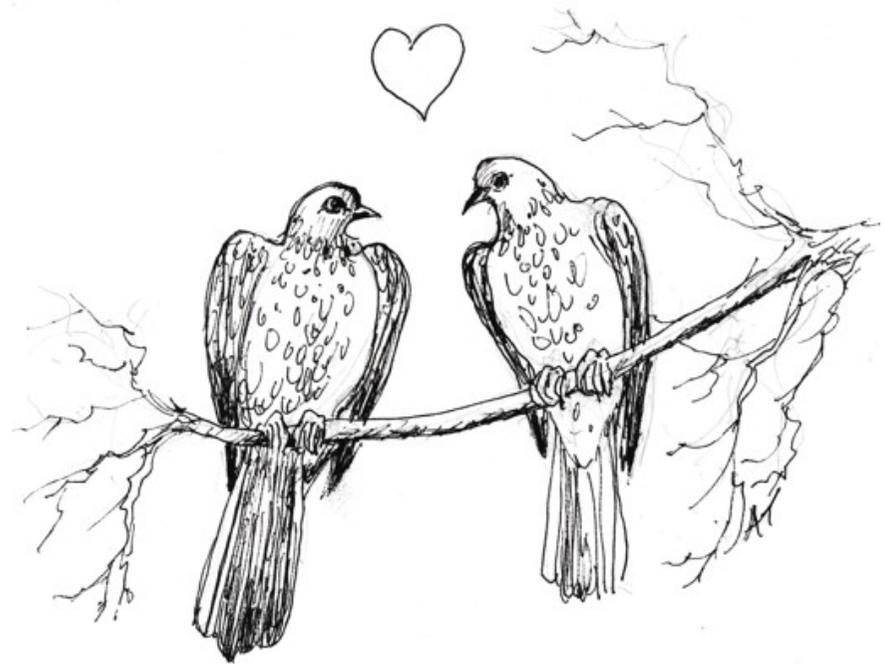


CHURCH SERVICES February 2023

| Day | St Mary M. Sydenham Damerel | St Peter's Lamerton | All Saints' Dunterton | St Constantine Milton Abbot | St Mary the Virgin Marystowe | St Andrew's Coryton |
|---------------------------------------------------------|---------------------------------------------------------|-------------------------|----------------------------|-----------------------------|--------------------------------------------|-------------------------|
| Sunday 5th Feb <i>3rd Sunday before Lent</i> | | 6.30pm Even-song BCP | 11.00am Morning Service | | 9:30am HC/CW | |
| Weds 8th Feb | 10:00am Holy Communion at St Peter's Lamerton | | | | | |
| Sunday 12th Feb <i>2nd Sunday before Lent</i> | 10.30am HC/CW | | | 4:30pm Evening Prayer | | 6:30pm Even-song BCP |
| Weds 15th Feb | 10:00am Holy Communion at St Peter's Lamerton | | | | | |
| Sunday 19th Feb <i>Sunday before Lent</i> | | 11.00am HC/CW | | | 9.30am Family service Morning praise | |
| Weds 22nd Feb | ASH WEDNESDAY SERVICE 10:00am at St Peter's Lamerton | | | | | |
| Sunday 26th Feb <i>1st Sunday of Lent</i> | 6.30pm Songs of Praise | | | 11.00am HC/CW | | 11.15am HC/CW |

Parish News

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Marystowe,
Milton Abbot and
Sydenham Damerel**



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|---------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------|
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| | The Vicarage, The Parade, Milton Abbot PL19 0NZ; Email: vicar@southtamar.church | |
| CHURCHWARDENS | | |
| Lamerton: | Mike Jefferies | 614178 |
| | Ian Minshull | 810027 |
| Milton Abbot: | Liz Padmore | 870642 |
| Dunterton: | Arthur Vigar | 870244 |
| Sydenham Damerel: | Margaret Hurdwell | 870545 |
| Marystowe: | Barbara Dawe | (01566)784797 |
| Coryton: | Giles Vicat | 860254 |
| PCC SECRETARIES | | |
| Lamerton: | Barbara Meikle | 617229 |
| Sydenham Damerel: | (Barbara Meikle) | 617229 |
| Milton Abbot + Dunterton: | Liz Padmore | 870642 |
| Marystowe: | Guy Talbot | 860314 |
| Coryton: | Josie Whitfield | 860189 |
| CHURCH TREASURERS | | |
| Lamerton: | Mike Jefferies Church Avenue House, Lamerton | 614178 |
| Sydenham Damerel: | c/o Margaret Hurdwell | 870545 |
| Milton Abbot: | Pat Lovell 2 Fern Meadow, Tavistock | 618452 |
| Dunterton: | John Spensely | 07711 995735 |
| Marystowe: | Guy Talbot | 860314 |
| Coryton: | Niel O'Neill | 860263 |
| UNITED BENEFICE APPOINTMENTS | | |
| Benefice Safeguarding Representative | Julie Hibbert | 618221 |
| Vicar's Assigned Administrator | Guy Talbot | 860314 |
| MAGAZINE | | |
| Editor: | Tim Culverhouse Lower Barton, Lamerton, Tavistock PL19 8RR E-mail: parishnewsmag@gmail.com | 616799 |
| Advertisements: | Mike Jefferies Church Avenue House, Lamerton, PL19 8RN E-mail: mike.jefferies5@btinternet.com | 614178 |
| CHURCH WEB SITE | www.southtamar.church Email: vicar@southtamar.church | |
| PARISH COUNCILS | Chairman | Tel. |
| Milton Abbot group parish: | Mark Ambrose | 870603 |
| | Clerk Shane Honey | clerk@magpc.co.uk |
| Lamerton: | Ann Cole | |
| | Clerk Caroline Oxenham | 481415 clerk@lamertonparishcouncil.gov.uk |
| Sydenham Damerel: | Howard Payne | 870865 howard.payne@sydenham-damerel.org.uk |
| | Clerk Peter van Delft | 01566 783023 clerk@sydenham-damerel.org.uk |
| PRIMARY SCHOOLS | | |
| Lamerton C of E | Head Teacher: Melody Sterry | Tel. 613561 |
| Milton Abbot | Head Teacher: Debbie Buckingham | Tel. 870273 |

