

St. Peter & St. Paul, Uplyme

Parish News

March 2008



**“The Filling Station” another gem in Uplymes Crown!
“Evensong”.... Norman Taylor opens our eyes!
“Holy Week” - What’s it all about?**

Production cost **50p**
A voluntary contribution is gratefully received

Services in March and the beginning of April 2008

MARCH

Sun 2ND	8.00 am	Holy Communion BCP said
Mothering Sunday	10.00am	Family Service
	6.00pm	Youth Praise
Wed 5 th	10.30am	Holy Communion BCP said
Sun 9 th	10.00am	Family Communion
	6.00pm	<i>Creche and Junior Church in School</i>
		Second Sunday Forum
Wed 12 th	10.30am	Holy Communion BCP said
Sun 16th	8.00am	Holy Communion BCP said
Palm Sunday	10.00am	Family Service
	6.00pm	Evening Prayer
Thurs 20th	7.30pm	Parish Communion
Maundy Thursday		
Fri 21st	2.00pm	Service of Meditation at the foot of the cross
Good Friday		
Sun 23rd	8.00am	Holy Communion BCP said
Easter Day	10.00am	Parish Communion
		<i>Creche, Junior Church & 11+ in school</i>
Sun 27 th	10.30am	Holy Communion BCP said
APRIL		
Wed 2 nd	10.30am	Holy Communion BCP said
Sun 6 th	8.00am	Holy Communion BCP said
	10.00am	Morning Prayer
	6.00pm	Youth Praise

Parish News Information

Please remember the next issue of the magazine is for **APRIL** and all articles up to and including things in early April should be with us by the **10th MARCH**. The best way to get things to us is by email to:

parishnews@uplymechurch.org.uk

Or leave in the pigeon hole in Church under "H" for my attention.

Robin Hodges

March



2008

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Hope for Planet Earth

A national tour exploring the effects of climate change.

www.hopeforplanetearth.co.uk

A multi-media presentation exploring the science behind climate change from a Christian perspective and its impact on people and the planet. With leading experts from Tearfund, A Rocha, John Ray Initiative, The Faraday Institute and Share Jesus International.

THURSDAY 6TH MARCH 2008

St. Augustine of Canterbury School, Lyngford Road, Taunton, TA2 7EF

Doors open at 7.00 pm Presentations commence at 7.30 pm

Tickets: £6 Adults; £3 under 18's.

For tickets: 0845 0944 414

For general information: 020 8781 1741

Rev. Norman Taylor writes
“Evensong”

Have you ever wondered why a Church of England service is arranged as it is? Look at Evensong, for example.

We begin with a call to acknowledge our sins before God, for only so dare we approach Him. Then we find ourselves caught up in the whole plan of God’s redeeming love in the history of His chosen people. First, we sing a hymn of the Jewish people – a psalm (*so called from the Greek word meaning the plucking of a harp string, which accompanied the singing*). Then we listen to a part of the story of God’s dealing with this people, as written in the Old Testament. And then comes the Magnificat, - the words from St. Luke’s Gospel tell of the visit of Mary to Elizabeth, when she knows that she is pregnant with the Christ: This is the climax of the service, representing the coming of Jesus into the world. A New Testament less follows, telling us more about Jesus or of his first followers and their understanding of the difference He makes. Then comes the Nunc Dimittis, - words said by Simeon when his parents brought Jesus to the temple. He is to be “a light to lighten the Gentiles” – all mankind are meant to know God through Him.



History lessons can be boring, but this service is more than a lesson about the past. We find God still speaking through the scriptures, and, as we share in the Psalms and the Canticles (little songs, as the Magnificat and Nunc are called) we enter into the history, not simply as passive spectators, but sharing in the feelings of those who first wrote and sang, so that the history lesson becomes our present praise and thanksgiving for God’s might acts. The Creed (from the Latin ‘credo’, meaning ‘I believe’) sums up the heart of the matter.

There is a final section of prayers: the Lord’s Prayer; short prayers shared between priest and people; and three Collects (so called because they are said when we are collected together): one for the particular day in the Church calendar, one for peace in our hearts, and one for protection through the night.

The choir now may sing their anthem. And then come prayers on behalf of others, - the queen and Government, the Bishops and Clergy, All Sorts and Conditions of Men, - the list depends upon the needs of the parish and of the world.

So far no sermon! The Prayer Book says that candidates for Confirmation should be taught at Evensong, but the general custom now is for the parson to preach, which allows him to help us understand the lessons we have heard.

As we look over the service, we find no service could be more Bible based – almost every word is from the scriptures. We are also presented with the whole Gospel, and are invited to share and rejoice in it.

Norman has asked me to add a few words to his excellent article about Evensong on the music of psalms and canticles, which I do gladly.

At first it may seem a little strange the way we sing psalms and canticles at Evensong. The reason for this is that the emphasis is in a different place from other music commonly used in church worship today. You see, most hymns and songs capture our imaginations with a beautiful melody or harmony. As a result we find ourselves whistling ‘Dear Lord and Father of Mankind’, ‘Shine Jesus Shine’, or some other favorite tune. However, what Archbishop Cranmer wanted for the Prayer Book Services was a form of music which ‘served’ the words of the psalm or canticle. The melody is a support for the message rather than something that dominates it. This is because he rightly gave priority to the gospel story from scripture above all else.

We still use the Anglican Chant in Matins and Evensong. It is structured in such a way as to announce the climax of each phrase or sentence. So, in practice, we may intone a line of words on one note before shifting up or down in pitch at the instruction of the vertical dashes (called pointing) printed above the text. It is actually a very simple process when one gets the hang of it. At Uplyme we always print the chant of the psalm above the pointed text (on the back of the service sheet) so that people can follow the movement of the top line musical melody, and see amongst the words the dashes where they need to shift note. Usually, the melody is completed once for each verse. This is called a single chant. Occasionally, we sing a double chant which requires two verses for the whole melody. But the tunes are always simple to pick up and by singing through a psalm or canticle using a repeating chant pattern enables the congregation to focus on the words and their message.

We are fortunate at Uplyme to have a choir and organists who are well versed at singing like this. Brian Manners kindly ran some training in singing Prayer Book Canticles and Psalms during February. He will be running more sessions during the year, look out in the Pew or Parish News for more details. I strongly commend these sessions to you.

But most especially I commend Evensong to you. It is a favorite service of mine because of its beautiful construction and profound message. If you haven’t been before, do come. We always have it on the third Sunday of each month at 6pm.

With best wishes for Easter,

Jeremy

Donations towards the cost of producing the Parish News

Sadly, contrary to what was written in the February edition of the Parish News, donations made 'specifically' towards the production costs of the magazine are NOT eligible for Gift Aid.

