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**uplyme church**

# **Parish News**

**May 2021**



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

## Uplyme Church Services for May 2021

<b>2nd May</b>	<b>10am</b> 4pm	<b>Holy communion</b> <i>Telephone Service*</i>
<b>9th May</b>	<b>10am</b> 4pm	<b>Morning worship</b> <i>AVMC Zoom Service*</i>
<b>13th May</b> <i>Ascension Day</i>		<i>Joint AVMC Communion Service*</i> <i>(details to be confirmed)</i>
<b>16th May</b>	4pm <b>6pm</b>	<i>Telephone Service*</i> <b>Holy communion</b>
<b>23rd May</b>	<b>10am</b> 4pm	<b>Holy communion</b> <i>AVMC Zoom Service*</i>
<b>30th May</b>	10.30 4pm	NO SERVICE at Uplyme <i>Joint AVMC Service in Axminster Church*</i> <i>Telephone Service*</i>

\* Please see websites and social media for further details and how to join these services.

**Services shown in BOLD are taking place in Uplyme Church** If you plan to attend a service in church, places are limited, so please book with Marilyn Kent on **07885 859946**

## Worship at Uplyme Church & Digital Worship in AVMC

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

**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**





May  
2021

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## Parish News Copy Deadlines

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

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



**“For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life..”**

*Ephesians 2 :10*

As I sit down to write this piece for our magazines and newsletters we have just had the announcement of the death of Prince Philip, Duke of Edinburgh. It is very clear that the regulations that have so dramatically affected many of our personal, communal and national life events have an impact even on the way that we celebrate the life of so important a national figure. Our thoughts and prayers have very much been with her Majesty the Queen, the Royal family and the nation.

As we move on with the activities and events of May, we remember all who remain affected by loss and pain and will do so long into the future.

The last year has been a great challenge to us all. However, at last we can see light at the end of the tunnel. Just as we prepare for the lighter nights and the warmer weather of the spring and summer we see a relaxing of the rules so that we can meet outdoors. We are even allowed to sing outdoors ! For those of us who have really missed singing this is an exciting progression.

Whilst many of us look forward to the relaxing of regulations and the return of freedoms we perhaps took for granted, we should also remember that there are some who have quite enjoyed some of the effects of the regulations and guidelines - who took confidence from the clear boundaries which we all tried to operate within. There have been positives and we should really seek to build upon those - new ways of communicating ; a genuine sense of protecting each other ; improvements in hygiene ; striving to be better neighbours and to offer care to others. In looking forward we should work hard to recognise and continue things which have changed positively.



It is important to question and look to improve the things around us. It is also important to recognise achievement and thank those who make it possible. I am absolutely amazed and grateful for the tremendous programme of vaccination and care which has been rolled out over the last few months. As a beneficiary of that programme I record my thanks to all concerned, from our politicians and government, the scientists and professionals, to the local workers and volunteers who have achieved something exceptional to vaccinate so many millions of people in such a short time. May God bless us all – now, and as we seek to serve Him by serving others into the future.

With thoughts and prayers

***Rev Clive Sedgewick***

# From the Editor

## At last we are back in print!

Welcome back to our Parish Magazine. It seems a long time since we have been able to push this through your door, and hope you are glad to see it back on your doormat!

We are working on getting the wide and varied content back up and running, and this will obviously take a bit of time as businesses, groups and events begin to open up, and we hope and pray that everyone follows the guidance and we don't end up in another lockdown!!

We'd love to hear from you regarding your lockdown experiences and what you are looking forward to most this year. For me, it's getting a professional haircut! Mrs H did a fantastic job keeping me in trim, but she was devoid of all the gossip and local news! Still it could have been worse, Boris Johnson still looked a mess even after his professional haircut!!

In the magazine this month we continue with our walks from David Jones we have our "Take out to help out" feature, news regarding the Saturday Football, an appeal to help with the continuation and costs of this magazine and our ongoing news regarding lockdown easing. We also have some details regarding getting tested.

Here's hoping that we'll all have a good month

**Ed**

REMEMBER

**- Hands - Face - Space & Fresh Air!**

Shining Stars is not opening yet - we are checking the restrictions carefully and and soon has we can share toys and play together, we will re-open.

Until then, we still have plenty of free Craft packs available.



To get yours email [shiningstars@uplymechurch.org.uk](mailto:shiningstars@uplymechurch.org.uk) with your address and we'll drop it off.

For more information please see :-  
Facebook page - Shining Stars Playgroup  
web page - [www.uplymechurch.org.uk/worship-3-2/shining-stars/](http://www.uplymechurch.org.uk/worship-3-2/shining-stars/)



## Uplyme Help at Hand - cares

*General Enquiries:*     **Anne 01297 444799**  
                                      **Marilyn 07885859946**

*Transport:*                **David 01297 444799**  
                                      **Sue 01297 444289**

### Still no normal activities

Sadly we still cannot offer transport or outings. Government Covid regulations state that people from different households cannot be in the same car so we will just have to wait patiently for this to change.