| CHURCH SERVICES | | | | | | |
|-----------------------------------------------------|---------------------------------------------------------------|----------------------------|-----------------------|-----------------------------|--------------------------------------------|----------------------------|
| March 2023 | | | | | | |
| Day | St Mary M. Sydenham Damerel | St Peter's Lamerton | All Saints' Dunterton | St Constantine Milton Abbot | St Mary the Virgin Marystowe | St Andrew's Coryton |
| Weds 1st Mar | Service of Wholeness and Healing 10.am St Peter's Lamerton | | | | | |
| Sunday 5th Mar <i>2nd Sunday of Lent</i> | | 6.30pm Even-song BCP | | | 9.30am HC/CW | |
| Weds 8th Mar | 10:00am Holy Communion at St Peter's Lamerton | | | | | |
| Sunday 12th Mar <i>3rd Sunday of Lent</i> | 10.30am HC/CW | | | 4.30pm Evening prayer | | 6.30pm Even-song BCP |
| Weds 15th Mar | 10:00am Holy Communion at St Peter's Lamerton | | | | | |
| Sunday 19th Mar <i>Mothering Sunday</i> | | 11.00am HC/CW | | | 9.30am Family service Morning praise | |
| Weds 22nd Mar | 10:00am Holy Communion at St Peter's Lamerton | | | | | |
| Sunday 26th Mar <i>5th Sunday of Lent</i> | 6:30pm Songs of Praise | | | 11:00am HC/CW | | 11:15am HC/CW |
| Weds 29th Mar | 10:00am Holy Communion at St Peter's Lamerton | | | | | |



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Diary Dates

| Event | February 2023 dates | March 2023 dates |
|-------------------------------------------------------------------|------------------------|---------------------------|
| Coffee Mornings | | |
| Lamerton coffee mornings, Community Centre, 10.30 - 12 | 4, 18 | 4, 18 |
| Bingo | | |
| Lamerton Community Centre, 8.00pm | 7, 21 | 7, 21 |
| Church events | | |
| Lent course starts, 7.30 - 9pm Marystowe church | 8, 15, 22 | 8, 15, 22, 29, 5 April |
| Wholeness and Healing service, Weds 10am, St Peter's, Lamerton | | 1 |
| World Day of Prayer, 2.30pm, Marystowe church | | 3 |
| Fund raising and other events | | |
| Bras and Boxers, Marystowe church details page 20, 21 | 18 | |
| Talk on trip to Holy Land, 7pm Lamerton village hall | | 10 |
| A Night at the Races 7.30pm, Milton Abbot village hall | | 11 |
| Coffee and Crafts, 10.30 - 12.30 Milton Abbot village hall | | 25 |
| Big Breakfast, Lamerton school, 9 - 11am | | April 22 |

**Magazine deadline for April and May 2023 edition is
mid-day, Tuesday 14th March**

Thank you for your timely submissions - they are much appreciated.

**February and March church services are on the back cover.
Bible Readings are on pages 6 and 7**

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Dear Friends,

Happy New Year to you all! I hope that you have been able to enjoy your Christmas celebrations and have managed to avoid as many of the bugs that are going around as possible. Morag and I have certainly enjoyed our first Christmas with you all here in the South Tamar Mission Community, and we would like to extend our thanks to you all for making us feel so welcome.

It feels very much like a season of *firsts* at the moment. I am experiencing many life events in our churches and communities for the first time, and this is my first opportunity to speak with you all through "the vicar's letter" in the Parish News. While they may be firsts for me, many services and events may be very familiar to you, but of course these are the first occasions of you sharing them with me, and there are some more shared firsts approaching. This will be our first Lent season with you, and Andy has asked me to lead the Lent course for the first time, taking us into our first Easter with you all.

Lent is a season of self-examination, of reconciliation, and of preparation. In keeping with those themes, I have picked out a course for us that is intended to focus our minds on what it might mean to be more like Jesus where we are. The eight-week course is called Growing on the Frontline, and it hopes to support us in affecting spiritual change in our day-to-day lives, rather than being an academic exercise. As part of the course, different forms of personal prayer will be introduced, some contemporary and some from older traditions, like the Examen and Lectio Divina. Our hope is that the course will help us to recognise where we might be living a life short of God's best for us, to offer ways of drawing closer through the Holy Spirit to find new ways forwards, and to bring us into a renewed relationship with Jesus and the people around us in readiness for Easter. I do hope you will join us for the course, which will start on 8th February.

To mark the start of Lent itself, we will be holding an Ash Wednesday service of Holy Communion at St Peter's, Lamerton, at 10am. As with previous years, this service will involve the imposition of ashes where, if you choose, you may come forward to receive the sign of the cross in the ashes created from the burning of last year's palm crosses. This is an outward sign of our inward repentance and a symbol of our commitment to Jesus Christ.

