Pressing the Pause Button

Using this 'pause' to live more mindfully and compassionately

Katherine Weare

So here for better or worse we are, many of us with plenty of time to look out of at the lovely green Devon countryside, with much of our lives on pause. Maybe as well as the hobbies and box sets this is an opportunity for us to practice skills to hit the mental pause button, give our minds some rest from the usual anxious and gloomy chatter, and cultivate more kindly, positive and hopeful habits of mind.

Mindfulness means paying attention, in the here and now, on purpose, and with kindness and open-minded curiosity to what is actually happening.

Mindfulness is a skill we cultivate through doing, so here are a few little practices you might try in troubled times. They can be as long or short as you like – don’t overdo it. Even a little may help.

Taking a mindful pause
The mindful pause can ground us in the here and now. Do it whenever you feel like it and especially when thoughts and feelings are spinning out of control. 1) Just stop, and stand or sit, upright but relaxed. 2) Notice what is going on for you right now. What is happening in your thoughts and feelings and in the body? Get interested and curious. 3) Grounding yourself physically - feeling the sense of contact, feet on the ground, bottom on the chair. 4) Being with the physical sensations of the breath in the body. Resting your awareness on the full in and out breath, wherever you feel the breath most clearly. Maybe take a few deeper breaths to really connect. 5) When your mind drifts off into intrusive thoughts, noticing that, and gently and kindly letting the thoughts go, and coming back to the breath. 6) Reconnect with mind and body. What is here now? Don’t expect miracles, but maybe you feel a little clearer and with more choices?

Soothing breathing practice
Sit or lie down. Do a mindful pause, and take a few longer, slower breaths, breathing in slowly through the nose, pausing slightly, breathing out through pursed lips. Hands on belly to feel the movement. Find a rhythm that is soothing and calming. Maybe put a comforting hand on whichever part of the body is agitated, sad or lonely, give it some love. You might silently reassure yourself with something like “If I can breathe with it, I can be with it.”

Noticing the impact on our minds and bodies on how we spend our time
Use the mindful pause to notice what lifts and what depresses your mood. Then you have some informed choices. You may conclude that a habit of obsessing constantly over the latest news is making you agitated for no purpose and decide to limit your exposure to the ‘fear virus’. Maybe you choose to phone someone or look at media that connects you and lifts your spirits. But maybe give more time and attention to what you can focus on in your own little real world right now to help you feel more present and alive.

Coming to our senses
Everything we do – our hobby, exercise, cleaning up, cooking, washing our hands, can be done with full attention, not just as something to get over and done while we ruminate and worry. So slow down, savour and appreciate the depth and detail of an experience you usually miss. For instance, what are you about to eat? Really look at it, smell it, take a mouthful and chew it slowly, noticing the taste. Find one flower in the garden – stop and be with the colour, the form. The spring birdsong - stop and drink in the sound. Practise outside when you can, with the rich sounds, colours, scents. Walk more mindfully, especially if you are agitated, noticing closely the feeling of your feet on the earth, of transferring of
weight from one to the other. Just decide what real experience you choose to focus on for a few minutes and keep repeatedly just letting those intrusive thoughts gently go.

**Stay connected with others in your heart, and hopeful.** Loneliness can kill as effectively as a virus, but it is not the same as being alone. Even if you are not able to see those you care about right now you can wish them well in your heart. Smile. Send gratitude to all of us isolating and social distancing for the common good, and to the brave souls in the front line. Have hope. This too will pass, but maybe the virus has shown us just how connected and similar we humans are. It might even be a turning point to help us all create a kinder world.

**More resources on the Sharpham website**
https://www.sharphamtrust.org/mindfulness-retreats/mindfulness-resources

*Katherine Weare, Coombe Barn, Ashprington*

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**From the Editors:**

*Back in the day... when we had coffee on a Thursday in the Village Hall where we could huddle up and talk in hushed tones I discovered that Katherine (Dr.) Weare had used mindfulness techniques to control the very same pain that dominated my own sorry foot. We shared Morton’s neuroma.*

*When asked if she would help with an article for these stressful times Katherine’s response was an immediate, yes. And so we hope that you will find your own pause button.*

*We also hope that you will find some helpful resources and ideas in this magazine for the months ahead. All three villages have made the same clear response: a telephone/email link to one person/organisation that will relay your request to a particular volunteer. You will have had this information on a leaflet from your Parish Council. A list (page 6) of the delivery possibilities for groceries and pharmaceuticals that are known of at the moment might help you and the businesses involved survive.*

