



From the Dean

The person most influential in making me think about ordination was Fr Augustine Hoey. A monk at Mirfield, he came and preached a mission at our church in Reigate, and asked me the direct question. I faltered then, and several times afterwards, but Fr Augustine was even more determined than I am! So he has much to answer for.

His missions were theatrical. By the time he came to Reigate, he'd given up putting a coffin in church, with a mirror in the bottom. Everyone present was asked to stare into the coffin, and consider their mortality. But I've been reminded from time to time of this melodrama over the past few months, as I've pondered matters of life and death. How am I to use my life? What lasting difference can I make?

A way to make a last lasting difference is of course through our will - something to which Pamela and I have given attention this disturbing year. Remembering Exeter Cathedral in your will can make a difference in a lasting way.

Gifts in wills have long helped to protect our heritage and our traditions. Such gifts over the centuries have maintained the fabric of the Cathedral, endowed our music and library, and supported our daily life and work. During the past three years, all unrestricted legacies to Dean and Chapter have been put into our development fund, and it's this that allowed us to apply to the Lottery with our initial match-funding. All gifts, including some relatively small ones, help to make a massive impact by being used to attract other donations and grants.

Many people choose to support the Cathedral direct. Some support the Music Foundation Trust whose endowment supports half our annual music costs. Others make a gift to the Friends, whose funds help to conserve our beautiful Cathedral for the long term.

To recognise such donors, we have created the 'Grandisson Circle' for those who are able to commit in this way and are content to tell us they've done so. If you would be interested to know more about this circle, please contact Heather Hagen (heather.hagen@exeter-cathedral.org.uk; 01392 285978), and she'll send you the appropriate literature. As you can see, any provision you make now will make a lasting difference to the Cathedral for future generations.

Jonathan Greener

Prisons Week: 11th to 17th October

Each year, all involved in Prisons Week throughout the UK pray for the needs of all affected by prisons: prisoners and victims, their families, their communities, those working and volunteering in prisons and the criminal justice system. Members of the Cathedral's Prison Prayer Support Group ask if you will join us in prayer.

Rt Revd Rachel Treweek, Bishop of Gloucester and Bishop for Women's Prisons writing in support of Prisons Week says: "Let us pray for social connection and restored relationship and an openness to the generous love of God who longs to draw close to every individual person, treasured and known by name. We pray that amid both places of brokenness and beauty there might be a discovery of inner freedom and peace which is rooted in the love, hope and peace of God revealed in Jesus Christ and present through the power of the Holy Spirit, never locked down."

A Prayer for Prisons Week

Lord, you offer freedom to all people. We pray for those in prison. Break the bonds of fear and isolation that exist. Support with your love prisoners and their families and friends, prison staff and all who care. Heal those who have been wounded by the actions of others, especially the victims of crime. Help us to forgive one another, to act justly, love mercy and walk humbly together with Christ in his strength and in his Spirit, now and every day. Amen.

A copy of the complete Prisons Week Prayer Diary can be found at: www.prisonsw.org

**Revd Phil Wales, Distinctive Deacon
Assistant Curate**

The Company of Tapisers



Thank you to everyone who came to the Cathedral to see our exhibition in the Quire last month. It was a privilege to be able to show so much of our work all together. The vestments certainly made a very colourful and impressive display! One vestment, in particular, which always receives many compliments, is the Millennium Cope (*far right of this photo*). This was made for the year 2000

and worn by Dean Keith Jones. The hood, which was so beautifully and expertly embroidered by Ruth Bickham, shows the Tree of Life and its twelve fruits. Both the stole and the orphrey on the front of the cope have 'tiles' predominantly of leaves, with some fruits. The inspiration for this cope came from The Book of Revelations Ch 22 verse 2:

And on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of nations.



In the year 2000 the new millennium was seen as a turning point; a time for hope amidst uncertainty – and this verse was chosen as being appropriate for that time.

