

# CONNEXIONS

The magazine of

**Lavington**

**United Reformed Church**

**Bideford**

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



**MARCH 2021**

**40p**

## MARCH

By the time you receive this the Prime Minister will have told us all how he hopes to start to relax the lockdown regulations over the coming weeks and months.

I know we all want it to end as this is the third lockdown we have experienced over the last twelve months but it does need to be done gradually.

As it stands now, here are the dates when we will be sending out the fortnightly services to the end of April. There will be an extra service sent out on April 4<sup>th</sup> because it will be Easter Day.

*Editor*

Sun. March 14 <sup>th</sup>	Sabrina Gröschel
Sun. March 28 <sup>th</sup>	The Minister – Palm Sunday
Sun. April 4 <sup>th</sup>	Easter Day – Revd Colin Biggs
Sun. April 11 <sup>th</sup>	Sabrina Gröschel
Sun. April 25 <sup>th</sup>	Mrs Alison Biggs

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### Mission Statement

Lavington's mission is to seek the kingdom of God and his righteousness encompassing the love of Christ and to share this through worship and service.



We are a Fairtrade Church



Dear Friends

As we continue through the period of Lent, we continue to prepare for Easter. By the end of March we will be celebrating Palm Sunday and Jesus' triumphant entry into Jerusalem. As we know, this year Lent will be different due to lockdown restrictions and at this stage we still can't predict what will be happening at Easter time, but the signs are promising and we are a people of hope. So I hope we may be able to worship face-to-face in the near future; until then let us pray for one another as we are still the family of God when we are in our own homes.

This year, the Churches in Bideford have decided to take turns in leading a half hour time of prayer each Tuesday of Lent via Zoom. You can join via a computer, laptop or iPad; details are in this magazine. The prayers will be led by members of Lavington on Tuesday 9th March at 12.00 noon.

My thanks go to Chris Trigger who has prepared some prayers for you to use during Lent at home. We will continue to send out fortnightly worship, so that you can worship at home on Sundays (or whatever day you choose) and use the prayers and reflections as you wish.

February has been a sad month, as we said farewell to Olive Booth and Audrey Yeo. Both services of thanksgiving were very moving as we heard of all that they had been involved in over their lifetimes. Audrey's connection extended back to the ministry of Revd Gladys Smith, over 60 years ago. Please join me, in continuing to hold the family and friends of both Olive and Audrey in your prayers.

Easter is a time when we recall the power of life over death and the triumph of good over evil. Jesus and his resurrection point us towards the hope of new life and new beginnings. We are all in need of this message of hope after the past twelve months of grief and loss, restrictions and anxieties. You may like to remind yourself of the Easter story by reading the words of the gospels – in Mark you will find the Easter events Chapters 14 to 16, in Luke it's in Chapters 20 to 24, in Matthew it's in Chapters 26 to 28. Of course, John's gospel is written in a different style and you really

need to read the whole gospel as it points to the cross right from the beginning.

In all things, keep safe and look after yourself. May God bless us and remain close to us until we may meet together safely once again.

Every blessing,  
*Rob*

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Rob and Suzy  
goodbye to  
they were training  
for the Blind who  
on to the next  
training. Here is a  
Kate their new  
trained. She is a  
playful Golden  
You can be sure  
safe for us all to  
again, Kate will be  
Rob and Suzy's  
dog Poppy, must  
have another dog  
again!



have said  
Chelsea the dog  
for Guide Dogs  
has now moved  
stage of her  
lovely photo of  
puppy to be  
very young and  
Retriever.  
that when it is  
meet together  
introduced to us.  
own personal  
be delighted to  
in the family

We look forward to seeing them both in due time.

*Editor*



## **BIDEFORD CHURCHES TOGETHER PRAYERS DURING LENT**

Please note, these meetings are not physical meetings but over the internet via a Zoom Link. All meetings start at 12noon. Contact Janet Palmer for further info.