*Time was that quantity which we used to have to ‘take’ and our time was always ‘being taken’. Time has now been given, bags of it, at the best time of the year in the best of places. Depending upon the printers, deliverers and government restrictions for the next issues, please consider sending in your thoughts and ideas on the possibilities you have found in these unchartered times.*

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**Teach me, my God and King**

*Teach me, my God and King, in all things thee to see, and what I do in anything to do it as for thee.*

*A man that looks on glass, on it may stay his eye; or if he pleaseth, through it pass, and then the heaven espy.*

*All may of thee partake; nothing can be so mean, which with this tincture, "for thy sake," will not grow bright and clean.*

*A servant with this clause makes drudgery divine: who sweeps a room, as for thy laws, makes that and the action fine.*

*This is the famous stone that turneth all to gold; for that which God doth touch and own cannot for less be told.*

*From The Elixer, George Herbert (1593-1633) Altered by J Wesley, Collection of Psalms & Hymns 1738 Hymn tune Sandys, anonymous.*

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George Herbert - a man for our times?
May Magazine:

Please try to have all copy to the production editors by the 20th of April for the May magazine. No guarantee of publication. Thank you.

Light a candle of hope:

On Mothering Sunday at 7.00 pm Churches Together in England encouraged people to light a candle and place it on their windowsill as a national call to prayer and action. Candles are symbols of hope. They are also a symbol of the Light of Christ. They are a reminder that Christian hope is not dependent on circumstances. “We have this hope, a sure and steadfast anchor of the soul.” (Hebrews 6:18) All the darkness in the world cannot put out the light from one small candle.

Later this month, the Church throughout the world will celebrate Holy Week and Easter. This year it will be different and perhaps more poignant as people walk their own Via Dolorosa or Way of the Cross. There will be hurt, anger, disbelief, perhaps too, a sense of betrayal as people are forced to lay down their jobs, their income, their status, their freedom, their social life, their usual modus operandi, perhaps even their life. It is a very real crucifixion, a very real Good Friday, a very real end to the world as we have known it. Nor do we know how long our “descent into hell” or our Silent Saturday will last for before we experience Easter or Resurrection joy…...Three months, six months, a year?……and what will the world look like when we emerge?

Certainly, we can be sure that the world will have changed because we ourselves will have changed. One thing of which we can be sure is that new life or resurrected life will look different. But perhaps that is no bad thing.

We will have an opportunity to go back to what is really important, as we return to love: love of our creator, love of our neighbour, love of our true or higher self. And perhaps too, we each have a part to play in what this new world will look like.

In this time of enforced isolation, we can practise being more loving to our neighbours, our friends, our families and ourselves and in doing so we can each play our part in healing the world.

I close now with a poem which was sent to me called “Lockdown.” I hope it will encourage you as it encouraged me.

"Lockdown" by Richard Hendrick

Yes, there is fear.
Yes, there is isolation.
Yes, there is panic buying.
Yes, there is sickness.
Yes, there is even death.

But,
They say that in Wuhan after so many years of noise You can hear the birds again.
They say that after just a few weeks of quiet the sky is no longer thick with fumes but blue and grey and clear. They say that in the streets of Assisi People are singing to each other across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of the family around them.
They say that a hotel in the West of Ireland is offering
free meals and delivery to the housebound.
Today a young woman I know
is busy spreading fliers with her number through the
neighbourhood so that the elders may have someone to
call on.
Today Churches, Synagogues, Mosques and Temples are
preparing to welcome and shelter the homeless, the sick,
the weary. All over the world people are slowing down
and reflecting. All over the world people are looking at
their neighbours in a new way. All over the world, people
are waking up to a new reality to how big we really are.
To how little control we really have.
To what really matters.
To Love.
So we pray and we remember that
Yes, there is fear.
But there does not have to be hate.
Yes, there is isolation.
But there does not have to be loneliness.
Yes, there is panic buying.
But there does not have to be meanness.
Yes, there is sickness.
But there does not have to be the disease of the soul
Yes, there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live now.
Today, breathe.
Listen, behind the factory noises of your panic, the birds
are singing again. The sky is clearing, Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.

