

'changing lives and building community through Jesus'

uplyme church

# Parish News

August 2021



*.....Saturday 10th July 2021  
Horticultural Show.....  
A fantastic day was had by all!*

[www.uplymechurch.org.uk](http://www.uplymechurch.org.uk)

# Worship at Uplyme Church & Digital Worship in AVMC

<b>Sunday Services:</b>	Holy Communion	1st Sunday at 10 a.m. 3rd Sunday at 6 p.m.
	Morning Worship	2nd Sunday at 10 a.m. 4th Sunday at 10 a.m.

**Every Sunday at 11.30am:** Uplyme ZOOM Chat – a chance to meet and talk for a while

Link: <https://us02web.zoom.us/j/81020110380>

**Every Sunday at 4 p.m.** Zoom & Telephone Services on alternate weeks

**Sunday AVMC Zoom Service:** Link details on weekly Pews News ([www.axevmc.com](http://www.axevmc.com))

**Sunday Telephone Service:** A few minutes before 4pm  
Call **0333 011 0616**. When asked for the access code, dial in 723 9782 followed by the hash key #

**Monday to Friday:** MORNING PRAYER on Zoom @ 8.30am  
Zoom ID: 884 0997 0704 Password: 149718

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DIOCESE OF EXETER  
THE CHURCH OF ENGLAND IN DEVON

# August

2021



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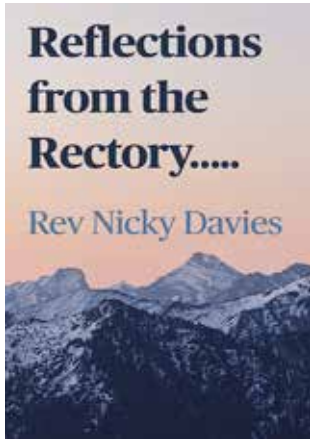
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## Parish News Copy Deadlines

Please remember the **NEXT** issue of the magazine is for **September** and all articles up to and including things for early **October** should be with us by the **10th August**

**Email to - [parishnews@uplymechurch.org.uk](mailto:parishnews@uplymechurch.org.uk)**



August is the month of holidays. This year's may be rather different? Perhaps the usual foreign holiday is being replaced by time spent at home or visiting an unknown part of the UK? Whatever you choose to do, I believe it is so important to have regular rest.

I write this whilst I am on a break awaiting the arrival of my first grandson. He seems more than content to stay right where he is and not in a hurry to face the world. I think we all know that feeling. Many of us are anxious again as the rise in Covid infections has increased so dramatically

and the restriction rules seems so complicated. However, by the time you read this, things may be very different?

Rest is so important for us all. It allows our mind, body and soul to renew so that we can go back to the everyday routine with more strength and focus.

The Bible includes many verses about God's promises to provide rest. Matthew Chapter 11 verse 28 says: "Come to me, all you who are weary and burdened and I will give you rest."

In Genesis we read about the importance of sabbath: Chapter 2 verse 3: "God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done." Thanks God. What a great example you set for us. But do we follow the example? So often we just keep going... and then wonder why we feel so exhausted?

Old Testament prophet Isaiah has these beautiful words to share: "Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint." Isaiah 40:30-31

I pray you will indeed find space to rest and I recommend a visit to your local church. The coolness and stillness and prayerful surroundings are an oasis in a busy world. We are also back on Sundays enjoying time together again. Please do consider joining us.. we'd love to see you.

***Nicky Davies***

# From the Editor

Hello and welcome to the August edition of the magazine.

I know what you're thinking "*surely this is normally a double issue with September*"??? .....and you'd be right, but things will be a little different from now, the double issue is going to be October/November and probably February/March next year rather than the December/January issue. School, the church and local groups will probably find it easier to promote their seasonal events, without the need to think 2-3 months ahead.

The front cover shows a scene from the Horticultural Show, and what a superb event that was! So many people came along, and the perfect day for the event. Scores of people have said what a joy it was to be feel as though we were all acting normally and it was wonderful to catch up and talk to so many friends we've not been able to see for the past eighteen months.

With cases of the virus spreading quickly in our area, I urge you to be sensible and not to take unnecessary risks. It looks like there will be a lot of people visiting the Lyme Regis area over the next couple of months and not all of them will be as careful as you might hope. Plenty of fresh air, masks and space can only serve to help protect yourselves and those you love.

Enjoy the weather and do look after yourselves.

*Ed*

Shining Stars is closed for the Summer holidays.  
We'll be back on 10th September. Hope to see you then!



for 0 to 4 year olds & their parents or carers  
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or FaceBook page Shining Stars Playgroup  
or email Jan at [shiningstars@uplymechurch.org.uk](mailto:shiningstars@uplymechurch.org.uk)



## Uplyme Help at Hand - cares

### General Enquiries:

Anne – 01297 444799 Marilyn – 07885 859946

### Transport:

Dave – 01297 444799 Fred—01297 445647

## Help at Hand moving forward!

We are beginning to look at how we can move forward safely and resume some of our previous activities cautiously. Both volunteers and those being helped will need to make their own decision about what they are comfortable with.