### **March 2, at 12 noon: Bideford Methodist Church**

Join Zoom Meeting

<https://us02web.zoom.us/j/86854773320?pwd=cGczYnUrTGxvK0ltc1JjaXA2MWWV6Zz09>

Meeting ID: 868 5477 3320

Passcode: 391357

### **March 9, at 12 noon: Lavington United Reformed Church**

Join Zoom Meeting

<https://us02web.zoom.us/j/86355503338?pwd=UUJFNjNQOERTcGRsbm9VaXpMRWs1Zz09>

Meeting ID: 863 5550 3338

Passcode: 463594

### **March 16, at 12 noon: St Mary's Church**

Join Zoom Meeting

<https://us04web.zoom.us/j/77439558608?pwd=dFFNa2hGWFdib3JWNzZBNEQvYjBDQT09>

Meeting ID: 774 3955 8608

Passcode: Z18zNy

### **March 23, at 12 Noon: Bideford Quakers**

Join Zoom Meeting

<https://us02web.zoom.us/j/83086694146?pwd=bVV0eXFleTNOVWN2eGZWQkhsMU9EZz09>

Meeting ID: 830 8669 4146

Passcode: 451214



**FAIRTRADE FORTNIGHT.....**

**February 22<sup>nd</sup> – March 7<sup>th</sup>**

Taken from the Fairtrade website.

In 2021, Fairtrade Fortnight will feel very different. 2020 has been a hard year and we know that physically campaigning and meeting people will continue to be challenging but we have heard from so many of you that you want to continue to support Fairtrade through this time.

The COVID-19 pandemic has shown us more than ever before how interconnected we are globally. This interconnection is at the very heart of the Fairtrade message and is where your role begins.

So in 2021 we will highlight the growing challenges that climate change brings to farmers and workers in the communities Fairtrade works with.

The facts are straightforward. Farmers and workers in the global south – who have done the least to contribute to climate change - are disproportionately affected. They have said that:

- Climate change is one of their biggest challenges right now.
- Low prices for their crops mean they are struggling to fight back.
- With more money through Fairtrade they feel more equipped to meet their everyday needs and deal with the challenges posed by climate change.

We need your help to put farmer voices at the heart of tackling the climate crisis and share the reality of their struggles. Our global trading system is balanced in favour of the powerful few. Trapped in this system, farmers already struggle to meet their immediate needs. More than ever, they need a fair price for their crops and their hard work.

Our *'Climate, Fairtrade and You'* Education Packs have been produced for teachers and educators to discuss how the climate crisis affects farmers

and workers overseas. Through school assemblies (designed with social distancing in mind!), lesson plans and activities, young people will have the opportunity to discover how their choices can impact people around the world, but also the planet that we live on. However, due to a third lock down through January and February, this year Schools, who play a vital role at educating children about Fairtrade issues, has not happen.

Fairtrade works to raise the voices of producers and prioritise what they need to respond to the environmental crisis unfolding in already vulnerable communities.

This fortnight, we are asking you to “Choose the World You Want” and to use your voice to tell others about the challenges farmers face from climate change.

*Janet P*

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**FOR MOTHERING SUNDAY**

For the mothering of mothers  
and the mothering of fathers;  
for the mothering of others:

**Mother God,  
we give you thanks.**



For those who act as midwife to our hopes,  
for those who nurse us through pain,  
for those who nurture, strengthen and guide us:

**Mother God,  
we give you thanks.**

For those who gently push us from the nest,  
For those who become our family,  
For the motherhood of the Church:

**Mother God,  
we give you thanks.**

*From Seasons and Celebrations*



Well, here we are in March. My how the time flies when you're enjoying yourself!

March is a better month for birthdays and it's all girls again, here they are.

M T	5 <sup>th</sup>
J C	9 <sup>th</sup>
H M	9 <sup>th</sup>
B J	9 <sup>th</sup>
L W	16 <sup>th</sup>

It is a very special birthday for Heather as she celebrates her 80<sup>th</sup>. Girls, all your Lavington friends wish you happy celebrations and send you our love and good wishes.