Fr. Richard Hendrick, OFM
Mindfulness Ireland
March 13th, 2020

Lectionary in April

5 April Palm Sunday
First reading: Isaiah 50.4-9a
Second reading: Philippians 2.5-11
Gospel: Matthew 26.14-27.end

12 April Easter Day
First reading: Acts 10. 34-43
Second reading: Colossians 3.1-4
Gospel: John 20.1-18

19 April Easter 2
First reading: Acts 2.14a, 22-32
Second reading: 1 Peter 1.3-9
Gospel: John 20.19-end

26 April Easter 3
First reading: Acts 2.14a, 36-41
Second reading: 1 Peter 1.17-23

3 May Easter 4
First reading: Acts 2.42-end
Second reading: 1 Peter 2.19 - end
Gospel: John 10. 1-10

In coming months to find The Lectionary online go to:
https://www.churchofengland.org/.../common-worship/churchs-year/lectionary

Some Online and media sites
for acts of worship and meditation

Simple Acts of Worship and Prayers:

Daily Act of Worship: 9:45am Radio 4

Service of Choral Evensong: Wednesdays at
3:30pm Radio 3 and repeated Sunday afternoons.

Sunday morning act of worship: 8:10am Radio 4

You tube videos from Rev’d. Steve Jones:
www.youtube.com/watch?v=YDADFUtXWjeg
www.youtube.com/watch?v=eMmFqYwRacg
www.youtube.com/watch?v=grutsySqMyc
**St George’s Church**

Dear Friends,

We have received our instructions from the Archbishops. For reasons of safety, there are to be no public services or meetings in church until further notice. A regular pattern of worship will be maintained by the clergy including The Eucharist. The clergy and laity will also continue to say Morning, Midday and Evening Prayer. St Saviour’s, St Petrox and St George’s, Dittisham will be open daily for people to visit for prayer and reflection. If you need pastoral support please get in touch via email, the church Facebook page, or, if you prefer, by phone via the Benefice office. FrWill, Fr Andrew and Fr Bob are all available if you need us. The weekly pew sheet will continue to be available with other resources at the back of church and on our website. If you become ill and/or have to self-isolate, please let us know. If you need anything at all, do not hesitate to ask.

Also, the Archbishops invite everyone each Sunday to join in prayer at home for the country, for the world, for everyone anxious or sick at this time. We are also asked to place a lit candle in a window at 7pm on that day. I hope all people of goodwill, regardless of faith, or none, will want to join in this.

Your parish churches have served the communities of Dartmouth and Dittisham for over seven hundred years. We have done so through the Black Death, plagues, smallpox, Spanish Flu and now coronavirus. It's what we do, because we are built on rock and the gates of hell will not prevail against it (Matthew16:17).

As the people of God we are the Church, the body of Christ and we still have the task of supporting our communities, praying for God's grace and setting an example to the world of how to live responsibly during this present crisis. We believe in life and life in all its fullness, we are filled with the power of the Holy Spirit who equips ordinary men and women to be and do extraordinary things for God.

We are hoping to stream an act of worship at 11am on Sunday, as we seek to be Church in a new way. You should be able to access this through our facebook page or through the news page of our website.

Courage, hope, love, peace, prayers and blessings to all.

www.parishofdartmouth.co.uk

**Parish office:** 835540 / office@dartmouthanddittisham.co.uk

Fr Will Hazlewood: 414767 / vicar@dartmouthanddittisham.co.uk

Fr Andrew Langley: 834430 / curate@dartmouthanddittisham.co.uk

Fr Bob Boyle: 361379 / asscoppriest@dartmouthanddittisham.co.uk

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**St David’s Church**

As I write these notes I should really be preparing my talk for the Mothering Sunday Service now suspended with all other gatherings until further notice. However St David’s will remain open, weather permitting on most days for those wishing to visit for a moment’s quiet reflection and private prayer. On the bench as you enter the church you will find a sheet of a Simple Act of Worship. Please take it home with you and do not leave it behind if you have used it! On page 4 there are several media sites that you might like to use.

I would like to offer the words of three prayers for your use in the coming weeks. If you would like to use them particularly on Sunday evenings at 7:00pm when lighting a candle you will be joining with many others across the country:

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Keep us good Lord under the shadow of your mercy
in this time of uncertainty and distress sustain
and support the anxious and fearful. And lift up
all who are brought low, that they may rejoice in
your comfort, knowing that nothing can separate us
from your love. In Christ Jesus, our Lord. AMEN

Lord Jesus Christ you taught us to love our neighbour
and to care for those in need, as if we were caring for you.
In this time of anxiety, give us strength to comfort the fearful
to tend the sick and to assure the isolated of our love,
and your love. For your name's sake. AMEN

I place my hands in yours Lord
I place my hands in yours.  
I place my will in yours Lord
I place my will in yours
I place my days in your Lord
I place my days in yours
I place my thoughts in yours Lord
I place my thoughts in yours
I place my life in yours Lord
I place my life in yours.
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If you would like to leave a prayer on the board in St David’s Church, it will be read and prayed. If you are not able to do this please send by email to either kgreen@supanet.com or srboyes@yahoo.com.
Need items delivered to your door?

