

DAWLISH COAST MISSION COMMUNITY

A newsletter brought to you every fortnight throughout the year with information from the churches of St Gregory's (Dawlish); St George's (Holcombe); St Mary's (Cofton) and St Paul's (Starcross).

Issue date: Sunday 9 November 2025

www.cofe-in-dawlish.org.uk

STRESS! WHO NEEDS IT? *Ceri Lee, LLM, writes:*

Did you know that, in the UK, National Stress Awareness Day was observed on November 5th? It passed me by completely! Additionally, it fell within International Stress Awareness Week, which takes place from November 3rd to 7th. This week is dedicated to raising awareness about stress and promoting effective coping strategies.



One of the mums who came to the Kids' Swap Shop at St Greg's on Tuesday happened to mention that she was feeling a bit overwhelmed with so much to do and so many 'plates to spin' in 'normal family life', whatever THAT is these days! We decided that this time of year was quite a good time to highlight stress awareness. The longer dark nights, the worsening weather and the 'busyness' of the season with all its preparations for Christmas seemingly getting earlier each year, all combine to conspire against us, leaving us that familiar feeling of not having enough hours in the day to do it all without SOME degree of stress.

It reminded me of a 'cautionary' tale about how stress can sometimes make us behave. Some of you may have heard this story already as I may have included it in a sermon. No apologies, it bears repeating.....

A driver is being tailgated by another 'stressed-out' motorist on a busy street. Suddenly, the lights at a pedestrian crossing, just in front, turn amber. The leading driver does the right thing and stops, even though they could have beaten the red light. The tailgating driver hits the roof, honking their horn and screaming in frustration. As they are still mid-rant, they hear a tap on the window and look up into the face of a very serious police officer. The officer orders the driver out of their car and takes them to the police station where, whilst they remonstrate profusely, they are searched, fingerprinted, photographed, and placed in a cell. After a couple of hours the door opens and the driver is escorted back to the front desk, where the arresting officer is waiting. He says, "I'm very sorry for my mistake. You see, I pulled up behind your car while you were blowing your horn, screaming at the chap in front of you, red in the face, exhibiting threatening behaviour and swearing like a trooper. I noticed the "Choose Life" window sticker and the "What would Jesus do?" and "Follow me to Sunday School" bumper stickers plus the Christian fish emblem on your boot..... So, naturally, I assumed you must have stolen the car.'

Now, I don't know about you, but I'm DEFINITELY not above getting stressed, sometimes about the silliest things..... the way someone else stacks the dishwasher, trying to neatly fold a fitted sheet, traffic jams when I'm late for an appointment and SO MANY other similarly inconsequential 'little' things. I had thought to list all of them, but we'd need another few pages to this Newsletter. These little stresses are often put into perspective when something BIG comes along to be REALLY worried about!

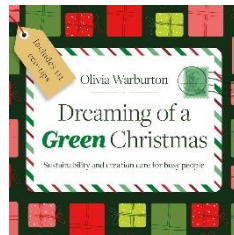
International Stress Awareness Week aims to raise awareness of the causes and cures for the modern-day 'stress epidemic'. We are encouraged to have an open conversation on the impact of stress and its effects and also about our mental and emotional state with friends, families, colleagues, and health professionals. All good advice, except it doesn't go far enough for me, I'd add that we should first share our stresses and worries with God in prayer. Nothing in our lives is too big or too small for God to care about - or to alleviate. Just read the words of Jesus recorded in Matthew chapter 11 and breathe deeply! I find particular and regular comfort in reading 'The Message' version. I hope you will, too. It says....

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."
(Matthew 11: 28-30)

My prayer is that we can all 'learn to live freely and lightly' in company with the Lord and each other.

I'M DREAMING OF A GREEN CHRISTMAS! *Preb. Chris Curd writes:*

'I'm Dreaming of a Green Christmas' is the title of a small booklet published by the Bible Reading Fellowship.



