

## THE RALEIGH MISSION COMMUNITY

**OUR VISION:** "To know and worship God, to show his love by reaching out into the community and welcoming all into his church."



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[Website@rmcommunity.co.uk](mailto:Website@rmcommunity.co.uk) Please send details of all events to Lucinda for inclusion on website.

*In line with GDPR requirements please use BCC if you are sending group emails to keep personal contact details private – your support is appreciated.*

### Sunday 17<sup>th</sup> January – 2<sup>nd</sup> Sunday of Epiphany

This Sunday I will be presiding at the 9.30am All Saints and 11am St. Michael's services and The Reverend Karen Young will preside at the 8am and 10am services at St. Peter's

### Thought for the day – Developing a Rule of Life.

Mental health has become one of the most pressing topics on the national agenda since the onset of lockdown, but this only accentuates and expands what was already an epidemic of poor mental health especially amongst young people. I got to thinking what is it that helps my mental health as well as my physical and spiritual health. The answer to all three is having a disciplined approach to all three areas that is best expressed in terms of a "rule of life" in terms of Christian spirituality.

For example, in terms of a physical rule of life we have said that I only have two meals a day, I exercise daily for at least 50 minutes, and the food I eat must be healthy. I have recently added the practice of Yoga to this rule whenever we are allowed to do so. I have followed this physical rule ever since the first lockdown and the benefits are apparent.

Mental health is improved by supportive loving relationships with spouse, family and friends and church brothers and sisters. I make sure I speak to my dad and my daughter weekly. Louise and I tell each other that we love each other daily. We play scrabble incredibly competitively daily. I read something every day. These seemingly small things have an enormous impact on our general mental health.

What works for physical and mental health is true for spiritual health – what Buddhists call their "practice" but what Christians have traditionally called a "Rule of Life". A Rule of life is a discipline that sets out a target that is achievable but makes a certain demand on your time and commitment. I started to think about my own "Rule of Life". It consists of small achievable things but they have a big cumulative impact. We say grace before every meal (a largely lost practice). We read a chapter of the Bible every day. Of course, as a priest, I also prepare and write sermons, write Blogs and emails, preside at funerals, preside at the Eucharist obviously but beyond that (and underpinning it) a spiritual rule of life that involves private prayer and contemplation is essential for all followers of Christ who wish to grow in their faith. Whether that prayer is currently non-existent, 5 minutes a week, or half an hour a day what really matters is what you are going to do now and going forward. What would work for you? Commit yourself to something that will be achievable with a modicum of effort and when you feel able, step things up gradually. If you find prayer difficult, why not commit to saying the Lord's prayer every morning or night? I follow Sacred space which leads us in a daily prayer discipline that I find peaceful and comforting. That is easy and there is no better place to start. The important thing is that you use what works for you and you will find yourself growing in knowledge and wisdom. So what does your rule of life look like at the moment? Perhaps it is full and fulfilling, perhaps it is meagre or non-existent. Going forward whatever you do, It must work for you so don't think you have to copy anyone else's practice but by tradition some methods have proved their worth by their staying power.

**We pray for all who are ill:** Rosie Smith, David Beagley, John Heavens, Philip Ringrose, Glenys Callaghan, Gillian Andrews, Hanneke Coates, Joan Renshaw.

**Annual Remembrance:** Mary Sanders \*\*\*\*\*

### **School appeal for laptops to enable children to learn remotely**

This appeal is pretty self-explanatory. If you can help in any kind of way, either by donating a laptop or by giving money the details are on this short presentation by Steve Hitchcock and the school at Budleigh Salterton. Peter Halford, headteacher at the Raleigh Federation schools in East Budleigh and Otterton is doing the same thing so I'll give Peter's email address as well.

<https://youtu.be/U3C6dp4EOuw>

If you can help please contact Steve Hitchcock directly by emailing him on [head@sps1.org.uk](mailto:head@sps1.org.uk) or make a payment as follows: Budleigh Salterton Church of England School, 30-94-36, 00509795 adding your name as a reference

Or Peter Halford at the village schools on [peter.halford@thelink.academy](mailto:peter.halford@thelink.academy)



During this crisis, the economic damage has been severe in all sectors including the churches. If you give already by direct debit, that is excellent but for those people who give by envelope or in the plate, please consider giving by bank transfer. Each church in the RMC has independent finances so if you are so inclined these are the details of our three churches: St. Peter's: Sort code 09-01-28 A/c no. 96051138, All Saints: Sort code 30-94-36 A/c no 00601276, St Michael's Otterton: Sort code

30-94-36 A/c no. 00601500.