### Think about the garden

However, on a positive note, we can visit each other in the garden. Perhaps we will find a way to have small groups in some accessible gardens. We are working on it!

### Cake for visitors

I thought perhaps you might like to try this favourite recipe of mine, appreciated by all age groups especially grandchildren! It freezes beautifully and needs no baking, just melting of chocolate and butter. You can cut it into small pieces as its very rich, wrap then individually in foil and freeze until you are expecting visitors for coffee.



## Belgian Chocolate cake

$\frac{1}{2}$  lb dark chocolate

$\frac{1}{4}$  lb butter

2 eggs

2 dspns sugar

$\frac{1}{2}$  lb shortcake biscuits, crushed (I put into large food bag and crush with rolling pin)

200gm carton of French glace cherries (I prefer the dark ones)

Raisins and cranberries in similar quantities to cherries (I do not weigh but use cherry carton to measure!)

Put broken biscuits and other dry ingredients into large bowl. Halve cherries. Beat sugar and eggs. Melt chocolate and butter then add to beaten egg and sugar. Pour onto other ingredients and stir well. Put into loose bottomed cake or flan tin (about  $9\frac{1}{2}$  inches or 24 cm diameter) and leave in fridge overnight. This freezes very well.



## Eco Corner

With the lockdown easing and the country getting back to the new normal, a lot has been said about building back better and greener.

With this in mind, Uplyme Church is looking to play our part in this goal and are undertaking the eco church scheme to look at ways we can play our part to ensure that we reduce our environmental impact.

We know that locally we are not really experiencing the effect of climate change, other than some erratic weather.

But our brothers and sisters around the world are facing the consequences now. It is the developing world (or as recently put in a Fairtrade talk "*the exploited world*") who are facing the brunt. Those around the globe who have not contributed to the rise in carbon emissions are now having to cope with their islands vanishing and their crops failing. Social justice and being green go hand in hand to making a better and fairer world for us all.



We would love for the community of Uplyme to join us on this journey, to share good practice and help us to create schemes to reduce, reuse and recycle. Each month we will share the targets we are working towards and publish ideas on what we can do to reduce the community footprint. Things that are underway include looking at the outside area around the church and how we can help with biodiversity, thinking how we can heat our building more environmentally and ethically.

We propose to set up a WhatsApp group for the Axe Valley Mission Community where discussion and ideas can be shared. Please email us at [axevalleymc@hotmail.co.uk](mailto:axevalleymc@hotmail.co.uk) if you would like to be part of the group.

### **Uplyme Church Building**

The Church Building is now open daily, with some restrictions during term time for school use.

***See Church notice board for details.***

Thank you

***Jenny Perham*** - Church Warden



## PARISH NEWS WALKS UPLYME NO.2 – LYME REGIS AND RIVER LIM

This walk is actually No.1 in my late wife Liz Jones' Series of Commemorative Walks which can be found on [www.lymeregis.org/walking.aspx](http://www.lymeregis.org/walking.aspx) or [www.whatsoninlyme.co.uk/U3A.htm](http://www.whatsoninlyme.co.uk/U3A.htm) (walks). I have just turned round the narrative to start the walk from Uplyme Village Hall Car Park. If you would like a helpful map to accompany this walk it can be downloaded with the narrative (from Cobb Gate Car Park in Lyme Regis) on either of the above websites. I think it is one of the best and most varied local walks. ***For those of you interested in my monthly community walks, I am intending to hold a grand reunion walk at 10.30 am on Saturday 22 May (when we can meet up to 30 people outside, providing the government's roadmap is on track), and thereafter on every 3<sup>rd</sup> Saturday of the month. Notices will be posted around the Village soon. I am also proposing to do longer walks around the parishes of the Axe Valley Mission Community and details will follow.***



We start at the front of the Uplyme Village Hall (see photo) and enter the King George V playing field (footpath sign) pass in front of the new cricket pavilion on your right and follow the right hedge over a bridge and through a pedestrian gate into a field (signed East Devon Way). Follow the footpath straight ahead up and over the field through a gate in the corner and turn left into a road (footpath marker). Go straight over the crossroads (Wadley Hill), keeping left past a country lane entering from the right. Follow this road past Holcombe

Granary on your right and under the iconic railway viaduct (see photo) and turn left through a gate on the left (bridleway sign) just before a white house. Cross the field ahead towards a house and go through the gate (bridleway marker) and along path beside the house into the road ahead. This is Happy Valley and leads into Cuckoo Lane. Follow the road for about a quarter of a mile and just past two cottages on the right you will see footpath sign and steps leading into woods on the right. Here you have a choice, if you are prepared to have a short but steep climb up to a stile into a field and then following the left-hand field hedge over a stile on the left and then cross two more stiles before turning right on to a road then the footpath is for you. If, however you prefer to avoid the climb and the stiles you can continue along Cuckoo Lane for another fifty yards or so and turn right into a road at a T junction. This will soon bring you to the point where the other route joins the road.