It is thought-provoking that the installation, 'The Leaves of the Trees' by Peter Walker, (*photo left*) which followed our exhibition, should have taken the same verse as its starting point: a verse to give

hope and reassurance whatever the future may hold.

I trust you are all keeping well and safe,

Diana Symes, Chairman of the Company of Tapisers



Focus: Canon Dr Chris Palmer, Canon Chancellor of Exeter Cathedral

'I believe God made me for a purpose, but he also made me fast; and when I run, I feel His peace.'

A quotation from Eric Liddell 1902-1945, who was a gold medallist in the 1924 Paris Olympics, a missionary teacher in China, and who died, in 1945, from an untreatable brain tumour whilst captive in a Japanese

Concentration Camp inside China. His story was told in the film *Chariots of Fire*.

When I found this quotation, it moved me profoundly, and brought memories of that film into my mind. I wonder, then, if Canon Chris has similar feelings when he runs within this city, and elsewhere?

It does seem to be a very long time since I wrote a Focus...almost six months! So, I'm hoping, praying that I can still connect with you the reader. Of course, some of you will have read the *Focus in Memoriam* about Margaret Purchase, a much loved and valued member of my Tuesday morning stewarding team.

So here we are, hopefully back on the road, looking towards the future with Canon Chris, with whom I met up with in the Richard Eyre Room, adjacent to the Department of Liturgy and Music; a lovely light and bright space.

Canon Chris, and his wife Olivia, have now been in our midst for two years; coming to us, from the outskirts of Greater London to work in an ancient, glorious cathedral and live in an historic house. It is often said, that to get the most out of life, you need contrasts.

Chris was the first born child, born 1971 in St. Thomas's Hospital, London, where his father was a neuro-anaesthetist and mother a nurse. He has two brothers, and a sister who is thirteen years younger than him. I wonder if he and his brothers 'spoil' her? Or was she a bit of a tomboy?

He started school in London at Roe Green Infant School, but towards the end of this first year his father was appointed to a consultant post in Derby, which meant with the change in location that he went on to Carlyle Infant School in Derby. Here, according to Chris, *'I became a bit of a teacher's pet! I was not exactly gregarious, didn't like football, and was a picky eater. I loved sausages, fish fingers and shepherd's pie!'*

He moved on to St. Peter's Junior School, joined the church choir and did a lot of swimming, competing in swimming galas. *'I preferred solo sports, my father liked rugby. I liked the majority of the teachers, although I recall incidences where sarcasm and mockery were devices used by one male teacher.'* When aged eleven, huge changes came when he transferred to Nottingham High School, an independent school; most of his former class mates had gone on to schools in Derby. *'I became a daily commuter, enjoyed the musical life, joining both the school and church choirs. We also did a great deal of swimming. I did my O levels, had met Olivia and we began dating in the 6th Form!'*

With English, Mathematics and Religious Studies at A level under his belt, in 1989 he applied for and obtained a place to study Theology at Worcester College in Oxford. *'There I found a niche; I really enjoyed the tradition of nightly dressing-up for dinner! I joined in with the chapel community events, which led to friendships being formed with those who liked the same! I had to work hard with learning Greek. Tom Wright, who later on become Bishop of Durham, was my New Testament tutor, combining that role with being the college chaplain. He managed to combine chaplaincy work with significant academic rigor in his lecturer/tutor roles. He was also a great preacher.'*

Chris and Olivia had become engaged to be married when aged eighteen, marrying in 1992, when Chris had completed his Theology Degree studies. They made a home for themselves in Oxford.

'I'd had ideas about becoming a priest roaming about in my mind for a while, as well as that of pursuing an academic path. I had talks with the Director of Ordinands, and this led me to decide to go on the doctoral study route, focussing on St. Paul. We attended a church where there was a young vicar and I became a church organist. It was a good period in a student flat. Abigail was born in 1993 and William in 1995. Somehow we controlled my timetable enabling us to manage our family life.'

One would think that in-depth studying of St. Paul for four years would be demanding enough; but to do so with two small infants making their presence felt is some kind of miracle!