Each one of us has our own particular circumstances and some are in the clinically vulnerable category or have a partner or relative who is. This brings another set of problems and layer of anxiety. The government's recent advice is potentially very limiting for those people. Some of our previous volunteers are in this category and many of them as well as our clients are indeed considered to be more vulnerable because of advancing age.

After seeking opinions from our transport volunteers, we have enough who feel confident to take people in their car with the following provisos – everyone must be double jabbed and wear masks; there may be exceptions to mask wearing if both parties agree. This does not completely eliminate risk so clients must accept that.

This does mean that we can pick up shopping, prescriptions etc and give lifts to medical or other appointments. Please give as much warning as possible for lifts as our volunteer drivers are reduced in numbers.

Infection numbers are continuing to rise so for the time being we are suggesting that we avoid all large venues and large groups. We have trialled a small group meeting in an accessible garden which was a success. We have had some kind offers of suitable spaces but this will of course be weather dependent. Hopefully everyone can accept the fact that there may be disappointment if the weather is against us. Unpredictable English weather won't stop us trying!

Visiting inside will generally not be resuming for the time being. However, we are happy to phone and chat to break up the day for those who feel isolated.

Please ring the above numbers if you need help and note that Sue has retired from transport coordinator as she has taken on another role. Fred has kindly offered to replace her.

# Eco Corner

*" Then God looked over all he had made, and he saw that it was very good!" Genesis 1 v31*

THANK YOU to all who visited our stand at the horticultural show and gave us your votes on which initiatives we should consider to green up Uplyme Church. We have taken the results and put together a reflection on Eco Church which you can find on our YouTube channel but in the meantime here are the results with the most popular at the top.

- **Twin the church toilet**
- **Monthly Fair Trade Café**
- **Raised beds to grow food for all to share**
- **Run events to facilitate green ideas eg Clothes swaps, give & take**
- **Monthly family services with nature study & crafts**
- **Make and put up bird boxes**
- **Graveyard in harmony - sanctuary for the departed and sanctuary for wildlife**
- **Investigate how to reduce the church's carbon footprint**
- **Leaving church grounds unmown**
- **Make bug hotels**
- **Outdoor service in the field by the Lim/on the beach**
- **Talk to MPS and Councillors**
- **Animal Pet service**
- **Put up bird feeders**
- **Hold a service to commit to the climate emergency**
- **Bird / Flower identification cards**
- **Track the church's energy usage**
- **Host events inviting local organisations**
- **Create a treasure hunt for visitors and locals**
- **Biblical herb garden**

Plenty of food for thought and some great activities, so if you feel you would like to help us or if you belong to a group who could make some of the ideas a reality – we would love to have you along. Please email Louise at [axevalleymc@hotmail.co.uk](mailto:axevalleymc@hotmail.co.uk) or send us a message on our facebook page <https://www.facebook.com/UplymeChurch> or website <https://www.uplymechurch.org.uk/contact/> .

Finally do check out our new recycling stations in the Church porch. Posters will be around the village advertising what we are taking to help reduce the waste that ends up in landfill.





## Twin the Church Toilet?

Well you voted it top in our ways to Green up Uplyme Church but many who walked past the stand did not know what it meant. Toilet twinning is an organisation that asks you to donate to twin your toilet so one can be built in a part of the world that does not have one.

Simple... but makes a great different to our brothers and sisters who have to go and use a bush, negotiating snakes not to mention what it does to their dignity.

For £60 a toilet can be twinned and so I am sure we can make this a reality for Uplyme Church – but I wonder how many other toilets in the area could be twinned? If you would like to consider twinning your toilet or maybe you have a holiday let and you could use some of the proceeds to twin that one then follow the link and make that difference. You will also receive a lovely picture framed to display proudly in your loo!!

[www.toilettwinning.org](http://www.toilettwinning.org)



## tearfund Uplyme Church Art Festival

An exhibition of paintings, textiles, sculpture, 3D art by local artists. Church exhibition is open to the public from:

**Thursday August 26<sup>th</sup> to Saturday August 28<sup>th</sup> 10:00 am to 4:00 pm.**

*Free entry and parking - refreshments available.*

*Preview:* Talk in Uplyme Village Hall by Art Historian Pamela Simpson followed by refreshments in the Church. **Wednesday August 25<sup>th</sup> 2:30 pm to 4:00 pm.**

Tickets £10 from [sheila.lyme@gmail.com](mailto:sheila.lyme@gmail.com).

All money raised in aid of Tearfund





## **The Archbishop of Canterbury to Open New Melanesia Pilgrimage Route in Devon**

The Archbishop of Canterbury is to visit Devon in September to open a new pilgrimage route in honour of John Coleridge Patteson, the first Bishop of Melanesia.

The 12-mile Patteson's Way is a joint initiative between the Melanesian Mission (MMUK) of which Archbishop Justin Welby is President, local school children and the Diocese of Exeter.

This year marks 150 years since Patteson, who grew up in Feniton in East Devon, was killed for his faith in 1871, after travelling from Devon to Melanesia as a Christian missionary in 1855.

