



From the Dean



Advent. A time to look forward. To Christmas obviously, and the coming of Christ to Bethlehem. To the end of time and the coming of Christ on the clouds of heaven. And to a new Church Year, which starts on Advent Sunday.

But Advent also marks the end of the last Church Year. And since goodbyes matter just as much as hellos, we cannot let the end of the year pass unnoticed. Now is our chance as individuals and as a community to reflect on all that's happened, to discern where God has been at work, and to give thanks for the many blessings of our life.

It's easy amidst the misery of the daily news (with all its headlines concerning the economy, and the environment, political sleaze and war in Ukraine) to overlook the blessings. But as the American TV personality Fred Rogers once said, "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'" There is always good news to be found if we know where to look. And for starters... this year we've had widespread roll-out of Covid vaccines, we've had the chance to give thanks for our Queen's Platinum Jubilee, and to celebrate her life well-lived, we've had people all over Europe offering hospitality to Ukrainian refugees, we've had the nations of the world reach agreement at COP 27 about compensating the poorer nations for the damage caused by climate change. None of these things may be perfect, but they are all seeds of hope in a troubled world, and a cause for much thanksgiving. Here at the Cathedral, we've had the remarkable Moon installation in February, attracting 55,000 visitors in a month that normally attracts 3,000, we've enjoyed some remarkable music from our choir, not least their St John Passion at Easter, and we have received a fantastic grant from the Lottery Heritage Fund, allowing us to start work on building a new cloister.

Gratitude does two things. It helps us recognise our dependence on God. Good things are showered upon us by his mercy and grace, and acknowledging that helps us live humbly and responsibly. That's the second thing: gratitude also brings in its wake responsibility. This is not our world - it is one of which we are stewards. It is our job to take care of creation entrusted to us, and to share its goodness equitably with our neighbour near and far. Recognising the God-giveness of it all gives us a push to do this with passion.

So... looking back on the past year in fact helps us set an agenda for the next. We pray for grace to use our life and look after our world to give glory to God, and to better serve all God's children.

Jonathan Greener

From the Chairman of The Company of Tapisers

It is comforting to know we are not alone!

Recently we had a visit from the leader of the Needlework Guild at Lincoln Cathedral. She came, with her husband, to visit our Cathedral – and asked a guide if our sewing group was ‘around’ ... and fortunately, we were! It was a real joy to meet her and talk about the sewing they do for Lincoln – in much the same way we do for Exeter.

When we meet for our weekly meetings, it is easy to think of ourselves and our work in isolation – and forget that similar groups of needleworkers regularly meet in other Cathedrals and parish churches, too. We are small ‘cogs’ in a much bigger ‘wheel’! How wonderful it is to know we are all working with one aim: to beautify the worship of God.

The four new Quire Book Cushions will be in situ in December – the slight delay in completing them is due to a problem of sourcing the boards needed to stiffen them and the velvet required for their backing... but they are now all finished!

All our members would like to wish you joy and peace during this Christmastide and a happy 2023.

Diana Symes, Chairman of the Company of Tapisers

The January edition of *Cathedral News*

We hope to publish the next edition of the *News* on Sunday 8th January 2023. The deadline for material is **Tuesday 3rd January 2023**. 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. Meanwhile

we send to all our readers, wherever you are, our very best wishes for Christmas and the New Year.

News from the Cathedral Flower Arrangers:

Since last writing we have been back in routine – of a sort. Remembrance is always poppies, and Linda was due to lead the decoration of the nave pillars, planning traditional laurel and large poppies – except she became unwell!!



Patricia stepped in and followed Linda's plan, and we had so many lovely comments on the Nave pillars – so thank you all.

During this month we made a memorial basket placed in St Gabriel's Chapel, and then we went on to spray like fury. You will all see the wonderful pillar displays (*photo: Amy Haynes*), but do look around the Cathedral. Advent is always a

challenge as we don't have fresh anything – traditionally we have dried, not even silk. Planning for this is always done well in advance, so a lot of discussion and thought goes into what we produce. Last year over the carol services – sometimes two a day – there were a number of comments, from visitors and audiences alike, that as the Christmas market is outside, there should be more of a Christmas feel inside the lovely building. After discussion with the clergy, that is what we have gone for. So spray cans of yellow, turquoise, purple and orange have been emptied and a wonderfully different look has certainly been achieved – it was on Instagram on Friday, so I trust you all saw it! We are thrilled with the results everywhere so do please go and check out the High Altar, the South Quire aisle and the Lady chapel as they are well worth seeing. Thanks must go to Patricia, Ali, Jill, Rosemary and Tina.

