

## January 17th 2021 News-

### WHAT'S ON

#### Sunday 17th :

1030am: worship : St Mary PZ and Paul

And : Sunday from home :

Worship from Penlee Cluster on website

#### Monday 18th

1030am: Super soups support group : St Marys PZ

#### Tuesday 19th

930: Communion at St. Peter's Newlyn and on zoom

10.15 am: short core staff meeting : Zoom

11am Poetry group: Zoom ( you might like to bring a poem to share)

#### Wed 20th

9am: 1662 Eucharist : Paul Church and zoom

6pm : " Interruptions" wisdom reflection : Zoom

#### Thursday 21st

1030: communion and wisdom reflections: St Mary PZ and Zoom

#### Friday 22nd

1030- 1130: well being group : St Marys PZ

1030: communion and "Interruptions reflection": St. John PZ and zoom

1030am: Being Interrupted group via zoom

#### Saturday 23rd

830am: Traditional Language Eucharist: St Marys PZ and zoom

#### EACH DAY of the week :

Morning prayer: 8am: Zoom

Night prayer: 9pm : Zoom

### SUNDAY 24th

1030am: worship St Mary PZ and Paul

And Sunday from home :on website

6pm Julian Meeting On-line

**IF YOU WISH TO GET A LINK TO ANY OF THESE ZOOM ACTIVITIES PLEASE REQUEST A LINK FROM :**

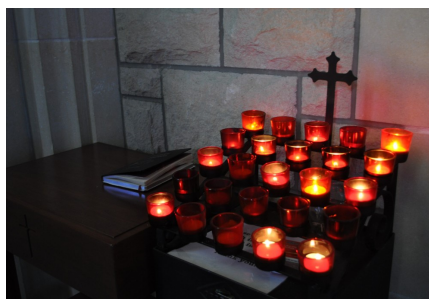
[teamleader@penleecluster.org.uk](mailto:teamleader@penleecluster.org.uk) or from [admin@penleecluster.org.uk](mailto:admin@penleecluster.org.uk)

### UPDATE

There are just so many challenges in our lives at present. So we ask that we try to support each other, our communities, friends and families by keeping in touch by phone, e mail or letter. If you know of people who might need a face to face visit, some support or some extra food do put them in touch with our Administrator Keno who will make sure that a priest or pastoral visitor gets in touch : 01736367863

### DO KEEP SAFE .

At this moment St Marys PZ is open each day from 10-12 for people to drop in, pray, light a candle or simply to find a listening ear. Paul Church is open on a Wednesday and Sunday in daylight hours , St. Peter's on a Tuesday morning and St. John's on a Friday.morning Obviously, things could change at a moments notice.



### THOUGHT FOR THE WEEK:

*Seeing the holy in the ordinary, the sacredness in the everyday, is about leaning into the mystery at the centre of human life, not counting up successes and accomplishments.*

1 Samuel 3v 1–10,19; Psalm 40 ; 1 Cor. 13–15,17–20; John 1: 35–42

The First Reading tells the delightful story of God's initiative in the life of the boy Samuel, who is open to the call of the Lord despite his youth, signalling the beginnings of a close relationship with God.

REPENT

MORE OF HIM, LESS OF ME

WHY THIS ISN'T THE CHURCH YOU GO TO  
WE CAN'T DO IT SMALL THINGS  
— MOTHER TERESA —

SUB ROSA

WHERE ARE YOU STAYING?

FROM TODAY ON MYSELF DOES NOT EXIST

**COME AND SEE!**

Jesus  
I stand in you

Love

FAITH  
HOPE  
LOVE

GOD IS LOVE

PRAY JOHN PRAY

In a place as real as this  
and it needs in you

There has recently been a stir regarding a new television series called *The Chosen*. It concerns the ministry of Jesus but, initially, focuses on the Apostles and their own personal stories in a very believable and sympathetic way. It's well worth investigating as it shows the ordinary humanity of all those concerned

If you would like to get a newsletter sent to your computer, and this is not happening for you at the moment, then please let Keno have your email address.

Congratulations to Bob and Sue Harrison who celebrated their 55th Wedding Anniversary on January 15th

The wedding at Paul Church caused quite a stir with myself and brother officers in full dress with swords plus the Pipe Major playing his heart out. Bitterly cold but clear - no rain. A day to remember!



Congratulations to those over 80s who have been offered their vaccine and have taken up the offer.

On Tuesday we had a Zoom meeting of the poetry group. It was well attended by and aside from a few minor technical difficulties, went rather well. This particular meeting was loosely focused on members reading their favourite poems and afterwards discussing their own feelings regarding said. In this instance the meeting was chaired by Darren Moore, a relative newcomer to the Parish who has had some of his poetry previously published.

With so much to ponder and think about at this present time, and for some people, with time to write, draw or compose we are collecting work that you might like to share with others. Serious, funny...wherever the creative mood has taken you. Do send in to Sian yates: [teamleader@penleeccluster.org.uk](mailto:teamleader@penleeccluster.org.uk).