Some thoughts to ponder:

- Don't be put off doing what you can do because it is not perfect.
- Remember the Widow's Mite - Jesus did not say that it would not make any difference. God's economy is different to ours.
- Let's start thinking about how to celebrate the Lord's birth in a way that honours the creation.

Some Ideas to consider or work towards:

- **Avoid glitter** on cards and elsewhere. It may look pretty, but most of it is plastic and it renders the cards unrecyclable.
- Go for **plastic-free crackers**, if you use them.
- **Support local and/or ethical businesses** when buying presents. If we don't use our local shops we will lose them.
- **Acquire plastic-free sticky tape** - I can get it with my online Sainsbury's order. If you can't find it in the local store, ask why not! Or use paper tape, reusable string, coloured tape or ribbon!
- **For big presents, consider using a pillow case.** I have a grandson who loves "pillow case presents"!! For any presents consider using reusable, recycled material.
- If you do buy wrapping paper, look for **recycled, compostable, recyclable** paper.
- **Real Christmas trees** versus artificial. You have to use, on average, an artificial Christmas tree for 12 years to match the sustainability and carbon footprint of using real trees disposed of responsibly over that time. And for a real tree grown locally, that increases even more.
- **Use LED lights** and run off the mains instead of batteries wherever possible.

Editor's note: 'I'm Dreaming of a Green Christmas' can be ordered for £6.99 from the BRF website –follow this link [HERE](#)



at
St. Greg's

Thursday
20th November
3.30-6pm

It's church, but not as you know it!

This month's theme.....
Jesus is the Light of the World

Plenty of fun
with activities
for adults
and children to
enjoy together

Celebration Time!
Stories, songs
and prayers

Refreshments
on arrival and
a meal before
going home

Messy Church values are about being Christ-centred, for all ages,
based on creativity, hospitality and celebration.



Dawlish Coast Mission Community



Be Still and Know.....

an afternoon of quiet prayer
at St George's Church, Holcombe
on Saturday 22nd November 2-4pm

2pm Opening worship and reflection
followed by an hour or so on our own in the stillness
3.30pm Closing worship
followed by tea and cake

No need to sign up! All are welcome!

For information, phone Helen Bays 01626-863098

Text 07391-594867 spiritualdirections264@gmail.com

MEMORIES OF OLIVE GILL *Margaret Noel writes:*

The hardest part of this tribute to Olive is not thinking what to say, but what to leave out, or rather summarizing all one would like to say.

Olive was an intelligent, caring, gentle , person and with an unshakeable Christian faith. Olive came to Dawlish in 1945 to teach at the Infants school and later became Headmistress. She moved into 4 Badlake Hill as a boarder and never again moved, eventually inheriting the house for her lifetime and indeed she died there, on Sunday 2nd November, a week before her hundredth birthday, after being cared for in her last years by her faithful carer Sonia and helpers.



Olive was so well thought of that even today her ex-pupils, and in many cases their parents, speak of her with love and respect as the tributes on social media show.

I first knew Olive when my eldest son started school and I was encouraged by her to help with the Sunday School held in the old Parish room in the lower school. We had as many as 60 children attending, and Olive would arrange the annual summer outing and the Christmas Party. Her love of children was evident in her work and she always found some good in even the most disruptive child. Even in her later life she could still recall the names of many of the children who attended, over the years.

Olive served her community well, not just with education but with the Red Cross and various other local organisations. She was given a Model Citizen Award by Dawlish Town Council and was a prominent member of St.Gregory's, serving as P.C.C. Secretary, Sacristan and much treasured choir member.

Her usual routine on a Sunday morning would be to arrive in Church at 7am to prepare the altar for 8 o'clock communion. She would then serve at the service, and after clearing away would then prepare for communion at 9.30am, and later on at 10am. Having done her preparations she would quietly sit and eat her breakfast in Church and await the choir's arrival to take her place among them. This she continued to do well into her eighties.