The Diocese of Exeter is linked with the Anglican Province of Melanesia which covers the South Pacific nations of the Solomon Islands, Vanuatu and New Caledonia.

Today Christians in the islands revere Patteson as a martyr and many regard his family home and churches in Devon as places of pilgrimage.

The Right Reverend Mark Rylands, an assistant bishop in the Diocese of Exeter and Chair of MMUK, said "The Archbishop of Canterbury's visit to Devon is a wonderful tribute to the witness and ministry of a great missionary.

"150 years ago, Patteson's endeavours helped to birth a Melanesian Church that is numerically and spiritually vibrant today. Now, they are ready, willing and able to help us in the UK to renew our Christian faith and tread more lightly upon the earth."

The new circular pilgrimage route begins and ends at St Andrew's Church in Feniton. It also includes St James and St Anne, Alington, where Patteson was first a priest, St Mary's, Ottery St Mary, which has a Melanesian Chapel, and Patteson's Cross, a memorial sited where Patteson left Devon by stagecoach on his journey to Melanesia.

During his visit on 18 September, Archbishop Justin will do part of the walk with local families before preaching at a special service at Exeter Cathedral.

Katie Drew, MMUK's Executive Officer, said "The legacy of Patteson lives on, not only in Melanesia, but in Devon. So many of his values and concerns speak to us today – hidden slavery, black lives matter and care of the environment.

"We hope this new pilgrimage route will enable people to reflect on Patteson's life, mission and courage, and bring a little bit of Melanesia to walkers in the beautiful East Devon Countryside."

The Reverend David Carrington, vicar of St Andrew's, Feniton, said "I am sure Bishop Patteson could not have imagined what would grow from his missionary work. He simply followed his calling and sowed in faith and love."

MMUK, which is based in Devon, also works to highlight the effects of climate change in Melanesia, where some islands are already succumbing to rising sea levels.

Mark Rylands said the Melanesia link was an opportunity for Christians in the UK to make a difference in the fight against climate change "We, in MMUK, do all we can to help the people of Melanesia with disaster relief funding, resourcing vital research and facing the impact of global warming. We are a family 10,000 miles apart – brothers and sisters in Christ supporting one another."

Further information can be found on the Exeter Diocese website [www.exeter.anglican.org](http://www.exeter.anglican.org)

## News from King George's Field

It has been great to see so much use of the field and tennis court over the last few months. A variety of sport and leisure activities have taken place and some excellent cricket played. Well done and thank you to the Uplyme and Lyme Regis Cricket Team for keeping the pitch and outfield in such good condition despite some weather and drainage challenges.

The Croquet Club members have also worked hard on their lawn and with some new members are enjoying some good inter club competition.

Those who use the footpath across the field will have noticed how wet the area close to the hedge of the croquet lawn has been during the spring and early summer. This is an area that has caused increasing concern during wet weather periods in recent years. It is proving very difficult to find the cause of the problem. SW water have visited and tested the water and it appears it is neither of waste water or mains water origin. Old maps from early in the last century do show the river flowing across this area but we thought drainage pipes had been put in to drain the area when the Cricket pitch was created, however no one seems to have any maps of the drainage installed- it all seems like guess work! You will have noticed that James Booth has dug a trench in the area and we are monitoring the water levels until the end of the Cricket season, when we hope to put some pipes and gravel in to solve the problem. Unfortunately the level of the boggy area is below the level of the river near the footbridge. If anyone has any knowledge or maps of the drainage of this area I would be delighted to hear from them!

We hope that those who have used the tennis court over the summer have had some enjoyable tennis. Remember the court can be booked by anyone, with online booking and payment. A coded padlock is on the gate and the code issued when booking. The cost of an hour's use of the court is £7,

The court can be booked online at: <https://clubspark.lta.org.uk/>

### **UplymeVillageTennisCourt**

Alternatively just type in Uplyme Tennis to a search engine, like Google and the link should come up.

It is disappointing that some dogs have been seen running free on the field. For the health and safety of all field users please remember that dogs are banned from the majority of the field and should not be exercised or allowed to run loose on it. This is especially important as the field is used as the sports field for the children of Mrs Ethelston's school. The exception, of course, is on the footpath where dogs should always be on a lead. Thank you for your cooperation with this.

**James Thomas** (*Secretary for King George's Field Trustees*)  
jrhyt@hotmail.com

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## 1<sup>st</sup> Lym Valley Scout Group (Uplyme and Lyme Regis)

Wow! Thanks to all those who visited us at the Uplyme Horticultural Show; who purchased our hot dogs, played "Hook A Duck", and met our Explorer Sea Scout Unit for the first time. By popping by, you helped raise over £500 for the group, all of which goes back into equipment and activities for our local young people. I'm really sorry if the leaders didn't get round to having a chat, we were just so busy serving everyone hot dogs and helping the Horticultural Society with running and the parking. We look forward to returning next year, maybe with an extra game or two!