Other donations given generally to the Church CAN be gift aided by those people who pay income tax.

Neil Pullinger - Treasurer

From the Editor

I must say what a delightful place Hartlepool is! And only a mere 6 hr flight to hot and sunnier climes. A week of sitting on a golden beach drinking ice-cold beverages, and the only phone call I had was to tell me I had won the lottery!!! Being a kind and generous chap I've shared the win with the staff on the magazine, works out at £2.50 each!

I've noticed that spring is well underway, and the anticipated delivery of a couple of tons of "Well Rotted" doesn't really fill me with excitement. Anything to improve my vegetable plot, if I'm to have anything to go with my fish. Simon's back with the latest catch of the day on page 21

This month Jack Thomas's writings on "Vestments" (page 19) gives a clear insight into who wears what and why in the Church. If you have ever wondered what "Holy Week" means, apart from the week before Easter. Have a look at the item on page 12 & 13 which explains the build up to the most important day in the Christian Calendar.

Talking of Calendars, did you realise that the Roman Catholic Church has moved St Patrick's Day to Saturday 15th this year, after discovering it clashes with a key day in the Church's calendar. The Irish patron saint's feast, normally on March 17, this year would clash with the second day of Holy Week. The last time St Patrick's Day had to be moved was in 1940 when it coincided with Palm Sunday, the first day of Holy Week. The next date it will have to be moved again is 2160!

Well I'm off to find my garden chair & an early Guinness! Then I'll find the "News" staff some shovels!

Happy Easter *Ed.*

Easter Lily Dedication



If you would like to dedicate a lily in church to a deceased loved one at Easter, and have their name read out in memoriam on Easter Sunday, please would you contact Jenny Perham on 01297 32254 to make arrangements. Recommended donation for this act of dedication is £5



ROYAL BRITISH LEGION WOMEN'S SECTION - UPLYME BRANCH

Each year President Pat Day arranges a day out in Plymouth to the pantomime, to do some shopping and have lunch before the show. It is a hugely popular event and as usual we had a coach load of members and friends. Although we drove through a torrential downpour on route, by the time we reached Plymouth the sun had come out, making it a very pleasant day. The show itself - *Peter Pan* - told the well-known story with verve and wonderful special effects. A particular delight was provided by the antics of the 'pirates' and their incredible tumbling act. The audience were enthralled with it all, and many (particularly the men!) behaved like five-year-olds and joined in all the audience participation enthusiastically. As usual, it was a very enjoyable day out and thanks are due to Pat Day for arranging it all.

Our Speaker for the first meeting of 2008 was John Wilkinson on 'The History of Handwriting'. He was both entertaining and informative, describing how the first very primitive drawings gradually became more akin to letters and words. This evolved over the centuries from the need to trade and communicate with other countries, particularly around the Mediterranean where the Phoenicians were established. Then came the influence of the Greeks, and the Romans. From those very early signs and symbols can be seen the roots of our present day letters. Obviously a very erudite man, he kept his audience enthralled and wishing for more.

Next meeting on March 3rd in the Village Hall at 2.30pm. When Joy West will talk on a Pensioner's Adventures on the Amazon! All are welcome.

Pat Carroll



The Uplyme Pre-school are holding an Easter Fayre and would like to invite you all to come. Come along and listen to the children sing their Easter songs, as well as parading in their Easter bonnets and hats, which they have been making, and have an Easter egg hunt. It will be held in the Village Hall on **Wednesday 19th March from 10am until 11.45am**. We will have some stalls at the Fayre, and tea, coffee, Easter biscuits and hot cross buns will be available from the committee.

The children recently made pancakes and each took a turn flipping them. This term they have listened to the story of Peter and the Wolf and had a visit from Donna's pet rat!

We have still have few spaces this term, anyone wishing to enquire about Pre-school should contact **Annie on 01297 24318**.



1st Lym Valley



We began the spring term with 3 new Cubs, namely Jonathon Steward, Cameron Moss and Max Whittome, the last two joining us from 1st Lym Valley Beavers. Welcome to all of them. We now have a total of 20 Cubs meeting in the Scout Hut every Thursday evening at the new time of 5.45 to 7.15pm.

The 3 new Cubs were invested last week around the campfire after an evening spent singing campfire songs and drinking hot chocolate. It was a beautiful, clear, still evening so I'm sure the boys' voices were resonating along Rhode Lane. Thanks must go to Akela Nigel from Beer Post Office who came along with some of his Cubs with a good repertoire of catchy songs with actions.

The theme the previous week was "Burns Night" and we'd like to thank Noreen and Forbes Watson for providing a delicious haggis and neaps for all to sample. We held an indoor form of "highland games" to finish off the evening and Cubs were encouraged to wear something Scottish.

To conclude the GLOBAL CONSERVATION badge, the Cubs will be collecting used stamps on an on-going basis to contribute to the "Save the Albatross Fund" run by the RSPB. The Cubs enjoyed learning about these fascinating birds and made a puzzle of a life-size albatross on the floor. We all marveled at their incredibly large wingspan of over 340cms (11 ft). This equated to over 4 Cubs in a row with their arms fully outstretched!

Badges we shall be working towards this term include the HOMEHELP badge, whereby the Cubs will be encouraged to do their own ironing, lay the table at home for a week (ongoing we hope) and clean some brass or silver. We shall be visiting the town library to help towards the BOOK READERS badge and swimming at the Flamingo Pool.

Thank you to all who helped out at the mid-January jumble sale held at the village hall. We raised £300 which contributes to the ever increasing running costs of the scout hut.

The next fund raising event will be a second hand book sale on the 8th March in the village hall between 11 and 3pm. If you are able to help, we shall be having a stall and will be setting it up from 10.30 on that day. Please bring any second-hand books to the scout hut or on the day to the village hall. Thank you.

Please continue to save your chipped or old china as we shall be running a plate-smashing stall at the village fete in June. China can be left outside the scout hut, Rhode Lane in the porch.

Thank you for your continued support.
Sam Pennington on behalf of 1st Lym Valley Cubs

Cottage to rent in Provence

Charming well furnished old cottage in Provencal hilltop village. 2 bedrooms (sleeps 4), small terrace, living room with open fire. Available to rent from £200 - £300 per week fully inclusive. For every booking from this ad we give £50 to Church funds. Contact **Sam Pennington on 444432** or look at www.members.aol.com/rosanscottage for more details.



CAN YOU HELP?

Our annual Spring Clean of the Church will take place on **SATURDAY 15TH MARCH 2008 from 9.00am to Noon**
Please come armed with dusters, buckets, dustpan & brush etc.

