happening, whether in the building metres away, or in my house miles away. So does proximity make a difference? Subjectively, it does of course feel different to be dispersed instead of gathered, to wave at each other instead of physically sharing a sign of peace. Objectively, we are separate individuals whether gathered or dispersed, yet bound together in God with a connection that transcends time and space.

When I receive absolution or the blessing at the end of a service inside the building, I am already metres away. Watching over the internet I am miles away, but the increase in scale does not lessen God's forgiveness or desire to bless. Whether in the building or on Facebook, I am still present in the Spirit.

We have always been members of the body of Christ (see 1 Cor 12), across all places and times. Now, the 'cloud' (a term for the software and services that run on the Internet) enables us to be members of the cloud of witnesses (Heb 12:1) for each other, joined in prayer and worship and thanksgiving.

### **So take heart!**

We each of us dwell in the Spirit as place.

Separately and together, we are a temple for the Spirit. And connected-though-dispersed, together we worship God.

"Therefore encourage one another and build up each other, as indeed you are doing." (1 Thess 5:11). Amen.

**Clare Bryden**

### **Thoughts from a Monday Morning Steward**

*"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms".*

The Coronavirus lockdown continues and so another Monday morning has



passed when I, and my fellow Monday morning colleagues, have been unable to report for Stewarding duties at the Cathedral. In the picture are Malcolm Vallance, Julie Sanders, David Denton, and Julie Moore. Sadly Katherine was not with us, on this occasion, to dispense her knowledge over 30 years of stewarding.

We miss entering that wondrous building which has been witness over the years to famine, pestilence, plague and wars, and is now temporarily closed

Each Monday morning, I see, or learn something, that I have not seen before whilst responding to questions from Visitors and dispensing the toilet access code.

At the same time, like other Stewards, I am sure we miss the fellowship and company of our colleagues. In our case, we have all been keeping in touch over the weeks by email and WhatsApp which has been good, and proves the bond that has been formed between us.

We hope and pray that life will soon get back to normal.

I am reminded once again by the words of the Revd Wendy Jackson, one of our previous vicars, here at St Swithun's in Sandford, that "We cannot have an Easter Sunday without a Good Friday".

**Malcolm Vallance**

**Happy Birthday Dr John**

Happy Birthday to Dr John Colmer who celebrated his 90<sup>th</sup> birthday on 11<sup>th</sup> May.

## **From Canon Chris Palmer - 'Examen': A review of the day**

One of the most rewarding things we can do in prayer is to review our day with God, to notice where we've been drawn towards him and where we've run away from him.

This form of prayer is recommended by St Ignatius of Loyola in his *Spiritual Exercises*, and is called the 'Examen'. It has been used by many people over hundreds of years wishing to discover the touch of God in their lives. Whatever other forms of prayer we use, building this into our daily pattern of prayer will produce rich fruit.

Find a time and place to pray where you can dedicate fifteen minutes or so to prayer. Become attentive, by feeling the sensations in your body, or the sounds around, until you are calm in body, spirit, and mind.

**Say thank you:** Thank God for the wonderful things he has given you. Gradually name things that you are grateful for, aspects of your life every day, special moments from the last day, gifts in creation. If you don't feel grateful, *choose* gratitude by recalling the things in your life or the world that are valuable.

**Ask for insight:** Ask God for his insight into the day that has past that he will show you where you have drawn close to God and where you have drawn back. Remember this knowledge is God's gift, and beyond your natural capacity to know.

**Review the day:** Look back over the day that is past. Notice what happened at each time. Notice how you *felt*. Particularly become aware of any hidden or unacknowledged feelings. Ask where they rose from. What during this day has been life-giving and brought joy? What has been deadening or brought sadness? How have you responded in each moment – within, towards others, and towards God?

**Seek healing:** Bring the times of brokenness to God for his healing and the times of wrong-doing and wrong-thinking to God for his forgiveness. The Examen is the work of God's grace in which we receive God's renewal and liberation.

**Look forward:** Look at the day ahead. See the opportunities and the challenging times. Decide what times you will build in for prayer and reflection. Name what you will choose to do differently. Plan how you will live the day in tune with God's love in your life.