**Winter Fuel allowances** Luke 3 verse 11 'John replied, "If you have two coats, give one to the poor. If you have food, share it with those who are hungry' As part of our mission and outreach in the Raleigh Mission Community, we have over the last seven winters, collected in un-needed winter fuel allowances, and redistributed them to individuals & families within our local area who are in need of help to pay their winter heating bills. Names are sourced through the schools and through the health visitors and social service teams. Over the last seven years over £10k has been redistributed in this way. If you would like to take part in the scheme this winter, we would welcome any contribution you feel able to make, as and when you receive your fuel allowance. If you know of any individuals or families who would benefit this winter, please, with their permission, give their contact details to Fran Mills who administers this scheme on our behalf.

Please make any cheques payable to St Peter's PCC, and hand to Fran, or alternatively use the 'Winter Fuel Just Giving button' on the RMC website. We, in turn, give a church cheque to those in need thus maintaining anonymity on both sides. Finally a huge thank you to those who have given so generously over the last six winters.

**Please note that all the money collected in this way goes to support families experiencing hardship, always a real problem but even more so this year. Thank you for your generosity and support.**

**Collect:** Eternal Lord, our beginning and our end: bring us with the whole creation to your glory, hidden through past ages and made known in Jesus Christ our Lord.

**First Reading: 1 Samuel 3: 1-10.** Now the boy Samuel was ministering to the Lord under Eli. The word of the Lord was rare in those days; visions were not widespread.

At that time Eli, whose eyesight had begun to grow dim so that he could not see, was lying down in his room; the lamp of God had not yet gone out, and Samuel was lying down in the temple of the Lord, where the ark of God was. Then the Lord called, 'Samuel! Samuel!'<sup>[a]</sup> and he said, 'Here I am!' and ran to Eli, and said, 'Here I am, for you called me.' But he said, 'I did not call; lie down again.' So he went and lay down. The Lord called again, 'Samuel!' Samuel got up and went to Eli, and said, 'Here I am, for you called me.' But he said, 'I did not call, my son; lie down again.' Now Samuel did not yet know the Lord, and the word of the Lord had not yet been revealed to him. The Lord called Samuel again, a third time. And he got up and went to Eli, and said, 'Here I am, for you called me.' Then Eli perceived that the Lord was calling the boy. Therefore Eli said to Samuel, 'Go, lie down; and if he calls you, you shall say, "Speak, Lord, for your servant is listening."' So Samuel went and lay down in his place. Now the Lord came and stood there, calling as before, 'Samuel! Samuel!' And Samuel said, 'Speak, for your servant is listening.'

**Samuel did not yet “know” the Lord and mistook the voice of God to be that of his mentor Eli. It was Eli who perceived that it was the voice of God and instructed Samuel to listen. The voice of wisdom from an elder to a younger person is a valuable resource. There is much wisdom both in experienced Christians and in the traditions of the church that we overturn at our peril.**

**Second Reading: Revelation 5: 1-10**

Then I saw in the right hand of the one seated on the throne a scroll written on the inside and on the back, sealed with seven seals; and I saw a mighty angel proclaiming with a loud voice, 'Who is worthy to open the scroll and break its seals?' And no one in heaven or on earth or under the earth was able to open the scroll or to look into it. And I began to weep bitterly because no one was found worthy to open the scroll or to look into it. Then one of the elders said to me, 'Do not weep. See, the Lion of the tribe of Judah, the Root of David, has conquered, so that he can open the scroll and its seven seals.' Then I saw between the throne and the four living creatures and among the elders a Lamb standing as if it had been slaughtered, having seven horns and seven eyes, which are the seven spirits of God sent out into all the earth. He went and took the scroll from the right hand of the one who was seated on the throne. When he had taken the scroll, the four living creatures and the twenty-four elders fell before the Lamb, each holding a harp and golden bowls full of incense, which are the prayers of the saints. They sing a new song: 'You are worthy to take the scroll and to open its seals, for you were slaughtered and by your blood you ransomed for God saints from every tribe and language and people and nation; you have made them to be a kingdom and priests serving our God, and they will reign on earth.'