By the time Chris had completed and been awarded his doctorate in 1996, he had decided to seek ordination as a priest; this he did, over the next two years at St. Stephen's House in Oxford, where everyone was training for the ministry. Here Chris was immersed in High Anglican traditions which contrasted greatly with his early life experiences at more evangelical churches. In the middle period of these studies, in 1997, Rosamund was born.

The family left Oxford in 1998, for Warwickshire. *'I was ordained in Coventry Cathedral, and became curate at All Saints, Emscote. My training incumbent gave me plenty of his time, talking through many things, from theological*

engagement to current or possible pastoral issues. I liked the mixed diet as a curate. In 2000, James was born. After a while, my training incumbent left, and I was on my own. It was exhausting! By 2002, I was looking for new pastures.'

These new pastures were considerably different; he was appointed the Team Vicar to All Saints Church in East Sheen, suburban SW London.

'It was a very wealthy area, with lots of young families. We had a huge choir, and there were many professionals in the congregations, who contributed their skills, but also hid their needs. We lived in a beautiful Edwardian house.'

Eight years later, the family moved further east to South Wimbledon, when Chris became the Team Rector at Merton Priory.

'There we lived in the Vicarage, a modern detached house. The congregations were more socially mixed. There was a great deal of terraced housing and property was expensive; it was a place where young professionals lived, but when their children came along they moved further out to be able to afford to buy a larger house. The church services were less formal because we had many more children; we had a special service for them at 9am. In 2018, James was completing his A levels, so we were free to think of going elsewhere, out of London, and to do something completely different. Some of my colleagues had become cathedral clergy, so when I read the advertisement for the Canon Chancellor/Pastor appointment at Exeter Cathedral, I applied.

The interview I had here felt like the one I'd had at Worcester College, Oxford! I was shown around Nos. 9 and 12 The Close the day before. I thought I might have a chance. I really wanted it!! The Dean, Jonathan Greener, who had been here just four months, 'phoned me with the good news!'

So here they are. Recently, because of the Covid 19 situation, all of their four children have been living in The Close; but now matters are easing, and returning to more normal situations for everyone with regards to their work or their studies. I think most of us can identify with wanting to wish and pray for a continuous progress towards a less distressing and disturbing way of managing our lives.

I hinted at the beginning, that Chris likes to run. He also cycles and goes on walks. He reads many books, rarely reading them twice. During the lockdown, he's been reading the poetry of T.S.Eliot. His favourite books are Margaret Silf's book '*Land mark*', which was inspired by her own practical explorations of the insights of St. Ignatius Loyola, and Fr. Richard Rohr's '*Spirituality for the two halves of life*,' where he proposes that our failings can be the foundation for ongoing spiritual growth.

'My family mock me because I know nothing about pop music! My preferences are Renaissance and 20th century...Elgar, Howells, and Vaughan Williams. A favourite being A Fantasia on a theme of Thomas Tallis.'

Finally, we come to the questions concerning the best and worst aspects to the Cathedral.

'The best is the people! It's their sense of collegiality, the glorious music; the building with its beauty and atmosphere.

The worst aspect is that decisions take a long time to make.'

Chris went onto say a little more, this time about himself.

'I have had to build up my own skills set, and learn to establish myself; and with Olivia to make a home here in Exeter for ourselves and our family. We wanted a change in direction to enable us to develop new skills, and I think, also, I've learned to float.....that is, I don't have to prove myself all the time.'

Thank you, Chris. You have permitted me a glimpse into your life, enabling me to share that with others in *Focus*.

Rosemary Bethell

Thank you from the Cathedral Shop

I just wanted to say thank you to everyone that has made a donation of second hand books so far! The pile is steadily growing and we will have them out on the shelves ready to meet their new owners soon.

Selling second hand books is something we would like to give a permanent place in the shop so please do think of us next time you're having a sort out as we would love to continue to receive your donations.

Thank you again!