At the crossroads at the end of the road go straight over to Ware Cross taking care as you are crossing the main Lyme Regis to Sidmouth Road. Follow the road past Ware



Barn on the right and Ware House and Ware House Cottage on the left and when the road bears to the left turn right down private drive to Crow's Nest (it is also a footpath). Follow the track to a wooden sign for Coastal Path on the left. Take this path and at a T junction turn left along coast path and through a gate to the National Trust sign for Ware Cliffs. Take the path to the right and after a while before the leaves are on the trees you



may get sight of the historic Cobb Harbour with Golden Cap in the distance (see photo) and at cross paths take one to the right marked Lyme Regis The Cobb 1/2. Follow this path to a gate in the right-hand hedge (not straight ahead) marked The Cobb ¼. Go through the gate and down the stepped path to the Monmouth Beach Car Park. Turn left past the Bowling Club and along the sea front to the Cobb Gate Car Park which surrounds the commemorative clock.

Cross Broad Street between the ironmonger and bookshop ahead and into the Broad Street Car Park. Walk to the far end and take the footbridge to Town Mill and Riverside Walk. After the footbridge go straight ahead past the Town Mill on the left and immediately left into a narrow pathway which leads to the Riverside Walk. Take care here if you have young children with you as to the left there is a long drop down to the river. At the end of the Riverside Walk go straight ahead into and along Mill Green. At the bottom of a rise you will see a path ahead alongside the River Lim. Follow this path with river on your right and go over the footbridge and turn left along the road (Jericho). At the end cross straight over into Windsor Terrace and follow the River Lim to and straight over a crossroads into a tarmac drive.

Where the drives turns to the right take the footpath straight ahead. Follow this footpath over a footbridge and into a field . Cross the field straight ahead to a gate, over another footbridge and turn left passing an old mill on right (with mill wheel) and onto a wooded elevated path along the river. Again here there is a steep drop to the left. At the end pass Honeysuckle Cottage into a road (Mill Lane). At the end of Mill Lane pass between Brookside on left and Waterside on right to and straight across a road into "The Glen" (footpath sign). Followed this wooded path to another road go straight across (footpath sign) and follow Aubrey's Way to the main Uplyme to Lyme Regis road with the(Talbot Arms on left (see photo). Turn right and cross the road following the path back to the Village Hall Car Park.



This walk is approximately 5 miles long and should take between 2 1/4 and 2 3/4 hours unless you decide to stop at Lyme Regis on the way. You can avoid the steepest hill and all the stiles by taking the alternative route in Cuckoo Lane. Enjoy!

**David Jones**

## How to stay safe this Summer

1. Avoid riding in automobiles. They are responsible for 20% of all fatal accidents.
2. Do not stay home. 17% of all accidents occur in the home.
3. Avoid walking on streets or pavements. 14% of all accidents occur to pedestrians.
4. Avoid traveling by air, rail, or water. 16% of all accidents involve these forms of transportation.
5. Of the remaining 33%, 32% of all deaths occur in Hospitals. So, above all else, avoid hospitals.

### **BUT:**

You will be pleased to learn that only .001% of all deaths occur in worship services in church, and these are usually related to previous physical disorders. Therefore, logic tells us that the safest place for you to be at any given point in time is at church!

A Bible study is safe, too. In fact, the percentage of deaths during Bible study is not even .001%...

So, attend church, and read your Bible - IT COULD SAVE YOUR LIFE!

[www.parishpump.co.uk](http://www.parishpump.co.uk)

---

## Spring Morning by Nigel Ball

Cool fresh air upon my face  
to countryside to find a space  
Dog walking at my side  
both feeling so much pride.

Into the sunlight dew at my feet  
wondering who we might meet  
Ground so dry that cracks appear  
So strange at this time of year.

Through the gate hinge doth sound  
Dry the joint, head doth frown  
On what do we owe these fields so  
green  
in this the best country scene.

View from hills and seaside holiday  
We live here each and every day  
Don't take for granted our surroundings  
from all the earth that takes a pounding.

Think what we could be doing better  
Perhaps send a prayer or letter  
Thank you for the place we live  
Time to sing, time to laugh and time to  
give.



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## ON THE EDGE

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## News from King George's Field.

As Spring progresses the field is looking particularly beautiful with the trees bursting into leaf and the Cricket pitch looking in excellent condition. Members of the Cricket club have put in many hours of hard work to get it into this condition, ready for the season ahead. Some of the team members have already been training in the nets and it was interesting to see some of the youngsters experimenting with a bowling machine recently. By the time you read this the first couple of games will have been played as fixtures started on 18 April and hopefully continue until 5 September. There are games most Saturdays and Sundays with a 1pm or 2pm start and also some midweek games on a Wednesday or Thursday evening with a 6.15pm start. The Black Dog team will also have started their social games on a Monday evening. Why not wander down to King George's field when you have a spare moment and enjoy some of the action in this idyllic setting? A new battery operated digital scoreboard is being installed for the summer months next to the old pavilion, which will help us all keep track of each game's progress. Improvements to the new pavilion will continue - lets hope we can all benefit from the improved facilities. Best wishes to the team for this season.