Once again, this year we are having two Advent wreaths. Sylvia – lovely to have you back even if not 100% ready – has done a traditional candlestand, the one beside the Nave pulpit, and I have done a smaller dried one in the Quire. This is to save the virgers carrying a heavy and well decorated stand up and down the Cathedral.

We now turn our thoughts and plans to Christmas arranging.....

From Sylvia and Geoffrey Bush

As Flick mentions, it was lovely to see Sylvia and Geoff back in the Cathedral for Advent Sunday. We have received this message from them.

After a very difficult year healthwise for both of us, and for our son Jonathan, we would like to express our heartfelt thanks to the Cathedral Community for their prayers and very kind messages throughout. We feel blessed and incredibly well supported.

Thank you.

We are hoping for a better year next year!

Sylvia & Geoffrey Bush

St Petrock's Christmas Campaign

Local charities estimate that homelessness has doubled in Exeter in the last year. As many of our readers will know, St Petrock's, which is situated close to the Cathedral across Cathedral Green, supports homeless people.

A former pupil of Exeter Cathedral School, Chris Martin of Coldplay is supporting the St Petrock's Christmas Appeal by allowing Coldplay's track *Christmas Lights* to be used in *A Day in the Life of St Petrock's*, a film which tells the story of its work.

Donations to St Petrock's Christmas campaign can be made at www.StPetrocksChristmas.org.uk

Christmas Services and Concerts in December

9th & 12th December at 7pm and 11th December at 3pm:

Christmas with the Cathedral Choir

18th December at 3pm: Exeter Nativity Play with Carols

19th, 21st & 23rd December at 1pm: Lunchtime Carols for Everyone

19th at 7pm-Hospiscare Service - *Light up a Life*

Christmas Eve: 12 noon – Crib Service

6pm – Grandisson Service-Lessons and Carols (Ticketed)

See website for availability from 10.00am Monday 5th

December.

11.30pm – Midnight Mass

CHRISTMAS DAY:8am – Holy Communion

10am- Choral Eucharist

11.45am – Choral Mattins

4pm – Choral Evensong with Carols from the Minstrels' Gallery

For full details of all services and events in December are on the Cathedral website

News from Christians Together Across Exeter (CTaX)

Every Thursday 10am-4pm: Social Café Warm Space

Exeter Friends Meeting House, Wynards Lane, off Magdalene Street, Exeter EX2 4HQ (opposite Hotel Du Vin)

Exeter Quakers are opening the Quaker Meeting House as a warm and safe space, once a week, on Thursdays.

Tea, coffee, soup lunch, friendly warm welcome, conversation, wi-fi, and more.

Contact exeterquakers1652@gmail.com for more information

Every Thursday 11am-1pm: Food Hub at Rediscover Church EX4 3ER

Every Thursday in the church building we run a Food Hub, whereby anyone who is struggling with the purchasing of food at the moment, can come along and pick up a range of different items to take home for free.

If you have any food you would like to donate or would like to join our team of volunteers, email: jason.ham@rediscoverchurch.com

More info: <https://www.rediscoverchurch.com/foodhub>

Tuesday 13th December at 6.30pm: Sankta Lucia Celebration

At St Michael's Mt Dinham EX4 4EB

Sankta Lucia Services are held at a growing number of locations throughout the UK, though Saint Lucia (or Lucy), was a fourth century Italian martyr, and her feast day is celebrated especially in Sweden, on 13th December - a long-standing Lutheran tradition.

Find respite from the dark and cold, remembering the light in our lives. The celebration is so dear to Swedes that they have been known to export the festival when they emigrate. Exeter's Saint Lucia Procession has been an annual event in the city since 2004 when it was started by local Swedish folk musician and singer/songwriter Rosa Rebecka.

With Exeter Lucia Singers.

There is no fee.