ALL HELP WOULD BE GRATEFULLY RECEIVED
Contact Jenny Perham for further details on 01297 32254

FEBRUARY CROSSWORD ANSWERS

Across

5 Royal 8 Publicly 9 Stubs
10 Ruthless 11 Forth 14 Jar 16
Battle 17 Oholahn 18 Wed 20
Saint24 Citizens 25 Clean 26 Naza-
rene 27 Aside

Down

1 Spire 2 Abate 3 Viola 4 Elisha
6 Orthodox 7 Abbatial 12 Parables
13 Standard 14 Jew 15 Rod
19 Elijah 21 Final 22 Jewel
23 Asher

Uplyme Crusader Football

EVERY SATURDAY MORNING

at the King George V playing fields,
Uplyme.

From 9.00am – 10.15am

Age 5 (Reception) – 11 years

Run by Uplyme Parish Church.

For info please contact
Robin on 01297 445180

UPLYME FILLING STATION

Last month we read of the sterling efforts which successfully kept our village Post Office open and re-established the shop, but there's one other feature alongside school, church, pub and hall, which makes Uplyme an exceptionally well resourced village – THE ONLY PETROL STATION FOR 3-4 MILES AROUND!

You will be encouraged to know that a new 5-year contract is being agreed, with Murco continuing with supply and support. This means that complete refurbishment is expected with new pumps and facilities. Additionally the car wash has been installed with upgraded valeting equipment.

Opening from 7,30 am to 7 pm seven days a week gives those on their way to or from work the opportunity to pick up a great range of convenience foodstuffs. An in-store bakery is planned this year – so watch out for some appetising aromas!

The staff team are pleased to continue their support of a variety of village activities, particularly helping with fundraising for the Summer Fete and for Uplyme pre-school; the public washroom can be helpful to families using the playing fields when the village hall has to be locked for security.

Talking with Craig recently, he mentioned how pleased he was that the Post Office had been saved, feeling that the two businesses together working complimentary, can give local residents so much better service than could either one on its own.

Let's make sure we all support them.

Brian Stansfield



Farming in Uplyme Exhibition

Lyme Regis Museum is currently doing a project on farming in the Lym Valley – the parishes of Lyme Regis and Uplyme. There was only handful of farms in Lyme, but evidence of about 50 has been found for Uplyme!

There is an exhibition at the museum until **March 17th** featuring the Lyme farms.

On **May 29th, 30th and 31st** there will be a special exhibition at Uplyme Village Hall featuring both Lyme and Uplyme farms and farming.

If you have any photos or memories of Uplyme farming contact Graham Davies on 445853.

Ken Gollop



MOTHER'S UNION

Our February meeting was most enjoyable – the speaker, Eileen Walters (one of our members) told us about her life as a nurse at Bart's Hospital, as a District Nurse in South Devon and London, and as Project Manager in the National Health Service.

Next month there will be more poetry reading from Shirley Ann Williams. This is on March 6th in the church at 2.30 pm. Do join us if you enjoy poetry.

IRIS COX

Christian Aid Week, 11-17 May 2008.

The central message

Christian Aid Week is seven amazing days of fundraising, prayer and action against global poverty. We want people to add their time, money and voices, and see them multiplied to make an impact around the world through Christian Aid.

Help poor communities grow a future this Christian Aid Week 11-17 May 2008. You add. We multiply. www.caweek.org

As Christian Aid Week approaches, we need volunteers to help with the house-to-house collection please. Besides the fundraising, we also need your prayers and action against global poverty.

Further news to follow in the Parish News, Pew News and via the notice boards. Please do contact us if you can help, 01297 443252. Our organisation of things will continue in the coming weeks, so your prayers for Christian Aid would be appreciated.

Margaret and Mark Trafford.





News from The Pub

Wales 29 - England 19! Steve said I have 'gone on' enough about this result and I am not allowed to say anymore!! But when has a wife ever listened to a husband, who gives her these orders?? I was delighted to say the least, and those who were in the pub after the match enjoyed a good old sing along to 'Tom Jones and Delilah' . My new found tipples of Stones Ginger Wine and Southern Comfort certainly helped lubricate the vocal cords. "I intend to enjoy this glory for a little while longer yet"

As you can see our building work, replacing the skittle alley, is taking great shape. Not having that derelict looking garage greeting you as you drive through our village, I hope you agree is so much better. We will continue the work in this area, and also along side the pub where the Refuse Bins & Bottle Bins are, and in a few more weeks, and with many thanks to Dave, it should look even better. The banking going down to the river from the road side and near side of the car park has always required a lot of dreadfully hard work to maintain it, and is also very costly. Whatever we have tried has quickly proved ineffective. So any ideas on how to improve this area for the long term, and with little maintenance would be greatly appreciated. Also, you may have noticed, we have taken up the Carpet from in front of the bar, we were hoping to find a nice wooden floor like we did at the top of the pub but sadly it was not the case. We are now in debate over type of flooring for this area should it be wood, tile or carpet? So watch this space, or the space in front of the bar, to see what we decide on!

We have some fundraising and social events planned for March and April so please do come and see the posters on the notice board, and you are all welcome to use the Community Notice Board in the pub to share information about our Village. The annual bank holiday over 40s Pub Football match is fast approaching, Monday night training has already began, and I am told team selection is everything too fight for! Our Uplyme Youth Football Team continues to do well, and we are so proud of their achievements. Well done boys, and also well done to the parents and coaches who come rain or shine support them every Sunday Also, we would like to say many thanks to our Darts and Pool teams who represent, and do so well for the pub each week.

Senior Lunches have resumed, we have a new piano which we hope will make life a little easier for Jack as he continues entertaining us each week. Our Very Big Thanks as always to you Jack. We also now have

really good “4 pint take away jugs” for Real Ale so you could have take away fish and chips and a couple of pints of Otter to compliment them, just ask at the bar

Lastly I am slowly being liberated from my very limited world of computers! I’m having regular computer lessons with Margaret from The Full Poodle. With Margaret’s excellent teaching skills and endless patience there is a chance the Editor will get my future pieces for the magazine on time!

Well that’s it for this month

My very best wishes and kind regards to you all

Wendy

P.S Bronwen seems confused about the disappearance of the skittle alley, or just maybe she’s fed up that she can’t find the few bones that she buried in the garden!

P.P.S Our youngest son Ceirion is away on his Gap Year. Recently they moved from Australia, on to New Zealand where they will spend a few months playing Rugby. He says all is going well, and it is of course always so good to hear from him on the very ‘odd occasion’ that he rings!!

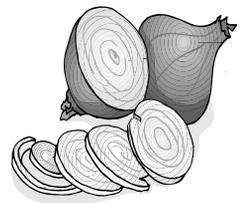
FAMILY PAGE Recipe from Iris Cox

French Onion Tart

Line an eleven inch flan tin with pastry – or six individual tartlet tins two-and-a-half inches across.