Alice, Shop Supervisor

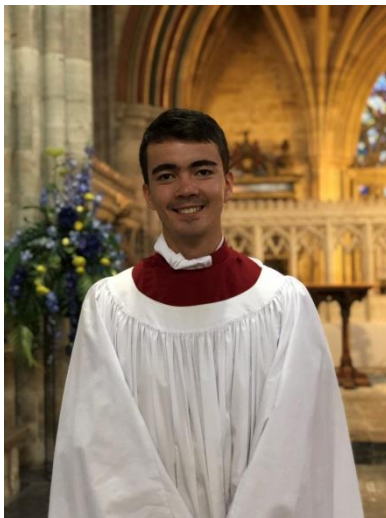
For our prayers

Those who are sick or in need: Rosemary Joy, John Thompson, Gary Lord, Jane Jones. Cilla Dainty, Katherine, Stephen, Sally-Ann Hodson, Paul Nash, Claire Tyler, Tony Bulgin, Prue Dowson. Denise, George Hood, Paul Nener, Juliette & David Bargman, Malcolm Joyce, Joy MacDonald. Illya, Yve Taylor, Lilian Lovell, Elsie Howell, Emily Appleton.

Rest in Peace: +Richard Lewis, Patricia Turner, Margaret Neal.

Please pray for all those recently bereaved: Sara Lewis, The Turner Family.

Choir News



This term we welcome Luke Sprague and Tuvshen Morgan (*pictured left and right respectively*) to the back row of the choir, as tenor and bass choral scholars respectively. Both are former members of Exeter University Chapel Choir, Luke having graduated in the summer, and Tuvshen being in his final year of undergraduate study.



Congratulations to our two Matthews: on the retirement of Gordon Pike, Matthew Cann (*pictured left*) takes over as Punctator (senior lay vicar) and Matthew Jeffrey, formerly a choral scholar, is promoted to status of lay vicar.

Many thanks are due to our lay vicars and choral scholars for their splendid work over the past month, singing the services as an eight voice consort. In particular, we offer our gratitude to soprano Abigail Ingram, who was thrown into the deep end rather, having moved to Exeter to for post-graduate study, and found herself singing at all of the sung services - including no fewer than six

ordinations - in the month. Abigail was a chorister for ten years in St David's Cathedral Choir, where her first Director of Music was a certain Mr Timothy Noon! Abigail was joined on the soprano line by our own Sophie-Dominique Waddie, who has returned to Exeter after her overseas study in Canada. Though Sophie sings alto in the Cathedral Choir, fortunately for us, she is equally happy to be a soprano. With Sophie singing soprano for the whole month, Alice Risdon sang alto in every service, with the other singers alternating on a weekly basis. Although it has been very different from having the full Cathedral Choir, it has, nevertheless, been a feast of music, and a delight to hear so much Renaissance polyphony.

Timothy Noon, Director of Music

From the Cathedral Bellringers

I feel as though an apology is due from the Cathedral Bellringers for our silence in *Cathedral News*. It is perhaps an expression itself of the silence of the bells, their voice missing from so many days and occasions within the life of the Cathedral. We are unable physically to practice our ringing, unable to meet together, and unable to keep the skill of church bellringing alive. Indeed, we are all worried for the future of the art, being unable to teach, to recruit, or to retain our existing ringers as the months extend further and further.

We are, of course, delighted to be able to ring for Sunday service once again, and I know how pleased you have all been to hear the bells ringing out on a Sunday morning. However, due to social distancing requirements we are only allowed to ring for fifteen minutes, and no more than six ringers can be in the ringing chamber at any one time. We had hoped to be able to increase this limit and proposals had been put forward, but with the increasing Covid-19 infection rate we are realistically expecting little change in our ringing as the year draws to a close.

All ringing bands across the country are suffering the same fate. In some churches, services are yet to resume regularly; some bands have chosen to make use of family groups to work within the social distancing guidance. All this means it is estimated that no more than 20% of ringers have been able to return to their towers and ring the bells. So, for this month, my news remains the same – the Cathedral bells are ringing again, but as with so many dedicated to the arts, we fear for the future.

