# PARISH POST

Sunday Service Times

VERYAN

EVERY SUNDAY 11.00 AM

**RUAN LANIHORNE** 

**1ST SUNDAY** 

Holy Communion 9.30 AM

**3RD SUNDAY** 

Matins 9.30 AM

**PORTLOE** 

1ST - 3RD SUNDAY

Morning Worship 10.30 AM

4TH SUNDAY

Holy Communion 10.30 AM

TREGONY, ST CUBY

EVERY SUNDAY 10.30 AM

TREGONY, ST CORNELLY

EVERY SUNDAY 8.30 AM

**GERRANS** 

1, 3 & 4TH SUNDAY

Holy Communion 10 AM

2ND SUNDAY

Matins 10 AM

**PHILLEIGH** 

2ND SUNDAY

Holy Communion 10.30 AM

**3RD SUNDAY** 

The Calling 6 PM

ST JUST IN ROSELAND

**EVERY SUNDAY** 

BCP service 8 AM

**EVERY SUNDAY** 

Holy communion 11 AM

**ST MAWES** 

1, 3 & 4TH SUNDAY

Holy Communion 10 AM

2ND SUNDAY

Morning Worship 10 AM

### Six weeks of Summer -Six weeks of fundraising!

We are very pleased to share some exciting news with you: our church has recently been selected as one of only 52 churches nationwide to receive funding through the Church of England's Give to Go Green scheme. This grant marks an important milestone for us, offering an opportunity to make meaningful and long-overdue improvements to the church building - improvements that will enhance our worship, our outreach, and our ability to serve the community.

The Give to Go Green scheme is part of a wider initiative by the Church of England to support parishes in becoming more environmentally sustainable. (continued on pg2)



Do you know anyone who would like to receive our newsletter? Do you have an interesting story to share? email: veryanparishnewsletter@gmail.com



In our case, the focus will be on upgrading the church's heating system. As many of you know, we currently rely on under-pew heaters, which, although appreciated, do not provide adequate warmth throughout the building. Visitors and regular attendees alike often comment on how cold it is, particularly during the colder months. A warmer, more energy-efficient church will be more comfortable, more welcoming, and far more usable throughout the year, not just for Sunday services, but for community events, and gatherings of all kinds.

We are also beginning to explore other improvements, including a much-needed update to the lighting system. We are in the process of applying for grants for this - watch this space!

In order to unlock the full benefit of the Give to Go Green grant, we have been set a clear challenge: **we must raise as much money as possible within a six-week fundraising window** - and every pound we raise during that time will be matched. This is a rare opportunity to double the value of every donation, and we are determined to make the most of it.

To that end, the PCC has worked hard to put together a full calendar of events this summer, designed not only to raise funds, but also to bring people together and celebrate all that our church and village have to offer.

**Summer Events Programme** 

We begin on **Saturday 19th July**, will see the return of our **Church Summer Fête**, from 2.00pm to 5.00pm. This year's fête promises to be bigger and better than ever, with live entertainment from The Devil's HatBand, performances by magician and balloon artist EmazeDad, and a host of stalls and activities. The Women's Institute will once again be serving tea, coffee, and cream teas, and there will be plenty to browse, from bric-a-brac and preloved clothing to books and local produce.

Games and attractions will include hook-a-duck, splat-the-rat, a human fruit machine, Plinko, and an "adopt-a-teddy" stall - plus more surprises on the day.

On Friday 25th July we have a family favourite: the Teddy Bear Zip Wire. Children are invited to bring their teddies to the church, where they will be fitted with safety harnesses and hard hats before taking a thrilling zip wire ride from the church tower. Will also attempt to create a "coin mile"! So bringg your 2p coins! There will also be a BBQ and light refreshments.

Throughout the summer, we are also hosting a wide range of community activities, including:

- A weekly **Lego Club** for children under 10
- Craft Knit & Natter coffee mornings
- A **Youth Club** for ages 10–16
- A **Board Games Evening** at The New Inn Pub pub
- A **Pasty and Bingo Night** at the Sports & Social Club

And looking further ahead into August:

- A **Poetry and Music** Night
- A **Sandcastle** Competition
- The return of the Veryan Treasure Hunt

Sponsor a Window - Promote Your Business in the Heart of the Village

In addition to individual donations and event proceeds, we are offering a special opportunity for local businesses, organisations, and groups to support the fundraising effort: **Sponsor a Window.** 

Throughout the summer, the church is open daily from 10.00am to 4.00pm. During this time, we see a steady stream of visitors - both tourists exploring the area and residents taking part in our events. This presents a unique and creative opportunity for local businesses to gain visibility in an eye-catching and thoughtful way.