Filling

One pound onions, peeled and finely chopped
One and a half ounces butter or three tablespoons oil
Half teaspoon salt
Half teaspoon brown sugar
Half teaspoon freshly ground nutmeg
Two eggs
Two fluid ounces (50 ml) single cream
Three ounces cheddar cheese grated



- 1 Fry onions gently in butter or oil, lightly sprinkle with salt, then add sugar and nutmeg. Leave mixture to cool.
- 2 Beat eggs thoroughly, stir in cream and cheese – add to onions and spoon this filling into pastry cases.
- 3 Bake at Gas 6, 400F (200C) for 30 – 35 minutes until filling is firm.

Holy Week- What's it all about?



This year, Easter Day falls on 23 March. The week leading up to it, which begins with Palm Sunday on 16 March, is very special in the church year, and is known as Holy Week. Holy Week begins with Palm Sunday, the day when the Church remembers the triumphal entry of Jesus into Jerusalem. The gospels tell us that he had gone up to Jerusalem to celebrate the Passover, and that when he entered

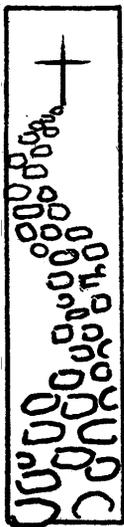
the city, the crowds gave him a rapturous welcome, throwing palm fronds into his path. On this day churches worldwide will distribute little crosses made from palm fronds in memory of Jesus' arrival in Jerusalem.

The next highlight of Holy Week falls on Maundy Thursday. 'Maundy' is an unusual word, and relates to this medieval practice of foot-washing. Maundy Thursday focuses on one of the final acts concerning Jesus to be related in John's Gospel - the washing of the disciples' feet by Jesus. The ceremony of the 'washing of the feet' of members of the congregation came to be an important part of the liturgy (regular worship) of the medieval church, symbolising the humility of the clergy, in obedience to the example of Christ. In England, in by-gone years, as an affirmation of humility, the monarch would wash the feet of a small number of his or her subjects. This has now been replaced by the ceremony of the 'Maundy money', in which the Queen distributes specially minted coins to the elderly at cathedrals throughout England.



Good Friday is the day on which Jesus died on the cross. It is the most solemn day in the Christian year, and is widely marked by the removal of all decorations from churches. The custom of observing a period of three hours' devotion, from 12 midday to 3 pm, on Good Friday goes back to the 18th century. The 'Three Hours of the Cross' often take the form of an extended meditation on the 'Seven Last Words from the Cross', with periods of silence, prayer, or hymn-singing.

Lent ends with Holy Saturday. The Eastern Orthodox churches hold the 'Paschal Vigil' - a late evening service which leads directly into the following Easter Day. Easter, of course, is the day of the Resurrection of Jesus Christ. Why does the date move around so much? Because the date of Passover moves around, and according to the biblical account, Easter is tied to the Passover. Passover celebrates the Israelites' exodus from Egypt and it lasts for seven days, from the middle of the Hebrew month of Nisan, which equates to late March or early April.



Most people will tell you that Easter falls on the first Sunday after the first full moon after the Spring Equinox, which is broadly true. But the precise calculations are unbelievably complicated and involve something called an 'ecclesiastical full moon', which is not the same as the moon in the sky. The earliest possible date for Easter in the West is 22 March, which last fell in 1818 and won't fall again until 2285. The latest is 25 April, which last happened in 1943 and is next due in 2038.

Why the name, 'Easter'? In almost every European language, the festival's name comes from 'Pesach', the Hebrew word for Passover. The Germanic word 'Easter', however, seems to come from Eostre, a Saxon fertility goddess mentioned by the Venerable Bede. He thought that the Saxons worshipped her in 'Eostur month', but may have confused her with the classical dawn goddesses like Eos and Aurora, whose names mean 'shining in the east'.

So Easter might have meant simply 'beginning month' - a good time for starting up again after a long winter.

Finally, why Easter eggs? On one hand, they are an ancient symbol of birth in most European cultures. On the other hand, hens start laying regularly again each Spring. Since eggs were forbidden during Lent, it's easy to see how decorating and eating them became a practical way to celebrate Easter.



THE LEARNING CURVE

I have recently been on a learning curve of astonishing magnitude which proves that we are never too old for instruction.

Lesson one concerned Cancer which is feared by so many, but it is much less dreadful if it is given a name. When I openly admitted to cancer of the thyroid gland and an operation to remove the gland, it became just another illness to be dealt with accordingly - one step at a time.

After the operation I awoke trussed up like a Christmas Turkey. I had so many appendages, tubes and drains that I was utterly helpless and, for the smallest task, I needed assistance. Then gradually I lost my burdens and, at last, the final stubborn drain was removed. Fancy waking up after a road accident or a stroke and knowing that things will never get better only worse, the lesson is to be so grateful for what one has.

The next adventure has been Radio Active Iodine treatment. I have been completely isolated in a very comfortable room, and for almost three days no-one came further than the door. However, their voices were unfailingly kind, bright and cheerful and it made such an amazing difference. How blind people must rely on kind, bright and cheerful sounds. A second lesson here; I must be law-abiding and never go to prison as I hated the loneliness and restriction.

As a child I remember telling my Aunt 'God loves me'. Her reply was a grunt and 'Well it's a start I suppose', so I have always known the love of God but not as I do now. I have felt his overwhelming and unceasing love so many times in recent months, and it has felt like a strong wall around me which will never be breached whatever happens.

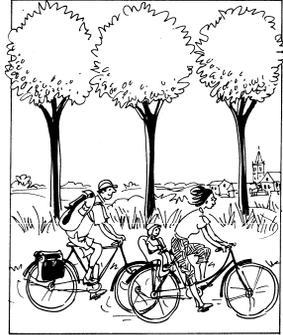
The final lesson concerns friends. In the past I have talked glibly about various people. Now I realise the lengths to which they will go. They have fetched me, taken me, supported me, and if they are old and frail they have prayed for me. One even accompanied me on a day trip to St Thomas's Hospital in London for a special scan and she was truly like a rock.

Easter and spring are approaching when once again we are aware of the vastness of God's love and the beauty of the world we live in. May a sense of deep gratitude be awakened in us.

Margaret Cawte

OUT AND ABOUT WITH JOHN PENNINGTON

I cycled to church this morning with my two boys Oliver and Thomas. Oliver is 9 and Thomas 7. Both are very keen to go out on their bikes whenever I suggest it. Oliver and I arrived at church about 100 yards ahead of Thomas, who proceeded (a few seconds after us) to cross the lane without checking to see if a car was coming - which of course there was! Fortunately, the driver had seen him and slowed down. A few choice words later and a lesson was (hopefully) learnt.