I wish you all a time of refreshing reflection through Lent. Time not just to think about what we do for Jesus in our lives, but how we can be more like Jesus in our everyday.

With every blessing,

Rev'd Phill

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We will explore together what it might mean to be more like
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- ◆ Growing wherever we are
- ◆ Our choices affect our fruitfulness
- ◆ Our desires influence our choices
- ◆ Our emotions reveal our desires
- ◆ Maturing in every season
- ◆ Going deeper with God in tough times
- ◆ Turning inner growth into fruitful action
- ◆ Sustaining growth

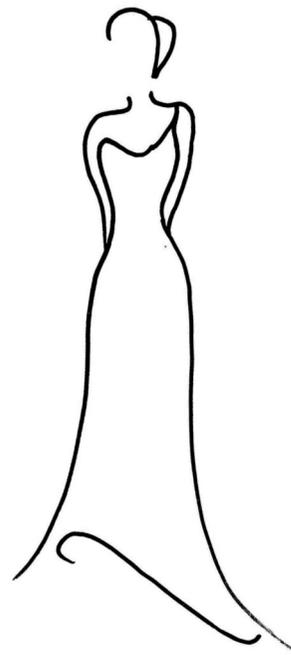
Our course will be held in Marystowe School Room (next to
Marystowe Church, PL16 0JA) on 8th, 15th & 22nd February, and 8th
March to 5th April. Hot drinks and light refreshments will be provided.
For more information, contact Rev'd Phill Parker on 01566 783498 or
email.curate@southtamar.church

BIBLE READINGS (Year A)

Please use the readings published in the Parish Magazine and your own bibles.

| DATE | 1 ST READING | 2 ND READING | GOSPEL |
|-----------------------------------------------------------|------------------------------------|------------------------------------------|-----------------------|
| Sunday 5th February 3rd Sunday before Lent (Green) | Isaiah 50. 1 - 9a (b - 12) | 1 Corinthians 2. 1 - 12, (13 - 16) | Matthew 5. 13 - 20 |
| Sunday 12th February 2nd Sunday before Lent (Green) | Genesis 1.1 - 2.3 | Romans 8. 18 - 25 | Matthew 6. 25 - 34 |
| Sunday 19th February Sunday before Lent (Green) | Exodus 24. 12 - 18 | 2 Peter 1. 16 - 21 | Matthew 17. 1 - 9 |
| Sunday 26th February 1st Sunday of Lent (Purple) | Genesis 2. 15 - 17, 3. 1 - 7 | Romans 5. 12 - 19 | Matthew 4. 1 - 11 |
| Sunday 5th March 2nd Sunday of Lent (Purple) | Genesis 12. 1 - 4a | Romans 4. 1 - 5, 13 - 17 | John 3. 1 - 17 |
| Sunday 12th March 3rd Sunday of Lent (Purple) | Exodus 17. 1 - 7 | Romans 5. 1 - 11 | John 4. 5 - 42 |

BCP – Book of Common Prayer CW – Common Worship (Modern)



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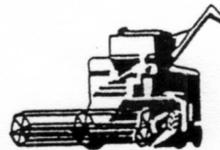
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BIBLE READINGS (Year A)

| DATE | 1 ST READING | 2 ND READING | GOSPEL |
|--------------------------------------------------|-------------------------|---------------------------|--------------------|
| Sunday 19th March Mothering Sunday (Purple) | Exodus 2. 1 - 10 | 2 Corinthians 1. 3 - 7 | Luke 2. 33 - 35 |
| Sunday 26th March 5th Sunday of Lent (Purple) | Ezekiel 37. 1 - 14 | Romans 8. 6 - 11 | John 11. 1 - 45 |

The readings are ended with *'This is the Word of the Lord'* (used during services of HC or, during other services *'Here ends the lesson (or 1st reading or 2nd reading)'*). The response is *'Thanks be to God'*.

Come to the
Wholeness and Healing service
 10.00am, St Peter's Lamerton
 Wednesday 1st March



South Tamar Mission Community

There are several ways to keep up to date with events, or to get in touch with the Vicar and Churchwardens

Our website: <http://www.southtamar.church>

Our Facebook page: [@southtamarmission](https://www.facebook.com/southtamarmission)

e-mail: vicar@southtamar.church

tel: 01822 870298



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57 people from Devon in November 2022 becoming Pilgrims for a week in the Middle East,lots of fun and laughter as well as experiencing a new adventure !



Come and see some photographs combined with an (easy) quiz on **Friday 10th March at 7pm** in Lamerton Village Hall.

Bring your own drinks, glasses and nibbles ! No entry fee but a **LARGE donation jar and raffle for St Peter's Church, Lamerton. EVERYONE is WELCOME, the more the merrier!!!!**



For tickets please contact **Annie and Mike Jefferies**
01822 614178

MAGAZINE CONTRIBUTIONS FOR APRIL/MAY 2023 ISSUE

Please note that the temporary editor for the next edition (and until further notice - hopefully short) will revert to Julie Hibbert.

Please send contributions to:
Julie.hibbert3@btinternet.com or post to Pentiction, Chollacott Lane,
Tavistock, PL19 9DD. The deadline is Tuesday 14th March
and...

no late contributions will be accepted!

NEW EDITOR SOUGHT

If you've ever fancied your hand at editing the parish magazine and would like to have a spell in charge of the production please drop an email to Julie or to parishnewsmag@gmail.com. Full training and guidance will be given.