- **The Kitchen Table** - You can order food for delivery through @apricotcentre (delivered on Wednesday) or @a_w_luscombe_butchers (orders require 72 hours notice) or for collection from the Kitchen Table. Orders made through us will ONLY be accepted by email sima@thekitchentable.org.uk or by phone 07583400998 (you can text too).

  Payments received by Paypal or on collection by card machine.

- **Eggs**

  You will be able to buy eggs in St David's Church Ashprington. The eggs have been placed into trays by machine and are untouched. Bring your own egg box and do not socialise. Wash hands when you get home. £1 for half a dozen

- **R D Johns Ltd Food Service**—usually delivers to caterers. Now offering 4,500 items. Next day delivery if ordered by 2.30, online app ordering only. Contact 01626 368800 to activate account. Minimum order £50.00

- **Groceries**

  - Annies – Totnes 867265
  - Eversfield Organics Totnes 01837 871400

- **Totnes Help Hub** – lots of useful information and links

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**ATCRG Prescription Pick up service** - for those in isolation or immobile

- We can pick up your prescriptions from Boots or Well pharmacy, preferably if pre ordered by your doctor or yourself.
- If you have automatic prescriptions already arranged let us know when you receive the text or message and if required we can arrange pick up. This may take 1 or 2 days.
- We need know what your prescription is for and to have proof of your address and full names to identify you at the pharmacy. We may also need your authorisation.

*It is important, if you order manually, that you order a week before you run out as it can take up to 5 days for your pharmacy to have available.*

Contact 07814767915 between 9 am and 5 pm if you have any concerns or would like us to pick up prescriptions.

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*ALL INFORMATION CORRECT AT TIME OF GOING TO PRESS – in these rapidly changing times information could be out of date.*
ASHPRINGTON & TUCKENHAY COMMUNITY RESPONSE GROUP

If you are over 70 or for other reasons you have been advised to self isolate there are things we can help you with:

- Essential Shopping
- Meal delivery
- Prescription collection
- Help finding advice
- Telephone befriending
- Dog walking

To get help

1) Call 07814767915 (between 9 a.m. and 5 p.m. only). We cannot offer medical advice – if needed call 999 or 111.

2) Email: ashtuckhelp@gmail.com

We also have some Street Wardens who will walk around their “patch” and look out for anyone needing help.

IF YOU CAN OFFER ANY HELP to deliver the above please
Contact Nick Mallalieu on 01803 732436 or nick.mallalieu@btinternet.com
HELP and INFORMATION for Cornworthy Parish

If anyone needs assistance or information we will try our best to help:
Tony Kirkland  01803 732877
Steve Hunt  01803 732851
Becky Fry  01803 722654
    mobile 07970719185
Linda Maby  01803 732731
We are calling for volunteers to help run a task force to assist with shopping/ prescriptions/ phone calls for those at risk.
Contact: parishcouncil@cornworthy.com
if you can help.

Dittisham Parish Council
Coronavirus Support Information:
The Parish Council is taking an overview of the parish response to the coronavirus outbreak.
We want to ensure that members of the parish and visitors receive the most effective information and support to stay healthy, and are able to access the support they require.
There are many other informal and more formal active community networks providing support: including local businesses, St George's Church, and Sustainable Dittisham, that can also support local needs.

COVID-19 Volunteers
Dartmouth Caring is co-ordinating volunteers to deliver two essential services during the COVID-19 outbreak, specifically:
1. food shopping and/or prescription collection and delivery for those unable to do so themselves (e.g. due to self-isolating)
2. telephone befriending, to help those struggling with a lack of social contact.
Please register with Dartmouth Caring if you need help, or can offer help: Register via the Dartmouth Caring website (preferred) or phone 01803 835 384.
A brighter future for our local ecology……

After Dittisham’s upbeat piece on gardening for wildlife last month, I thought I’d update on a few other environmental activities across the parishes……

The recent £177K National Lottery Grant award to the Sharpham Estate represents a major environmental investment locally. In partnership with Ambios, their tenants at Lower Sharpham Farm and supporting the great work of United Response for adults with learning disabilities, the grant will fund a three-year "Wild For People" project. Over this period the estate will transition from chemical-based to organic farming, replant many of the previously removed estate parkland trees, "rewild" parts of the historic landscape, as well as help people engage with nature. Species that have become endangered or suffered declines, such as rare plants, certain beetles and butterflies, starlings, cirl buntings and otters, will all be supported. In addition the grant will be used to improve wildlife access, education and volunteering opportunities.