With thanks to Georgie Moore for the photos on this page

Her mobility became much limited in her nineties, but she continued to take great interest in the Church and its activities and was kept up to date by Sharyn, Will and her other friends, receiving communion regularly and enjoying taking part in the telephone service until last year.

Olive will be greatly missed by her sister Heather, her nephew Tim and family, and her many friends in Dawlish. May she rest in peace and rise in glory.

CHRISTMAS SHOEBOXES FOR UKRAINE AND MOLDOVA

Dawlish Water Rotary are collecting filled shoeboxes for charity cr2ee (Christian Response to Eastern Europe) to take to Ukraine and Moldova. The last Sunday date for bringing them to St Gregory's for collection is Sunday 16th November. Alternatively they can be dropped off to Fraser Wheeler Estate Agents (Queen Street) or Dawlish Funeralcare (Scala House – next to the Library) any weekday during office hours. If you need more information on what items you can put in a Christmas shoebox see www.cr2ee.org.uk or call 01626 891945.



christian
response
to
eastern
europe



Please take a moment and imagine yourself as a young child from a very poor family. Christmas is approaching. You know there won't be presents waiting for you, yet your heart is still full of excitement for the season.

Now imagine that this Christmas you are one of the children who comes to our Soup Kitchen. The room is filled with warmth, laughter, and the delicious smell of food. Everyone is chatting, playing, and enjoying the festive spirit. Then suddenly—magic!—Father Christmas himself appears, with his booming “Ho, Ho, Ho!” The children's eyes sparkle as he makes his way around the room, handing out beautifully wrapped Christmas boxes.



As you sit at the table, your excitement builds. Could it really be true? Could Father Christmas be about to hand you your very own Christmas Shoebox? For many children here, this is the very first “real” Christmas present they have ever received.



Across the room you watch a friend carefully peel open the wrapping paper, their hands trembling with excitement. Inside is a box packed to the brim with treasures—something to play with, something warm to wear, something useful for school, sweets, and maybe even a little treat. Their face lights up with pure joy as they hold each item aloft, eager to share their happiness with everyone around them.

Now imagine that same moment for yourself. You're handed a beautifully wrapped box, your imagination running wild. But as you lift the lid, your heart sinks. Inside are only a few new items, some sweets, a toothbrush, toothpaste and soap, the rest, a somewhat over-loved used toy, some broken crayons, a partly-used colouring book. You try to smile and show gratitude, but the sparkle of joy fades. You quietly tell your friends, “These are still good; I can use them,” all the while fighting back tears of disappointment.

This is why every single Christmas Shoebox matters. To fill one with lovely new things might cost around £30. Understandably, that can feel too much for one person. But perhaps you, a friend, or a neighbour could come together to fill one box—a box overflowing with love, hope, and joy.

These children, despite the hardships they face, are kind, resilient, and full of life. They truly deserve the very best we can give. The joy on their faces, the tears of happiness in their eyes as they unwrap a gift made just for them—it's a moment that stays with you forever.



A Christmas Shoebox is more than just a box. It is love wrapped up in paper, it is hope in the hands of a child, and it is a memory that will last a lifetime. Please, will you help us bring this joy to a child this Christmas?

To avoid difficulties with the Customs all items in the Christmas boxes must be new

CHRISTMAS IN DAWLISH – WOULD YOU LIKE TO TAKE PART?

Look out for Dawlish Town Council's 'Christmas in Dawlish' colourful and 'busy' brochure. Pick one up in town. Starting off the festive season, on Saturday 29th and Sunday 30th November, there's a special weekend of market stalls and live music promised each day.

On Saturday 29th starting at 4.30pm from the Bowling Club is the **LANTERN PARADE**. At Messy Church this month (*on Thursday 20th 3.30-6pm*) we'll be making lanterns to take home and also, for those who can, to bring and carry when joining in the parade. All are welcome to join us.