Clare Griffiths, Secretary to Exeter Cathedral Bellringers

Angels from the Realms of Sandford

We are very grateful to Malcolm Vallance, one of our stewards, who has sent us these photographs of Margaret Phillips of Sandford. She has responded to the Cathedral's appeal for knitted angels for the Cathedral Christmas Tree with great skill and speed. Thank you Margaret!



Exeter Foodbank

Many families are struggling at this time to keep up with their usual payments, and to put food on the table. A year ago at Harvest Festival in the Cathedral, you all gave magnificent contributions to the Foodbank. It was quite overwhelming. Please remember the Foodbank this year.

I shan't receive the October list of priorities in time for the *Cathedral News* so please, if you possibly can, give something when you go shopping. Tins of meat, fish, vegetables, potatoes, soup, fruit, rice pudding, custard are all very welcome; also instant coffee, sugar, pasta sauce, pasta snacks, cereals, sponge puddings, jam + spreads, toiletries. I know it is easy to forget until after you have finished shopping, but please give if you can to the boxes in Sainsbury's, Tesco, Waitrose, and Co-op.

Thank you very much.

Felicity Cawthra

Congratulations!

Warmest congratulations to Prebendary Nigel Guthrie, a member of the College of Canons and Vicar of St David's Exeter, who was recently appointed a Chaplain to Her Majesty the Queen.

Virtual meeting of General Synod - Saturday 11th July 2020

Some 400 members of General Synod Zoomed in on the 11th July 2020 for the one day informal gathering of the Synod. As a member of the Business Committee, I can confirm it became clear in April that it would not be possible for the usual July meeting of Synod to take place. Dr Jacqui Philips, Clerk to the Synod and the staff of the synod office worked hard to make an informal meeting happen in order to offer members the opportunity to hear from the National Church about how it was dealing with the Pandemic across the Dioceses.

Considerable preparation was needed to sort out the logistics of chairing, broadcasting, carrying out the necessary risk assessments and ensuring safety measures were in place. The meeting was hosted in Church House Westminster. (which was officially closed.) Being an informal meeting meant no legislation could be passed and so a necessarily small agenda was agreed, covering worship together, a Presidential address from the Archbishop of York, a Presentation, followed by questions on the Church's response to Covid-19 and two sessions of Questions.

All things considered it went off rather well. There were a few technical hiccups and sadly the proposed break out groups for Bible Study fell victim to technological glitches. The chairing of two long Question Time sessions was a tour de force by The Dean of Southwark, the Very Revd Andrew Nunn who kept things moving and called the right people from amidst the sea of raised blue hands! Written answers to the 131 submitted questions had been circulated three days earlier, and questioners were encouraged to send in their supplementary questions which were tabled. This resulted in rather less spontaneity than usual, but it was still possible for untabled supplementaries to be put. Instead of the red light to cut the speaker off when time was up, the power of the Chair to mute was effectively used! Exeter representatives, Revd Graham Hamilton, Emma Forward and Anne Foreman posed 6 questions, 4 to the House of Bishops and 1 each to the Chair of the Liturgical Commission (Bishop Robert) and to the Church Commissioners. There was quite a bit of heat around the questions concerning the process by which it was decided churches should close and the 30 or so were answered by the Archbishop of Canterbury.

The Presentation about COVID-19 was chaired by the Bishop of London and the Question and Answer session that followed was led by Bishop Sarah and Bishop Robert - who made a great double act! Bishop Robert drew attention to the different experience and challenges facing rural parishes when the questions became somewhat urban focused. We had input from the Church's

lead medical adviser, from the Church Commissioners, and a very informative background paper GS MISC 1251. The question time here was much more spontaneous since questions were in direct response to the Presentation, rather than submitted in advance.

