



# Parish of Newton Abbot and Ogwell

## WEEKLY NEWS

6<sup>th</sup> April 2025. 5<sup>th</sup> Sunday of Lent

### FROM OUR RECTOR

Dear Friends

Having been reminded that Jesus calls us his disciples to self-denial and sacrifice, considered what that might mean for our attitude towards our money and our time, how it affects our prayer lives, this week we turn to fasting.

#### **Fasting: showing that the LORD is God over our bodies**

I have a confession to make. I'm not that keen on fasting. It's not that I don't see the benefit of fasting as a spiritual exercise. Practising fasting whether from food, drink, TV, social media or whatever, is a wonderful way of developing self-control and training ourselves in godliness. That's a theme that appears in many of Paul's letters. Neither is it because I think the Bible is silent on the matter. In Matthew chapter 6 Jesus says, "*when you give... when you pray... and when you fast.*" We have no problem thinking of prayer and giving as direct commands of God but somehow, we have relegated fasting to something that only fanatics do, or that we only dabble with during the season of Lent.

If I'm honest, my reticence about fasting is simply that it is often hard and regularly inconvenient. But surely that's the point. Fasting is meant to be hard and costly and inconvenient, because as we subject our bodies and our wills to it, so we grow in the kind of resilience and strength that is necessary to grow in godliness, holiness and wisdom. Listen to Paul's instructions on the matter from 1 Corinthians 9:

*<sup>24</sup> Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. <sup>25</sup> Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. <sup>26</sup> Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. <sup>27</sup> No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.*

Our spiritual lives are not just a matter for our souls and minds, but for our bodies too. Our physical desires must also be subjected to discipline under the direction of the Scriptures so that they do not hinder our walk of faith. Bad physical habits will affect our spiritual lives, as they will affect our ability to serve God with energy, time and passion. And like our minds and hearts, our bodies must also be trained in ways that are godly and right. It isn't just our souls that Jesus purchased on the cross, but all of us, our bodies included. That's what Paul says in 1 Corinthians 6: *You are not your own; you were bought at a price. Therefore, honour God with your bodies.*

So how might we begin to use fasting to grow in self-control and godliness as disciples of Jesus? It might be giving up something we love for Lent. It might be missing one meal a week. It might mean turning off the TV more often, or cutting out something else that distracts you from your walk with Jesus? Whatever it is, try to remember these 4 points:

- Jesus fasted, the apostles fasted and Christians across the ages have fasted. It might feel strange – but it isn't weird.
- Don't make a song and dance about it: keep it between you + God. (See Matt 15:16)
- When you feel the pain of the fast, try to turn your heart to God in praise for all he has done for you, and remember your ultimate goal is to grow more like Jesus.
- Remember Sundays are feast days. They do not count in the 40 days of Lent, and they should be days to celebrate God's goodness with his people.

Happy fasting! May it be a blessing to us in these coming days and help us grow in self-control and holiness as we walk the way of Jesus, the way of the Cross.

Grace and peace,

*Dave*

### **Readings for 6<sup>th</sup> April:**

Psalm 88, verses 1 to 18

Matthew, chapter 7, verses 7 to 12

### **Please pray for:**

**Our Church**, our parish, benefice and diocese, our Rector Dave Brown, Team Vicars Gareth Regan and Fr. Matthew Cashmore, and all others who carry out their own form of ministry.

#### **Iglesia Anglicana de Chile (Anglican Church of Chile)**

**Our King**, His Majesty King Charles III, members of the Royal Family and our government.

#### **The churches of the Forder Valley Mission Community.**

**Residents in the following Streets:** Back Road, Bakers Hill, Bakers View, Balmoral Close, Bank Street, Barton Drive, Beacon Drive.

**The sick and suffering including:** 9-month-old Joey Hilton, Noah Maynard, Cherie Glover, Sheila Fletcher, John and Joyce Sutherland, Jackie, Joshua, Anna Crocker, Barbara-Ann, David and Julie, and others who are unwell in residential and nursing homes, their own homes, and in hospital. \*

**Ben**, Sarah and family as they care for Noah.

The families and friends of the recently deceased.

\* **Please email [prayer@newtonabbotparishes.co.uk](mailto:prayer@newtonabbotparishes.co.uk)** to let us know about anyone needing our prayers.

# NEWS AND NOTICES

**The Parish Office.** Over the next couple of weeks, the office will not be open as usual due to staff sickness. Please either, leave a message on the answerphone or email [office@newtonabbotparishes.co.uk](mailto:office@newtonabbotparishes.co.uk) We apologise for any disruption this may cause.