The Croquet club members have also worked hard getting their lawn areas ready and are pleased to have managed a few friendly games amongst members. The club are a very friendly group who are always looking for new members. If you are interested their website can be found at **<https://lymvalleycroquetclub.org.uk>** or contact the club secretary, John Marjoribanks, tel: 01297 33742.

Pleasingly the tennis court has been in use since early April and we would love to see it used as much as possible. Remember all booking and payment is now online. It is easy and can be accessed via the Lawn Tennis Association website at **<https://clubspark.lta.org.uk/rally/>** or just put Uplyme Tennis into an internet search engine such as google. The gate is now secured with a combination lock and the code is sent each time the court is booked. Please remember to lock the gate again after use! The current cost is £7 per hour to use the court, which is excellent value for money and does provide the trustees with their only regular income to pay for field and court maintenance. For any tennis related matters please contact our trustee Jason Martin at: **[jas@jasonmartinsports.com](mailto:jas@jasonmartinsports.com)** tel:07931743168.

**James Thomas** (Secretary for King George's Field Trustees)  
**[jrhyst@hotmail.com](mailto:jrhyst@hotmail.com)**

# SATURDAY MORNING FOOTBALL

Hello all you budding footballers and those hoping to find a football group to join.

Unfortunately the group was not able to re-start the Saturday morning football as lockdown eased in April, and as many will know we stop at the beginning of May to allow you to take up other sports for the summer.

However, we are thinking along the lines that we may well do an event in the summer so look out for details on our Facebook page and in this magazine over the next couple of months.

**We will be starting back on Uplyme Playing Field on Saturday 11th September**

## Saturday Mornings September to May.

Uplyme playing fields beside the Village Hall.

**September - December**

January - April on Axminster 3G pitch

A Church organised group which is open to children in Reception to Year 6, although all are welcome to join us.

**9.00am to 10.15 on the field.**  
9am to 10am at Axminster

For further details please contact **Robin Hodges on 01297-445180**  
or email **parishnews@uplymechurch.org.uk**

## U3A Events

### May 14

Lyme Regis u3a presents a talk on Assistance dogs, online via Zoom, at 11am. Please see the web site **[www.lymeregisu3a.org](http://www.lymeregisu3a.org)** for details of membership and all the activities of this learning co-operative for people no longer in full time work.

### May 21

Lyme Regis u3a SciTec Group has a talk on Lucretius, the Roman poet and philosopher, by Ian Black online via Zoom at 10am. Please see the web site **[www.lymeregisu3a.org](http://www.lymeregisu3a.org)** for all the activities of this learning co-operative and how to join this event.



# TAKE OUT TO HELP OUT!

This Third lockdown came as a blow for many food businesses around our area. Those who had just made it through the summer and hoping for a better winter were suddenly thrown into another lockdown and many struggling eateries were now looking at closing. Some very enterprising and brave souls opened their food businesses just after the first lockdown and now face a real struggle to establish, run and maintain them.

All credit to many, if not most, of the establishments who have adapted to a take-away service, with many delivering to your door!

This area is very much a holiday area, and if we wish to really see that continue into the future, we need the myriad of fantastic places we have here that offer food, to keep going.

If you've not had a chance to eat-out or eat-in yet, you really should give it a go and support your local eatery!

From fine dining in a box to traditional pub food, from Spanish tapas to pizza and Asian street food to vegetarian meals these delicious takeaways (and many deliveries) are available now.

Over the next few months The Parish News is going to list, plug and unashamedly promote our local eateries for **FREE!**

If you know of any foody place that is doing what they can to survive, ask them to email their details to us and we'll put them on the list.

*Now it's over to you to ring them, place an order and enjoy the delights on offer around the area.*

The government ran their "Eat out to help out" campaign. We're not offering any discounts, but we are saying.

***Take Out to Help Out!***

Name	Address	Open
<b>The Talbot Arms</b>	Lyme Road, Uplyme	Wed, Fri & Sat 5-8pm
<b>The Strawberry Tree</b>	14 Broad St, Lyme Regis	Fri & Sat evenings
<b>Red Panda</b>	7a Broad St, Lyme Regis	Fri & Sat 5-7pm
<b>Tom's</b>	Marine Parade, Lyme Regis	Thurs - Sat
<b>Poco Pizza</b>	29 Marine Parade, Lyme regis	Fri & Sat 5-8pm
<b>Tierra Kitchen</b>	1a Coombe St Lyme Regis	Tues-Sat daily
<b>The Waffle House</b>	Trinity House Axminster	Fri 4-9pm Sat 2-9pm
<b>Royal Oak</b>	The Street Charmouth	Mon, Wed, Fri & Sat 5 - 8pm
<b>The Ridgeway Inn</b>	Smallridge Nr Axminster	Sat 4.30 - 8pm Sun 12 - 2pm

## OVER TO YOU TO GET A DEL

These are the few eateries that we have been able too add at such short notice - *I only posted that we would do this on Facebook on Wednesday and this is online on Saturday!*

The **Open** times are not necessarily the ordering times and I suggest you ring the business beforehand or look at their Facebook page for updates and further details including if they deliver. The facebook @address may not be fully correct, but it will get you to the right page.