***Apocalyptic imagery abounds here but what can we distil from this piece? That whatever is decreed by the Father, his will and purposes can be made fully known and accurately represented by the Christ represented by the image of a slain lamb. for Christ is the only one worthy to take and open the scroll. The Church - through the Spirit of Christ – is the faithful extension of that will and purpose on earth. No pressure there then!***

**Gospel Reading: John 1: 43- 51** The next day Jesus decided to go to Galilee. He found Philip and said to him, 'Follow me.' Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, 'We have found him about whom Moses in the law and also the prophets wrote, Jesus son of Joseph from Nazareth.' Nathanael said to him, 'Can anything good come out of Nazareth?' Philip said to him, 'Come and see.' When Jesus saw Nathanael coming towards him, he

said of him, 'Here is truly an Israelite in whom there is no deceit!' Nathanael asked him, 'Where did you come to know me?' Jesus answered, 'I saw you under the fig tree before Philip called you.' Nathanael replied, 'Rabbi, you are the Son of God! You are the King of Israel!' Jesus answered, 'Do you believe because I told you that I saw you under the fig tree? You will see greater things than these.' And he said to him, 'Very truly, I tell you, you will see heaven opened and the angels of God ascending and descending upon the Son of Man.'

**Although initially sceptical, Nathaniel is soon convinced that Jesus is the expected Messiah (or Christ in Greek). Messiah literally means "anointed" that is, appointed and empowered to inaugurate a new era in world history. Using the imagery of Revelation, he is the one "worthy to open and read the scroll". John uses the image of "Jacob's ladder" to describe the closeness of the relationship between the Father and Jesus – "angels ascending and descending upon the Son of man"**

**St Peter's 100 Club Draw:** January winners were £20 Tony Gray, £10 Alan French, £5 Philip Leat  
**There's still time to join this fund raiser for St Peter's Church! Either**

1. By cash (£12) to Fiona Hennah, 21 Clinton Terrace, B/S, EX9 6RY
2. By cheque for £12, payable to St Peter's PCC by post to Fiona Hennah, or put in my church pigeon hole.
3. By BACS direct bank transfer into the church account, using Sort Code: 09-01-28 and Account Number:96051138, giving your initial, surname and 100 club as Reference.

*I will put all new membership cards in the pigeon holes in church as soon as possible for you to collect. Please continue to support this very worthwhile fund raiser which raised over £750 for our church this year. In case of any problems, my telephone number is 488671. **Fiona Hennah***

**The Leprosy Mission.** Please could you collect all the stamps from post delivered to your home over the Christmas period and ongoing through 2021. These are sent off to support The Leprosy Mission - a collecting box can be found at the back of St Peter's Church.



**The Prayer for Today is the Jesus prayer from the Orthodox tradition.**

**"Lord Jesus Christ, Son of God, have mercy on me"** This practice entails saying this prayer over and over again as a mantra and letting it seep into your very soul. Pray it as part of a meditation technique, either the whole prayer on an in-breath and the out-breath or break it into two. I also meditate on the name of God "Yahweh" "yah" on the in-breath and "weh" on the outbreath. Remember here that breath and spirit are the same word in Hebrew – Ruach and that Yahweh means I AM.

### St Peter's Budleigh Salterton



Sunday 17 <sup>th</sup> January	Holy Communion	8.00
	Holy Communion	10.00
Wednesday 20 <sup>th</sup>	Holy Communion	9.30
Sunday 24 <sup>th</sup> January	Holy Communion	8.00
	Holy Communion	10.00

### All Saints, East Budleigh



Sunday 17 <sup>th</sup> January	Holy Communion	9.30
Wednesday 20 <sup>th</sup>	Morning Prayer by zoom	
Sunday 24 <sup>th</sup> January	Holy Communion	9.30

### St Michaels, Otterton



Sunday 17 <sup>th</sup> January	Holy Communion	11.00
Thursday 21 <sup>st</sup>	Morning Prayer	9.30
Sunday 24 <sup>th</sup> January	Holy Communion	11.00