Thank goodness, we made it to August without any Covid related difficulties happening at 1<sup>st</sup> Lym Valley. We know members of the group have really been struggling with self-isolation, and indeed the random and unfair nature in which it can happen at school – we hope that when the Schools go back in September, that a much better system is in place. I'm sure pragmatism will prevail soon enough.

This summer we can look forward to welcoming back groups using our hut for residential experiences – something that hasn't happened for a number of years due to firstly the refurbishment we had, then because of Covid. Having people always in the hut keeps it busy, and helps pay for the upkeep of a much-loved community asset. Looking ahead, 1<sup>st</sup> Lym Valley will continue to invest in the hut, and make sure it's available for the community to use.

Anyway, now it's August, our volunteers can enjoy some well-deserved down time and a break from our weekly sessions. Of course, some will use this time to begin dreaming about September, but I think most will enjoy having some peace and quiet. I certainly will be spending my time in the garden, relaxing in the shade. See you all in September!

Yours in Scouting  
Karen Yelland  
Beaver and Scout Leader  
mob 07588389389

[yellandpay@aol.com](mailto:yellandpay@aol.com)

<https://www.lymvalleyscouts.org.uk/>



***P.S*** We're on the lookout for some more helpers to help increase the size of our Cub leadership team for our growing and thriving Cub section. If you enjoy helping 8 – 10 year olds learn new skills for life, and fancy volunteering with an enthusiastic bunch of adults from all walks of life, then you could be a great fit! Even just an hour a month makes a huge difference in what we can offer our Cubs. Drop me an email or get in touch via our website.

# Uplyme & Lyme Regis Horticultural Society

*www.ulrhs.wordpress.com*



*To sign up to our newsletter please visit our website*

**www.ulrhs.wordpress.com** and scroll down the Welcome page to the link 'Sign up for our monthly email newsletter'.

*This month, we're resuming our coach trips with a visit to Taunton Flower Show and have news of our celebrity talk in September.*

## **Friday August 6<sup>th</sup>, coach trip to Taunton Flower Show**

We are resuming our programme of coach trips with a trip to Taunton Flower Show on Friday August 6<sup>th</sup>.

This year, a smaller show is taking place at Castle Green rather than Vivary Park. Entry is free, no tickets required. There will be a variety of horticultural traders, and a Competitions Tent for the green fingered enthusiasts. As the event is more centrally placed there will be plenty of opportunity to visit Taunton town centre as well, with its many shops and eateries.

The cost for the trip is £10 for members (£3 extra for non-members) and the coach will depart from Uplyme Village Hall at 9.30am. Please book with Rose Mock, ([rosemary.mock@btinternet.com](mailto:rosemary.mock@btinternet.com) 01297 34733).

## **Wednesday September 15<sup>th</sup> Nick Bailey, 'Revive your Garden', Uplyme Village Hall 7.30pm**

Gardeners' World presenter Nick Bailey is our celebrity speaker for this event looking at how to breathe life, style and good health back into a tired garden.

The talk will cost £5 for members; £10 for non-members. Please note this event is advance bookings only with payment taken on the night. Seat numbers are limited so please book early to avoid disappointment. Please register with Jo Benke-Smith [joanna.ulrhs@yahoo.com](mailto:joanna.ulrhs@yahoo.com) 07504 442219.

Nick will be bringing copies of his book 'Revive Your Garden' which can be purchased on the night.

***Tricia Boyd***

## **SAVING SPECIAL SPECIES - East Devon AONB**

### **For further information:**

Contact: Ruth Worsley [savingspecialspecies@gmail.com](mailto:savingspecialspecies@gmail.com)

Phone: 01297 489741 or 07765 126 565

**AUGUST WILD FUN FOR ALL AGES** – huge thanks for the great support from local communities as we emerge to meet up at events – All events to date have been well attended and we have seen some great wildlife in East Devon – from moonlit bat walks to magical meadow wanders.

### **Great Summer Plant Hunt in**

#### **Saturday 7 August, 2.00pm - 4.00pm - Shute Woods**

In search of Heath Lobelia, first discovered growing in the UK at Shute Common in the 1760s and only grows in five southern counties. Guided walk with members of the 'Heath Lobelia Champions' volunteers. Walk will start from parking at Shute Pillars (near A35). This event is also part of Shute Festival of Literature and Landscapes Talking Walks programme. Booking essential.

### **Completely Batty**

#### **Monday 9 August and Tuesday 10 August, 11.00am – 3.00pm**

##### **The Donkey Sanctuary, Sidmouth**

The Grey Long Eared Bat Project and The Creative Cabin will be visiting The Donkey Sanctuary on Monday 9 and Tuesday 10 August to run 'Completely Batty' fun activities for all the family. Everyone is welcome at the FREE drop-in sessions, where they can get creative and celebrate East Devon's rarest bats, including the Grey Long-eared bat. Bats are nocturnal and choose to hunt and feed at night, but on both days between 11am and 3pm we plan to create our own day-flying bats by inviting children to come to the creative cabin and create bat masks.

