



Parish of Newton Abbot and Ogwell

WEEKLY NEWS

19th October 2025.

FROM OUR VICAR

Dear Friends,

Discovering Our Rhythm of Faith

As the nights draw in and the long days of summer give way to darker evenings, many of us find that our routines begin to shift. The light fades earlier, the pace slows, and life takes on a different rhythm. This seasonal change can be more than just a matter of daylight. This can prompt us to wonder how our spiritual rhythms might adapt too.

I came across The Diocese of Bristol's "Finding your individual rhythms" resource this week, which invites us to explore a Rhythm of Life — not a one-size-fits-all programme, but a pattern shaped by listening to what God is saying to each of us within the wider community of faith. (bristol.anglican.org) We are reminded that spiritual vitality usually grows not through occasional bursts of activity, but through gentle, consistent habits that welcome God into the fabric of our ordinary days.

Christians across the centuries have found that such practices, sometimes called a rule of life, can help us stay rooted in God's grace. In Ignatian spirituality, for example, there is a deep attentiveness to the movements of the soul: noticing where we find consolation and where we experience struggle, and shaping our days around prayer, reflection, service, and rest. These patterns are not about restriction, but about freedom.

Jesus expressed this beautifully when he said, "If you continue in my word, you are truly my disciples; and you will know the truth, and the truth will make you free" (John 8:31–32). To continue in his word, to live with him at the centre of our days, is to discover the kind of rhythm that leads to freedom and joy.

As we move into winter, perhaps we as a church family can see this as an opportunity to discover our rhythm together. For some of us, that might mean a few quiet moments of prayer in the morning; for others, a weekly act of service or a shared meal with friends. Some might try the examen (a short reflection at the end of the day to notice where God has been at work). Whatever form it takes, the important thing is that we walk this journey alongside one another.

Together, we might pause to reflect on how our daily lives are changing with the season; choose one small, life-giving practice to sustain us; and, after a while, review what has helped us to grow in faith.

Our rhythm this winter may be slower and quieter, but that, too, can be holy. As we walk through the darker months, may we find in our shared rhythm of faith the steady heartbeat of God's presence, guiding, grounding, and freeing us to live as disciples of Jesus in every season.

Blessings,

Gareth.

Please pray for:

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

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

Peace in Ukraine and Israel.

The Episcopal Church.

The churches of the Paignton Christ Church Mission Community.

Residents in the following streets: Park View, Paynsford Mews, Paynsford Road, Penn Inn Close, Penshurst Road, Perry Lane, Petroc Drive, Pinewood Road and Pitt Hill Road.

The sick and suffering including: Joey Hilton, Noah Maynard, Cherie Glover, Sheila Fletcher, John and Joyce Sutherland, Jackie, Joshua, Anna Crocker, Barbara-Ann, David, Julie, Sally Fulcher, Marie Graham, Martyn, Eve Taylor, David Littlewood, Max, Sarah, Ruth and Ted Parkhouse 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 to let us know about anyone needing our prayers.

Readings for 19th October

Habakkuk Chapter 1: Verses 12 to 17

Mark Chapter 10: Verses 13 to 31.

NEWS AND NOTICES

The Christmas Journey 2025

Our interactive presentation of the Christmas story to 6/7 years olds in primary schools across the Parish will take place during the week commencing 1st December. Already 5 schools and 150+ children have signed up, so now we need a team!

We need about 25 volunteers each session and are likely to have 6 sessions across the week (9:30-12noon or 1-2:45) as well as needing people to help set up and take down. Sign-up sheets will be available at our churches soon or contact Judy direct via email at mrsvicar16@gmail.com. Do get involved!



Prayer Gatherings.

Our next **morning** Parish Prayer Gathering will be on Monday 20th October from 9:15 a.m. at St Paul's Church.

Our next **evening** Parish Prayer Gathering will be on Monday 27th October from 7:45 p.m. to 9 p.m. at St Paul's Church.

Coffee Mornings

St Bartholemew's Church on 24th October 10:30 a.m. at, Ogwell in aid of Breast Cancer Awareness. **Please wear pink.**

St Paul's Church on 25th October, at 10 a.m. in aid of Christmas Journey.

COMING EVENTS

Evensong Choir Practice. 16th October, 7 p.m. at St John's Church, Bovey Tracey.

Men's Breakfast. Saturday 18th October, 9:00 a.m. at the Leisure Lounge Café.