The only wedding anniversary I am aware of this month is that of M and V H. On the 14<sup>th</sup> they will celebrate their 62<sup>nd</sup> anniversary. I should know 'cos I was a bridesmaid!  
Love and congratulations to you both from the Lavington family. Have a happy day.

*Editor*

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### COOKING FOR EASTER

I'm now taking orders for Easter Cakes. Simnel Cakes (rich dark fruit cake with layer of marzipan baked in the middle) at £7.50, and Luxury Chocolate Cake (chocolate fudge cake with chocolate buttercream, chocolate and mini chocolate eggs decoration) at £7.50. Last date to order - Sunday March 21st. Cakes will be delivered to your door, by arrangement, Saturday April 3rd, when it would be helpful if you had the correct money ready in an envelope. Phone your order to J D (01237 479373).



w/c 7<sup>th</sup>

O Lord, as we make our way through Lent, just as Jesus endured his forty days of solitude and fasting in the wilderness and just as the Israelites made their way through the wasteland of Sinai, may You guide and nourish us through this time and this world, full of trials, tribulations and temptations until we reach the Promised Land of Easter, the Resurrection and beyond.

w/c 14<sup>th</sup>

Today is Mothering Sunday, when we traditionally take a break from Lent, to celebrate both our local church and all mothers. We give thanks to God for the love and nurture that mothers naturally give to their children, especially in this time of lockdown, when the burden of raising children has been particularly heavy.

w/c 21<sup>st</sup>

Today is the beginning of the season of Passiontide, when Jesus turned His face toward Jerusalem, knowing in advance the pain and torments he would have to bear. May we stay with Him on this journey, as He stays with us in the difficult times of our lives.

w/c 28<sup>th</sup>

Today is Palm Sunday, the day when Jesus rode in triumph through Jerusalem on a donkey, as the Scriptures predicted that the Messiah would. It is a bittersweet occasion because He and we know this moment of triumph will end in His own crucifixion. Give us the strength, Lord, to endure both the triumphs and tragedies of life, in the hope that all will be well in the end.

We ask all this in the name of Jesus Christ, our Lord. Amen.

*Chris*

## PREMISES NEWS

The repair work scheduled for January was the guttering above the kitchen. This had been in need of repair for some time and was causing water to flow down the outside wall. This then caused damp in the upstairs rooms and in the kitchen. Sadly a portion of plaster in the ceiling of the kitchen will now need to be repaired.

The good news is that this work is now completed and the new guttering looks great and will keep the water flowing in the right direction! The Elders have agreed to purchase a dehumidifier in order to help dry out the damaged plaster. In a few weeks' time we will be able to get a plasterer to repair the damaged areas.

The final stage of the lightning conductor work not only involved lifting the pavement outside the church doors but also involved a road closure along Bridgeland Street. Once again, the good news is that this has been successfully completed. This is the final piece of work that has been overseen by Hiax Preservation, our contractor who has fixed the stonework at the front of the church, removed the weeds from the spires and made all the stonework safe.

There is one more quote being sought, for repairs to prevent the water entering above the disabled toilet door - we have asked our roofing specialist to provide a quote.

*Rob*

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## TO MAKE YOU SMILE

A vicar was showing a group of children around the parish church. When they came to a plaque on the wall containing names of men and women who had died in the war one child asked, "*What are those names?*" the vicar answered "*they are the names of those that died in the services*" Back came the response "*Was that the morning service or the evening service?*"



## NEWS of the LAVINGTON FAMILY

Sadly since last month **AY** has passed away. We send our loving support to RH and her family and friends at this sad and difficult time. A was a faithful supporter of Lavington and always generous and interested in the fellowship and its activities.

Within our worshipping fellowship we also mourn the death of **O B** and send our condolences to her son, R - who lives in France and because of isolating restrictions could not travel - and her stepson N and family in A. A gracious and kind lady who enjoyed sharing with us in worship in the latter years of her life.