As you come out of prayer, thank God for what you have gained through your prayer. You might find it helpful to make a note of, or share with a friend, anything that will help you live more closely with God.

## **20 Things I Did During Lockdown**

1. Baked cakes for neighbours, cooked for the freezer and shared new recipes on WhatsApp.
2. DIY - mending wooden drawers of desk overnight, with wood glue (long overdue!)
3. Decluttered TV unit drawer and cleared and sorted contents for BHF.
4. Cleaned marks on living room carpet with carpet shampoo (two years overdue!)
5. Cleared and sorted bedside cabinet and medicine drawer.
6. Discovered short cut to Boots the chemist through the beautiful Northernhay Gardens.
7. Discovered The Bury Meadow Park is just as lovely during the week as it is on Sat/Sun, a good place to exercise and spend a few moments in thought, in the sun.

8. Discovered Sainsbury's food and products well stocked and half the price as well as nearer; to get to and back.
9. Learnt to use the self-service check out tills in Sainsbury's, Co-op and Boots.
10. Got clapping and bonding with neighbours, for the NHS - Thursday nights.
11. Bonded with my niece on WhatsApp.
12. Made appointment with Computer Man and got Facebook and Messenger sorted and to log into Cathedral Services.
13. Uploaded a free Zoom account (wonders!) for friends and family and also attended a church zoom prayer meeting. 😊
14. Set up online financial advice, (saves paper).
15. Back to cleaning – deep spring cleaning and hoovering under the bed!
16. A little different - writing up memoirs for my journal/book.
17. Reading and praying and praying for church revival.
18. Making Face Masks and keeping updated on coronavirus. 😞
19. Listening to old LPs, watching some late TV – often thinking it's a Saturday but oh actually; it's still only Wed!
20. Spreading the love – smiling at people across the road! 😊

And a few extra things...

21. Browsing through my keepsake box and old college portfolios.
22. Letting my natural hair colour grow and my face make-up free.
23. Getting in touch with one or two old friends.

24. Applauding from a distance my neighbours little boy riding his new bike
25. Prepared for getting back to work with new perspective.
26. Got online to do the amazing virtual tour of Exeter Cathedral.

And that's it.....

Just to add, this all sounds positive but it has only been possible because of being on furlough. I have been completely aware that for many it has been a frustrating time and for many very tragic. Thinking of this, I have signed up to our Community Help who are a great team. They are servicing the St David's area of Exeter and their contact number is 01392 927790 email: stdavidshelp@eccentre.org for those who need support, or want to help.

**Louise Secrett**

## **The Prayer Wall**

On the Cathedral website, you will see on the home page that we have a new link – The Prayer Wall. This has only been up and running for just over a week, and has enabled people who would have formally left prayer requests on the board outside the Lady Chapel now to post their prayer request on new prayer wall and light a virtual candle. This has already been helpful for people near and far, who have been able to make their prayer requests while the Cathedral has been closed.

The Monday Prayer Group that meets at lunch time in St Gabriel's Chapel, to pray every week the paper requests, will now be using the Prayer Wall requests when they meet by Zoom every Monday at 13.00. If you want to join the Zoom prayer group, please contact Canon Ian Morter on [ian.morter@exeter-cathedral.org.uk](mailto:ian.morter@exeter-cathedral.org.uk) or by mobile phone. If you want to go straight to the prayer wall then here is the page address: <https://www.exeter-cathedral.org.uk/worship-music/send-a-prayer-request/>



## **What does Exeter Cathedral mean to me?**

We would be delighted to have your answer to this question, in no more than 100 words, for future editions of the *News*. One of our readers suggested this would be a good thing to do. We think it's a great idea as we reflect on those things we have missed during the lockdown, as we look ahead - when things will be very different (for some time at least), and as we consider how best we can respond to

the Cathedral Appeal. So please, tell us what the Cathedral means to you.

## **Welcome to the Reverend Prebendary Julian Ould**

*The Dean announced recently that Julian has joined the clergy team as a Priest Vicar.*

I have recently retired from the post of Totnes Team Rector, where I had oversight of nine parishes, Totnes St Mary's obviously being my base, and enjoyed fourteen years serving in what I can only describe as a unique place. I was once asked for a definition of Totnes, and my response was 'eight square miles surrounded by reality'. It was a fabulous place to be and full of very colourful characters.