For a donation of £30, businesses can sponsor one of the church windows. Each sponsored window can be decorated in a way that reflects and promotes the business, using products, visual displays, or themed materials. It could be as simple or as imaginative as you like. For example, the local school might wish to decorate a window using pencils, artwork, or school supplies. A florist might showcase arrangements, but we also welcome displays using items unrelated to flowers - this is not intended to be a floral event, and we encourage creativity in how each business presents itself.

This is a great way to show your support for the church, contribute to the local fundraising effort, and engage directly with the community - all while raising awareness of your business in a beautiful and historic setting.

If you are interested in sponsoring a window, please get in touch with me at stephens.pippa@gmail.com to reserve a space.

We Need Your Help

Finally, an appeal: while the summer programme is full of exciting events and opportunities, we cannot run it without volunteers. Our congregation is small, and would love members of the wider community to help us bring these plans to life.

The **Church Summer Fête in particular is in need of additional support**. We have many wonderful stalls and games planned, but not enough people to run them. If you are able to spare even an hour or two on the day - whether to run a stall, or help set up and pack away - your assistance would be enormously appreciated.

Please speak to a member of the church, add your name to the sheet in the church, or contact me directly via email stephens.pippa@gmail. com if you are able to help in any way. We would be delighted to have you involved. We'll ensure there is a cream tea for you!

With thanks and warm wishes, Veryan Church PCC

#### A Message from Your Churchwarden

Some of you will already know that in April I suffered a herniated disc in my lower back. It's been quite a journey, and I want to take a moment to say thank you. I've had many messages of support, and the advice shared, and the personal stories you've told me have really helped

I've had an MRI and will soon be seeing a neurologist to plan the next steps, likely surgery. I was understandably nervous at first, but after hearing from so many of you who have had similar experiences, I feel reassured. It's amazing how many people quietly live with back issues, and your openness has really helped me feel less alone.

In the spirit of sharing, I thought I would pass along a few gentle exercises that may help others struggling with lower back pain. (Always consult your doctor first, of course!)

#### Three Simple Exercises:

Pelvic Tilt – Lie on your back with knees bent and feet flat on the floor. Gently flatten your lower back against the floor by tightening your stomach muscles. Hold for 5 seconds. Repeat 10 times.

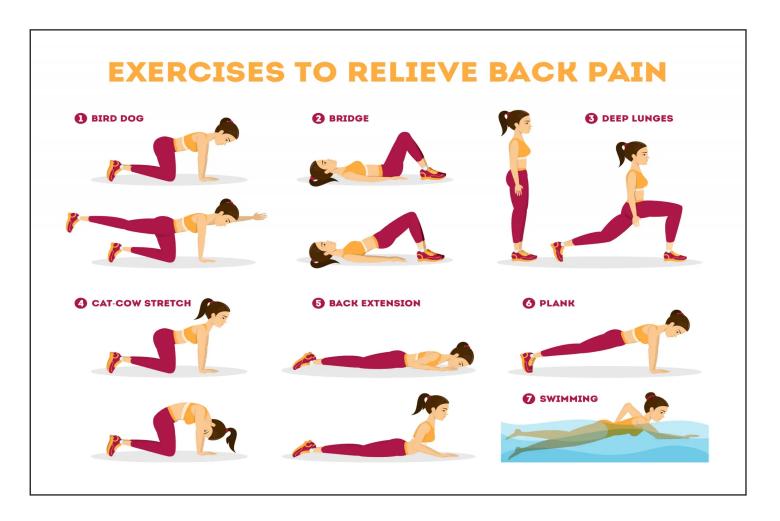
Knee-to-Chest Stretch – While lying on your back, bring one knee toward your chest, keeping the other foot on the floor. Hold for 15–30 seconds. Switch sides. Repeat 2–3 times each leg.

Cat-Cow Stretch – On hands and knees, alternate between arching your back up (like a cat) and dipping it down (like a cow). Move slowly and gently. Repeat 10 times.