Highlight of the day was the Archbishop of York's Presidential Address, delivered with warmth and clarity, with the text still available on the General Synod July 2020 website. He spoke of the 'stripped back' nature of church life during lockdown -...."*we have come face-to-face with ourselves and through that discovered with alarming clarity that we are the places where God is to be encountered and it is in us and through us that God can be made known to others....*". He went on to model a different kind of Presidential Address by sharing the time with Archbishop Justin before reminding us in his conclusion that the Pandemic has not been the great leveller some suggested; the poor, vulnerable and those from minority ethnic backgrounds have suffered disproportionately. As we enter turbulent times and challenging decisions, he said, we are just going to have to learn to love one another, love the world and love God, so that we can be the place where God is revealed. Amen to that!

Anne Foreman

Shoebox Collection - CANCELLED this year

Very sadly, I have heard from International Aid Trust, the charity through which we send our Christmas shoeboxes each year, that they will NOT be able to run the scheme this year. This is due to the prevalence of Covid 19 in the Lancashire area where they are based, and where the boxes are collected up and distributed from. Their warehouse is currently closed, with no knowledge as to when it might reopen, or what the foreseeable future holds.

Please therefore, do NOT fill your boxes and deliver to the Cathedral this autumn, as we will not be running our collection this year.

Thank-you for your support in previous years; we can only pray, wait and see what will happen in the future.

Chryssa Turner

Psalmathon

The video of the Psalmathon on St Peter's Day is now available on Youtube. It can be found here: https://youtu.be/3_36-kbXUeA

The November edition of Cathedral News

We hope to publish the next edition of the News on Sunday 1st November. The deadline for material is **Monday 26th October 2020**. Please send any contributions to hmm53@tiscali.co.uk or to any member of the editorial team; Heather Morgan, Rosemary Bethell, Jenny Ellis and Sheila Atkinson.

From the Dean: Consultation – The Chapter House

We hope that major work will soon start on the Chapter House. In the first instance, this will involve renewing the underfloor heating, and then installing a new glazed porch so that we have better access, and can leave the great wooden doors open during the day.

In due course we shall clean the beautiful medieval ceiling and renew the lighting. The Chapter is also considering what to do about the sculptures in the niches. Recent investigation has revealed that behind these, are an important collection of medieval painting, which is currently obscured.

The Chapter shall soon need to make a decision about this medieval painting, but want to hear what people think about the Chapter House and how this might best be presented as we move forward. We have a questionnaire online and, if you know the space, we would love you to participate in our consultation.

The survey can be accessed online, by typing this web address into your browser: <https://www.surveymonkey.co.uk/r/QGCTKBK>

Cathedral Community Committee (CCC) Meeting 14th October

The CCC will meet by Zoom on 14th October. If there are any matters you would like to raise, please contact me at hmm53@tiscali.co.uk.

Heather Morgan, Chair CCC

Chris Seaton

We were very sorry to hear of the death of Chris Seaton, who was a Sidesman at the Cathedral for many years. He will be greatly missed. The sympathy and prayers of the Cathedral Community go to his family and friends.

The Feast of Edward the Confessor: 13th October

13th October is the Feast of Edward the Confessor, our Founder. To mark the occasion, the Library and Archives will display the Foundation Charter, the oldest such document in England, in the Cathedral **for one day only** on that day, starting at 11am with an introductory talk.

Celebrations continue with a Choral Eucharist at 5.30pm attended by the College of Canons. The usual service ticket booking arrangements apply.

VACANCIES FOR TWO CHAPTER CANONS (Lay) at EXETER CATHEDRAL

ROLE TITLE – Member of Chapter (Lay)

LOCATION – Exeter Cathedral

STATUS – Voluntary appointment for a period of three years (renewable)

HOURS – Time commitment of 2-3 days per month

The Bishop and Chapter of Exeter Cathedral are looking for two individuals, who are communicant Anglicans, to join the team (a mixture of ordained and lay) responsible for the governance and strategic leadership of the Cathedral. At this time In particular we are looking for finance/audit and commercial/business experience. (Further vacancies are anticipated in 2021 following expected changes in the constitution and statutes when we are likely to be looking for an individual with a legal background and one with experience of buildings/property).