Ticket registration will close on 12 Dec 2021 23:55

https://www.eventbrite.co.uk/e/sankta-lucia-concert-exeter-tickets-462102971427?fbclid=IwAR2pUa5VvwPf921io_VxP6tCpBeOPtNzvXMvqSz6lTg35Di4Z-Ff2ApGn58

Exeter Foodbank

Please don't forget the Foodbank. It is struggling to keep up with the need as more and more people seek help, some of them who, in easier times, would have donated to the Foodbank. If we all put in a tin or two when we shop, or into the box in the Cathedral, it would make a huge difference. Alternatively send a donation direct using the following:

Account Name: Exeter Food Bank Sort Code: 08-92-99
Account Number: 6531 4566

The current priorities are tinned meat, biscuits, UHT milk, noodle snacks, jams and spreads, custard, rice puddings, sponge puddings, 500g coffee jars and small bags of sugar-please no more baked beans and pasta for now!

Thank you.

Felicity Cawthra

Development Project Update

We are delighted that Sally Strachey Heritage Conservation started work on site on 18th November, the beginning of an 18 month programme to build the new cloister gallery, new toilets, and refurbish the Pearson building. We look forward to the new building rising from the ground – and to coping with the inconvenience in the meantime!

This is just one aspect of the Cathedral's 2020s vision. Next year we'll be starting work inside the East End of the Cathedral, to install further toilets, new sound, light, and heating, as well as major work on the quire floor.

One result of this work is that we're very short of space. Neither the Chapter House nor the Pearson room are available to us any longer. So we're learning to be creative and make maximum use of the spaces we have left, including the Cathedral itself, the sacristy, and some of the smaller rooms. But we're grateful for everyone's understanding in learning to accommodate each other in the process.

Many of you will know that the misericords in the quire are one of the Cathedral's great treasures, the finest set of their era and almost the oldest set in the world. They are older than most of the present Cathedral, having previously been housed in the Norman Cathedral. But they are in great danger.

In November we had a further stage of exploration to determine a way forward for their conservation. Six expert conservators visited the Cathedral and offered their initial ideas of how to address this issue. There's still a long way to go in formulating a proposal and gaining permission – but it is good to take another step forward.

Canon Chris Palmer, Canon Treasurer

The Kataphatic Way: Praying with Metaphor

Kataphatic is from the Greek for affirmative, and hence this way of prayer is also known by the Latin *via affirmativa*. It seeks to describe God, and to express what or who God is in terms of what God is like, in order to understand and come closer to God.

We often refer to God as father; God's relationship with us is in some ways like an earthly father. In other ways, God is like a mother. In Isaiah we read "As a mother comforts her child, so I will comfort you." (66.13). Hosea 11.1-4 expresses both the motherly and fatherly qualities of God, and James 1.17-18 turns quickly from "Father of lights" to "he gave us birth".

And God appears not only as a human parent. As Jesus laments over Jerusalem, he cries out "How often have I desired to gather your children together as a hen gathers her brood under her wings" (Matt 23.37). God's care for the people is "as an eagle [that] stirs up its nest, and hovers over its young" (Deut 32.11). Most startling is Hosea's prophecy of God's treatment of the unfaithful: "I will fall upon them like a bear robbed of her cubs" (13.8).

Elsewhere in the Bible, God is referred to as potter, shepherd, light, vine, rock, shield, fortress, gate, alpha and omega, bread, a drunken warrior with a hangover (Psalm 78) and many other kinds of animal, vegetable, mineral and abstract nouns. Among the glories of Advent are the Great O Antiphons, which apply various metaphors from the Hebrew scriptures to the coming Messiah – see page 12.

The kataphatic way uses metaphor as a way of expressing our praise and worship, lifting our hearts and drawing near to God, being surprised, finding consolation, finding strength. Each metaphor conveys a different aspect of God, or a truth about God. So you might find it helpful for a time to chew in prayer over one particular metaphor. Meditate on a particular image or word, and consider what truths it presents to you. For example, what might God as potter mean for me today? Shaping, re-forming or repairing me? Or in a time of need you may turn to metaphors of support and protection, as did the writer of Psalm 61. And in times of peace you might imagine yourself held in the loving arms of God as a father or mother.

But take care. If you find yourself resisting a particular metaphor for God, it may be a call to wrestle with it; there may be an aspect of God you are denying. But when a human relationship has caused harm, that metaphor for God should only be approached with caution. It may eventually be a vehicle for healing, but it may take years or may never be helpful. It may be more generative to turn to others.

Of course, no metaphor can ever contain God. So next month I'll look at the apophatic way, the *via negativa*, which recognises that God is beyond all attempts at description.