Both boys frequently ask if they can ride to school with me in the morning, but I will not do it. There is simply too much traffic outside the school, and if Thomas did what he did this morning the outcome could be far worse. For this reason I am not prepared to let them cycle so we walk or drive. It's good news that the school has decided to trial a walking bus scheme, which will hopefully reduce the traffic outside the school each morning and afternoon. I hope by the time you read this 'the walking bus' will be a permanent feature every day. The car park at the village hall, together with its overflow car park is large enough to cope with the parents cars and if well organised (which I am sure it will be) this scheme will make the road next to the school gates less congested and therefore less hazardous. I'm sure some will say 'there has been no accident, and the problem is blown out of all proportion'. But, surely taking a sensible measure such as this will substantially reduce the chance of an accident happening.

Anyway, back to our bike ride this morning: On the ride home I spotted primroses, daffodils, snowdrops, catkins, daisies and croci. Spring is starting to spring, and perhaps a little early? As it was so warm I decided to start on the 2008 veggie patch. I put some broad beans, onion sets and garlic in, and if it stays this warm will put in some peas in a couple of weeks. We are just finishing the last of our leeks which were planted last summer. Of course, it can still get very cold in late Feb or March/April and all of my work will then have been in vain. I think it's unlikely though.

Until next time

JP



Village Hall Booking dates for March & Early April 2008

MARCH		7.30pm	Short Mat Bowls
Saturday 1 March		Meeting Room	
9.30am all day	PRIVATE HIRE	2.00pm-5.00pm	Croquet Club
through to 3.30pm	on Sunday 2 March	Tuesday 11 March	
Sunday 2 March		9.00am-12.15pm	Pre-School
9.30am-11.30am	Quakers	12.15pm-3.30pm	Toddlers
To 3.30pm	Private Hire	4.30pm-6.00pm	Tai Chi
Monday 3 March		7.30pm	Social Club
9.00am-12.15pm	Pre-School	Wednesday 12 March	
2.00pm-4.30pm	Royal British Legion	9.00am-12.15pm	Pre-School
4.30pm-5.30pm	Ballet	2.00pm-4.30pm	WI
5.30pm-7.00pm	Brownies	7.00pm-10.00pm	Parish Council
7.30pm	Short Mat Bowls	Thursday 13 March	
Meeting Room		9.30am-4.30pm	School
2.00pm-5.00pm	Croquet Club	4.30pm-7.00pm	Ballet
7.30pm	Horticultural Soc	Friday 14 March	
Tuesday 4 March		9.00am-12.15pm	Pre-School
9.00am-12.15pm	Pre-School	12.15pm-4.30pm	School
12.15pm-3.30pm	Toddlers	7.30pm-10pm	LR Drama Society
4.30pm-6.00pm	Tai Chi	Saturday 15 March	
7.30pm	Social Club	6.00pm-11.00pm	Private hire
Meeting Room		Sunday 16 March	
7.30pm	VH Committee	9.30am-11.30am	Quakers
Wednesday 5 March		6.00pm-7.00pm	Private hire
9.00am-12.15pm	Pre-School	Monday 17 March	
1.30pm-4.30pm	Patchwork Group	9.00am-12.15pm	Pre-School
6.30pm-7.30pm	Private hire	4.30pm-5.30pm	Ballet
7.30pm-10pm	LR Dramatic Society	5.30pm-7.00pm	Brownies
Thursday 6 March		7.30pm	Short Mat Bowls
9.30am-4.30pm	School	Meeting Room	
4.30pm-7.00pm	Ballet	2.00pm-5.00pm	Croquet Club
Friday 7 March		Tuesday 18 March	
9.00am-12.15pm	Pre-School	9.00am-12.15pm	Pre-School
12.15pm-4.30pm	School	12.15pm-3.30pm	Toddlers
7.30pm-10pm	LR Dramatic Society	7.30pm	Social Club
Saturday 8 March		Wednesday 19 March	
9.00am-4.00pm	BOOK SALE	9.00am-12.15pm	Pre-School
(Village Hall)		Thursday 20 March	
7.00pm-11.00pm	Mainly Ballroom	9.30am-4.30pm	School
Sunday 9 March		4.30pm-7.00pm	Ballet
9.30am-11.30am	Quakers	Friday 21 March - Good Friday	
6.00pm-7.00pm	Private hire	7.00pm to midnight	Private hire
Monday 10 March		Saturday 22 March	
9.00am-12.15pm	Pre-School	7.00pm-11.00pm	Mainly Ballroom
4.30pm-5.30pm	Ballet	Sunday 23 March	
5.30pm-7.00pm	Brownies	9.30am-11.30am	Quakers

6.00pm-7.00pm Private hire
Monday 24 March - Easter Monday

Tuesday 25 March

9.00am-12.15pm Pre-School
12.15pm-3.30pm Toddlers
7.30pm Social Club

Wednesday 26 March

9.00am-12.15pm Pre-School
7.00pm-9.30pm Hort.Soc AGM & talk

Thursday 27 March

9.30am-4.30pm School
4.30pm-7.00pm Ballet

Friday 28 March

9.00am-12.15pm Pre-School
12.15pm-4.30pm School
From 6pm through Private hire

Saturday 29 March

All day to midnight PRIVATE HIRE

Sunday 30 March

9.30am-11.30am Quakers
6.00pm-7.00pm Private hire

Monday 31 March

9.00am-12.15pm Pre-School
4.30pm-5.30pm Ballet
5.30pm-7.00pm Brownies
7.30pm Short Mat Bowls

APRIL

Tuesday 1 April

9.00am-12.15pm Pre-School
12.15pm-3.30pm Toddlers
7.30pm Social Club

Meeting Room

7.30pm VH Committee

Wednesday 2 April

9.00am-12.15pm Pre-School
1.30pm-4.30pm Patchwork Group
7.30pm-10pm LR Dramatic Society

Thursday 3 April

9.30am-4.30pm School
4.30pm-7.00pm Ballet

These booking times are not necessarily start times of events - please see other publicity. For bookings & enquiries about the Village Hall please contact :

Margaret Wiscombe, Hall Manager,
on **01297 443819**.

VILLAGE HALL

Our January Jumble Sale raised approximately £400 and thanks to all those who helped. The next Hall fund raising event is a Grand Book Sale on 8th March, see separate notice on inside rear cover. These events are very important, as you may have noticed in recent months a lot of essential maintenance work has been carried out at the hall.

There are still problems with the unofficial use of the car park, could we please stress that if user groups arrange outings from the hall, please use rear car park and notify Margaret Wiscombe beforehand. Her telephone number is 01297 443819.