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All Saint's Church, Dunterton



Dunterton Church experienced a wonderful year in 2022 ending with the Christmas celebration of carols and readings. The Christmas Day service really did bring everyone together with nearly fifty in the congregation braving the wet and at times the heavy rain downpours. The church was lit up with many candles and displayed a beautifully decorated Christmas tree with lights on and brightened with the floral arrangements around the windows.

As last year came to an end, the community has grown a much larger group of friends to manage and share all the many duties and roles needed to effectively manage the church. One Saturday morning in December, we had a "tidy and clean session" where many turned up with everything needed to complete all the tasks. These tasks included removing the fallen leaves from the church pathways and then within the church all the chairs were wiped down and the floors were washed.

The year ended with an increased demand for copies of the Parish News and packs of Christmas Cards featuring the six churches of the benefice. The magazine along with the Dunterton Facebook page has helped to connect the community keeping everyone personally informed. We have instructed a specialist company to clear and where required repair the surface water drains and then to re-gravel all the pathways. This work will no doubt start soon and will really make an impact to the access walkways around to the front of the church.

What a difference a year has made. Since the Covid restrictions came to an end Dunterton has really come back to life. As we now move towards Easter and springtime, we can all hope the wishes of the community will be upheld and that services will continue at Dunterton. Confirmation of the dates and times of services will be communicated as soon as they are available. Thank you all and Happy New Year.

John Spensley

POLE POSITION

It may not have escaped your attention that the flag at the top of St. Peter's Church in Lamerton changes rather regularly. Our Chief Bunting Tosser informs me that he is still awaiting news of which flags to fly, now that we have a new King and a Coronation this year.

Ed.



St. Mary's Church, Sydenham Damerel

Our Christmas season started with a thoroughly enjoyable quiz night when the trophy was joyfully regained from the clutches of Lamerton and returned to Sydenham Damerel. Our joy was

however short lived as the quiz turned out to be a Covid spreader event and somewhat diminished the congregation for our Carol Service and Christmas Day services! All infected are happily returned to full health.

We also bade good-bye to our retiring Chapel Warden, Margaret Hurdwell, who has served the community so well over the last five years of her tenure and a small presentation was made on quiz night to thank her for her service.

Our bell-ringers continue to practice hopeful of future improvement as does our brass band. Indeed we all continue hopeful into 2023 despite the many and various crises that assail us.

Community relies on so many tenuous connections that it's a wonder it survives at all. Maybe there are other forces at work?

This is a quiet time of year, all is dormant but we know that spring is around the corner. Snowdrops will soon be poking through the cold earth, lifting our spirits as a harbinger of the abundance to come.

Let's look forward to Easter, daffodils, bunnies, lambs and this glorious Eden that is Devon in Spring.



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St. Mary's Church, Marystowe



It is cold and dark and wet as I write; but just remembering Christmas at Marystowe has made me smile; so a big thank you to everyone for helping to create such happy memories. We had too many lovely helpers with the decorations to be able to list everyone, but a special thank you to Guy and Michael for providing our trees. As Reverend Andy said at our Christmas Eve service: if an event is successful at Marystowe we like to call it a tradition. We had a tree outside the Schoolroom on the Green at Marystowe and on Christmas Eve we were all singing Carols and enjoying mulled wine and mince pies, so this is now part of our Christmas tradition.

The other tradition we have is our Zoom Christmas evening. We were delighted to be able to raise £500 for The Children's Society this year through contributions, Christmas Draw, Nibble bags and sales of programmes. The Lifton Singers supported us with some wonderful singalong moments. There are so many people to thank for helping with food, raffle hampers, and a Christmas cake for the lucky programme holder; again big thanks are owed to all the performers who risked reputations to be silly for a good cause. Reverend Andy has left a lasting impression with many of us with his immortal line "I have fifty thousand pounds in my pyjamas."

Marystowe Church is hosting the World Day of Prayer on 3 March at 2.30 pm, there is more information in the Coryton report.



Hopefully you have been reading through the article to find out more about the underwear decorating the Church...Please do decorate a bra, boxer shorts, Y fronts etc and bring them to Marystowe Church where they will be pegged to washing lines inside the Church. The details of the categories and entry costs are in a separate article in the magazine.

All this frivolity (or even dubious taste) is to raise funds for Primrose Foundation and Chestnut Appeal; these are charities based at Derriford Hospital to raise awareness of, and help sufferers and survivors of, Breast Cancer and Prostate Cancer. I am relatively confident in urging your support because I expect everyone reading this has, or knows someone who has, benefitted from these Charities.

As well as taking part, if you would like to help in anyway then please let the Bra and Boxer team know: Joy McSmythurs, Sara Atkins, Phill Parker, Trudi Bates

Raising funds will be great, but I also hope that it increases awareness of the disease and the importance of checking yourself regularly to have the greatest chance of successful treatment. If one person gets this message all the effort will be worthwhile. In 2018 a lump the size of a little broad bean in my left breast was removed and look at me now!!!!

Joy McSmythurs 01822 860630

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**WORRIED ABOUT A CHILD
OR VULNERABLE ADULT?**



Please speak to your Benefice Safeguarding Representative if you have any concerns for the well-being of a child or adult, or about the behaviour of someone towards a child or adult.

Your Benefice Safeguarding Representative is:

Julie Hibbert

Contact: **01822 618221**;

Email: safeguarding@southtamar.church

Or contact: **Rev Andy Atkins: 01822 870298**;

Email: vicar@southtamar.church

If you cannot reach your Benefice Safeguarding

Representative, please contact the Diocesan Safeguarding

Team: Charlie Pitman, Safeguarding Adviser 01392 345909,

Email: charles.pitman@exeter.anglican.org





GARDEN NOTES BY DOUG

Well, Spring is coming so there could be blue skies over Dartmoor as well as the white cliffs of Dover. Life is coming back to the garden very quickly and if you haven't got it sorted you need to rush out there now; not sit around reading the Parish Magazine, or playing with your phone.