As well as having the requisite professional qualifications and/or experience, we are looking for people of Christian faith, committed to enabling the whole Cathedral community to live our values, deliver our strategic objectives and fulfil our mission and vision. We envisage that one of the Chapter Canons will chair the Finance committee, and the other the Enterprise Board.

This is a particularly interesting and challenging time to be joining the Chapter – as well as helping to steer the Cathedral out of the Coronavirus crisis, we are also engaged in a major development programme where we have been successful in securing initial funding from the Heritage Lottery Fund.

Further details of can be found in the role description on the Cathedral website.

Should you wish to have a confidential discussion about the role, please contact Tina Robbens, Clerk to Chapter (Tina.robbens@exeter-cathedral.org.uk or 01392 285980) who will make the necessary arrangements.

Applicants should submit a CV, and a covering letter of no more than two pages setting out why they are interested in the role and how their skills and experience fits the role description. All applications should be received by 5pm on Friday 23 October and sent to Catherine Escott, Administrator, 1 The Cloisters, Exeter, EX1 1HS. We anticipate that interviews will be held in early November.



Welcome to Julian...

After already serving in the role for 5 months, Julian Ould was installed as a Priest Vicar of the Cathedral during Evensong on 20th September. Here he is after the service with Bishop Robert and the Dean.

.....And Welcome Back to the Choristers

On 28th September, the day that they and we have been waiting for arrived, and we were able to welcome back the Choristers to sung services in the Cathedral. A very warm welcome to new choristers and their families, and welcome back to those choristers whose ministry of music was interrupted for so long. We have missed you, and it is wonderful to see you, and, of course, to hear you!

Booking tickets for Cathedral Services

Both the CCC and the Pastoral Care Team have recently discussed the difficulties in booking tickets for Cathedral Services experienced by those who don't have access to the internet. We post *Cathedral News* to 90 people who are in that position so that they have at least one means of keeping in touch with the Cathedral.

If you would like to attend Services but don't have the means to book tickets, please contact Canon Chris Palmer on 07906 249132. He will put you in touch with someone who can help.

What can I do about the Climate Emergency? Part 6

It's over a year since the Holy Ground service on Climate that prompted this series of articles. It seems a lifetime ago. The audience accepted the overwhelming evidence that there is a climate emergency – there still is – which is why I have been quite direct with ideas. We need structural change, and that structural change will mean changes to our own lives, so I've been broadly suggesting that we start living like that now.

This will be published on 4 October, the Feast Day of St Francis of Assisi, and also therefore the last day in the annual Season of Creation. Care for creation is not just for September. After all, we're part of it. So how can we work together to cherish it, and at the same time save our life-support system?

Food for thought

This month, I am looking at the emotive issue of food, which is hugely important to climate, as well as soil, water and biodiversity. One-third of greenhouse gas emissions come from agriculture, half from farming livestock. According to the EAT-Lancet Commission on Food, Planet, Health, it will be possible to feed a future population of 10 billion people a healthy diet within planetary boundaries, but only by transforming eating habits, improving food production and reducing food waste.

First the easiest. It's scandalous that UK households waste 4.5m tonnes of food each year, i.e. 10bn edible meals worth £700 to an average family. So then, buy only what you need, discover the joy of inventing with left-overs, and make stock, soup - or even compost.

Eating habits are the emotive bit. Different people have different needs, but in general there is a view that a largely plant-based diet delivers widespread benefits. There's a huge difference between meat and dairy from animals raised intensively and fed with soya from deforested Amazonia, and from animals raised down the road using best ethical and environmental practice. If you want to research deeper, there's plenty of material online.