**Parish Prayer Gatherings:** Due to the PCC meeting on Monday 7<sup>th</sup> April, the next 2 prayer gatherings will both be on Monday mornings. They are:

Monday 7<sup>th</sup> April and Monday 14<sup>th</sup> April. All will be from 9:15-10am and will all be held at St Paul's. Do come and join us.

NB: There won't be a prayer gathering on Easter Monday.

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## Holy Week Services

**Maundy Thursday** – 17<sup>th</sup> April

17:00 Abbotsbury Meal + reflections – booking required, see poster on page 4.

19:30 All Saints Holy Communion

**Good Friday**

10:00 St Paul's Start of Walk of Witness

14:00 Abbotsbury Good Friday reflections *with interactive activities*

14:00 St Mary's An Hour at the Cross *with hymns*, meditations and silence

**Saturday**

10:00-16:00 Easter Fun Day at St Paul's *with Easter crafts, an Easter Egg hunt, refreshments and a display of Lego models!*

**EASTER DAY** – 20<sup>th</sup> April

05:30 All Saints Sunrise Service (in the field behind the church)

09:30 Abbotsbury Easter Celebration

09:30 St Bart's Ogwell Easter Communion

11:00 St Mary's BCP Easter Communion

11:00 St Paul's Easter Communion

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## Christians Together in Newton Abbot LENT LUNCHES 2025

**2<sup>nd</sup> and 9<sup>th</sup> April from Noon-1.30pm**

**at St Joseph's Church RC Church Hall, Queen Street, Newton Abbot**

Donations this year going to "Embrace the Middle East" a charity based in UK, supporting 40 Christian groups in Egypt, Lebanon, Syria, Iraq and Israel/Palestine (including Caritas Jerusalem), including a hospital in Gaza which has converted its chapel into a ward. Read Dr Maher's story on their website under "News + Resources".

**Help Required** - We're still looking for 2 more volunteers to help serve at the CTNA Lent Lunch on Wednesday 9<sup>th</sup> April. Please contact the office if you might be able to help. You'd need to be available from 11:30 to around 1:30.

**Parking at St Paul's Church** will not be available for attendance at the Lent lunches as there is a popular bible course running in the Church at the same time.

Abbotsbury Church

# MAUNDY THURSDAY

## Shared Meal

17 April at 5 pm


We come together to remember  
Jesus creating the first Last Supper

(Vegetarian option)

Book a space at  
<https://bit.ly/3XV5f7M>



newtonabbotparishes.co.uk



**CHRISTIANS  
TOGETHER**  
IN NEWTON ABBOT

**Good Friday - 18 April 2025**

# Walk of WITNESS

Starting with a short service at  
**10.00am at St Paul's Church**  
then walking through town to finish with  
a celebration at the Golden Lion Square  
with Christian Dance Fellowship of Britain

*All Welcome!*  
[www.ctna.org.uk](http://www.ctna.org.uk)

CHOIR  86

# Mozart: Requiem

<p>Thursday 3<sup>rd</sup> April 19:30 St Joseph's Church Queen Street Newton Abbot TQ12 2ET</p>	<p>Saturday 5<sup>th</sup> April 19:30 St Mary's Church Church End Road Kingskerswell TQ12 5LD</p>
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Tickets available from: [ticketsource.co.uk/choir86](http://ticketsource.co.uk/choir86)

Advance Ticket Price:  
Adults £7 Concessions £6

[choir86.co.uk](http://choir86.co.uk) 

**COME ALONG TO OUR**

## **EASTER FUNDAY**

**SATURDAY 19th APRIL 10am-4pm**

**FREE EASTER  
EGG HUNT!**

**FREE EASTER  
CRAFTS!**

**FREE REFRESHMENTS!**

### **PLUS!**

**Bricks to the past** will be displaying a selection of models (made from the world's favourite building bricks) from prehistory to the modern era.







St Paul's Church, Devon Square, Newton Abbot, TQ12 2HN  
[www.newtonabbotparishes.co.uk](http://www.newtonabbotparishes.co.uk)

# Granite Elements Flora Exhibition



Celebrating 60 years of *The Concise British Flora*



6<sup>th</sup> – 10<sup>th</sup> May 2025

At **Bovey Paradiso**

83, Fore Street Bovey Tracey TQ13 9AB

Open daily 10.30 am – 4.00 pm *Free Entry*



## COMING EVENTS

**2025 Lent Lunches.** Wednesday at 12 noon on 2<sup>nd</sup> and 9<sup>th</sup> April 2025 at St Joseph's Church Hall (access via lane off St Paul's Road or path beside St Joseph's Church, Queen Street).