I have been a priest for 37 years, serving in parishes across the country, ranging from Tyneside in the North East, to Peterborough and the Fens, to the Isles of Scilly in the far South West, finally settling at Totnes. Three years ago, I was given the privilege of being appointed a Prebendary at Exeter and when the

Dean suggested I might like to serve in the Cathedral as a Priest Vicar in my retirement, I was delighted. I hope I prove useful.

In addition to my ministry, which dominated my time, I have a passion for music. As well as supporting Church music, I have sung in a number of local choirs in Totnes. One of the great luxuries I enjoyed at Totnes was the capacity to have Choral Evensong. However, I was happiest when I was able to be out and about in the parishes meeting people and sharing the joys of my Christian ministry. The current lockdown has prevented me from establishing myself at the Cathedral, but hopefully in the months ahead this will begin to change and I look forward to sharing Cathedral life.

## **Eddie Sinclair (1956–2020)**

*John Allan, Cathedral Archaeologist, writes* Members of the Exeter Cathedral community were greatly saddened to hear of the death of Eddie Sinclair on 30 January of this year. Over a period of more than 40 years Eddie had served the Cathedral as its highly respected specialist in the field of polychromy – the fragile and often unappreciated remains of medieval colour surviving on the cathedrals' walls and sculpture. Alongside her involvement at the cathedral, Eddie also became the leading specialist in the conservation of Devon's medieval screens. The tribute below was written by Hugh Harrison, the Cathedral's adviser on medieval woodwork, and her collaborator on many projects over many years:



“Eddie Sinclair was described by her fellow conservator Liz Cheadle as the *“Queen of West Country screens”*– a title she could have inherited from her mentor Anna Hulbert. Anna came to Devon to work at the cathedral and on parish church screens with the most up-to-date knowledge available in Britain in the 1970s. Eddie followed on from her and discovered the use of colours Anna would never have dreamed of finding. Many of these screens are in isolated churches on Dartmoor, or tucked away in Devon’s steep valleys, so future visitors might be rare, but their visits will be memorable for the revelation of colour and clarity of the paintings they find therein.

It all started under the watchful eye of Peter Dare, the master mason at Exeter Cathedral, when this young graduate was accepted as an apprentice mason at the Cathedral in 1979. She was probably one of the first female masons in the country. She started as a banker mason and ended by carving a replacement pinnacled buttress on the west front, adorned with a portrait of her husband Mike. Soon afterwards her art school training before university made her a perfect candidate to help Anna Hulbert when she came to conserve the nave bosses in the cathedral. The camaraderie of this group of young conservators working on site to the standards of the Courtauld Institute has united them all ever since. Mind you, as another fellow conservator Jane Rutherford emailed me, they were aided and abetted with a little liquid refreshment behind the parapets on sunny days.

From her work on the bosses, Eddie continued with the conservation of the West Front at Exeter Cathedral. Her training with Anna put her in a pole position to note and record all the colour on the carving. This was translated into a reconstruction drawing which was later published and which revealed to the world the extent of exterior colour with which some of our ancient buildings were painted. This was surely one of the most important pieces of research on the cathedral which has been carried out in the last 50 years. It was followed by a similar project at Salisbury cathedral and at this very time Lincoln cathedral, a project that might have been one of her greatest.

Over the years, the Cathedral became Eddie's second home and she went on to conserve so much in the building that sadly there is no time to list it all here. One major discovery was the extent of colour on the Bishop's Throne, this most important timber construction of its date in Europe. To the original visitors and pilgrims the appearance of this lofty throne in full colour must have been overwhelming.

Her fascination with medieval pigments and skills in carving revealed Eddie's artistic talents in an exhibition of her work a few years ago. As Madeleine Katkov, another close friend and conservator, wrote "*most of us play with medieval materials in pursuit of historical information, but she used these ancient techniques in a very creative and imaginative way to produce stunning and unique contemporary artworks.*" This work culminated in the private commission to paint a modern corbel based on the nave corbels at Exeter cathedral using all these wonderful colours and techniques.