In Ashprington, quite fittingly Laurence Green has become the "Green Churchyard Champion", supporting the Diocese-wide push for improving ecology in our churchyards. Similarly the Devon Wildlife Trust has been advising the Ash Meadow team on ecology enhancing changes they can make, including longer grass at the margins, hedge laying and hazel coppicing, planting up hedge gaps with nut and berrying shrubs, and creating habitat brush wood piles. In both areas ways to improve bat and bird habitats are being investigated, and changes to grass cutting will help encourage wild flowers to grow, providing colour and food sources for our insects: dandelions are particularly important as an early-season food plant for bees, so please treat them as vital food sources and not weeds!

In Tuckenhay an "Amphibian Migratory Zone" has now been nationally recognised, encompassing the lane from Tuckenhay mill dam, around Fishpond Cross and along to the Coombery valley turning. While volunteers have been helping many toads and frogs to cross in recent weeks, nonetheless each spring after dark still hundreds of frogs and toads become casualties to vehicles on that stretch of road. We intend to install "toad warning" signs to help drivers to miss more of them in future. Also in Tuckenhay, volunteers are helping kick-start the new tree planting at Hillside. The planted trees will all be grown within the parish (my thanks to Tom Green for a good number of oaks and pines), many of them transplants from Hillside’s woods. The new planting will enhance or create wildlife corridors running from Coombery valley along Bow Creek, as well as store carbon.

The tree planting group pre-social distancing. Also an example of the editor’s inability to turn an pictures sent on iphone!

Rabbit Hutch & Compost Bins - free

We have 3 plastic compost bins (good lids, about 250 Ltrs) surplus to requirements. Also one wooden rabbit hutch (44” x 26”), sides and floor in good condition but will need a new roof.

All free to anyone who can use them. Phone Mike on 732628.
Our Countryside Correspondent

This column once promised to refrain from the 'B' word which ended in exit and now it is the 'V' word which could be thought of as vexit and it certainly does! So let us only think of the countryside.

As I type this it is the true Spring Equinox – March 6th, the old time Lady Day is dedicated to the tax collector! Spring, which this year seems to have been a long time coming is officially here. Galanthus Nivalis, known as snowdrops to most of us, have retreated into the green to gather strength for next year's show and the daffodil is king, ably supported by the primroses which thrive among the cool mosses of the hedgerows.

In that bit of England on the borders of Wales which saw the birth of your correspondent the wonderful wild daffodils were known as 'Lent Lilies' but not for nothing is April sometimes known as 'The Primrose Month'. It all begins to look amazing but for farmers whose sowing schedules have been all over the place it is not yet all straight forward.

Many of our farming friends are enduring their ongoing harassment by DEFRA. Forms and forms about filling in forms (hopefully properly sanitised) are forcing their way through letter boxes and are going to be a challenge. Large numbers of farmers won't even know yet what they will be able to get in the ground. But the official who sits behind a computer in a heated and well-lit office probably thinks it is possible to farm by numbers and may well not know exactly where the countryside is located. Lambs are in evidence everywhere and for an endless source of fun just lean on a gate and watch them. In the days when your correspondent kept sheep the early evening was the best when all the little curly-coated hooligans would band together to enjoy mischief.

Trees, the roadside hawthorns always seem to be the first, are beginning to show signs of buds. There is a sadness here however since the ash tree, near the door of my yurt, got the disease and has had to be felled. Let us hope that disease resistant strains of ash come before they are all dead.

Then there is, of course, the cuckoo who has been awol for some years. Last year thirsting once again to hear the call of 'the highway man of the skies' I spoke to a very cagey friend who swore me to secrecy and told me where I might once more hear 'cuckoo'. The friend was right and for some minutes I stood in a place high and wild and quite far from here and 'cuckoo, cuckoo' sounded across the valley.

So now I suppose I must mention the virus. I have retired to self-isolation but how fortunate we are to be surrounded by countryside. Nature will always heal our spirits and keeping a safe distance I will agree with the Shropshire poet who wrote 'And since to look at things in bloom Fifty springs are little room, About the woodlands I will go to see the cherry hung with snow.' Keep well.