Gill Bullock

Secretary
Uplyme Village Hall Committee

Ps. Just to say the Village Fete will be held on:

SATURDAY 24th JUNE

The Churchyard and Cemetery Register

, which resides in the north west corner of the church beyond the piano, has just been updated. All those who died in 2007 and are buried in the Cemetery have been recorded in a supplement which you will find at the end of the alphabetical list.

Jack Thomas

SIZING UP ATTACHMENTS by The Full Poodle - 443819

Bigger isn't always better, especially when attaching files to emails. Think of the recipient of your email when you attach a photo or document and whether they will struggle to download your message.



It is always best to check the size of files you are sending:

The size of the attachment is shown whether you using *Outlook Express*

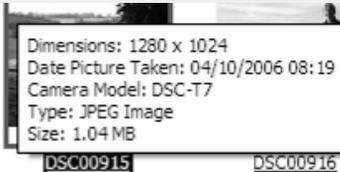
or *webmail*
Both of these examples are too large at
1.04MB (1040Kb) and 2MB (2000Kb)

Attachment:

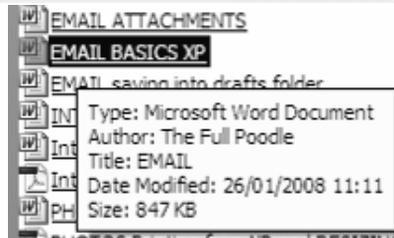
1. Select your File

2. Attach the selected file to your e-mail

Filename	Size
DSC00927.JPG	2 MB <input type="button" value="Delete"/>



Ideally, check the file size before you attach by opening



Windows Explorer and hovering your cursor over the file in question. This works on any type of file and also gives you other information such as the type of file, etc. Equally, you can see the size of an attachment you have been sent - again, this one was much too large at 2MB.

	Forward	Delete	Spam	Refresh	Search:
	From	Subject	Date	Size	
	Marga	Richard	05/02/2008 16:36:15	2 MB	

Resize files in *Windows Explorer* by clicking the right-hand mouse button on the file & picking "Resize" from the menu option.

So, size is important and knowing how to use what you've got is essential!

**Margaret Wiscombe at *The Full Poodle*,
Computer Repair & Training
www.thefullpoodle.com**

VESTMENTS

A Beginner's Guide

The word *Vestment* is used to describe the special garments worn by anyone in church who is performing a duty. The room where the priest robes himself is the *vestry*. What is worn in church by those who are officiating? Let's start with the choir. They wear a red *cassock*, a long coat. The word derives from *Casacca* in Italian which is a horseman's coat and in Turkish *quzzā* a nomad (compare *Cossack*, a Russian horseman). Choirs dressed in red are normally only those in Cathedrals or Royal Peculiars (Westminster Abbey, St George's, Windsor). The men in the Choir but not the ladies wear over their cassocks a white *Surplice*, from the Latin *supercillium*. Now let's describe the priest. At Holy Communion the celebrant wears a *Chasuble* (from the Latin *casula*, a little house). Over the centuries the *chasuble* has evolved from the simple sleeveless woollen cloak worn by the poor in Roman times to the richly decorated garment worn today. Fans of Oscar Wilde will remember that one of the characters in *The Importance of being Ernest* was called Canon Chasuble.



Sometimes the celebrant could be wearing an *alb*, called a *sticharion* in Orthodox churches, which is a plain, lightweight, ankle-length tunic with long sleeves. It is generally worn with a rope (*cincture*) around the waist. The word *alb* is short for the Latin phrase *tunica alba*, which means *white tunic*; accordingly, albs are usually made of white or undyed fabric. The priest wears around his neck a *Stole*, a long narrow band whose colour depends upon the liturgical season of the church. The four colours are purple, white, red and green; white for the major festivals, green for Trinity, red for the major saints, purple for Lent. Occasionally, clergy wear a *Dalmatic*, a wide-sleeved loose long vestment with slit sides. Kings and Queens and Emperors wear it at their Coronations. Bishops and Deans in Cathedrals wear a more dramatic vestment, the *Cope* which is an ornamental processional cape, fastened across the chest by a large clasp called a *Morse* (from the Latin, *mordere*, a bite). On their heads Bishops wear a *Mitre*, a symbol of their Episcopal office. The word comes from the Greek, *mhtra*, a turban. They carry a *Crosier*, a hooked staff symbolising the pastoral office of the Bishop, the Shepherd of his flock. Roman Catholic priests sometimes wear a *Maniple*, a strip hanging from the left arm (Archbishop Stigant is wearing one in the Bayeux Tapestry when he crowned Harold). Bishops in the Church of Rome may also wear a *Biretta*, a square cap of various colours. A *Verge* is a wand or rod carried by a *Verger* who is an official in church who shows priests to their seats, etc. The verge is a symbol of the Bishop's office; compare Field Marshals who carry a baton.

Finally, slightly changing the subject, what is the difference between a *Rector* and a *Vicar*? A *Rector* (from the Latin, a ruler) was originally the incumbent of a parish where all the tithes formerly passed to the incumbent; a *Vicar* (the word means a deputy) was originally the incumbent of a parish where the tithes formerly belonged to a chapter or religious house. The two words are now mediaeval anachronisms. Uplyme has a Rector. Let's just leave it at that.

Jack Thomas

News from Mrs Ethelstons School



The Staff and children of Mrs Ethelstons enjoyed a much needed Christmas break, and returned to school fully rested and refreshed. Our key Stage 1 nativity and the Key Stage 2 production of 'Five Gold Rings' raised a staggering amount of £434.33 for our charity, The Devon Air Ambulance. This is a reflection of the quality of the productions, as well as the generosity of the parents for such a worthwhile cause.

This term the children are finding out about what it was like in Twentieth Century Britain, studying topics such as Children in World War Two, Space Travel, and the 1960's. Later this term there will be a special theme day when children will be able to dress up from the era.

We are also trying to address the issue of parking outside school by encouraging more children to walk to school. We organised a walk to school week from February 11th, with a 'walking bus' bringing children up from the village hall. Finishing the week with a whole school walk around the village – quite a sight!

On Shrove Tuesday we held our traditional pancake races, complete with a parent's race. This was a great success and thoroughly enjoyed by all. This was followed by the Eucharist for Ash Wednesday, in church, with the village community. We will be having our Easter service later this term, on the 20th March. Please feel free to join us for any of our services.

Andrea Rice—Headteacher

UPLYME STORES AND POST OFFICE

The article in last months Parish News gave a very good description of what can now be found in the "Aladdin's Cave" popularly referred to as the Uplyme Stores and Post Office. One aspect which is still causing some concern in the community is the current plan to reduce the number of Post Offices in the UK. We had previously been told that the "list" would be published in February for East Devon and April for West Dorset. It now seems that there has been some delay and we can now expect the results in May and July. Until then it would be good if we could all continue to support our Post Offices as much as possible and be ahead of the normal "Use it or lose it" game. There is a wide range of services available from stamps to phone top-ups and postal orders to savings schemes. Just ask!