The Creative Cabin - a space to create, explore, learn and discover. These are FREE drop - in activities. Donations always welcome. No need to book. Come at any time between 11am and 3pm. Please be aware that we will be running this activity within current Covid – Safe guidelines and appreciate your patience if you have to wait before you can take part.

Creating connections between wildflower meadows across the whole of East Devon is vital for the protection of the endangered grey long-eared bats, so visitors to the Creative Cabin will also have the chance to make wildflower seed bombs to help kick start wildlife gardens at home and help bats too. The Donkey Sanctuary, Slade House Farm, Sidmouth EX10 0NU (A3052 between Sidmouth and Seaton)

The Grey Long-eared bat project is funded by the government's Green Recovery Challenge Fund and is one of East Devon AONB's 'Elusive Eight' threatened species chosen for nature recovery. For more information visit **Saving Special Species Grey Long Eared Bat Project**

## **Out for a walk with David Jones - North Chideock and Hardown Hill.**

Allow two and a half to three hours for this walk which as you might guess involves a modicum of uphill, almost entirely in the first half. A country walk with superb country and sea views throughout, which includes the villages of Morcombelake and Chideock, the latter of which is very attractive, whilst they both unfortunately have the busy A35 passing through them. Chideock has two pubs, The Clock House Inn and The George, a tea garden (seasonal) and a Post Office/Stores, whilst Morcombelake has a Post Office/Stores, Moores Dorset Biscuits and an Art Gallery. Hardown Hill is a National Trust site with almost panoramic views.

Take the Charmouth Road from Lyme Regis and at the roundabout take the 3<sup>rd</sup> exit A35 (signed Dorchester). Drive 4.5 miles through Morcombelake to Chideock and shortly after entering the village turn left just before the parish church into North Street. Continue along this road for 0.4 miles to the Catholic church and park either in the car park on the right (donation to church invited) or alongside the hedge in the road outside. This is Point No. 1 and the starting point for your walk in non-busy times (see below). This church is worth a visit and is open daily from 11.00am to 4.00pm. The walk also passes the Ham stone parish church of Chideock, which is also worth visiting. If you are doing this walk in busy times (Bank holidays or school holidays) it is best to start from the Langdon Woods National Trust Car Park for which you need to turn right immediately after the farm shop at the end of the village of Morcombelake and then left to the car park (signed). After paying or obtaining a free ticket (NT members) you should walk down to the beginning of the car park and turn right along the track. See below Point No. 2.

From your parking place walk north (away from Chideock village) past various attractive stone buildings and follow the sign for North Chideock until you arrive at a T junction. Turn left here and when road forks keep left and gradually uphill. The road soon becomes a track and follow this down (good views to right) to and across a small stream and straight ahead into a by-way (signed) which again climbs uphill (good views behind you as you go up). At the end of the by-way go through a gate and straight ahead into a track. At the end of the track turn right into a road and follow this to a cottage on the right at the end (Hope Cottage). Cross the road towards a signpost on the right to Whitchurch or Bridport and turn left into Pitmans Lane.

As you enter this lane there are excellent country views over the metal gate on the right. Follow this lane to just past a house called Belle Vue on left, and then turn left over a stile (signed Hardown Hill) and take the right hand path. Not surprisingly the path goes uphill but not too steeply, through a kissing gate and straight ahead up to a track. Cross this slightly left on to another track leading to the top of the hill. Once on the heathland at the top of the hill you will begin to get magnificent views (behind you at first, then to right, left and ahead). Before the very top of the hill you will see Charmouth and Lyme Regis to the right, and country views to the left. I have not included any photos of the views but they are stunning. At the top of the hill, there is a seat should you require a rest and as you follow the track round to the right there are views of Langdon Woods and Golden Cap (also National Trust sites) ahead. Keep following the track ignoring the gate to the right and walk down towards Golden Cap and the sea.

You will now see and hear the busy A35 on your left. Keep following the path around the hill, past the public footpath sign and steeply downhill to a road junction and a house called Longfield on the left. Turn left here to the right of Longfield and steeply downhill into the village of Morcombelake and the A35. Turn left at the bottom and follow the pavement to and



over the pedestrian crossing controlled by lights. On the other side turn left and soon right down road/track to the right of Moores Dorset Biscuits (usually open to the public). At the bottom of the track, before the concrete road ahead turn left over a stile (footpath marker) and follow the path between hedges into a field and right between more hedges through a metal gate into a field (footpath marker). Cross this field keeping to the left-hand hedge (sea views on right), through another metal gate and follow path straight ahead through a gate and straight ahead through another gate on to a road.

Cross the road straight ahead (signed Golden Cap) as far as the sign for the Langdon Hill car park on the right. This is point No.2 and your starting point in busy times (It avoids the right turn on to the A35 when completing the walk starting at Point 1. When starting the walk here after obtaining your parking ticket walk back to the car park entrance and turn right. Langdon Woods offer level woodland walks and the “easy” route to the top of Golden Cap. On this occasion, however, we continue straight on along the road towards the sea (views to left) and the road soon becomes a track which can be muddy in places. Follow this to a junction and turn left downhill. Follow this wide track downhill, ignoring a narrow fork to the left. Towards the bottom of the hill, there are good views of the sea and cliff meadows ahead, and at the road junction turn left.