There's lots to do!

It might be sowing some seed - sweet peas, salad leaves, kale, carrots, courgettes, tomatoes (in a propagator). You might want to wait until mid March for other flower seeds (nicotianas, cosmos, nasturtiums are so easy). Where *did* you put that catalogue? Did you order dahlias - the tubers? Will you be visiting the garden centre? Onion sets? Garlic? Potatoes?

If you haven't done all the pruning - apples, soft fruit (Oh, no! I still haven't done my gooseberries) you better get out there. So had I. And, if you need advice, maybe buy a magazine or look on the RHS website.

Did you sharpen your secateurs? Have you cleared out the shed? Did you turn over the compost heap? No. Well, I haven't either.



Have you tidied up the dead leaves, cut back dead growth on last year's perennials, looked out for weeds, pruned the roses, sorted out the pots, thought about mowing the lawn?

There's lots to look forward to and I'm sure I'm not the only one who doesn't like sorting it out in the cold, the wet and the dark. The gloom of those low

dark rain clouds. But, it's brightening up now.

*Bring me Sunshine, in your smile,
Bring me Laughter, all the while,
In this world where we live, there should be more happiness,
So much joy you can give, to each brand new bright tomorrow.*
(Morecambe & Wise)

St. Constantine's Church, Milton Abbot

We were very sorry to hear that John Spurr had passed away on Boxing Day. John had served as our Treasurer some years ago and continued to support us after leaving the PCC. Our love and condolences go to Ann, Katherine and Sarah and the family.

Our thanks to Andy and Phill who led us in a beautiful and reflective Longest Night Service on 21st December which gave comfort to those of us who have lost loved ones, and hope for the future. This may well become a regular service in the run-up to Christmas.

Andy also led us in our usual Crib and Carol Service on Christmas Eve, which was well attended by many local families who enthusiastically partook in a session of Nativity Bingo. We had experienced a problem with some of our bell stays; our thanks go to Andy and Phill for spending a considerable amount of time rectifying that just in time for the Lamerton Bellringers to come and ring for the service – truly joyous, as our bells had not been rung on Christmas Eve since 2018.

Unfortunately, a few days before Christmas the church boiler finally refused to play the game, despite hours of coaxing and who knows how many gallons of water, so we will now have to decide on the best method of heating the building and raise the funds which will be required. I am sure that, in the meantime, if we all don our thermals, wrap up warm and sing lustily we will be able to get through our services; there is always coffee or tea afterwards and maybe even a drop of sherry!

And so our fundraising this year will need to enable us to do more than "keep the doors open". Andy and his family have once again agreed to run a **Night at the Races on Saturday 11th March at 7.30pm in Milton**



Abbot Village Hall, so we will look forward to seeing many of you there for what is always a really fun evening. The cost will be £5 to include a pasty, and there will also be a raffle with some lovely prizes. Following our successful Coffee & Crafts Morning last October, we will be holding another on **Saturday 25th March, 10.30am-12.30pm**, this time in Milton Abbot Village Hall. Pat has once again been busy sewing and we hope to have other stalls for you to buy from. Do come!

*'I have £50,000 in my pyjamas'
Says Rev Andy at Marystowe.....mmm?*

St. Peter's Church, Lamerton



Christmas is well and truly over - for six months at least!



Advent Carols at Theale started our festivities - thanks to all who braved the elements and joined us in the barn. All our services were well attended and Andy again excelled himself with his great interpretation of the Christingle Service.

St. Peter's looked splendid as usual - thanks to the tree gang, the flower team, the lovely school window display and most of all the cleaning ladies who clear up after all of us.

It was good to see the cross up on the tower - visible in many parts of the village - announcing Christ with us.



Mr Johnson worked wonders with Class 1 and produced an amazing Nativity Play. We always look forward to the school's participation with St. Peter's - well done all of you.

Sue's team of ringers did a sterling job and rang in each church in the benefice.

Hopefully we will be able to recruit enough ringers so each church can have its own team.

The most moving service was the Longest Night Service which Andy and Phil organised. If you missed it this year do come along next year.



Do we survive death? Where's the proof of Heaven and Hell?

We have a pond at the end of our garden. It is our view into another utterly different water breathing and virtually gravity free world. Beings there can fly up and down whenever they want to and breathe water! In our 'above water' world we are stuck on the ground and if we breathe water we die. We can never have their freedom just as they can never ours.

The roof of their world is the silver surface of the water. From certain angles water beings can see through their silver ceiling and see our world. It must be just as unbelievable to them as their world is to us. This does not mean that their reality is any less real than our reality. In fact, we have a silver ceiling of our own. Beyond us is a spiritual world full of unimaginable freedoms and splendours. Death is our silver ceiling. Happily, we know for certain that human beings have spiritual identities which survive death and so can pass through that ceiling. How do we know? There is a vast body of literature and testimony from people who have had near death experiences and have been revived – often on hospital operating tables. Remarkably many witnessed their own resuscitation being performed by the hospital staff! Crucially they were able to see without their physical eyes, to hear without their physical ears and think without their physical brains. We know this because they were able to recall the conversations the medical staff had and saw procedures they performed.