<b>Food</b>	<b>Tel:</b>	<b>Facebook/Web</b>
Traditional Pub Food	01297 443136	@talbotuplyme
Slow Spanish food & Tapas	7852739941	@StrawberryTrees
Asian inspired Street Food	07837834596 Order by Noon	@redpandalyme
Fine Dining in a box	01297 816018	@tomslymeregis
Wood fired Pizzas	1297598591	@pocopizzalymeregis
Fresh Vegetarian Cuisine	01297 445189 07827224735	@tierrakitchenlymeregis
Waffles	01297 34694	@waffleaxminster
Burgers & Traditional Pub Food	01297 560277	@RoyalOakAtCharmouth
Traditional Pub Food	01297 32171 07860112078	@theridgewaysmallridge

## **DELICIOUS MEAL TO TAKEAWAY**

Many of our “Traditional/Usual Takeaways” are still operating offering Fish & Chips, Chinese, Indian food and other cuisine.

We are very happy to add them to our list and would ask that those of you who wish to be added in the next issue of the magazine, to drop me an email at:

**parishnews@uplymechurch.org.uk**

**Robin Hodges** - Editor

The following 2 pages show the “Lockdown Easing” in very simple terms from May 17th

Please adhere to the rules and the guidance.

## Step 3



If things go well, step 3 will start on Monday, 17 May.



From Monday, 17 May:

- you can meet who you like outdoors

30+

- but you can't meet people in a group of over 30 people.



We will look at whether it is OK to be closer to people. We will look at whether it is OK to hug people.



Restaurants, cafés and pubs will be able to serve people sitting at a table inside.



Other indoor places will also open, like cinemas, children's play areas, hotels and bed and breakfast places.



Some larger outdoor sports and shows will be able to have people watching.



Up to 30 people will be able to go to weddings, funerals and events to remember someone.

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## Don't Hesitate To Vaccinate



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



Well, we are back with a bang! The Cubs, Scouts and Explorers had their first meetings back after Lockdown just before the Easter holidays. The Scouts had a hike which became quite muddy, and the Cubs had their long-awaited Fireworks night postponed from November. They all really enjoyed being back together and having fun. The Explorers chilled out by the campfire and caught up with each other. The Beavers have returned after Easter, with many new faces.

Over the Easter holidays we ran a Patrol and Assistant Patrol Leaders day giving them the skills to lead their patrols and what it meant to be a leader. Great fun was had doing challenges and using communication skills. The next day we had a skills day for all the other scouts, fire lighting, axe and saw skills, whittling, using Trangias, and for fun, grass sledging. This is what they wanted to do and they had a great time - probably too much sugar from the toasted marshmallows!

One advantage of doing activities at the Hut on a weekend is that people are always walking by and see what we are doing. We often get asked lots of questions: what are we doing? Can my children join? What age can they join? Have you got any space? Can I help? The last question is not asked that often, but when it is, the answer is YES. Recently, parents have been offering to help, which has been great, as we need more leaders with our ever-expanding group. But you don't have to be a leader to help - we do need people in the background: helping with admin, media, hut maintenance, fund raising and executive committee – there's a lot that goes on behind the scenes for people to get involved with.

Yours in Scouting

**Karen Yelland**

Beaver and Scout Leader

mob 07588389389

**yellandpay@aol.com**

**[www.lymvalleyscouts.org.uk](http://www.lymvalleyscouts.org.uk)**





## **Trinity Sunday: Celebrating our God who is Three Persons**

Trying to explain the doctrine of the Trinity has kept many a theologian busy down the centuries. One helpful picture is to imagine the sun shining in the sky. The sun itself – way out there in space, and unapproachable in its fiery majesty – is the Father. The light that flows from it, which gives us life and illuminates all our lives, is the Son. The heat that flows from it, and which gives us all the energy to move and grow, is the Holy Spirit. You cannot have the sun without its light and its heat. The light and the heat are from the sun, are *of* the sun, and yet are also distinct in themselves, with their own roles to play.

The Bible makes clear that God is One God, who is disclosed in three persons: Father, Son (Jesus Christ) and Holy Spirit. For example:

Deuteronomy 6:4: 'Hear O Israel, The Lord our God, the Lord is one.'

Isaiah 45:22: 'Turn to me and be saved... for I am God, and there is no other.'

Genesis 1:1-2: 'In the beginning God created.... and the Spirit of God was hovering...'

Judges 14:6: 'The Spirit of the Lord came upon him in power...'

John 1:1-3: 'In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through Him all things were made; without Him nothing was made that has been made.'

Luke 24:49 actually manages to squeeze the whole Trinity into one sentence. Jesus tells His disciples: 'I am going to send you what my Father has promised; but stay in the city until you have been clothed with power (the Holy Spirit) from on high.'

In other words, the sun eternally gives off light and heat, and whenever we turn to its brilliant light, we find that the warmth and life there as well.