**Bishop's Palace Open Garden.** 6<sup>th</sup> and 13<sup>th</sup> April, 2 p.m. to 4:30 p.m.

**Craft Club.** 15<sup>th</sup> April at 2 p.m. at St Paul's Church.

**Spring Concert** by Newton Abbot Orchestra. 2<sup>nd</sup> April, 7:30 p.m. at the Courtenay Centre. £10 on the door.

**Mozart Requiem** by Choir 86. 3<sup>rd</sup> April, 7:30 p.m. at St Joseph's Church Hall. Tickets available from [www.ticketsource.co.uk/choir86](http://www.ticketsource.co.uk/choir86)

**Mystery and Light** - English Choral Music presented by the Torbay Singers at Abbotsbury Church on 5<sup>th</sup> April at 7 p.m. Tickets £15 from [www.torbaysingers.org](http://www.torbaysingers.org) or £18 on the door.

**Parochial Church Council.** 7<sup>th</sup> April at 7 p.m.

**Women's Breakfast.** Saturday, 12<sup>th</sup> April at 9:30 a.m. at The Country Table, Bank Street, Newton Abbot.

**Traditional Choral Evensong.** 13<sup>th</sup> April at 6 p.m. at St Mary's Church, Abbotskerswell.

**Maundy Thursday Shared Meal** 17<sup>th</sup> April at 5 p.m. at Abbotsbury Church. See poster for booking.

**Good Friday Walk of Witness.** 18<sup>th</sup> April, starting at 10 a.m. with a short service at St Paul's Church, ending at Golden Lion Square with dancing by the Christian Dance Fellowship.

**Easter Fun Day** 19<sup>th</sup> April 10 a.m. to 4 p.m. at St Paul's Church.

**Men's Breakfast.** Saturday 19<sup>th</sup> April, 9:00 a.m. at the Leisure Lounge Café.

**Charity Coffee Morning.** 25<sup>th</sup> April at 10 a.m. at St Bartholemew's Church.

**Charity Coffee Morning** at St Paul's Church on 26<sup>th</sup> April, 10 a.m. at St Paul's Church. In aid of Devon Air Ambulance.

**Exploring Hospital Chaplaincy Course,** Friday 9<sup>th</sup>, Saturday 10<sup>th</sup> and Friday 16<sup>th</sup> May. Contact for more details 01803 654186 [tsdft.chaplains@nhs.net](mailto:tsdft.chaplains@nhs.net) (*attendance on all 3 days is required*)

**Induction as Deacon.** Jon Bealey is to be inducted on 28<sup>th</sup> June at St Paul's Church.

## REGULAR CHURCH SERVICES

### 6<sup>th</sup> April

Abbotsbury Church, Holy Communion at 9:30 a.m.

St Bartholomew's Church, Holy Communion at 9:30 a.m.

St Paul's Church, Service of the Word at 11 a.m.

St Mary's Church, Matins at 11 a.m.

St Luke's Church, Mass at 11 a.m.

### 13<sup>th</sup> April - Palm Sunday

Abbotsbury Church, Service of the Word at 9:30 a.m.

All Saints Church, Holy Communion at 9:30 a.m.

St Paul's Church, Holy Communion at 11 a.m.

St Luke's Church, Mass at 11 a.m.

### 20<sup>th</sup> April - Easter Day

All Saints' Church, (In the field behind the church), Sunrise service at 5:30 a.m.

Abbotsbury Church, Easter Celebration at 9:30 a.m.

St Bartholomew's Church, Ogwell, Easter Communion at 9:30 a.m.

St Mary's Church, BCP Easter Communion at 11 a.m.

St Paul's Church, Easter Communion at 11 a.m.

St Luke's Church, Easter Mass at 11 a.m.

If you are not able to attend in person, you can watch services at Abbotsbury Church and St Paul's Church through [YouTube](#).

The links are available at <https://newtonabbotparishes.co.uk/noticeboard/news/>

**EVERY WEDNESDAY** 10 a.m. Holy Communion at St Paul's Church, Devon Square

**and** 10 a.m. Said Mass at St Luke's Church, Milber.

**EVERY FRIDAY** 10 a.m. Said Mass at St Luke's Church, Milber.

**ALL WEEK** St Bartholomew's Church in Ogwell is normally open for private prayer during daylight hours.

## OTHER SERVICES

Evensongs at 5:30 p.m.		5 <sup>th</sup> Sunday services at 10:30 a.m.	
27 <sup>th</sup> April	St Bart's		
6 <sup>th</sup> July	All Saints Highweek	29 <sup>th</sup> June	St Paul's
31 <sup>st</sup> August	West Ogwell	31 <sup>st</sup> August	St Bart's
20 <sup>th</sup> November	St Luke's Milber	30 <sup>th</sup> November	All Saints Highweek

## PRAYER GATHERINGS at St Paul's Church.

7<sup>th</sup> April at 9:15 a.m. 14<sup>th</sup> April at 9:15 a.m. No gathering on 21<sup>st</sup> April.