How wonderful it is that a **LIVE NATIVITY** will be leading the lantern parade, putting the birth of Jesus at the forefront of the beginning of Christmas celebrations in the town! CTDD (*Churches Together in Dawlish and District*) are hoping that you would like to help with this by dressing up as one of the characters and joining together on the Cofton Holidays tractor and trailer (see photos below).

If you or your family and friends are interested, just get in touch with Revd Linda Cronin for more information. *Linda's contact details are at the bottom of the last page of this Newsletter.*



REGULAR HALF HOUR OF PRAYER MOVES ONLINE FOR THE WINTER

Recognising the dark evenings and cold weather, but not wanting to stop praying, it's been decided that from Tuesday 11th November the half hour of prayer that has, in recent months been taking place at St Greg's, will now be happening online through Zoom. Same time each day, 6pm, Tuesday to Friday. *Contact Revd Linda or Steve for the Zoom link (see bottom of back page).*

SERVICES – 9th to 22nd November 2025

Sunday 9th November — Remembrance Sunday

10am St George's – Morning Worship
10am St Paul's – Morning Worship
10.30am St Gregory's – Holy Communion
10.50am St Mary's – Holy Communion
3pm Dawlish's Remembrance Day service
at the War Memorial

Wednesday 12th November

10am St Gregory's - Midweek Holy Communion

Sunday 16th November — Safeguarding Sunday

9.30am St George's – Holy Communion
9.30am St Paul's – Holy Communion
10am St Gregory's – Greg's@10 with Archdeacon Andrew
11.15am St Mary's – Morning Worship
6pm Telephone Service - dial 01200 480091 to join

Tuesday 18th November

2pm Thanksgiving Service - *for the life of Olive Gill*

Wednesday 19th November

10am St Gregory's - Midweek Holy Communion

Thursday 20th November

3.30-6pm St Gregory's – Messy Church

Saturday 22nd November

2-4pm St George's – 'Be Still and Know' An Afternoon of Quiet Prayer

DIARY DATES - NOVEMBER

Tuesday 11th Kids' Swap Shop – St Gregory's, 9 -11am
Mothers' Union – St Gregory's, 2pm

Saturday 15th Winter Warmer – St Paul's, 10am-3.30pm
with many stalls; Christmas decorations, gifts, crafts, pre-loved items, books, jigsaws. The usual delicious refreshments, including pasties, seasonal fayre and other savouries plus cakes, etc.

Tuesday 18th Kids' Swap Shop – St Gregory's, 9 -11am
Little Greg's – St Gregory's, 9.30am-11.30am
Ladies' Lunch at Amelias, Cofton Holidays, 12.30pm

Wednesday 19th A Warmer Place – St George's, 12-2pm



TUESDAY PRAYER MEETING ON ZOOM

All welcome to a half hour of
prayer online on Tuesdays at 9am.

Just click on [this link](#) or
go to <https://zoom.us/join>
and enter:

Meeting ID: 575 020 5964
and Passcode: 850653

*The Lady Chapel at St Greg's is
available for quiet prayer from
9.30am, before the
10am Sunday service*

PRAYER HALF HOUR

For the winter months
6pm on Zoom
Tues, Wed, Thurs, Fri.
Until further notice

Contact Revd Linda or Steve
for the Zoom link.

FOLLOW THESE LINKS

St Greg's [Facebook](#)

[Instagram](#)

St George's

[Facebook](#)

St Mary's [Facebook](#)

St Paul's [Facebook](#)

If you would like any support, or someone to talk to, or you know of someone else who does,
please contact one of the following:

Revd Linda Cronin (Rector): 01626 927281 or email: revdlinda@icloud.com

Revd Patrick Parkes (Minister at Starcross) : 01626 685709 epp@sky.com

Steve Cronin (LLM): 07817 678774; Will Halse (LLM): 01626 866054; Ceri Lee (LLM): 07739 936286.

Safeguarding Officer at St Greg's: Tess Hickson 07376 658440

Information and contact details for Safeguarding Officers in the other churches can be found on our website [here](#)