Craft Club. 21st October at 2 p.m. at St Paul's Church.

Charity Coffee Morning. St Bartholemew's Church, Ogwell on 24th October at 10:30 a.m. in aid of Breast Cancer Awareness. Please wear pink.

Charity Coffee Morning. St Paul's Church on 25th October, at 10 a.m. in aid of Christmas Journey.

Lunch with God. Bible teaching. 5th November and each Wednesday thereafter at St Paul's Church Hall. 12:15 to 1:45 p.m. Free soup and hot drink.

Women's Breakfast. Saturday, 8th November at 9:30 a.m. at The Clock Tower Coffee Shop, Wolborough Street, Newton Abbot.

Traditional Choral Evensong. 9th November at 6 p.m. at St Mary's Church, Abbotskerswell.

Joint Parish Service for the fifth Sunday of the month on 30th November at 10:30 a.m. at St Mary's Church, Wolborough.

Evensong at St Luke's Church, Milber - Sunday 30th November at 5:30 p.m.

Murder Mystery - Tragedy at the Village Tea Party – with supper. Denbury Village Hall TQ12 6DS, 29th November at 7 p.m. £25. To book contact imwdayey@gmail.com or phone 07767 771590. Profits to Denbury Church.

The Christmas Journey. Week beginning 1st December. Volunteers needed, please see forms in church or contact Judy directly by email at mrsvicar16@gmail.com.

CHURCH SERVICES

19th October

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

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

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

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

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

26th October

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.

2nd November

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

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

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

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

St Luke's Church, 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](https://www.youtube.com/).

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

30th November (5th Sunday)

Parish Communion, St. Mary's Church, Wolborough, at 10:30 a.m.

Evensong, St Luke's Church, Milber, at 5:30 p.m.

PRAYER GATHERINGS at St Paul's Church.

20th October 9:15 a.m.

27th October at 7:45 p.m.

3rd November at 9:15 a.m.

FUNERALS AND INTERMENTS

Helen Roach 28th October, 11:30 a.m. at All Saints' Church, Highweek. Funeral.

Beulah Colwill 15th November at 12 noon at All Saints' Church, Highweek. Interment of Ashes.

PARISH CONTACTS

Team Rector: Rev Dave Brown. Day off Thursday

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 07555 924862

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

gareth@newtonabbotparishes.co.uk 01626 201237

Curate: Rev Jonathan Bealey curate@newtonabbotparishes.co.uk 07886567732

Licensed Lay Minister:

Keith Butler: puffin@blueyonder.co.uk 07980 457919

Lay minister for St Luke's, Graham Whittle family@hotmail.co.uk

Churchwardens:

All Saints': **Michael Gillibrand**

Abbotsbury: vacant

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

St. Paul's **Lorna Tresidder** lornatresidder@icloud.com

St Bartholomew's **Stella Llewellyn** stellallewellyn@icloud.com 01626 906814

and **Gwyn Hughes.** gywnhughes@icloud.com 01626 365028

Anna Chaplains: Mei Lan Machin. d.m.machin2013@gmail.com 07926 991578

and **Kim Martin** kimbo58@gmail.com

Organists:

Steve Cox 079 686 21511 or 01626 854228 stephen.cox54@talktalk.net

Clive Sawers 07967 148794 clivesawers@aol.com

Parochial Church Council Secretary: Barbara Garrick 07910 207358
barbara_garrick@yahoo.com

Safeguarding Lead: Rob Palmer 07792 081776 treb0r@hotmail.com

Weekly Parish News by Email. **John Calderwood.** news@newtonabbotparishes.co.uk
07760 226488

Other Communications Media (website and social media)
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

Parish website: www.newtonabbotparishes.co.uk

Parish Office at St Paul's Church, Devon Square. The office is normally open Monday to Thursday, 10:30 a.m. to 1:30 p.m.

Phone 01626 211346 or email office@newtonabbotparishes.co.uk.

OTHER USEFUL CONTACTS

Newton Abbot Town Council. 01626 201120 www.newtonabbot-tc.gov.uk

Shopmobility, Ring & Ride, Community cars – 01626 335775

Teignbridge Council – 01626 361101, www.teignbridge.gov.uk

THAT Foodbank. 8 Queensway House, Queensway, Newton Abbot. TQ12 4BA. Tel:
01626 437310, email: office@thatfoodbank.com Web: www.thatfoodbank.com

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