A very special job for Eddie with her Jewish family background, was the conservation of the Ark in the Synagogue at Exeter, the oldest in the country except in London. She then wrote extensively on the Arks in the Synagogues in Plymouth and Cheltenham.

As though this was not enough to do, Eddie gave numerous talks, some to local groups, some to international conferences and she published chapters in two of the latest books on paint conservation. Both were on colour on Devon Roodscreens, one followed a conference in Oslo and the other a conference in Cambridge. Lucy Wrapson of the Hamilton Kerr Institute in Cambridge wrote, *Eddie was so generous with her knowledge and experience. I found in Eddie an unlimited source of vivacity and fun-often at inspirational levels. I have loved the times I have stayed with Eddie and Mike, who were such generous hosts to me.* Over a dozen other fully researched articles appear in academic journals from 1991 onwards. You only have to read these articles and you can hear Eddie as though she was beside you.

Her last contribution was to Charles Tracy's book *English British Episcopal Thrones*. When I told Charles Eddie had passed away, he exclaimed in genuine admiration regarding her contribution to his book, 'She did us proud'. What a wonderful summary of everything she did."

## From Canon Chris Palmer

### Labyrinths

I've made a video and posted a piece about making and praying the labyrinth. Take a look!

<https://www.exeter-cathedral.org.uk/news-events/latest-news/the-labyrinth/>

### St Luke's Resurrection Stories.

We're delighted that Professor Chris Bryan has recorded his talks on YouTube.

<https://www.youtube.com/watch?v=SYT3E6ptHeU&feature=youtu.be>

This should have been part of a Lent Group, but had to be abandoned. But the talks are inspiring, and we encourage you to watch.

### Rule of Life

I also made a short view about having a Rule of Life short video about having a Rule of Life

<https://www.youtube.com/watch?v=TD-D0mMGmVc&feature=youtu.be>

We have nearly 60 people signed up to this, and I'd be delighted to hear from others who are interested in following this. Again there's information and a booklet about the Rule of Life on our website

<https://www.exeter-cathedral.org.uk/news-events/latest-news/rule/>

We would have been due a meeting about an aspect of the Rule of Life in July, and I'm proposing a date of **Thursday 16<sup>th</sup> July at 7pm**. This will probably become a Zoom meeting, as I don't think gatherings of this sort will be possible even then. I will be leading an evening on the second part of the Rule:

- We commit ourselves to grow in faith and in love for God, and discern where God is calling us.

Do get the date in your diary – more details to follow.

## Finally...

People have been reading lots during lockdown, and I've got this wonderful little book off my book shelves again: *How to be a bad Christian....and a better human being*

<https://www.hachette.co.uk/titles/dave-tomlinson/how-to-be-a-bad-christian/9781444703849/>

Dave Tomlinson reminds us that 'following Jesus is a lot less weird, and more fun, than most people think.'

## Holy Ground

Sunday 14th June 7pm

**Love means Love – The Bible and same-sex relationships  
with the Revd David Runcorn**

**Via YouTube and Zoom**

*Love means love* is the title of David's latest book and Holy Ground this evening launches its publication.

The case for accepting and blessing same-sex relationships from the Bible is a cumulative one. It is not based on any one text or verse. But nor does it involve ignoring the 'awkward' or apparently condemnatory texts either as some assume. *Love means love* is more like a map, tracing the paths through scripture that lead, David believes, to a welcoming and including understanding of homosexuality and same-sex relationships.

David's book is written out of a concern that this possibility is still not yet widely understood and many people are struggling with their bibles for lack of it. The evening, like the book, is an invitation to see the Bible afresh and to read it faithfully in the light of our experience of the fruits of the Spirit we find in LGBT+ friends we know, or know in our own LGBT+ lives.



David has worked at different times as a vicar, Lee Abbey chaplain, Theological College teacher, Diocesan Director of Ministry and Director of Ordinands. He calls himself a 'free-range priest' and is a well-known speaker, trainer and retreat leader and writer. His other books include *The Spirituality Workbook – a guide for explorers, pilgrims and seekers* and *The Language of tears – their gift, mystery and meaning*.