And above all, don't suffer in silence. If something doesn't feel right, speak up and get it checked. You are not alone, and there is help available.

Best wishes

Pippa



# What's gone on?

A summary of what's been going on in the church & school



#### VERYAN CE PRIMARY SCHOOL

There is lots going on in the school this month as we head towards the busiest and final term of the year.

The past few months have seen the year six is complete their sat tests. We are so proud at how well our year six pupils held themselves throughout the week. They approached it with a very mature attitude and were happy to eat donuts and have a little celebration at the end!

The final term is very busy with sports day, surfing, sailing, the school play, and an end of term party for the year sixes as the final goodbye.

The school play this year is called "the Lions pride "and is based on the story of the lion King. We are lucky to have a dance teacher, Katie Bell, come into the school to teach the children the dance moves and coordinate the play. The children can't wait for it to come around!

We have been going up to our wild tribe field weekly, and my goodness, we can't believe how much it has grown over the past couple of weeks! The sunshine and rain has made the field look beautiful with buttercups and various wildflowers. The children absolutely love exploring, we even found a slow worm whilst moving some logs the other day!



St Symphorian PCC

#### VERYAN CHURCH PCC

Aside from the fundraising there has been lots going on in and around the church. We are in the final stages of faculty (the Church of England's version of a planning permission) for the repair works on the tower. We are excited for this to begin as it means we can finally open up the path. The tomb that was damaged by a fallen tree in the high winds a few years ago will be in the final stages of repair in July. We can't wait to see the final result.

We are thankful for the team of volunteers who have trimmed and cut the grass in the churchyard. Over the years they have been carefully planning and maintaining the grass which culminated this year in the most beautiful array of primroses that we've seen in such a long time. We are so grateful to the team for doing this. We had lots of lovely comments in the visitor book about how beautiful the churchyard is.

In this month, in the Roseland magazine there was an article about the Veryan bellringers. The team would dearly like to recruit some new members to keep the bellringing viable in the long-term. You don't need to be a churchgoer or a Veryan resident to ring the bells and if anyone would like any further information please contact Martin Slater on (07817) 747304.

# Let's take a pause...

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#### Across

- 1 'I pray that out of his glorious he may strengthen you with power through his Spirit in your inner being' (Ephesians 3:16) (6)
- 4 'Saul's father Kish and father Ner were sons of Abiel' (1 Samuel 14:51) (6)
- 7 'Praise the Lord, O my ' (Psalm 103:1) (4)
- 8 See 5 Down
- 9 Laws (1 Kings 11:33) (8)
- 13 'Who of you by worrying can a single hour to his life?' (Luke
- 16 Artistry (Exodus 31:5) (13)
- 17 'Your young men will see visions, your men will dream dreams' (Acts 2:17) (3)
- 19 How David described his Lord (Psalm 19:14) (8)
- 24 'If this city is built and its — restored, you will be left with nothing in Trans-Euphrates' (Ezra 4:16) (5,3)
- 25 'The holy Scriptures, which are able to make you for salvation through faith in Christ Jesus' (2 Timothy 3:15) (4) 26 Intended destination of arrows (Lamentations 3:12) (6) 27 Eve hit (anag.) (6)

1 'For I am gentle and humble in heart, and you will find — for

your souls' (Matthew 11:29) (4)

- 2 Where Peter was when he denied Christ three times (Luke 22:55) (9)
- 3 Remarkable early 20th-century Indian evangelist, a convert from Hinduism, Sundar Singh (5)
- 4 'Now the king had put the officer on whose — leaned in charge of the gate' (2 Kings 7:17) (3,2)
- 5 and 8 Across The Lover describes this facial feature of the Beloved thus: 'Your is like the tower of Lebanon looking towards ' (Song of Songs 7:4) (4,8)
- 6 'Stand firm then, with the belt of truth buckled your waist' (Ephesians 6:14) (5)
- 10 Trout (anag.) (5)
- 11 Easily frightened (1 Thessalonians 5:14) (5)
- 12 The ability to perceive (Ecclesiastes 10:3) (5)
- 13 One of the clans descended from Benjamin (Numbers 26:38) (9)
- 14 "It is one of the Twelve," he replied, "one who bread into the bowl with me" (Mark 14:20) (4)
- 15 Resound (Zephaniah 2:14) (4)
- 18 Traditional seat of the Dalai Lama (5)
- 20 Precise (John 4:53) (5)
- 21 Build (Ezekiel 4:2) (5)
- 22 Beat harshly (Acts 22:25) (4)
- 23 Darius, who succeeded Belshazzar as king of the Babylonians, was one (Daniel 5:31) (4)

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# Holy Days for this month

Let's take a look at some significant days and why they are special

#### 4TH JUNE - ST PETROC

#### ... THE FOUNDER OF PADSTOW

If you would like to be in Cornwall this summer in search of peace and quiet, Petroc is the saint for you. Especially if you used to find Padstow a bit too crowded for your liking! He would have sympathised.