**P C** is awaiting hospital treatment which we hope she will soon receive and pray it will be successful.

**J M** is far from well and we send him and H our love and prayers as he continues his treatment which we hope will bring him some relief. **L G** has also been unwell recently and we hope she will soon feel a lot better. We were sorry to hear that **J G's** knee has not set properly and she has had to undergo further surgery which has left her with poor mobility and a reliance on carers. We send her our love and the hope she will soon be able to move a lot easier. Our thoughts are also with **B J** who is in poor health at this time.

We pray that over the next few weeks some of our lockdown restrictions will be eased and we can all feel a lot safer about resuming activities outside our homes. Please continue to stay safe supported by family, friends and neighbours and may the God of hope, love and peace be with us all.

*Alison*

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### CAROLS for CHRISTMAS

You may remember from the Christmas *Connexions* that L and C were singing carols from their doorstep on Christmas Eve and we were invited to join them.

They are pleased to say that on that occasion they raised £185 for the Devon Air Ambulance Trust. They thank all those who gave donations.

## FAVOURITE HYMNS: GUIDE ME O THOU GREAT JEHOVAH

This popular hymn was written by William Williams (1717-91), who came from Llandovery in Carmarthenshire. He originally intended to become a doctor, but after hearing a sermon by Howell Harris, an itinerant evangelical preacher, he converted to Christianity and became an itinerant preacher himself. He travelled nearly 100,000 miles on foot and horseback during 40 years of his ministry in Wales.

He wrote at least 800 hymns, all in Welsh, including this one. The hymn uses the story of the Israelites wandering in the Sinai desert for forty years, fed and watered only by God, as a metaphor for the journey of human beings through life, having only God to guide and sustain them through the wilderness.

In 1771, another itinerant preacher, Peter Williams (no relation) translated the hymn into English, cutting the verses down from five to the three we sing today.

The tune to which we now sing it, Cwm Rhondda, was written many years later by John Hughes (1873-1932), a railway official from Pontypridd and a leader of a choir in a Baptist church in that town. He wrote it for a singing festival held there every year.

Legend has it that he wrote it on a piece of tarpaulin whilst at work, but his wife said her recollection was that he wrote it in the church one Sunday morning.

It was much sung during the First World War in the trenches, especially by Welsh choir members. The Germans were so impressed by the melodiousness of the singing that they took it up themselves.

The hymn is still sung regularly at all sorts of group occasions, including weddings and funerals, eisteddfods, and of course Welsh rugby and football matches.

It is the only hymn originally written in Welsh which appears in English hymnbooks. The words of its alternative title of 'Bread of Heaven' ironically did not appear in the original version.

*Chris*

## A SURPRISE AT TINHAY RETREATS



As many of you will know, Suzy and I run a small Retreat Centre in the quiet village of Tinhay and on some of our fields we keep a small flock of sheep. At the beginning of the year we had eleven sheep and we had decided last autumn that we wouldn't introduce a ram in 2020. So we were not expecting any lambs to be born this Spring. So imagine our surprise when, on one of the coldest days in February, we had a little arrival... We had to empty out one of our sheds quickly, so that we could take the ewe and her lamb somewhere dry and warm for a few nights. I'm pleased to report that both are doing well - and we will be keeping an eye out for more 'surprises' this Spring.

## SNOWDROPS AT TINHAY

Over the last few years we have been establishing a 'snowdrop lane' which is now lined by a beautiful display of snowdrops. Every year they become more impressive as they naturally multiply and spread. This year we were unable to invite others to come and join in planting extras, but we were able to hold in prayer all those who have been remembered in our Snowdrop Lane.



*Rob and Suzy*

Birthdays are good for your health! Studies have shown that people who have more birthdays live the longest!!