Or St Marys church chapel street Penzance. You might want to include your name .

## BEING INTERRUPTED BY COVID PANDEMIC

Last week a number of people joined in this new series of discussion and reflection groups either during worship or in a zoom group.

If you have not started to reflect on this pandemic time then you might want to do so at home. If you want to start your own journal or note book and want some materials we are happy to deliver a book and art materials to your home.

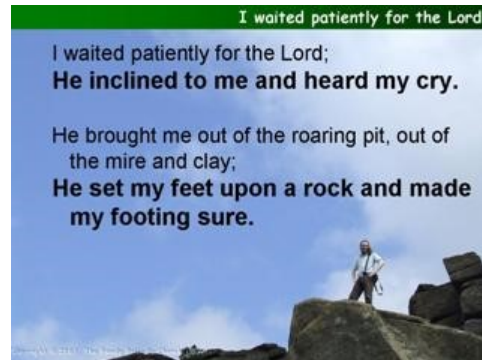
### WEEK 1 : A Psalm of Waiting

Read part of psalm 40 or listen to a recording of this being sung

I waited patiently for the Lord;  
he inclined to me and heard my cry.

He drew me up from the pit of destruction,  
out of the miry bog,  
and set my feet upon a rock,  
making my steps secure.

He put a new song in my mouth,  
a song of praise to our God.  
Many will see and fear,  
and put their trust in the Lord.



Now think or write out that first verse.

I wonder.....are we **patiently** waiting? What word most described how you are waiting? There might be a whole series of them. Talk to God about the words you have thought about.

### MIND MAPPING or JOURNALING ....write it down...draw, doddle ..

Think about waiting during this pandemic time....what were you waiting for ? How does waiting make you feel?

What words describe waiting for you in this long Covid period...make the list

What has been God's response to you as you wait in this Covid pandemic?

What images come to mind? Write them down. Describe them. Draw them. What colours, textures?

You might want, as you wait upon God, jot down what has happened in this period since the beginning of March when the first lockdown happened in the UK.

Reflect with God at what you have written, or drawn. Spend time just looking at how it has felt to you. Are there any common themes ?

What might God be saying in answer to your thoughts and questions?

### WRITING YOUR OWN PSALM

Now look at all that you have put on your page ....what do you notice ? What words or ideas jump out at you.?

You may now write a few lines of your own psalm of waiting.

Is there a refrain or chorus ?

Is there a tune or dance, movement sequence in your head

### A QUESTION TO PONDER OR PRAY

Is your waiting psalm a psalm of joy or lament?

## PANDEMIC POEMS Mount's Bay 2020

Turbulent churning waves  
relentlessly pounding the foreshore  
in the partial darkness of a moon filled inky sky.  
Deep grating sound of pebbles dragged outwards;  
Again, again, again.  
A rhythmic sound without ceasing.  
Now, at the tide turn intersection  
of twice daily Ebb and flow.  
Mount's Bay, almost menacingly black.  
But strong shafts of the borrowed moonlight  
illuminate a silver highway into the horizon,  
drawing the eye into another realm.  
Hoping for that which is to come.  
Hoping for a future that is better:  
More equal, more humble than the past.  
Only churned up waters best catch the rays of the moon  
And are blessed by the calming light.  
The wave tips now stunningly white  
amid the darkness of the ocean.  
Only in disturbance, life upended,  
are we drenched in the Christ light.  
Acknowledged vulnerability,  
in a Covid clad world.  
Nothing now as it was.  
We seek the very essence of our life and being.  
We seek the purpose of life itself.

## FROM THE SUPER SOUP SUPPORT TEAM



Recipe for carrot and butter bean soup  
for 2 servings

### Ingredients

2 tablespoon oil  
1 onion  
1 carrot  
1 leek  
2 potatoes  
1 teaspoon coriander  
1 glove garlic  
1 tin butter bean rinsed and drained  
30ml skimmed milk  
1 teaspoon chopped coriander  
Salt and pepper to taste  
500ml stock

Warm the oil and add chopped onion carrot and leek and garlic. Cook until softened. Add the stock and the chopped potatoes and cook until potatoes are soft. Add salt and pepper bring to the boil. Add in the butter beans and milk cook for 15 min. Add the coriander when serving. ENJOY!!

### **JULIAN MEETING ON LINE SUNDAY JANUARY 24TH AT 6PM**

On Sunday Evenings from January 24th at 6 pm we invite you to participate in a time of quiet reflection shared with others on the Internet. We will follow the usual pattern we use for the Julian meetings we hold in Church. A short opening prayer and then a simple sentence to hold in your minds during a period of 15 minutes silence. On your screen you will then be shown a lighted candle and perhaps another object as a focus. At the end of our shared silence we will hear the sentence once again followed by a simple closing prayer. And for those who would like to catch up on Zoom with news and chat. If you would like to join us then email [Paulpriest@penlecluster.org.uk](mailto:Paulpriest@penlecluster.org.uk) or [admin@penlecluster.org.uk](mailto:admin@penlecluster.org.uk) to receive the link