### **To join this Zoom Meeting:**

[https://us02web.zoom.us/j/85852512922?  
pwd=SLYzVHhzK1NOckZLLzdJSHJTB3NUZz09](https://us02web.zoom.us/j/85852512922?pwd=SLYzVHhzK1NOckZLLzdJSHJTB3NUZz09)

Meeting ID: 858 5251 2922

Password: 634794

To dial in from a phone:

0203 481 5237

Meeting ID: 858 5251 2922

Password: 634794

### **For our prayers**

**Those who are sick or in need:** Lilian Lovell, John Thompson, Pat Webster, Rosemary Joy, Gary Lord, Jane Jones. Cilla Dainty, Katherine, Stephen, Sally-Ann Hodson, Elsie Howell, Paul Nash, Illya, Yve Taylor.

**Rest in peace:** Christine Churchward, Tony Rogers, Guiseppina Ravelli, Susan Hill, Beaumont Brandie, Clive Robert Brown, Raymond Ravenscroft, Anthea Woodford

**Please pray for all those recently bereaved.**

### **Keeping in touch**

Over the last few weeks we've been publishing weekly information, but have slowly settled into a pattern on many of these things – so the information below now applies each week, the contacts, times, and login details. Any variations will be notified in future editions of *Cathedral News* and *Cathedral Life*. Please note we have added a password to some of these meetings.

### **Pastoral Support**

We'd love to hear from you in joy or sorrow – keeping connection whilst we're physically distancing. Please contact: [pastoral.care@exeter-cathedral.org.uk](mailto:pastoral.care@exeter-cathedral.org.uk) or 07906 249132. We're also keen to hear about members of the Cathedral Community who might have been overlooked – those we could help or who would just like a chat.

### **On Telegram**

Our Telegram Group has around 60 members and is a gentle means of keeping in touch with people during the lockdown. It's easy to use; just download [the Telegram messenger app](#) [<https://telegram.org/>] for phone and sign up. If I have your mobile phone number in my contacts, I should be notified that you've joined and will invite you to join the group. If I don't make this invitation, do send an email to Canon Chris Palmer [[chris.palmer@exeter-cathedral.org.uk](mailto:chris.palmer@exeter-cathedral.org.uk)] and he will be pleased to add you.

### **On Zoom**

Do join one of our – now weekly – Zoom meet ups. We have some [simple instructions on how to join](#) <https://www.exeter-cathedral.org.uk/wp-content/uploads/2020/04/Zoom-instructions-31-March-2020.pdf>

*Sundays at 11.00am, hosted by Canon Chris Palmer.*

*Coffee and Chat*

Following the broadcast of the morning Eucharist, join us to meet together

<https://us04web.zoom.us/j/73253586706>

Meeting ID: 732 5358 6706 Password: 270422

*Mondays at 1.00pm, hosted by Howard Moffat*

*Prayers for Healing*

The regular Prayers for Healing group, bringing the needs of our world and community to God. We're sending this link – and emailing the service sheet – to members of our community who ask. Please email [pastoral.care@exeter-cathedral.org.uk](mailto:pastoral.care@exeter-cathedral.org.uk) for an invitation.

*Tuesdays at 8.00pm, hosted by Clare Bryden*

*Lectio Divina Group*

Lectio Divina, or divine reading, is an ancient form of praying with Scripture. We listen to the Bible with the “ear of the heart”, with the aim of nourishing and deepening our relationship with God. We'll be using the Gospel reading for the day.

<https://us04web.zoom.us/j/846835040>

Meeting ID: 846 835 040 Password: lectio

Fridays at 11.00am, hosted by Revd Phil Wales

Coffee and Chat

<https://zoom.us/j/977574807>

Meeting ID: 977 574 807 Password: 928497



## **Psalmation for St Peter's Day**

Do you have a favourite psalm?

Following the Eucharist for St Peter on 29<sup>th</sup> June, which will be at 12.45pm, we are engaging in a Zoom continuous reading of the Psalter.

The intention is that people can read their favourite psalm from their home and share on Zoom in any form or translation.

If you would like to take part in this and share your favourite psalm, please contact me with your offer.