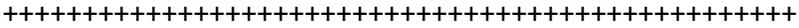
*How profound is that?*

**LENT**

O God,  
journey with us  
as we remember why your Son  
Turned his back on Galilee  
and strode towards Jerusalem.  
Journey with us and open our eyes  
to see his mind, his heart, his dedication  
his worries, his fears, his questions,  
his love, his single-mindedness, his sacrifice.

May this Lent be a time of sacrifice:  
The making sacred of each moment, hour and day;  
the making holy of our relationships,  
in the way of Jesus Christ our Lord.

*From a Church magazine*



**THANK YOU**

Many thanks for the pretty plant and cards received for my birthday. I do love flowers and what better to have them now that we all have to stay at home more during the lockdown. They brighten these dull days. Keep well everybody and love to all Lavington friends. God bless.

*Pam*

**THANK YOU**

Lynda would like to say a huge thank you to the Lavington family for the cards, flowers and cake received on the occasion of my birthday and retirement.

Sending love and best wishes to you all and looking forward to the time when we can worship together again. God Bless.

*Lynda*

## A TRUE STORY

His name was Fleming and he was a poor Scottish farmer.

One day, while he was trying to make a living for his family, he heard a cry for help coming from a nearby bog. He dropped his tools and ran to the area of the bog.

There, mired to his waist in black muck, was a terrified boy, screaming and struggling to free himself. Farmer Fleming saved the boy from what would surely have been a slow and terrifying death.

The next day a fancy carriage pulled up outside the Scotsman's sparse farmhouse. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy farmer Fleming had saved.

*"I want to repay you"* said the nobleman. *"you saved my son's life"*  
*"No, I can't accept payment for what I did,"* the Scottish farmer replied  
waving off the offer.

At that moment, the farmer's own son came to the door of the family hovel.

*"Is this your son?"* the nobleman asked. *"Yes,"* the farmer replied proudly.  
*"I'll make you a deal"* said the nobleman. *"Let me provide him with the  
level of education my own son will enjoy. If the lad is anything like his  
father, he'll no doubt grow to be a man we will both be proud of."* And he  
did just that.

Farmer Fleming's son attended the very best schools and in time graduated from St. Mary's Hospital Medical School in London and went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of Penicillin.

Years afterwards, the same nobleman's son who was saved from the bog, was stricken with pneumonia. What saved his life this time? Penicillin.

The name of the nobleman? Lord Randolph Churchill.

His son's name? Sir Winston Churchill.

Someone once said: What goes around comes around.

## NOAH'S ARK

*I am not afraid of tomorrow for I have seen yesterday and I love today.  
Everything I need to know I learnt from Noah's Ark.*



**ONE:** Don't miss the boat.

**TWO:** Remember we are all in the same boat.

**THREE:** Plan ahead. It wasn't raining when Noah built the ark.

**FOUR:** Stay fit. When you are 80 you may be asked to do something big.

**FIVE:** Don't listen to critics; just get on with the job that needs to be done.

**SIX:** Build your future on high ground.

**SEVEN:** For safety's sake, travel in pairs.

**EIGHT:** Speed isn't always best. The snails were in with the cheetahs.

**NINE:** When you are stressed, float awhile.

**TEN:** Remember the ark was built by amateurs, the Titanic by professionals.

**ELEVEN:** No matter what the storm, when you are with God there is always a rainbow.

*Unknown*

**A FAVOURITE PSALM**  
**Psalm 23**



The Lord is my shepherd.....**THAT'S RELATIONSHIP**

I shall not want.....**THAT'S SUPPLY**

He maketh me to lie down in green pastures.....**THAT'S REST**

He leadeth me beside still waters..... **THAT'S REFRESHMENT**

He restoreth my soul.....**THAT'S HEALING**

He leadeth me in the paths of righteousness.....**THAT'S GUIDANCE**

For his name sake.....**THAT'S PURPOSE**

Yea, though I walk thro the valley of the shadow of death.... **THAT'S CHALLENGE**