Follow this road to and through the charming village of Chideock (see photos of cottages), until you come to the noisy A35 again opposite the parish church (see photos of church and Clock Inn opposite). As the road is particularly difficult to cross here we suggest that you turn right along the high street to admire some of the other beautiful buildings of the village and to cross the road at the pedestrian crossing controlled by lights before making your way back to the parish church. Here either pop in for a visit or go just past the church and turn right into North Road (see photo of chapel behind church). Walk back down North Road to the car.



David  
Jones



## The Secret of Happiness?

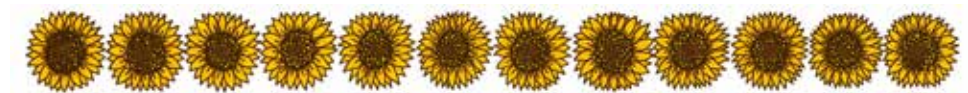
Scientists have been trying to work out a 'formula' for happiness.

The result is incomprehensible to most of us, beginning as it does with

**Happiness (t)=w0+w1Σj=1tyt-jCRj+w2Σj=1tyt-jEVj+w3Σj=1tyt-jRPEj**

But, in plain English, the neuroscientists at University College London (UCL) have concluded that happiness depends not so much on how well you are doing, but on whether you are doing better than you expected to be doing.

And one professor added: "The ephemeral nature of happiness means we might be better off thinking about happiness in a different way. Happiness is a tool, not a goal in itself. It can help us better understand what we care about, what we value." And we can adjust our lives accordingly.



## The new way of choosing candidates for ordination

From this autumn, if you want to go for ordination, you will be assessed against a new framework. The C of E is aiming to broaden the range of people who may have a ministerial vocation in the C of E.

No longer will you be evaluated against criteria, but instead you will need to demonstrate that you have 'six qualities to be inhabited'. Candidates will also now attend two national discernment events rather than one, and spend time preparing for both at diocesan level.

The changes are due to concerns that the existing framework risks missing the vocations of people of 'the unseen-and-excluded called'. Diocesan bishops, diocesan directors of ordinands (DDOs) and others have warned that the existing framework favours middle-class candidates.

The 'qualities' that the selectors will be looking for are: Love for God; Call to Ministry; Love for People; Wisdom; fruitfulness; potential. A seventh quality – 'trustworthiness' will be also looked for.

## 6<sup>th</sup> August: The Transfiguration of Jesus

It's an unusual story. One day, Jesus is with three disciples on a high mountain in Galilee, when His appearance dramatically changes. Also, Moses and Elijah suddenly appear, and from a cloud comes the voice of God. What is this all about?

This event was witnessed by James, Peter, and John. They were close friends of Jesus. In the future, they were to become prominent leaders in the Early Church. They needed to see something special that would help them remember Jesus in the difficult years ahead. They had a glimpse of Christ in His divine glory. His face shone like the sun and His clothes turned white as light.

While this was an extraordinary sight for the disciples, it served to encourage Jesus who once had glory and majesty in Heaven. One day He would have it again. But firstly, He had to fulfil His mission: to suffer on the cross and die.

Why were Moses and Elijah standing with Jesus? Moses was the giver of the Law and Elijah represented all the prophets. They had pointed people to the promised Messiah. Jesus was about to complete God's plan of salvation.

God's voice was heard to remind Peter there was no need to build shelters. They were not going to stay on the mountain. God spoke to get the disciples to fix their attention of Jesus. The wonder of the Transfiguration was a short interlude before Jesus had to return to His work and subsequent death on the cross.

This story is a reminder that our times of spiritual blessing have to be followed by down-to-earth commitments and responsibilities. In the same way that Jesus gave His friends a glimpse of His awesome glory, to help them face challenging and traumatic times ahead, our special times in His presence are provided to encourage us and equip us for the trials we may have to face.

Our journey through life may sometimes rise to the peaks but we can't stay on a 'high' all the time – no matter how much we want it! We have to descend to face everyday challenges if we are to fulfil our calling in Christ. From *our* mountain-top experiences we all need to find a balance between times alone with God and serving Him in the company of others.

## Lyme Regis Community Workshop is open to all!

Since opening in 2020, the Lyme Regis Community Workshop in Church Street, Lyme Regis, has gone from strength to strength, providing a space for the local community to learn and share woodworking skills.

The project was set up by the Lyme Regis Development Trust and was built, and is run, entirely by volunteers. With a generous donation of £3500 of brand new machinery from Axminster Power Tools, the workshop is fully equipped to complete woodturning and carpentry projects for beginners right through to intermediate, possibly even professional standard.



Starting at just £5 for a taster session and with a maximum of 2 students per class, the welcoming environment is a space for anyone interested in learning or improving their skills and provides the opportunity to meet people and work on projects together. With a range of classes for the complete novice to those with a little more experience, the workshop gives access to all the professional teachers, tools and equipment you will need for your project.