The article did forget to mention John and Faye who also help out in the shop and Post Office mainly at weekends. As the saying goes, until next time.....

Neil (aka Nigel!)

Fishy Fillers @ Millers

Well it's been an abundant start to 2008 in the fish game. Monkfish and squid are lovely at the moment, and there are plenty of hard-shelled crabs about as well as stacks of Cornish sardines. Sprats have also made a late entry this season and Newlyn and Brixham have been awash with the little beauties. We fried some up the other night, and our fussy 4 year old managed a couple before he realised he was eating the whole fish! Suffice to say the dog put on a couple of pounds that evening.



On a more controversial note, a local fisherman with a small boat told me how disgruntled he was that he'd had his Dover Sole quota reduced to the point where he can land only a few fish per month. Since he's not been out so much, a beamer out of Brixham with a 2-mile net (compared to his 1/4 mile net) has taken his grounds. Being a bigger boat, the beamer has a much larger quota. I mean come on; it's important to have quotas to limit fish catches, but not when the fish is going to be taken anyway, by a larger commercial boat! I hope this ongoing problem for the smaller fisherman is addressed in some way as it's damaging the local economy.

Simon Bennett - mobile 07815 528020

KATE CROSS

Sadly Kate Cross passed away on Monday 21st January at Cary-brooke Residential Home, Castle Cary Somerset, where she had lived for the past two and a half years. Kate had reached the grand age of 90 and is survived by her three daughters, five grandsons and eleven great grandchildren and was much loved by all her family. She had not been in the best of health recently but always retained her sense of humour and was usually full of her nonsense!

Kate lived at Uplyme for over seventy years, latterly at Cooks Mead where she lived very happily amongst her friends and neighbours. She was a very proud member of the British Legion (Woman's Section) where she was standard bearer for some years and, of course, for many years, did the house to house collection for the poppy appeal.

As you know she was very heavily involved in the fundraising for the new village hall and rarely did anyone escape from buying her raffle tickets or something from her stall at jumble sales! She was very proud to have been amongst those present when the 'time capsule' was laid during the construction of the hall!

A funeral service to say goodbye to Kate but also to give thanks for, and celebrate, her long, happy and extraordinary life was held at Yeovil Crematorium on Wednesday 30th January.

Many thanks, ***Mike and Wendy Weston***

Report on Uplyme Parish Council Monthly Meeting held on 13th Feb 2008

Parishscapes project

Before the start of official business, and as mentioned in last months report, a presentation was given on this most interesting initiative by Phil Planel the Parishscapes Officer of the East Devon Area of Outstanding Natural Beauty Team. It is a community project that aims to make all the title maps of the East Devon AONB available for public use as a means of increasing awareness of these historical maps and their connections to landscape past and present. Anyone wishing to find out more about the project can contact Phil Planel Tel.No. 01404 46663, mobile 07734 568987, email pplanel@eastdevon.gov.uk

Planning

Applications Refused by East Devon District Council

The Coach House, Trinity Hill Road. Erection of 3 car garage with workshop over with balcony, dormer windows and velux windows

Applications Granted by East Devon District Council

The Old Mill Replace roof timbers of outbuilding and reuse existing roof tiles.

The Old Chapel (Bethel Cottage) Rocombe Replace velux roof lights with two dormer windows, add an extra velux rooflight to east elevation .

Mayfield,Lyme Road machinery shed/garden store.

Cheesecombe Cottage, Harcombe Erection of single storey extension and change of use of adjacent agricultural land to domestic use.

Yawl Farm, Lyme Road Single storey extension to rear Stepside, Church Street Replace rear french doors like for like Carswell Farm Replacement agricultural building.

Applications considered

Hill Farm - Land opposite, Gore Lane (amended plans). Stable Block. *The Parish Council has no adverse comments.*

The Bungalow, Harcombe Demolition of existing dwelling and construction of replacement cottage. *There are a number of concerns about this application from the Parish Council and neighbours.*

1. The plans do not adequately reflect the scale and relationship to adjacent properties. 2. It would result in a considerable increase from the original bungalow's footprint.3. The height and size of the new dwelling would lead to it dominating near neighbours and seriously compromise their amenity and privacy.4. The design, while making some reference to the local vernacular, is very poor. The overuse of brick as quoins, the size and type of windows and the forward facing porch roof lead to a bland, estate type design .5. No development should take place before the problems of inadequate foul drainage are fully researched and resolved. Refusal Recommended.

Smokey Hole, Cathole Lane Retention of exercise pool and erection of pool cover . *The Parish Council has no objections to this application. Approval recommended*

Pyms Orchard, Lyme Road Replace existing glass in conservatory with toughened glass. *The Parish Council has no objections to this application. Approval recommended*

Enmore, Lyme Road Single storey side extension to provide improved entrance and downstairs wc/shower room. *The Parish Council has no objections to this application. Approval recommended*

Post Office, Lyme Road Demolition of P.O. & store & construction of replacement 2 storey building with P.O. on ground floor and 2 flats above. *The plans submitted are notable for their lack of detail especially for such an important building on a very prominent site. Nevertheless, the Parish Council does not object in principle provided the following is undertaken.* 1. A roof height assessment is submitted to assess the impact on Church Street and adjacent properties. 2. A redesigning of the front, east and rear elevations to reflect the character of this part of the village a. It is suggested the first floor windows on the front and east elevations should be Georgian sash (to compliment the Devon Hotel) and some chert be included to relieve the blandness and b. The windows on the rear elevation should be more cottage style.

Greenties, Lyme Road (amended plans) Demolish 3 garages and erect detached house. *The Parish Council would again stress the importance of a well designed building on this prominent site. Unfortunately the re submitted design is still a very bland and formalist 'Estate Box'. the inclusion of chert on the front elevation and more interesting cottage/ Georgian sash could contribute in adding character. Refusal Recommended.*

Strathaven, Pound Lane Crown lift 4 beech trees. *The Parish Council has no objections to this application. Approval recommended*

Little Croft, Tappers Knapp Erection of conservatory . *The Parish Council has no objections to this application. Approval recommended*

Footpaths

The annual footpath survey has now been completed and Cllr. Burton thanked all those who volunteered their services to enable this to be done.

Parish Precept 2008/2009.