[www.parishpump.co.uk](http://www.parishpump.co.uk)



## **Give Thanks appeal raises funds for vulnerable people**

Christian Aid's latest appeal, which enables people to give thanks for their Covid-19 vaccine and help others in crisis across the world, has raised £130,000.

Many people in the UK are feeling a sense of relief as loved ones receive their vaccines. Christian Aid's Give Thanks appeal encourages people to pass the blessing on, by helping others who have little protection from the pandemic.

Funds from the appeal are helping vulnerable communities around the world access soap, water, food and vital health information as Covid-19 continues to destroy lives and livelihoods. Christian Aid partners have so far directly helped over half a million people in 27 countries.

A donation page has been set up where people can give to Christian Aid's Coronavirus Appeal.

[www.parishpump.co.uk](http://www.parishpump.co.uk)

# Uplyme & Lyme Regis Horticultural Society

[www.ulrhs.wordpress.com](http://www.ulrhs.wordpress.com)



To sign up to our newsletter please visit our website [www.ulrhs.wordpress.com](http://www.ulrhs.wordpress.com) and scroll down the Welcome page to the link 'Sign up for our monthly email newsletter'

## **Zoom talk – Seeds of Italy**

**May 26th (Wednesday) – join at 7pm for a 7.15pm start**

This talk should appeal to anyone who likes gardening, food or Italy – so that covers most people! We have Paolo Arrigo, managing director of Franchi Seeds UK, as our speaker. Franchi seeds was established in 1783; 238 years and seven generations later it is still a family-run seed company.

Paolo is a cookbook author, biodiversity campaigner, multiple RHS medal winner, passionate about responsible food and a keen proponent of the Slow Food movement. He will cover veg from Roman times to present day, look at the seed industry and then take you on a food journey around Italy in veg.

If you are not already a member and wish to join this event, please sign up for our newsletter.

## **Summer Show 10<sup>th</sup> July**

Planning for the Summer Show on July 10<sup>th</sup> is now very active as we hope for release from most restrictions by July. We are aiming for as comprehensive a show as we can manage within legal restrictions.

All exhibits will be in the (well-ventilated) marquee, reserving the Village Hall for the popular cream teas and cakes. That means we have reduced the number of competition classes accordingly, suspending the craft and most of the floral art for this year, as well as the dedicated children's classes. Classes are however open to any age so under 16s can enter any class they choose. We've kept our more light-hearted categories too with flowers in a jam jar and 'potato transport' as examples.

Potatoes have already been distributed for the Potato in a Bucket competition as have fuchsia plugs. Lavender plugs will also be distributed to grow on for the show. We shall be having a plant stall at this year's show as a replacement for our May plant sale, which we had to cancel again this year because of Covid.

We expect to have a good range of stalls, although probably not as many as usual and they will be well spaced around the playing fields to ensure plenty of room for visitors. Entertainments are currently being arranged and we hope to have a dog show.

We shall be needing volunteers to help with the Show; as well as members of the society we welcome people from the village to help out at this village event. More details will be available in the next Parish News.

So it will look like a normal Summer Show unless the virus pulls another trick out of its sleeve. The schedule should be out before too long and, in a slight change to arrangements, entry forms will be submitted at Uplyme Stores this year. We're looking forward to welcoming back all our visitors this summer and giving everybody a great afternoon out.

**Tricia Boyd**



## Uplyme Pre-School

With so many new families in the area, Uplyme Pre-school is currently very busy but staying Covid free. We are happy to register new families for the autumn term, but there is very little space available during the summer. We are open and running as normal and we hope to resume the Toddler group shortly. Keep your eye on Facebook and emails for updates.

This term the children have talked about many different things (none relating to Covid or lockdown!!). They have looked at fossils and dinosaur's, they are currently hatching caterpillars and frog spawn, and they have taken part in lots of Easter activities. The staff have done a wonderful job of making sure the youngest children in our community have not missed out on their usual celebration's. We recorded rhymes and songs and sent to the parents to watch, and as always, there was an egg and spoon race!

We still have a strict Covid procedure in place, so we are not allowing visitors into the setting just yet, but we are hopeful that we can welcome parents back into the setting soon. We did however have some lambs to visit last term and the children were able to feed them.

The Village Hall have been so supportive and have looked after the pre-school during the last year, we are very grateful for this help.

We are not sure what events we will be able to hold during the summer term, but we are hopeful that we may be able to have Sports day and maybe other outdoor activities.

Any questions or enquiries please contact.

### **Annie Thurgood**

Uplyme Pre-school Manager - 07856633513

Pre-school 01297 445087 or 07761143882

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## How to keep ground coffee fresh

The battle rages: just where IS the best place to store your ground coffee?

Sainsburys, Morrisons, Asda, Marks & Spencer and Ocado are among the supermarkets that advise you keep fresh ground coffee in a fridge or freezer after opening. But Tesco, Waitrose and Harrods advise that you store ground coffee and beans in a cool, dry place such as a kitchen cupboard.