I will fear no evil.....**THAT'S ASSURANCE**

For thou art with me.....**THAT'S FAITHFULNESS**

Thy rod and staff they comfort me.....**THAT'S SHELTER**

Thou preparest a table before me in the presence of enemies.....**THAT'S HOPE**

Thou anointest my head with oil.....**THAT'S CONSECRATION**

My cup runneth over.....**THAT'S ABUNDANCE**

Surely, goodness and mercy shall follow me all the days..... **THAT'S BLESSING**

And I shall dwell in the house of the Lord.....**THAT'S SECURITY**

Forever.....**THAT'S ETERNITY**

**AMEN**

**THIS PALM SUNDAY.....**

.....help us to hold on to your idea of kingship  
which is still ridiculed by the powerful  
and scorned by the successful.



Let the picture of a king on a donkey  
be hung in every leader's gallery;  
every politician's office;  
every scholar's library;  
every minister's study;  
and seen in every disciple's life

*From Seasons and Celebrations*

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Answers to February Fun

1. Jelly Babies
2. Smarties
3. Quality Street
4. Chocolate buttons
5. Wine gums
6. Polo mints
7. All Gold
8. Milk Tray
9. Edinburgh Rock
10. Mars Bar
11. Aniseed balls
12. Marathon
13. Twix
14. Bounty
15. Dolly Mixture
16. Pear Drops
17. Week End
18. Treats
19. Liquorish Allsorts
20. Kit Kat

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**DON'T FORGET TO PUT YOUR CLOCKS FORWARD 1 HOUR ON**

**SATURDAY EVENING MARCH 27<sup>th</sup>**

# Fun Page

All the words end in 'age'

1. Use by a nurse \_\_\_\_\_
2. A proverb \_\_\_\_\_
3. Distance covered \_\_\_\_\_
4. A means of transport \_\_\_\_\_
5. A card game \_\_\_\_\_
6. Captivity \_\_\_\_\_
7. Grass \_\_\_\_\_
8. Fee on letters \_\_\_\_\_
9. Take on holiday \_\_\_\_\_
10. An idol \_\_\_\_\_
11. A Wise man \_\_\_\_\_
12. A vegetable \_\_\_\_\_
13. Small dwelling \_\_\_\_\_
14. Greenery \_\_\_\_\_
15. Benefit \_\_\_\_\_
16. Jumble \_\_\_\_\_
17. Communication \_\_\_\_\_
18. Make havoc \_\_\_\_\_
19. Anger \_\_\_\_\_
20. Bride's attendant \_\_\_\_\_
21. Corridor \_\_\_\_\_
22. Journey \_\_\_\_\_

# **Who's who at Lavington URC**

Bridgeland Street, Bideford, EX39 2QE

## **Interim Minister**

**Revd Rob Weston**

tel: 01566 784990

email: [lavingtonurc@gmail.com](mailto:lavingtonurc@gmail.com)

## **Church Secretary**

**Mrs Alison Biggs**

tel: 01805 625632

email: [lavington.secretary@gmail.com](mailto:lavington.secretary@gmail.com)

## **Church Treasurer**

**Revd Colin Biggs**

tel: 01805 625632

email: [lavington.treasurer1@gmail.com](mailto:lavington.treasurer1@gmail.com)

## **Church & Hall Bookings**

**Mrs Janet Palmer**

tel: 01237 472558

email: [lavington.bookings@gmail.com](mailto:lavington.bookings@gmail.com)

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Enquiries for weddings and baptisms are welcomed.  
Please contact Church & Hall Bookings Secretary above.

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The April issue of *Connexions* is due out on  
Sunday March 28<sup>th</sup>

Please give items for inclusion to Janet Palmer or send by email to

[lavington.connexions@gmail.com](mailto:lavington.connexions@gmail.com)

Before or at the latest -Sunday March 21<sup>st</sup>

*Connexions* is edited by Janet Palmer  
and printed by Jenny and Ricky Cawsey