Gardening for Wildlife by The Untidy Gardeners

Welcome to our changing world! The shut down caused by the Coronavirus situation may mean that you will have more time to do some gardening - so here are some ideas that you may want to try.

As we said in our March article one of the goals for the Habitat and Gardens group of Sustainable Dittisham is to encourage gardeners in the parish to plant nectar rich perennials and wildlife friendly bushes and shrubs.

As the spring growing season is near it would be great if you could consider planting nectar rich flowers for both daytime and night-time insect visitors.

- Single or tubular flowers are always best as double flowers make it impossible for insects to reach the nectar – rather like looking through a supermarket window at the food but with the doors locked! White, pale coloured and scented flowers such as honeysuckle, white foxgloves and night scented phlox, for moths. The best shrubs in flower at the moment to provide nectar for early emerging insects are skimmia, all trees with single flowered blossom, Mahonia, heathers and holly. You could plant these shrubs for next winter.

- If planning to sow seeds or plant plants now to attract insects, then consider phacelia (a Californian wildflower loved by our bees), Echiums (our native viper’s bugloss is in this family), Teasel, single poppies, lavender, rosemary, blue bells and ox-eye daises. All bean and pea varieties - some of which will provide scrummy food for you - Plant them in your border!

- If planning a hedge try to incorporate our native privet - the flowers are a bee magnet so don't trim them so much that they don't flower!

Definitely avoid the temptation to plant laurel as it has virtually no real value to our wildlife.

(Many thanks to Steevie Rogers (Chair of Dartmouth Green Partnerships) for advice about planting nectar rich plants.)

We are the untidy gardeners but this doesn't mean that all of our garden areas are wild and unkempt! However leaving a small area to 'overgrow' would be great, but perhaps you could put cuttings in a pile so that any insects that may well have been sheltering in and around the plants have somewhere else to shelter.

The birds are busy preparing to breed and you can help them by hanging up nesting materials. Dog hair is good – but make sure you leave some on the dog!

Many thanks to Susi Nightingale for the frog/toad home idea.
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Rev’d. Steve Jones 01803 550674 steve@totnesrectory.co.uk
Licensed Reader, Liz Waterson, 849345, liz.waterson29@gmail.com
Licensed Reader, Tony Gregg, 813885 a.gregg29@btinternet.com

The United Benefice of Dartmouth and Dittisham
Rev’d. Prebendary William Hazlewood, The Vicarage, 79 Seymour Dr. Dartmouth TQ69GE Tel 01803 414767
vicar@dartmouthanddittisham.co.uk
Benefice Office: St Saviour’s Church, Dartmouth Mon-Thurs 9:30 -5pm
Tel: 835540 Sect. Jill Cawley office@parishofdartmouth.co.uk
Fr. Will’s day off is Friday.

St. Peter’s Cornworthy
Churchwardens
Tania Jones  The Rectory, Cornworthy 01803 732 692
Caroline Hunt  4 Green Close, Cornworthy 01803 732 626
Treasurer
Michael Hasker,15 Priory View,Cornworthy TQ9 7HN
mijh44@gmail.com 01803 732817
PCC Secretary
Marilyn Fry 01803722280
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Methodist Church
Minister for Cornworthy and Ashprington
The Reverend Verity Phillips

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West Dart Bus (Dittisham-Dartmouth, Totnes, N’ton Ab’)
Friday departs Dittisham 9:20 am from Level car park 9:30 from Church.
Return departs Dartmouth 12:00 Fare £2.50 each way. Every last Wed to Newton Abbot 9:30 from bus stop. Return departs N. Abbot 1:30 fare £3.50 each way. Timetable at Bus stop or contact Tony Hemmings 07776432309

ALL VILLAGE DEFIBRILLATORS

Remember in a suspected cardiac emergency FIRST CALL 999

ASHPRINGTON & TUCKENHAY
Public access (unlocked) defibrillators are situated in the phone kiosk, Ashprington and Maltster’s Arms, Tuckenhay. Call the Volunteer Emergency Telephone System (VETS) 01803 500535
The VETS volunteer will bring the defibrillator and assist with CPR.

CORNWORTHY
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A LIST OF TRAINED PARISHIONERS IS WITH THE DEFIBRILLATOR. FREE TRAINING CONTACT: CLLR KIRKLAND 732877

DITTISHAM
Public access (unlocked) defibrillators are located outside The Red Lion Inn and The Ferry Boat Inn.

For any maintenance issues with the defibrillators, please contact Cllr Richard Bond on 07813171773.