And finally, the joy of growing your own and foraging! I'm far from green-fingered, but this year my back garden has seen apples, raspberries, rhubarb, globe artichoke, courgette, squash, tomatoes, onions, purple sprouting, kale, cauliflower, cabbage, sugar snap peas, runner, borlotti and french beans, potatoes, carrots, leeks, beetroot, fennel, chard, herbs. Then even in suburbia I can find cherry, elderflower/berry, Darwin's barberry, plums, apples, blackberries, hazelnuts, rowan, quince, sloes, and probably lots more I haven't tried yet. The world's your oyster mushroom!

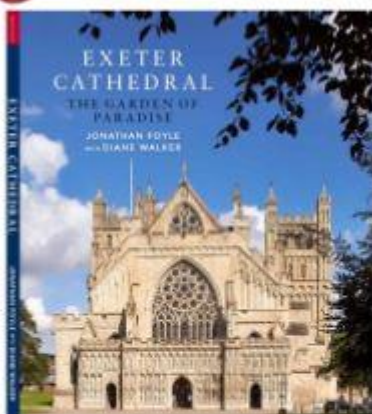
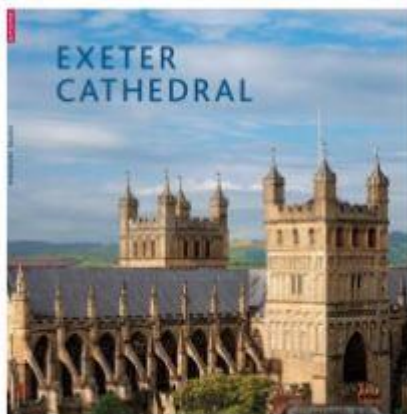
<https://eatforum.org/eat-lancet-commission/>

<https://www.theguardian.com/environment/2019/nov/20/to-eat-or-not-to-eat-10-of-the-worlds-most-controversial-foods>

Claire Bryden

Exeter Cathedral

Guides



Pre-order your guide books now!

This richly illustrated souvenir guide explores the cathedral in words and pictures, looking at the changes that have taken place over the centuries and celebrating its continuing purpose today.

Introduced by Dean Jonathan Greener with *Cathedral Life Today* by Canon Chris Palmer and text by Diane Walker.

48 pages, 99 photographs

Dr Foyle offers a new view of the concept informing the rebuilding of the 12th-century cathedral, suggests a possible lost stage of construction, then charts the evolution of its harmonious and richly symbolic successor to the present day.

This is Dr Foyle's sixth book; his four earlier studies of English cathedrals – Canterbury, Lincoln, Lichfield and Peterborough.

128 pages, 186 photographs

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The details you provide will only be used by Exeter Cathedral. We will not swap, share or sell your information to a third party.

You can update any information on this form by emailing data@exeter-cathedral.org.uk or by writing to The Data Officer, 1 The Cloisters, Exeter EX1 1HS.

Our Privacy Policy gives more detail of how we use and protect your information. You can view it at www.exeter-cathedral.org.uk or ask us to provide you with a copy.

Exeter Cathedral *Christmas Cards*



Pre-order your Christmas cards now!

'Golden Illumination' by Jude Coram (left)

10 cards - £6.99

Message inside - Merry Christmas and a Happy New Year

'Under a Blanket of Snow' by Richard Briggs (central)

5 cards - £6.45

Blank inside for your own message

'Geometric Blues' by Jude Coram (right)

10 cards - £4.99

Message inside - Merry Christmas and a Happy New Year

Collection or posting available

Name:	
Address (if posting is required):	
Contact number/email:	
'Golden Illumination'	£6.99 per pack of 10 cards Quantity_____
'Under a Blanket of Snow'	£6.45 per pack of 5 cards Quantity_____
'Geometric Blues'	£4.99 per pack of 10 cards Quantity_____
Postage & Packing (if required)	Please add £3 if you would like your order posted, alternatively orders can be collected from the Shop
Total	£
Payment Method	
Cash	
Card	Please visit the Cathedral Shop to pay by card or call on 01392 271354
Signature	

Please return this form to the Cathedral Shop, 1 The Cloisters, Exeter, EX1 1HS

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