Many coffee experts warn that storing your coffee in the fridge is wrong because coffee easily absorbs aroma, moisture and flavours, and can be tainted by fish, meat and cheese.

Martin Isark, founder of the Can I Eat It website, laments: "So much coffee is spoilt by poor storage, which makes the coffee producers want to weep..."

Paul Rooke of the British Coffee Association adds: "Coffee, like many food and drink products when exposed to air, will deteriorate. Cool and dry are the key words; the ideal storage is in an inert, airtight container stored in a cool place.



## AXE VALLEY CHRISTIANS AGAINST POVERTY

We are offering a free debt management service, to people in the Axe Valley.

The centre opens on the 1<sup>st</sup> of April and initially, the Centre Manager, Ali, will be reaching out to contact Clients. We welcome Befrienders, from April onwards. Ali will contact them to offer training and support. Please can we ask for your help with :

- Prayers
- Become a Befriender - please see the details below
- Donations – either one-off or by regular standing order

Donations by cheque payable to Seaton PCC and send to : St Gregory's Church Centre. Colyford Road, Seaton, Devon. EX12 2DF or by bank transfer to : Lloyds Bank, Seaton Sortcode 30-90-37 and Account. 00880981 Seaton PCC and quoting reference : AVCAP

### BEFRIENDER

#### ROLE :

- Volunteer role with travel costs
- Meeting clients to offer friendship and support
- To assess on-going support a client needs
- Min. time : 2 hours/week
- Training offered if needed

#### ACCOUNTABILITIES :

- To accompany the Centre Manager on visits
- To meet socially to provide support
- To pray for the clients, if requested by Centre Manager
- To share your personal testimony, if requested

#### PERSON/SKILLS :

- To be friendly and compassionate
- To be trustworthy with client confidentiality
- To be comfortable sharing your faith and praying

If you want to keep in touch, please contact Sharon by email. [shardav5@aol.com](mailto:shardav5@aol.com) or tel. 01297 625875

If you want to chat about this role, please contact Ali by email. [alison.finch@ymail.com](mailto:alison.finch@ymail.com) or Sharon on 01297 625875 or email. [shardav5@aol.com](mailto:shardav5@aol.com)

We warmly welcome your help.

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**Contact Christine Holden on (01297) 443783 or  
e-mail us on Abbeyfieldlymeregis@hotmail.co.uk**



**Village hall booking dates**  
**MAY 2021 - REGULAR HIRERS**

**Uplyme Pre School / Mrs Ethelstons School - Term time only**

P/SCHOOL ONLY Mondays 9am-3.30pm

P/SCHOOL ONLY Tuesdays 9am- 1.15pm

Provisional toddler group return Tuesday afternoons

P/SCHOOL Wednesdays 9am-1.15pm / SCHOOL 2pm-3.30pm

SCHOOL ONLY Thursdays 9am-3.30pm

P/SCHOOL Fridays 9am-1.15pm / SCHOOL 2pm-3.30pm

**Bank holidays – Mon 3<sup>rd</sup> / 31<sup>st</sup>**

School half term Mon 31<sup>st</sup> May – Friday 4<sup>th</sup> June

**Hire times may vary as restrictions are lifted**

**MAY 6<sup>TH</sup> POLLING DAY @ THE HALL**

At present we only have preschool/school using the hall due to government guidelines.  
We will see a gradual “opening up” to more users over the coming months.

Key dates are **17<sup>th</sup> May** when more restrictions will be lifted.  
For more details please email.

A full opening as of the **21<sup>st</sup> JUNE 2021** will hopefully happen if all restrictions are lifted.  
Booking will resume as normal but may have certain measures still in place.

**Please contact your group/event organiser for further details for 2021 bookings in regards to Covid 19**

**All enquiries will be dealt with following the latest government guidelines at the time**  
**We will continue to review the situation, making booking as safe as possible for everyone.**

**THANK YOU FOR YOUR COOPERATION AND PATIENCE**

Email: [uplymevh@gmail.com](mailto:uplymevh@gmail.com)  
FACEBOOK – Uplyme village hall  
Visit our website [www.uplymevillage.com](http://www.uplymevillage.com)  
CALL - 01297 444303 office hours only

## East Devon goes to the polls, on 6<sup>th</sup> May ...

Whilst, other than possible by-elections, there are no elections to East Devon District Council until May 2023, this year we can vote in two elections - to elect our representatives to Devon County Council and to serve as Police and Crime Commissioner for the Devon & Cornwall police.

Registered voters can vote in person at the polling station, where social distancing and other safety measures will be in place, or by postal vote or proxy which will ensure that we can all cast our vote in a 'COVID-secure' way.

At the time of publication of this edition, it will be too late to register to vote either by post or proxy. Application to vote by post closed at 5pm on Tuesday 20<sup>th</sup> April and by proxy at 5pm on Tuesday 27<sup>th</sup> April respectively. Postal votes were scheduled to be sent out around the 23<sup>rd</sup> April, so postal voters should now have received their voting packs.

## Devon County Council Elections.

Devon County Council elections take place every four years. As from the review by the Local Government Boundary Commission, confirmed by Parliament in March 2016, all three 'Trinity' parishes are within the Axminster Electoral Division.