This 6th century abbot is Cornwall's most famous saint. Petroc set sail from South Wales, landed at Haylemouth, and founded a monastery at Lanwethinoc – now called Padstow, after him (Petroc's Stow).

Padstow must have been popular even in those days, because about 30 years later Petroc, in search of some peace and quiet, moved on to build another monastery at Little Petherick (Nanceventon). Here he must have decided to try some 6th century equivalent of 'Fresh Expressions', because he engaged with his local community by building a mill and a chapel.

In time, Petroc began feeling crowded again. So he tramped off to the remote wilds of Bodmin Moor, where he lived as a hermit – until some 12 monks turned up to join him. Firmly, Petroc kept them all housed in a monastery on a hilltop, while he enjoyed his private space in a cell by the river.

But even here Petroc was not alone. One day a terrified stag came rushing through the woods, pursued by the hunt. Petroc flung open the door of his cell, and the panting animal took refuge. When the huntsmen arrived on the scene, they did not dare to argue with the famous holy man, and went their way. The stag's gratitude made him tame, and Petroc would come to be portrayed with a stag as his special emblem.

Petroc was buried in the monastery in Padstow but in c.1000 his shrine and relics, including his staff and bell, were translated to Bodmin. Here they have stayed ever since, except for a short, unplanned trip to Brittany in 1177, when they were stolen and carted off by a naughty Canon of the Church. Henry II intervened, and everything but a rib of Petroc was eventually returned.

#### 6TH JUNE - ST GUDWAL

#### ... THE FIRST CHRISTIAN IN BRITTANY?

If you would love to be in Brittany for your holiday this summer, then spare a thought for Gudwal, because this obscure 6th century Celtic abbot got there before you did. Indeed, Gudwal seems to have liked Brittany so much that he decided to stay on.

When you visit Brittany today, you will find Catholic churches everywhere. Not so in the sixth century – when only the extraordinary range of megalithic monuments dominated the landscape. There were (and still are) passage dolmens, stepped pyramids and stone circles. The best known site is Carnac, where remains of a dozen rows of huge standing stones run for over ten kilometres. Some of the megalithic ruins in the gulf of Morbihan date back to at least 3300 BC – that is 200 years older than Stonehenge.

Religion was certainly plentiful in Brittany, back then. But Gudwal was one of the earliest pioneers of Christianity in the region. He did a bit of 6th century 'church planting', too – when he decided to build a hermitage in the middle of all that paganism – probably at Locoal. In time, 188 monks came to join him, and they built a little monastery – probably at Guer.

But it was the man himself – his holiness and kindness – that drew people's attention more than the buildings. A man of deep spirituality and prayer, Gudwal willingly spent himself on helping the local people – it was said that he healed many by his prayers for them.

### 15TH JUNE – TRINITY SUNDAY .... CELEBRATING OUR GOD WHO IS THREE PERSONS

Trying to explain the doctrine of the Trinity has kept many a theologian busy down the centuries. One helpful picture is to imagine the sun shining in the sky. The sun itself – way out there in space, and unapproachable in its fiery majesty – is the Father. The light that flows from it, which gives us life and illuminates all our lives, is the Son. The heat that flows from it, and which gives us all the energy to move and grow, is the Holy Spirit. You cannot have the sun without its light and its heat. The light and the heat are from the sun, are of the sun, and yet are also distinct in themselves, with their own roles to play.

The Bible makes clear that God is One God, who is disclosed in three persons: Father, Son (Jesus Christ) and Holy Spirit. For example:

Deuteronomy 6:4: 'Hear O Israel, The Lord our God, the Lord is one.'

Isaiah 45:22: 'Turn to me and be saved... for I am God, and there is no other.'