**Canon Cate**

**[cate.edmonds@exeter-cathedral.org.uk](mailto:cate.edmonds@exeter-cathedral.org.uk)**

## **Worship**

### **Sunday Morning**

9am Cloister Club on Zoom or YouTube

10am Choral Eucharist

[www.facebook.com/exetercathedral](http://www.facebook.com/exetercathedral)

### **Sundays at 7.00pm**

*Sundays@7*

A new format for an old favourite! 45 minutes combining bible reading, prayer, reflection, conversation, and silence. A very simple structure that allows for

informal worship, with a large part of the time given over to talking together in response to the reading and reflection.

<https://us02web.zoom.us/j/82100927088?pwd=Y3E4UGVXdIRBSTlPeWhlZi9jZE01UT09>

Meeting ID: 821 0092 7088 Password: 466066

*Or dial in:*

0203 481 5237 United Kingdom

Meeting ID: 821 0092 7088 Password: 466066

### **Daily, Monday to Saturday**

9am Morning Prayer

Zoom ID 862 6900 5004 / Tel. 0203 051 2874

5pm Evening Prayer

Zoom ID 892 3161 5055 / Tel. 0203 051 2874

8.30pm Compline led by the Choral Scholars

[www.facebook.com/exetercathedral](http://www.facebook.com/exetercathedral)

### **Fridays at 10.30am: On the Phone**

A simple Service of the Word with contributions from a range of people, a couple of hymns, and a short address, hosted by Canon Cate Edmonds. It only takes a moment, so why not give it a go.

Ring 03306060403, then when asked key in 484444#

### **Fridays at 8pm**

Corporate Silence and Stillness

### **Available from 6pm on Saturdays**

Holy Communion (BCP)

<https://www.youtube.com/exetercathedral>

### **Canon Cate Edmonds:**



## Keeping in touch with the family

Keeping in touch with the family on a regular basis is really important, but with not a lot happening things can get a bit boring.

So I thought I'd share with you an amusing way we keep in touch with family and friends on a daily basis.



We have a game called Where's Stan? We have in fact two collie dogs, a New Zealand Collie, Sasha, and a typical Border Collie, Stan. Well Stan is a rather lazy creature and when out for a walk spends most of his time hiding from Sasha and then jumping out on her when she runs past. We take a photo of where we can see him hiding and then What's App. this to family and some friends to see if they can spot him, and they then send a circled reply. This has caused much amusement and has served to involve, all ages and keep us in contact we each other and the beloved dogs. As yet no prizes have been won, but lots of laughter and enjoyment of the beautiful scenery where we are able to walk. Thank God for his creation.



**A  
Day in**  
Thank  
for this



**Glorious  
May**  
you to  
Malcolm  
Vallance  
lovely

photograph taken on a May morning. He writes *"I couldn't believe I was the only one in the Close"*.

## Churches Together Across Exeter (CTax)

### 24th June: Green Circle Prayers - Circle the City in Prayer

CTaX invite you to walk part of the Green Circle walking route around Exeter and pray for our city.

### Exeter Wellbeing

Exeter Wellbeing has support connects those support with helpers. Over including have offered connections in our touch with need. You can for help from

and <https://exeter.gov.uk/wellbeing/> and can volunteer to help by emailing [fiona.carden@colabexeter.org.uk](mailto:fiona.carden@colabexeter.org.uk)



### Community

Community a new phone service, which in need of volunteer 700 volunteers, church groups, 1000s of putting people community in help they get in touch 01392 265000

### NHS chaplains

Our NHS Chaplains are the first line of support for those on the front line in our hospitals. The Revd Sheila Swarbrick, Rector of the Parish of Central Exeter, is a chaplain at the RD&E hospital and says life has changed a lot in the last few months. Read her message at <https://exeter.anglican.org/devons-nhs-chaplains-are-the-first-line-of-support-for-those-on-the-front-line/>

### Cloister Club

Cloister Club is meeting on **Sundays at 9am**. On alternate weeks, there will be either a Zoom service or a story recorded on YouTube. Please contact Canon Cate Edmonds at [cate.edmonds@exeter-cathedral.org.uk](mailto:cate.edmonds@exeter-cathedral.org.uk) for details.

Our young people continue to be very busy. Xander made the colourful snail and Nathaniel has captured his favourite season, Spring.