Clare Bryden

Explore Prayer on the Cathedral website – <https://bit.ly/exploreprayer2022>

Peggy Conway

We were very sorry to hear of the death of Peggy Conway on 9th November. Peggy was a regular worshipper at the Cathedral for many years and played a major role in building up the Cathedral Community. For many years she organised the coffee rota, and was secretary of the Fellowship Social Committee, overseeing many memorable parties and celebrations. Her notebook containing details of the quantities of food and wine for each event became an essential point of reference, and is now in the Archives.

Peggy's welcoming presence, and her enthusiasm shone brightly within the Cathedral, and there was always a warm welcome and generous hospitality from Peggy and her late husband, David, at their home in West Garth Road. They are both much missed. We send our prayers and sympathy to their son, Trevor, and his family.

Peggy's funeral will be in the Quire of the Cathedral on Friday 9th December at 1.30pm.

Mosque Open Day 10th December 2022

The Exeter Mosque is holding an Open Day on 10th December from 2pm-5pm. This will be an opportunity to explore the Exeter Mosque, to meet local Muslims and to learn more about their faith. Snacks and refreshments will be provided.

Cathedral Community Committee (CCC)



Master and my Friend.'

John Bode 1816-74

The Cathedral Community Committee did not meet in November because so many members were involved in the installation of Prebendaries, which took place on the evening of our scheduled meeting. We next meet on 13th December. Please send any agenda items, questions etc to Ann Barwood, the Committee Secretary at amb@exeter-cathedral.org.uk

Heather Morgan, Chair CCC

Focus

The Reverend Prebendary Julian Ould

Priest Vicar

'O Jesus I have promised to serve thee to the end; be Thou for ever near me, my

It was a lovely Autumn afternoon when Julian came to the cottage, and we were able to talk with each other in The Den, which is my bolt-hole at the top of the garden.

Julian was born in Kent, but the family moved to Teddington in Middlesex when he was three. He has two younger brothers and a sister.

'I was the dogsbody having to be in charge !'

His entire education took place in Church of England Primary and Secondary Schools.

'I had dyslexia, which was only recognised when I went to St Mary Magdalene School in Richmond, where the remedial teacher, Mrs Ball, intervened and opened a gateway to realising I wasn't thick and actually the opposite. I hated school and left school aged sixteen.

I'd been a Server from the age of three, as a Boat-boy for the incense to my father. At sixteen my parish priest asked me if I thought I might have a vocation for priesthood. I replied that I would not get paid enough money, and seeing what was expected of clergy it would be too much like hard work!'

So, it was off to the Catering College in Westminster, because he knew that he wanted to work with people and have a good standard of life. He passed his OND in Hotel & Catering Management Operations, and finally was awarded his

Degree in Catering, which included subjects like management, economics, financial control and marketing.

'I'm still a member of The Institute of Hospitality.'

Thus began his association with Trust House Forte as a graduate trainee, working in Lincoln and Bristol; the next move was to join Grand Metropolitan Hotels in London, working in their Head Office taking up the responsibilities of Administrative Manager for their twenty-three London Hotels.

'Whilst working in hotels colleagues could not understand how I made friends outside the job; but it was thanks to joining local churches! Though I loved it, and had a fantastic few years, especially in London. I became increasingly aware of a sense of vocation to the priesthood. The Church had always played an important role in my life. I kept putting it off.....I was keen to make a good living and tried to avoid the call!

But, in September 1980, he could not resist the call any longer, and started the process for training for the priesthood. He studied at the College of the Resurrection at Mirfield in West Yorkshire, which is linked to Leeds University.

'I was bowled over by Mirfield, which has a very open approach to the world wide church. I was influenced by Fr. Crispin Harrison, who incidentally died today; he was a gentle, other worldly but also sharp-minded, giving me a different view on life. He made me look at myself. Former colleagues said that I changed, not gone soft, but changed, and I like to think for the better. During my time at Mirfield I also got married, having met my wife on a parish mission in Newcastle.'

Completing his training in 1983, he sought Ordination, but his home Diocese was Kensington in London where there was a surfeit of curates, so *'I was released to where clergy were needed'* and that was the Diocese of Durham. He was ordained in the magnificent Durham Cathedral, starting his ministry at St Cuthbert's in Hebburn on Tyneside.

'For a middle-class suburbanite from London, Hebburn proved to be a real eye-opener with the lack of employment opportunities, the miners' strike, and shipyard closures, forcing me to see just how tough life could be for some people. It changed me for ever.

In 1986, he took up his second curacy at Holy Spirit, Bretton, near Peterborough in an area of new development.