Our experienced, professional teachers include Liz Kent, Chair of Axminster Woodturners Association; Rod Page, a highly awarded local woodturner; Sam Robinson from the Boat Building Academy as well as experienced woodworking teachers from local schools and professional carpenters.

Choose from a range of sessions and courses from beginners and advanced woodturning, CNC Router sessions, to basic and intermediate carpentry skills. Our community workshop encourages anybody with an interest to come along and be part of it.

### Woodworking for wellbeing

Did you know that learning a new skills can be beneficial to our mental health and wellbeing? If we keep learning through our adult lives it can increase our self-esteem, encourage social interaction, and a give us a better ability to cope with stress.



If you're interested in finding out more about our sessions, visit [www.lrdt.co.uk/lymeregiscommunityworkshop](http://www.lrdt.co.uk/lymeregiscommunityworkshop).

Places are limited and need to be booked through Dot Wood via [Lymeregisworkshop@gmail.com](mailto:Lymeregisworkshop@gmail.com)



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# Village Hall Booking Dates August 2021

## **REGULAR HIRERS**

### **Uplyme Pre School/ Term time only**

SUMMER HOLIDAYS

#### **Toddlers**

Tuesdays - RETURNING IN SEPTEMBER

### **School – Mrs Ethelstons/Term time only**

SUMMER HOLIDAYS

### **YOGA**

Thursdays 6.30pm-8.00pm

### **Short Mat Bowls**

Mondays 7.30pm-10.00pm

CONTACT ORGANISER

### **Parish Council**

2<sup>nd</sup> Wednesday of each month

7.15pm-10pm

### **Horticultural Society**

#### **Returning in September**

4<sup>th</sup> Wednesday of each month

7pm-9pm

### **Mainly Ballroom**

#### **Returning in August**

Saturdays 8pm-11pm (check dates)

### **Quakers**

Sundays 9.30am – midday

CONTACT ORGANISER

### **Village hall committee meeting**

1<sup>st</sup> Tuesday of each month 7.30pm onwards

### **Other bookings for August 2021**

Saturday 7<sup>th</sup> TBC Dance

Wednesday 25<sup>th</sup> Art Demo

**Calendar/online calendar times are hire times not event times.**

**Check with the individual organisations for event times.**

### **Our next meetings**

**Sept 7<sup>th</sup> 2021**

**Please come and join us, your support is most welcome.**

To book the Village Hall

Email: [uplymevh@gmail.com](mailto:uplymevh@gmail.com)

Visit our website [www.uplymevillage.com](http://www.uplymevillage.com)

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welcome



## Please bear with us, during staff shortages ...

Our District Council is experiencing extremely high demand for its services as residents and visitors enjoy the sunshine in East Devon's beautiful public areas, beaches and green spaces.



COVID is adding further pressure, as do well-publicised national driver shortages, resulting in frontline staffing shortages. This means our council teams are very stretched, especially as the weather in May and June has led to a late spring surge in grass growth.

EDDC is now grappling with a 20 per cent reduced staffing team in these areas, made worse by a wider national labour shortage.

Unfortunately, the same staffing pressures are affecting our recycling and waste contractor, Suez. This means there may be delays in when we get our recycling collected and litter bins emptied, where this cannot be completed on the scheduled day and may sometimes be delayed.

If your collection is not made, please leave waste and recycling out for the following day.

Please bear with us in this difficult time. Your help would be appreciated, by reporting issues through the East Devon District Council App or Website ([www.eastdevon.gov.uk](http://www.eastdevon.gov.uk)) Both carry the latest service updates.

### Are you an experienced LGV driver needing a job?

Our Recycling and Waste contractors Suez is looking for experienced LGV Drivers, to join their team. If you are interested in this opportunity, please contact James Gatter at Suez on 01395 234500.

## COVID support for East Devon businesses tops £83M...

East Devon District Council provided essential support to local businesses with grants totalling more than £83.3m for 14,839 approved cases since the start of the Covid-19 pandemic. In all, Council officers managed 12 different schemes, handled over 15,000 applications and many more enquiries.



One of the grant funds, the Additional Restrictions Grant (ARG), received over 1000 applications resulting in payments totalling £4,265,181. As a result, further Government funding of £1.14m will now become available.

The top up funding will be available to local firms through a new recovery fund, matched by £1m from East Devon District Council. The fund is designed to support East Devon businesses' recovery from the pandemic and will be launched in early Autumn. Details will be available through the East Devon business newsletter (sign up to the newsletter).

## **£100k awarded to innovative East Devon nature project...**

Defra and the Environment Agency have awarded £100k to East Devon District Council to drive private investment and tackle climate change.

As part of the Council's ambitious plans for the Clyst Valley Regional Park, a new 'Crystal Clear Clyst Bond' will help to address the climate emergency and investigate schemes to improve the environment in the park.

The £100k fund, plus an additional £10k from EDDC, will be used to set up an Environmental Impact Bond.

Council colleague, Cllr Geoff Jung, is Portfolio Holder for Coast, Country and Environment. He outlined the importance of this funding award success and what the council is going to use it for.