The Clerk in his capacity as Responsible Financial Officer recommended an increase of £849 in the precept to £13,893. This allows for essential works to be carried out in the compost area of the cemetery and committed donations of £500 to King George Field for tennis court repairs , £200 to East Devon Citizens Advice Bureau and £200 to the Axe Valley & West Dorset Ring & Ride. The increase will result in an annual precept for a property in council tax Band D of £16.83 (an increase of 89p on the 2007/2008 precept). Councillors voted unanimously in favour of this increase.

Maintenance of Parish Council land.

Interviews have taken place to appoint a contractor for the year commencing 1st April. It was decided to award the contract to the present contractor, Mr Charles Chetwode of Bay Gardens & Landscaping.

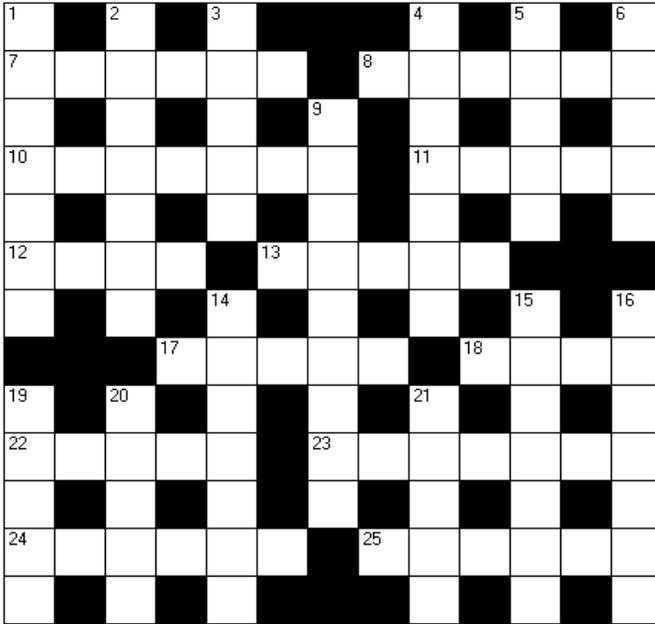
Children's Playground.

EDDC award for the "Best achievement in the last five years which has benefited the local area".

As reported last month the Parish Council made a submission in respect of the new playground equipment. Cllrs. Beryl Denham and Jonathan Clarke-Irons and the Clerk attended the Celebration event and are delighted to report that Uplyme Parish Council received Best Achievement Award in competition with many other submissions. Cllr. Clarke-Irons and his CUP team are to be congratulated for the tremendous amount of work they put in to ensure that the parish has a well equipped playground for young people.

Charles White, Parish Clerk

CROSSWORD FOR MARCH



Across

- 7 Bigger (6)
 8 9 down having charge of a diocese (6)
 10 eg Rome or Lisbon (7)
 11 Mother-in-law of Ruth (5)
 12 Garden home of Adam and Eve (4)
 13 Christian symbol (5)
 17 She _____ no-one (Zeph 3.2) (5)
 18 Description of the horse ridden by 3 across in Revelation ch. 6 (4)
 22 ..they _____ the winepresses (Job 24.11) (5)
 23 City where the disciples were first called Christians in Acts ch. 11 (7)
 24 Country (6)
 25 More hallowed (6)

Down

- 1 Darken (7)
 2 Fell like the bindings on Samson's hands in Judges ch. 15 (7)
 3 A king's wrath is its messenger, according to Proverbs ch. 16 (5)
 4 Animal whose cubs are scattered in Job ch. 4 (7)
 5 Fire an arrow like Jehoash in 2 Kings ch. 13 (5)
 6 24 across whose 10 across is Madrid (5)
 9 Priest (9)
 14 Angel of the Abyss in Revelation ch. 9 (7)
 15 Included in the canon of the bible (7)
 16 Ropes for fastening animals (7)
 19 ..the basin with its _____ (Ex 31.9) (5)
 20 God (5)
 21 ..observe them on the delivery _____ (Ex 1.16) (5)

BRASS TACKS

Provides practical support to missionaries for building projects and maintenance of vehicles, generators etc, is the subject of the meeting at

Bethany Chapel,
Coombe St, Lyme Regis
at 4pm
Sunday 30th March 2008.
It will be followed by a
splendid tea!



Save the Children

Bingo Evening
At
The Woodmead Halls
On
Monday 17th March
at 7.00 pm



**Grand
Second-hand Book
Sale**

**Uplyme Village
Hall**

**Saturday March 8th
11am till 3pm**

Refreshments
30p entry
if you would like a table to raise
funds for your charity then please
telephone: Paula on 631919



*...I think I must have missed that module
when I was at theological college!*

A CHURCH NOTICE?

The ladies of the Church have cast off
clothing of every kind. They may be
seen in the basement on Friday after-
noons !!!



Table Top Sale
Uplyme Village Hall
Saturday 22nd March
10am till 2pm

In aid of Hall Funds
30p entrance fee
Refreshments

Tel 631919
to book your table (£5)

From the Registers

Baptisms:

Nil

Marriages/Blessings:

Nil



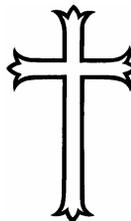
Interment of ashes:

Nil

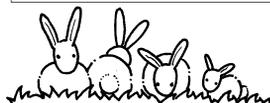
Thanksgiving Service:

Tues 19th February June Turner

YOUR
LEGACY
TO THE CHURCH



HAVE YOU MADE ONE
WHY NOT SEE YOUR
SOLICITOR



Rector of Uplyme & Vicar of Axmouth

Rev. Jeremy White, The Rectory, Rhode Lane, Uplyme, DT7 3TX Tel: 443256

Email: rector@uplymechurch.org.uk

Church Administrator

Carol Linsley

444499 (Church Office)

Email: administrator@uplymechurch.org.uk

Churchwardens

Robin Hodges

445180

Carole Fowkes

35884

Deputy Churchwarden

Jenny Perham

32254

Mark Trafford

443252

Treasurer

Neil Pullinger

443973

Sexton

Jeanne Allen

445457

Electoral Roll Officer

Shirley Hobden

443432

Organist & Choirmaster

Brian Manners

443845

Asst Organist

Adrian Pearson

442902

Bell Ringers: Tower Capt.

June Moulding

445143

Youth Worker

Irve Griffiths

444621

Mrs Ethelston's School Head

Andrea Rice

442210

Mission Support Group

Carol Linsley

442358

Home Groups

Don Draper

442755

Lay Visitors Group

Carole Fowkes

35884

Flower Group

Jenny Perham

32254

Prayer Group

Terry Daly

445541

Junior Church

Kate Eaton

445135

Parish News Editor

Robin Hodges

445180



"Easter coming so soon after Christmas
has almost turned Anthony into
a regular churchgoer."

Redlands, Lime Kiln Lane, Uplyme, Lyme Regis, Dorset, DT7 3XG
parishnews@uplymechurch.org.uk