'We shared the Church with the Roman Catholics; it had its problems, but we made it work, keeping the Sacraments separate etc, and the lay people tended to get on better with each other than the clergy! It was during this time that I got involved with the YMCA in Peterborough, especially the young people in the hostel, and with those who were advising them about housing and work opportunities or training in skills.

Then in 1990, we moved to take up my first incumbency at St.Pega, Peakirk with St. Benedict, Glinton, on the edge of the Fens.

This was a huge contrast, because instead of walking the streets in a cassock and Doc Marten's boots and visiting people inside their own homes, as on Tyneside, I was dealing with very different people, many of them wealthy beyond my imagining!

But in 1996, after six years, an even greater change came when I was appointed as the Duchy of Cornwall's Chaplain to The Isles of Scilly, following an interview with the now King Charles the Third's Private Secretary, and an MI5 security check.

It was a remarkable experience, with loads of work! The Isles has a population of about two thousand people, and is possibly the last truly parochial parish left. I knew everyone and they all knew me. Of course, holiday makers/visitors swell the numbers greatly in holiday season. Our three girls loved it but were now growing up.'

Out of the blue, Julian suddenly collapsed! Was it a heart attack? Full clinical investigations took place and it was discovered that he had a heart defect, and underwent two surgical interventions.

'We loved living in the Isles of Scilly, but in 2006 I was appointed the Team Rector in Totnes, which was a bit of a seismic shock with interesting characters, three Team Vicars, five Parish Church Councils, plus three curates, over the fourteen years, all of whom worked very hard and were keen.'

But the pressures upon the family were huge and painful, sadly leading to Julian and his wife separating, and eventually divorcing. He didn't think he would ever find love again, but they both did, and Julian married Jane, a member of the Church Choir, in 2014; they both now sing in the Choir at St. Peter's Church in Budleigh Salterton.

In March 2020, Julian retired *'I'm really enjoying my retirement, especially being a Priest Vicar and Journal Tutor for the SW Ministerial Training Course, and Jane is a German translator.'*

It's been and still is a full life. They enjoy attending the BSO Concerts and seeing Gilbert & Sullivan productions. They are sad that seeing full opera productions is rare in the region. They both enjoy travelling in Europe, especially prior to the pandemic, to Lisbon and Venice. Julian is a keen photographer, especially of landscapes, and five special little people-the grandchildren.

The final question, as always, enquires about the best and worse aspects to Cathedral life.

'Well, the best is certainly the amazing acceptance of Jane and me by the Cathedral Community, and the remarkable music. The worse aspect is always difficult to highlight, but it has to be the lack of good communications between all the sections of the greater community. How you would overcome this I don't know for it was ever the case in parish life.'

Thank you Julian.

Rosemary Bethell

The Great Os

The Great O Antiphons are the antiphons used with the Magnificat at vespers or evensong on the last seven days of Advent. They are the material for the Advent hymn "O Come, O Come Emmanuel". Each has the same structure: O and a messianic title, an elaboration of that title, and come, with an elaboration of that request. The first letters of the Latin titles are an acrostic when read backwards, spelling ERO CRAS: Tomorrow, I will be/become. There is more at https://en.wikipedia.org/wiki/O_Antiphons, including biblical sources and links to musical settings.

Clare

Bryden

O Sapientia

O Wisdom, coming forth from the mouth of the Most High, reaching from one end to the other, mightily and sweetly ordering all things:
Come and teach us the way of prudence.

O Adonai

O Adonai, and leader of the House of Israel, who appeared to Moses in the fire of the burning bush, and gave him the law on Sinai:
Come and redeem us with an outstretched arm.

O Radix Jesse

O Root of Jesse, standing as a sign among the peoples; before you kings will shut their mouths, to you the nations will make their prayer:
Come and deliver us, and delay no longer.

O Clavis David

O Key of David and sceptre of the House of Israel; you open and no one can shut; you shut and no one can open:
Come and lead the prisoners from the prison house, those who dwell in darkness and the shadow of death.

O Oriens

O Morning Star, splendour of light eternal and sun of righteousness:

Come and enlighten those who dwell in darkness and the shadow of death.

O Rex gentium

O King of the nations, and their desire, the cornerstone making both one:
Come and save the human race, which you fashioned from clay.

O Emmanuel

O Emmanuel, our king and our lawgiver, the hope of the nations and their
Saviour:
Come and save us, O Lord our God.