Genesis 1:1-2: 'In the beginning God created.... and the Spirit of God was hovering...'

Judges 14:6: 'The Spirit of the Lord came upon him in power...'

John 1:1-3: 'In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through Him all things were made; without Him nothing was made that has been made.'

Luke 24:49 actually manages to squeeze the whole Trinity into one sentence. Jesus tells His disciples: 'I am going to send you what my Father has promised; but stay in the city until you have been clothed with power (the Holy Spirit) from on high.'

In other words, the sun eternally gives off light and heat, and whenever we turn to its brilliant light, we find that the warmth and life there as well.

#### 15TH JUNE – FATHERS' DAY A TIME TO CELEBRATE MALE ROLE MODELS

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That All those affected by the decisions of country leaders

Those affected by war and famine

Those who are having difficulty managing financially day to day with all they need for their families

for King Charles and the Royal Family

TAll those worried about financial matters

T for all whose lives have been touched by tragedy

T for those who have died and those whose anniversaries fall at this time

TAll those away from their own country

☐ All those alone and away from home

\$\frac{1}{2}\$ All those trying to bring peace to the world

#### A prayer for June

Dear Lord,

June is the loveliest month, with long days and the beauty of summer all around us. Thank you that, in the church's year this month, we remember one of the loveliest of your followers – Barnabas, known as the Son of Encouragement.

He encouraged the believers in Antioch to remain true to the Lord with all their hearts. Through his ministry of encouragement, a great number of people were brought to know you.

Lord, we all thrive when we are encouraged. And we, your people, so need to be encouraged today in this world which can seem so confusing and discouraging.

So, thank you for those who have encouraged us in the past, and for those who encourage us now. Help us to read your living unchanging Word and to remain true to you with all our hearts. Help us to be a Barnabas to those we know who might be struggling. May we bear fruit in our discipleship.

In Jesus' name. Amen.

By Daphne Kitching

### Answers



ACROSS: 1, Riches. 4, Abner's. 7, Soul. 8, Damascus. 9, Statutes. 13, Add. 16, Craftsmanship. 17, Old. 19, Redeemer. 24, Walls are. 25, Wise. 26, Target. 27, Thieve.

DOWN: 1, Rest. 2, Courtyard. 3, Sadhu. 4, Arm he. 5, Nose. 6, Round. 10, Tutor. 11, Timid. 12, Sense. 13, Ashbelite. 14, Dips. 15, Echo. 18, Lhasa. 20, Exact. 21, Erect. 22, Flog. 23, Mede.

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# **2025 Flower & Readings Rotas**

Date /(Sunday number)	Feast / Festival	Clergy / Leader	Organ	Reader	Readings Lectionary Year
22nd June	Trintiy 1	David	Anton away	Blair	1 Kings 19.1-4[5-7] 8-15a
			Chris		Psalms 42, 43*
4	1			Julia	Galatians 3.23-29
29th June	Trinity 2, Peter the Apostle	Fr Doug	Chris	Dave S	2 Kings 2.1-2,6-14
	Guest speaker: Jess Strongman				Psalm 77.1-2,11-20*
	5			Pippa	Galatians 5.1,13-25
6th July	Trinity 3	Fr Doug	Doreen	Sue T	2 Kings 5.1-14
					Psalm 30
	1			Chris	Galatians 6.[1-6]7-16
i3th July	Trinity 4	Douglas	Chris	Margaret	Amos 7.7-17
- , ,					Psalm 82
	2			Sue J	Colossians 1.1-14
oth July	Trinity 5	Jill if nobody else offers	Doreen	Doreen	Amos 8.1-12
our jui	Trancy y	comes forward	Dorecti.	Boreen	Psalm 52
		comes for ward		Alex	Colossians 1.15-28
7th July	Trinity 6	David	Anton away	Blair	Hosea 1.2-10
im juij	111111111111111111111111111111111111111	Duriu	Chris	Dian	Psalm 85 [1-7]
			Cili is	Julia	Colossians 2.6-15[16-19]
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rd August	Trinity 7	Fr Doug	Doreen	Sue T	Hosea 11.1-11
				er :	Psalm 107.1-9,43*
	1			Chris	Colossians 3.1-11
oth August		Fr Doug	Chris	Margaret	Isaiah 1.1,10-20
					Psalm 50.1-8, 23,24*
	2			Sue J	Hebrews 11.1-3,8-16
7th August		Jill	Doreen	Dave S	Isaiah 5.1-7
					Psalm 80.1-2,9-20*
	3			Alex	Hebrews 11.29 - 12.2
4th August		David	Anton	Blair	Jeremiah 1.4-10
					Psalm 71.1-6
4	1			Julia	Hebrews 12.18-29
ıst August		Fr Doug	Chris	Dave S	Jeremiah 2.4-13
		_			Psalm 81.1,10-16*
	;			Pippa	Hebrews 13.1-8,15,16
6 September 202	WEDDING Lucy Couch and Ma				
th September	,	AD Clive Hogger	Doreen	Sue T	Jeremiah 18.1-11
					Psalm 139.1-5,12-18*
				Chris	Philemon 1-21
4th September	Holy Cross Day	Fr Doug	Chris	Margaret	Jeremiah 4.11-12,22-28
4ui septembei	Tiony Cross Day	TI Doug	Cities	Margaret	Psalm 14
	,			Sue J	1 Timothy 1.12-17
ıst September		Martyn	Doreen	Doreen	Jeremiah 8.18 - 9.1
ist september		iviai tyii	Doreen	Doreen	Psalm 79.1-9
				John	1 Timothy 2.1-7
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8th September		David	Anton	Blair	Jeremiah 32.1-3a,6-15
				v. 1/-	Psalm 91.1-6,14-16*
4	1			Julia	1 Timothy 6.6-19
th October	Dedication Sunday / Harvest	Fr Doug		Sue T	Deuteronomy 26.1-11
	Roseland Churches Choir 6pm				Psalm 100
	ıl		ı	Chris	Philippians 4.4-9