*"Along with my fellow Councillors for Climate Action we have an objective to become a carbon neutral council by 2040.*

*The EDDC Climate Change Strategy 2020 – 2025 sets out how we will reduce our carbon emissions year on year and mitigate against the threat that climate will place on our communities.*

*The strategy will encompass all our 10 Nature Reserves and open spaces, by increasing natural habitat and increase tree planting to sequester carbon and allow nature to recover. This round of funding will help existing plans for the Clyst Valley Regional Park."*

**Cllr Ian Thomas**  
**Independent Ward Member for Trinity**  
**East Devon District Council**

**Phone:** 07884 494474

**email:** [ian.thomas@trinitymatters.co.uk](mailto:ian.thomas@trinitymatters.co.uk)

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raising wheezes, I see



## Axminster and Lyme Cancer Support

We are hoping to resume our in person drop-in service along with Zoom initially. This is open to anyone affected by Cancer.

### **Axminster**      **Lyme Regis**

Scott Rowe Room,  
Axminster Hospital  
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### **2.00-4.00pm**    **2.00-4.00pm**

Monday 2<sup>nd</sup> Aug

Monday 9<sup>th</sup> Aug

Monday 16<sup>th</sup> Aug

Summer Flower  
Workshop


Monday 6<sup>th</sup> Sept

Monday 23<sup>rd</sup> Aug  
Book Club 1-2pm

Please check the website where we will confirm the meetings.

Website - [axminsterandlymecancersupport.co.uk](http://axminsterandlymecancersupport.co.uk)  
Email - [info@axminsterandlymecancersupport.co.uk](mailto:info@axminsterandlymecancersupport.co.uk)  
Facebook - Axminster and Lyme Cancer Support  
Instagram - axminsterandlymecancersupport  
**Phone - 07512 279663**

**Please do let us know if you are hoping to join. us at a session above via email/call/text.**



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**2021**

**AUGUST - SEPTEMBER - OCTOBER**  
Every Thursday @ 12.30

### **Poetry Corner by Nigel Ball**

#### ***Summer evening.***

Clouds past window grey but unsure of themselves  
drifting into distance over the hill into another day  
moths fly round the lamp ready to be lit  
they knew what time it was  
tree shapes look bigger than in real life  
monsters in disguise  
and yet kind at the base  
wires of electric and telephone sag  
hot tired coatings of communication and power  
this day has been filled quickly  
street light comes on  
soon the owl will hoot  
bats will fly into the night  
tell me what has your day been like?

### **Friday 13<sup>th</sup> August at 11am: Lyme Regis u3a Food glorious food: a UK love affair presented by David Drury**

This presentation, via zoom, will feature the history of all our British classics, from fish and chips to curry, roast dinners to cooked breakfasts and afternoon teas to comforting desserts. David also examines the complete change in dining habits within a generation and the growth of Michelin star restaurants and street food markets as well as looking at the classic pubs and traditional cafes. The presentation concludes with some of London's more unusual dining experiences, from eating in the dark to dining in the 16<sup>th</sup> century Middle Temple Hall to experiencing fine dining in a prison. David is a Yorkshireman who has lived in London for the past 30 years where he is a Blue Badge Guide. 76 of 80 reviews on his web site are 'excellent'. Definitely something to whet your appetite!

Please see [www.lymeregisu3a.org](http://www.lymeregisu3a.org) for details of how to join.

# Uplyme Church

part of the **Axe Valley Mission Community**  
Pound Lane, Uplyme, DT7 3TT



## Team Vicar

email  
Tel

## Rev Nicky Davies

daviesnicky@live.co.uk  
c/o 07931 413629

## Churchwardens

Jenny Perham 32254  
07761081424

## Reader

Sue Wells TBA  
Roger Grose 22107

## Church Administrator

email:

Louise Collard 441986  
axevalleymc@hotmail.co.uk

## Opening times:

**Monday 09.00 – 12.00**  
**Tuesday 09.00 – 12.00**  
**Wednesday 09.00 – 12.00**  
**Thursday 12.30 – 15.30**  
**Friday 09.00 – 12.00**

## AVMC Team Rector

email:  
Tel

## Rev Clive Sedgwick

clives1865@gmail.com  
c/o 441986

Hon Treasurer

Sharyn Walker 444811

Safeguarding Advisor

Jo Clarke 443050

Noreen Watson

Church Membership

Mike Maccoy 442321

Pastoral Co-Ordinator

Roger Grose 22107

Under 5's

Janet Impey 441986

Festival Choir

Adrian Pearson 442902

Flower Rota

Felicity Langford 441986

Saturday Football

Robin Hodges 445180

Simon Smith 647521

Mrs Ethelston's School Head

Katie Lyons 442210

Parish News Editor

Robin Hodges 445180

*Redlands, Lime Kiln Lane, Uplyme, Lyme Regis, Dorset, DT7 3XG*

**Email:**

parishnews@uplymechurch.org.uk

**Uplyme Church Registered Charity Number 1131962**

All telephone numbers are STD code 01297 unless otherwise stated.