Near death survivors become humane 'amphibians' for minutes or even hours before their human body draws them back to our physical world. For a while they become like the frogs in our pond – amphibious. Importantly saints and prophets are spiritually amphibious. Equally there are numerous references to life after death in the scriptures. Our Lord even told parables about this world and the next (e.g., 'Rich Man and Lazarus' Luke 16:19-31.)

Usually, the near-death experience is one of overwhelming peace and love - but not always. Heaven exists and so does hell. Why not watch the first episode of Ricki Stern's Netflix documentary 'Surviving Death'. It records real-life testimony of people passing through our silver ceiling and of their joy at meeting loving, deceased family and friends. It is coming to us all - so be prepared!

Richard Searight

ANNA CHAPLAIN or ANNA FRIEND which will YOU be?

Perhaps you're someone who has been quietly supporting older people for years. Or do you sense a calling to do this work? Whatever your starting point, Anna Chaplaincy can link those who share a passion for working with older people, creating opportunities to learn from each other and providing support through ongoing training and through resources such as the Anna Chaplaincy Handbook.



Named after the faithful widow Anna, who appears with Simeon in Luke's gospel, Anna Chaplaincy is a community-based network that supports older people and their carers, working across many denominations.

Anna Chaplains work in care and nursing homes, private homes, churches and community groups, and are there for people of strong, little or no faith. Male or female, each works within their local church context. Anna Chaplains may have Anna Friends to work side by side with them.

Anna Chaplaincy offers an excellent training course consisting of six, two-hour sessions, paid for by the Diocese.

At present, there are 29 Anna Chaplains and Anna Friends across the Exeter Diocese with a further 10 in training but there are only three in the Tavistock area. With the increasing number of elderly people in our local area, we are looking for volunteers who may be interested in getting involved.

As Robert Atwell, Bishop of Exeter, says: "Across Devon, Anna Chaplains are walking beside older people in our communities, encouraging them to mine the seams of spirituality and faith so that the joys and disappointments of life can better be integrated and the gift of life celebrated. Is God calling you to walk with them?"

So, could YOU walk with them? If you are interested and would like to explore getting involved with Anna Chaplaincy, visit annachaplaincy.org.uk or contact Annie Jefferies (annie.jefferies@btinternet.com) or Josie Whitfield (josi whitfield@btopenworld.com)



Safeguarding News

Training news

Thank you to everyone who attended the safeguarding basic and foundation training in Lamerton last month. The subject was professionally and entertainingly delivered by Christina Cross. I for one, always benefit from the reminder that we ALL have a duty of care to report any misgivings we have over the safety and well-being of a child or vulnerable adult. They do not have to be church-goers.

Staying silent is not an option

PS You can always access safeguarding training online at <https://exeter.anglican.org/resources/safeguarding/safeguarding-training/>

Disclosure and Barring Service (DBS) checks

Please note that all PCC/Trustee members must have a current DBS certificate, which is now renewable every 3 years. Other church members who have interaction with children and/or vulnerable adults, including pastoral visitors and Open the Book helpers, are eligible for an enhanced check.

Contact your safeguarding rep to arrange your check if you have not already done so:

Lamerton + Sydenham Damerel

Julie Hibbert; 01822 618221; julie.hibbert3@btinternet.com

Milton Abbot + Dunterton

Susan Champion; Susanchampion41@gmail.com

Coryton

Jane Vicat; 01822 860254; janevicat@gmail.com

Marystowe

Anita Townsend; 01822 860123

If you are concerned for the immediate safety of someone, dial 999

LAMERTON WI

Tuesday 7th February 2:00pm

Project Linus (making quilts for children with trauma) Mo Springfield

Tuesday 7th March 2:00pm

Wide screen cinema, David Watson

*All meetings held at Lamerton Village Hall
New members welcome*



A CHILD'S FOOTSTEPS TO FAITH

Living Water

Ah yes, cool, refreshing water! Do you drink a lot of water? Most experts agree that we should drink about eight or nine glasses of water a day. Of course, that depends on how hot it is and whether we are doing a lot of running and playing. If so, we may need more water.



The part of the world where Jesus lived was very hot and dry. One day, as he was traveling through Samaria, Jesus passed through a small village by the name of Sychar. Jacob's well was there and Jesus, hot and tired from the long walk, sat down beside the well about noontime to rest. Soon a Samaritan woman came to the well to fill her water jar. "Please give me a drink," Jesus said to the woman.

The woman was shocked! You see, in those days a Jew wouldn't be caught dead talking to a Samaritan. "Why are you, a Jew, asking me, a Samaritan woman, for a drink?"

Jesus answered, "If you knew who it is who is asking you for a drink, you would ask him for a drink and he would give you living water. Everyone who drinks from this well will be thirsty again, but whoever drinks the water that I give will never thirst."



The woman said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming to this well to draw water." She didn't understand that the "living water" was to believe that Jesus was the Saviour.

"You don't even have anything to get water in, how can you give me living water?" the woman asked.

A Night at the Races

'The Milton Abbot Stakes'

A Horse racing evening in aid of Milton Abbot Church



Saturday 11th March 7:30pm

Milton Abbot Village Hall

Cost: £5, includes entry, pasty and tea/coffee.
Please bring your own drinks too if you wish

A stake in a horse will cost £1 per race.

Booking is essential! For tickets please contact Andy on 01822 870298 or email vicar@southtamar.church

A Story on the Theme of Courage

The Cave of Fear

There was once a town where the thing everyone feared the most was getting lost at night in the "Cave of Fear". No one had ever returned from there, and whenever anyone got lost and ended up there, the last that was heard was a great cry of terror, followed by a few enormous guffaws. The townsfolk lived in terror that one day the monster would leave the cave. So they regularly left gifts and food at the mouth of the cave, and these always soon disappeared.