Candidates seeking election to represent us are.

### STATEMENT OF PERSONS NOMINATED

East Devon District

### Election of one County Councillor

The following is a statement of the persons nominated for election as a County Councillor

Axminster Division

Name of Candidate	Home Address	Description (if any)	Name of Proposer, Seconder	Invalid
HALL Ian L.	1 Cawley Avenue, Axminster, EX13 5EP	Conservative Party Candidate	Moulding Andrew T, Flint Simon J	
HAYWARD Paul G	East Devon District	Independent East Devon Alliance	Farrow Joanna J, Forbes John A	
HOYLES Jules	Wrens, Beacon, Honiton, EX14 4TX	Liberal Democrats	Jordan Robert W, Jordan Gillian M	
TUCKER Oliver S	East Devon District	Labour and Co-operative Party	Tucker Clive R, Stevenson Ruth	

Devon County Council is the primary recipient of our Council Tax payments and responsible for providing key services including education, roads, care for older people and people with disabilities, child protection, youth services, libraries and 'non-roadside' refuse and recycling services, such as the centre at Wilmington.

Our current County Council Member is Cllr Ian Hall.

## Police and Crime Commissioner for Devon and Cornwall.

The role of the Police & Crime Commissioner (PCC) is to be the voice of the people in policing, and to hold the Chief Constable to account for how he/she completes their work. PCC's are responsible for all policing but must not restrain the operational independence of the police force, or its Chief Constable.

### STATEMENT OF PERSONS NOMINATED AND NOTICE OF POLL

#### Election of a Police and Crime Commissioner

Devon and Cornwall Police Area

A poll will be held on Thursday 6 May 2021 between 7:00 am and 10:00 pm

The following people have been or stand nominated for election as a Police and Crime Commissioner for the above police area. Those who no longer stand nominated are listed, but will have a comment in the right hand column.

Candidate name	Address of candidate*	Description of candidate	If candidate no longer nominated reason why**
BLAKE Brian Samuel	(address in Newton and Yealmpton South Hams District Council)	Liberal Democrats	
DERRICK Gareth Gwyn James	Yeo Farmhouse, Ermington Road, Ivybridge, Devon, PL21 0LF	Labour Party	
HERNANDEZ Alison	(address in Torbay)	The Conservative Party Candidate	
JACKSON Stuart Paul	(address in St. David's Ward, Exeter)	Green Party Candidate	

\*or, if a candidate has requested not to have their home address made public, the name of their electoral area.

\*\*Decision of the Police Area Returning Officer that the nomination is invalid or other reason why a person nominated no longer stands nominated.

A more detailed explanation can be found online at <https://youtu.be/VYyqo388yk>

Our current Police & Crime Commissioner is Alison Hernandez.

I hope that as many local residents as possible are able to exercise our right to vote in these important elections. **Polling stations are open between 7:00am and 10:00pm**

**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)

**Facebook:** [@CouncillorIanThomas](#)

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# 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  
Jenny Perham 32254  
07761081424  
Roger Grose 22107

## Churchwarden

## Reader

## 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

## Safeguarding Advisor

Phillip Tolhurst 678475  
Jo Clarke 443050  
Noreen Watson

## Church Membership

## Pastoral Co-Ordinator

## Youth Work

## Under 5's

## Festival Choir

## Flower Rota

## Saturday Football

Mike Maccoy 442321  
Roger Grose 22107  
Simon Smith 647521  
Janet Impey 441986  
Adrian Pearson 442902  
Felicity Langford 441986  
Robin Hodges 445180  
Simon Smith 647521  
Katie Lyons 442210

## Mrs Ethelston's School Head

## 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.

# Parish News Appeal

Many of you will know that the Parish News is funded by advertising and donations to the Church. It just about breaks even, and on some occasions has made a small loss, that the church covers.

This year has been particularly difficult for the church as our regular offerings at services have not happened and income to the church is much reduced. We have not been able to print the magazine as normal over the past 12 months, and our revenue for the magazine will reflect that.

Times have been hard for everybody, and many businesses have suffered and will struggle to get back on top in the future.

***We know the magazine is valued and widely supported in the parish, so we are asking you for two things.***

- 1 Please use the advertisers in the magazine. they are local and offer facilities many of us need. They would welcome a call or enquiry about their services.
- 2 If you can, we'd ask you to make a donation to the magazine to help cover it's production. The cost of a years magazines is around £7 per house and it's delivered! That's cheaper than most national newspapers charge for a week!..... and I think the Parish News is a better read!

Our bank details are available upon request. You can contact our church treasurer Sharyn Walker (01297 444811) or Nicky Davies (Vicar) on 07931 413629

You can give one-off donations simply by writing a cheque made payable to: **'UPLYME PCC'** and sending it:

c/o The Treasurer, Uplyme Church, Pound Lane, Uplyme, Devon,DT7 3TT.

Alternatively, you can donate online by clicking the **"DONATE"** button on the website.

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