## FUNERALS, MEMORIALS and INTERMENTS

**Mary Calderwood.** Interment of Ashes. 25<sup>th</sup> May at 11:30 a.m. at All Saints' Church.

## PARISH CONTACTS

**Team Rector: Rev Dave Brown.** Day off Thursday

[rector@newtonabbotparishes.co.uk](mailto:rector@newtonabbotparishes.co.uk) 01626 335862

**Team Vicar and Vicar of St Luke's, Milber: Fr. Matthew Cashmore.** Day off Monday

[father@slsj.co.uk](mailto:father@slsj.co.uk) 07555 924862

**Team Vicar: Rev Gareth Regan:** Day Off: Friday.

[gareth@newtonabbotparishes.co.uk](mailto:gareth@newtonabbotparishes.co.uk) 01626 201237

**Licensed Lay Minister:**

**Keith Butler:** [puffin@blueyonder.co.uk](mailto:puffin@blueyonder.co.uk) 07980 457919

**Lay minister for St Luke's, Graham Whittle** [family@hotmail.co.uk](mailto:family@hotmail.co.uk)

**Churchwardens:**

All Saints': **Michael Gillibrand**

Abbotsbury: **Douglas Machin** [d.m.machin2016@gmail.com](mailto:d.m.machin2016@gmail.com)

St Mary's **Sharon Lawrence** 07794 108166

St. Paul's **Lorna Tresidder** [lornatresidder@icloud.com](mailto:lornatresidder@icloud.com)

St Bartholomew's **Stella Llewellyn** [stellallewellyn@icloud.com](mailto:stellallewellyn@icloud.com) 01626 906814 and

**Gwyn Hughes.** [gwynhughes@icloud.com](mailto:gwynhughes@icloud.com) 01626 365028

**Anna Chaplains: Mei Lan Machin.** [d.m.machin2013@gmail.com](mailto:d.m.machin2013@gmail.com) 07926 991578

**Kim Martin** [kimbo58@gmail.com](mailto:kimbo58@gmail.com)

**Organists: Clive Sawers** 07967 148794 [clivesawers@aol.com](mailto:clivesawers@aol.com)

**Steve Cox** 079 686 21511 [stephen.cox54@talktalk.net](mailto:stephen.cox54@talktalk.net)



**Parochial Church Council Secretary: Barbara Garrick** 07910 207358

[barbara\\_garrick@yahoo.com](mailto:barbara_garrick@yahoo.com)

**Safeguarding Lead: Rob Palmer** 07792 081776 [treb0r@hotmail.com](mailto:treb0r@hotmail.com)

**Weekly Parish News** by Email. **John Calderwood.** [news@newtonabbotparishes.co.uk](mailto:news@newtonabbotparishes.co.uk)  
01626 361952

**Other Communications Media** (website and social media)  
[comms@newtonabbotparishes.co.uk](mailto:comms@newtonabbotparishes.co.uk)

**Prayer List** Please let us know about anyone in need of prayers. Their name will be kept on the list for a month. Please email [prayer@newtonabbotparishes.co.uk](mailto:prayer@newtonabbotparishes.co.uk)

**Parish website:** [www.newtonabbotparishes.co.uk](http://www.newtonabbotparishes.co.uk)

**Parish Office** at St Paul's Church, Devon Square. Monday, Tuesday, Thursday and Friday:  
10:30 a.m. to 1:30 p.m. Phone 01626 211346 or email [office@newtonabbotparishes.co.uk](mailto:office@newtonabbotparishes.co.uk).

## **OTHER USEFUL CONTACTS**

**Newton Abbot Town Council.** 01626 201120 [www.newtonabbot-tc.gov.uk](http://www.newtonabbot-tc.gov.uk)

**Shopmobility, Ring & Ride, Community cars** – 01626 335775

**Teignbridge Council** – 01626 361101, [www.teignbridge.gov.uk](http://www.teignbridge.gov.uk)

**Footnote.** Thank you very much to those of you who have sent me contributions. Relevant photos are very welcome.

I aim to circulate each weekly issue on Wednesday to give notice of the coming weekend's events and perhaps report what happened last weekend.

Please let me have any news of past events, notice of future activities or any other information that may be interesting or useful for our Church members, by Tuesday for the next issue.

If you know of anyone who does not receive this weekly email, but wishes to do so, please ask them to email me or contact the office.

John Calderwood [news@newtonabbotparishes.co.uk](mailto:news@newtonabbotparishes.co.uk)