One day, a young man came to town, and, as he heard about the situation with the cave, he thought that it was unfair. So he decided to enter the cave and confront the monster. The young man asked for some help, but everyone was so afraid that not a single person approached the cave with him. He went inside, finding his way with a torch, and calling out to the monster, wanting to talk with it and discuss the situation. At first, the monster had a good long laugh, and the young man followed the sound of the monster's voice. But then the monster went quiet, and the young man had to carry on, not knowing in which direction to go.



Finally he arrived at a huge cavern. At the bottom of the cavern he thought he could make out the figure of the monster, and as he approached it, he felt that something hit him hard on his back. This pushed him forward towards a hole in the rock. He couldn't avoid it, and fell through. Believing that he was about to die, he let out one last cry. Then he heard the great guffaws.

"Oh no, I think the monster has swallowed me", he said, whilst falling.

However, as he fell, he heard music, and voices. They got clearer, and when he made a soft landing at the bottom, he heard a group of people shout: "Surprise!!"

Hardly believing it, he found himself right in the middle of a big party. The partygoers were all those people who had never returned to the town. They explained to him that this place had been the idea of an old mayor of the town. That mayor had tried to accomplish great things, but was always held back by the fears of the people around him. So the mayor invented the story of the monster to demonstrate to people how such an attitude was so limiting. So the young man stayed there, enjoying the party and the company of all those who had dared to approach the cave.

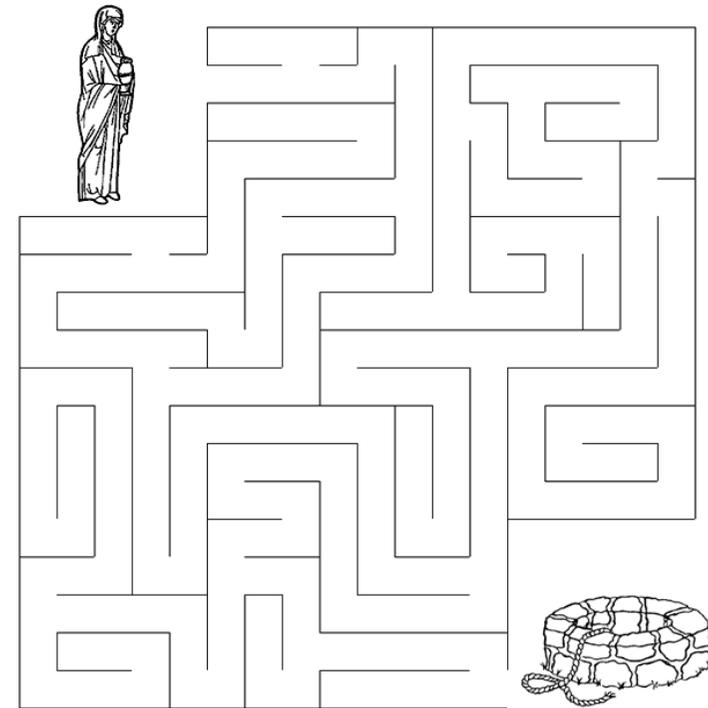
And what about the town? In the town they still believe that to enter the Cave of Fear is the worst of all punishments...

Then Jesus explained, "Whoever drinks from the water from this well will be thirsty again, but whoever drinks the water I give him will never thirst again."

Jesus wasn't talking about the thirst for water from a well, he was talking about a thirst for God. The Bible teaches us that we have a thirst in our heart for the living God and that is a thirst that only Jesus can satisfy. So, when we have Jesus in our heart, he totally satisfies our thirst for God and we will never thirst again!

Dear Father, we thank you for sending Jesus, the Living Water. We pray that each one here today will drink of that Living Water so that they will never thirst again. In Jesus' name we pray. Amen.

Help the Samaritan woman find the way to the well.



"If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water." John 4:10

LAMERTON HANDBELL RINGERS

Following a very successful Handbell Festival in October, 2022, the team settled down to practice carols etc leading up to Xmas. The first event was to entertain the members of Whitchurch WI at their Xmas Party on December 5th. It was a varied programme something we had not produced for almost 3 years. It was lovely to play to such an appreciative audience.

The run up to Xmas was busy. On December 12th we joined forces with Revd Andy and Revd Phil and members of the Benefice to deliver a short carol service to the residents and staff at Venn House and Camplehaye, some lovely singing and ringing -greatly enjoyed. We were given an enormous box of biscuits during the afternoon so we all came back to 'New Court' for refreshments including the biscuits - rounding the afternoon off nicely.

Sunday 18th December saw The Carol Service on Lamerton Church. The weather was atrocious and The Football World Cup Final went in extra time and penalties just as we were getting ready to go to Church!!! We all thought it would be poorly attended - how wrong we were!!! A lovely relaxed service with our carol items going well especially 'White Xmas' The final event took us to Tavistock Conservative Club on Xmas Eve. It is very satisfying to think we were at last getting back to some sort of normality. We had not been there for 3 years and it was good to catch up with the members again. We are always so grateful for their donation to our Charity.

A total of £350 has now been donated to The Primrose Foundation, Breast Care Unit at Plymouth Hospital our chosen charity for 2022 - our thanks to all who so kindly donated.

2023 - marks a massive year for Lamerton Handbell Ringers in two ways. Firstly it marks the 60th Anniversary of the formation of the team by Geoff Hill back in 1963.