Dates	Porch	Altar	
7th & 14th June	Pippa Stephens	Dee Field	
21st & 28th June	Sue Truscott	Margaret Cortis	
5th & 12th July	Anne Preston	Sue Fallick	
18th & 26th July	Mandy Holloway	Sharron Cartwright	
2nd & 9th August	Catherine Taylor	Barbara Carter	
16th & 23rd August	Pippa Stephens	Kathryn Walker	
30th August & 6th September	Dee Field	Helen Robbins	
13th & 20th September	Margaret Cortis	Sue Truscott	
27th September & 4th October	Sue Fallick	Anne Preston	
HARVEST flowers on 3rd & 4th Oct	-	-	
11th & 18th October	Sharron Cartwright	Mandy Holloway	
25th October & 1st November	Pippa Stephens	Kathryn Walker	
8th & 15th November	Helen Robbins	Dee Field	
22nd & 29th November	Sue Truscott	Margaret Cortis	

# SUMMER EVENTS IN



Join us for a summer of fun, creativity & community events

SUMMER FÊTE SAT 19TH JULY

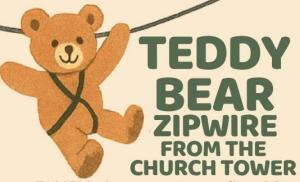


## **WEEKLY FUN**

Tuesdays (from July 22nd) – Craft & Lego Club 2–5pm, Veryan Church

Wednesdays (from July 23rd) – Craft & Knit & Natter 10.30-12.30, Fieldways TR25QA

Fridays (from July 25th) – Youth Club (ages 10-16) 4-7pm, Veryan Parish Hall



PLUS! help us create a mile of 2p coins! So dont forget your change!

FRI 25 THJULY 3 - 6 PM

## **FEATURED EVENTS**

Weds 23rd July – Board Game Evening 7pm, The New Inn – Booking Required

Thurs 31st July - Pasty & Bingo Evening 7pm, Veryan Sports & Social Club

**Sat 2nd August -** Visit us at The Veryan Country Fayre.

1pm Veryan Sports & Social Club

Weds 6th August - Live Music & Storytelling with River Blue & Trounce Guy.
7pm Veryan Church

Sun 10th August - Veryan Treasure Hunt

Mon 11th August - Sandcastle Competition 1pm. Carne Beach

**Thur 21st August - Sarah McQuaid concert** 7pm. Veryan Church



### FACEBOOK.COM/VERYANCHURCH

follow us for up to date event information or see the church notice board

Organised by Veryan Church to raise money for a new heating system, with help from the Give To Go Green grant initiative