Secondly, In September 1973 the first Handbell Festival was held in Lamerton Church to help raise funds for church repairs. The Festival scheduled for October, 2023 will be The 50th Anniversary.

Please make a note in your diary:

**LAMERTON HANDBELL FESTIVAL
GOLDEN ANNIVERSARY
SATURDAY 14TH OCT 2023 7pm
LAMERTON COMMUNITY CENTRE**



*The Lamerton Team ringing at
Lamerton Church Carol Service*



"I Have Heard About Your Faith"

Ephesians 1:15-19

**All are invited to World Day of Prayer
Program prepared by the Women of Taiwan
Marystowe Church of St Mary The Virgin
Friday 3 March, 2023 from 2.30pm**

(Practice Friday 24 February at 2.30pm)



Our sisters in Taiwan are sending us blessings with the service they have prepared for World Day of Prayer 2023. Taiwan is an island rich in natural resources and culturally diverse.

The women of Taiwan share the issues faced geographically, politically and socially and also their hopes for the future.

Let us join with them as we give thanks for the beautiful island and people of Taiwan and encourage one another in our faith just as Apostle Paul did in his letters.



NATURE NOTES BY BLUEBELL Feb - March 2023

*What would the world be, once bereft
Of wet and of wildness? Let them be left,
O let them be left, wildness and wet;*

Long live the weeds and the wilderness yet.

From Inversnaid by Gerard Manley Hopkins



The historic right to wild camp on parts of Dartmoor has been defeated in the courts in the case brought against Dartmoor National Park by South Dartmoor landowners Alexander and Diana Darwall.

For centuries many people have loved passionately the wilderness of Dartmoor and treasured the right to roam freely there, a historic and precious legacy. They fear that the ruling is the tip of an iceberg that will curtail our freedom to discover and get close to nature in our national parks. The right to roam for open air recreation has been formally permitted since 1985, but the definition of open air recreation was left vague and wild camping was not explicitly excluded so it remained a legal right before this ruling. Many landowners will happily give permission for wild camping but it will now need to be sought.

The land and its wildlife is cared for and managed by Dartmoor National Park Authority, hill farmers, Commoners and others.

Public access and landowners' rights are protected by a Code of Conduct, the principles of which include 'leave no trace', a maximum camping duration of two nights in any one place, carrying everything you need in a backpack, and travelling by horseback or on foot, away from roads.

Dartmoor is the only place in England and Wales where it was legal to wild camp across most of the 70,000 acres of the National Park, 0.2% of England.

"At this moment of ecological crisis we have never needed these opportunities to connect deeply with nature more" said Robert Macfarlane, author of 'The Wild Places'. He has backed *The Stars Are For Everyone* campaign, and so has Raynor Winn, author of 'The Salt Path'. (*The Moorlander Jan 6-19th 2023*).

Who doesn't want the right to sleep under the stars, in the quiet wilderness? Last summer Bluebell saw the joyful sense of adventure in the eyes of young people setting off alone up a green track through rocks and heather and bracken towards a distant Tor: Duke of Edinburgh's Award winning youngsters, Army and Marine cadets, lovers of nature and adventure, all.

Milton Abbot Church PCC

Spring Coffee Crafts & Chat

Milton Abbot Hall

Saturday 25th March

10.30am - 12.30pm

Crafts, plants and more

Fundraising for Milton Abbot Church's new heating system and roof repairs

Enquiries: 01822 618452
matreasurer@southtamar.church

Bras & Boxers at Marystowe



Saturday 18th February
In aid of local breast cancer and
prostate cancer charities

Bras & Boxers at Marystowe



Marystowe Church will look very different on Saturday 18th February - it will be decked out with imaginatively decorated bras, boxer shorts and pants, as the church invites people to join in with this fundraising event for our local breast and prostate cancer units at Derriford Hospital, the Primrose Foundation and the Chestnut Appeal. Imagine a Christmas tree festival but with underwear!

How Do I Get Involved?

We would love people to decorate, embellish, and be really creative with how they present their bra/boxers/Y-fronts for display in the church. The entered garments will be judged by members of the clergy and by the visiting crowd, with entrants split into four categories (0-6yrs, 7-11yrs, 12-17yrs and adults), with prizes available in each category. Entries are **£1 for children** and **£2 for adults**.

Not everyone will have spare undies to sew/paint/cover in glitter, etc., so we hope to have collected a jumble of clean(!) bras, boxers and Y-fronts that people can collect for a donation (min. 50p) to get them started on their competition entries.

What, When, Where?

Collections of starter underwear will be available from **4th February**. Check the South Tamar Mission Community Facebook page or call the number below to find out where items are available to collect.

Drop-off your entries on **Thursday 16th or Friday 17th February between 2 & 4pm** at **Marystowe Church** (PL16 0JA). If you can't make those times, please pop your entries in a bag with your name(s), ages (if under 18), entry money and contact details, and drop them off **before the 17th** at the Milton Abbot Vicarage (PL19 0NZ), Lewdown Rectory (EX20 4DN), or call the number below for further options.

Saturday 18th February will be the **grand viewing** in **Marystowe Church**, with refreshments available between **11am & 3pm**. The **winners will be announced** at the **Virgin Arms** (a pop-up, bring-your-own-drinks, community hub in the Marystowe School Room) from **6pm**.

The **Morning Service** on **Sunday 19th February** will feature special prayers for the Primrose Foundation, Chestnut Appeal, and those affected by cancer.

Questions? You can call Joy on 01822 860630 or check the South Tamar Mission Community Facebook page: facebook.com/southtamar.church