

## January 24h 2021 Newsletter

Welcome: where ever you are reading this newsletter from we are pleased that you are able to link in with us in the Penlee cluster in some way . Wherever you are your are welcome and we would like to hear from you too.. And remember that even if your are at home you are not alone because God is our constant companion.

There are times when God interrupts our life, stepping into our busyness to turn us around so that we can suddenly see what is real and important. Certainly this Covid time is a constant interruption and sometimes it's hard to keep going.

When St Paul met the risen Jesus on the road to Damascus many many years ago , Everything about his life changed. It is that story of Paul that we explore in our Sunday worship and you might want to read in the bible reading

BIBLE READING FOR SUNDAY: Acts 9: 1-22



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.

**DO KEEP SAFE .**

### THOUGHT FOR THE WEEK

Looking to the common good is much more than the sum of what is good for individuals. It means having a regard for all citizens and seeking to respond effectively to the needs of the least fortunate. . . .

We hope that in this newsletter, bringing together articles by many people, you might find something that helps to get you through another week thankfully.

Sian Yates : team leader

### WHAT'S ON THIS WEEK

Sunday 24th :1030am: worship : St Mary PZ and Paul And : Sunday from home : Worship from Penlee Cluster on website  
6pm Julian Group On Line by Zoom

Monday 25th 1030am: Super soups support group : St Marys PZ  
1pm Shared Table Lunch delivery Paul Area

Tuesday 26th 930am : Communion at St. Peter's Newlyn and on zoom  
10.15 am: short core staff meeting : Zoom  
11.00 am: Poetry group: Zoom ( you might like to bring a poem to share)

Wednesday 27th 9am: 1662 Eucharist : Paul church and zoom  
1pm: Shared Table pasty : Newlyn and PZ  
6pm " Interruptions" wisdom reflection Zoom

Thursday 28th 1030: communion and wisdom reflections: St Mary PZ and Zoom

Friday 29th 1030: Communion "Interruptions reflection": St. John PZ and zoom  
1030-1130: well being group : St Marys PZ  
1030am: Being interrupted group via zoom  
1pm : shared table fish and chips : PZ area

SUNDAY 31st 1030am: worship St Mary PZ and Paul And Sunday from home :Worship from Penlee Cluster on website  
6pm : JULIAN GROUP ON LINE : zoom

## KEEPING IN TOUCH

Clare Brown has now had her operation and is back at home recovering

Kay Owen and Jim Day are awaiting further tests

Vicki Howard now has her first grandchild and is very excited...to now be known as Nana😊

**PCCs ANY OTHER BUSINESS** All cluster PCCs meet on the first week of February. If there is something that you wish discussed then please send the matter in to your church warden or PCC Secretary this week.

## SIGNING UP FOR THE NEWSLETTER

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.

## THE IMAGES AND WORDS OF HOPE

### CHALLENGE from Head Teacher Hilary .

It's winter, it's cold, it's lockdown 3: the future is uncertain. The start of the year has been challenging for us all at school.

In our schools we are focusing on the value of Hope: hold on to hope and think of a better future. What does hope look like?

To start this challenge we shared photos from nature: a flowering plant growing in the middle of a tarmac playground and the image of a rainbow. This rainbow image is familiar to the children on the school badge, from the rainbows that adorned houses in the Spring and of course with the promise of Hope from God

## Cornwall Community Foundation Grant

We are very excited to announce that we have just been awarded £10k for our work in the community at this time of pandemic. The money will be used in a variety of exciting ways over the next few months and is there to support us all at this challenging time. Most of all it is to help us all stay connected and positive. We need to find ways to brighten up our lives and feel that we all have things to offer each other. More information to follow

## Staying in touch lunches during lock down "A Shared Table"

**Monday: Paul Pub**

**Wednesday : Aunt May's pasty**

**Friday : Fraser fish and chips**

Enjoy a light lunch and cluster newsletter delivered to you if you are staying in trying to keep safe.

Church volunteers will deliver the meal and have a socially distanced doorstep chat to catch up with news.

Of course, we are looking forward to a time when we can eat a meal or drink coffee together again in one of our buildings.....but in the meantime this is our next best thing!

**Taking part in "our shared table"....**Would you like a lunch time surprise meal? Ring Yates' on 367863 Could you be a delivery angel ? Contact Yates : 367863



## CHALLENGE PROJECT : For Children and Adults

1. Create a picture / photo illustrating Hope for you at this time
2. Write 3 words or sentences of Hope to accompany the picture

Together we will create a display for our churches and to be put on line that shows our understanding of hope at this time. Where are we finding hope?

Where is the light for you in this darkness?

Let's share our perception of this value of HOPE that underpin our lives.

3. Send to Keno at : [admin@penleecluster.org.uk](mailto:admin@penleecluster.org.uk)  
Or post to St Mary Church, Capel Street, Penzance  
Or we will collect from you home: 01736 367863



## BEING INTERRUPTED BY COVID PANDEMIC

### Session 2 : PSALM 104:

**Read psalm 104 : here are just a few verses ...or watch this clip; starts in silence**

**<https://www.youtube.com/watch?v=>**

How many are your works, Lord!  
In wisdom you made them all;  
the earth is full of your creatures.

There is the sea, vast and spacious,  
teeming with creatures beyond number—  
living things both large and small.

All creatures look to you  
to give them their food at the proper time.

May my meditation be pleasing to him,  
as I rejoice in the Lord.



2. **IMAGES AND WORDS** : What images of creation excites you from this psalm ? What images might you put in your journal or note book to accompany this psalm? What phrase stands out for you? Perhaps write this in your journal. Spend some time reflecting on this phrase and images.

3. **REFLECTION ON NATURE DURING THE PANDEMIC** : During this pandemic many people were much more aware of the natural world around them. What did you notice? What kept you going? You may want to talk about this in your group or talk to God about it? You may want to jot your thoughts down.

Once you have reflected on how the natural world has sustained you throughout this Covid period you may wish to write your own psalm of gratitude. Some psalms have a repeated phrase or chorus : you may wish to use this one.

**I will sing to the Lord all my life;  
I will sing praise to my God as long as I live."**

4. **REFLECTIVE THANKFUL WALKING** : Through this psalm we are reminded of the majesty of creation : its intricacy and vastness and we acknowledge our unique place within created order. Everything we have comes from God even our very breath.

You may wish to go on a purposeful reflective walk this week capturing in your minds-eye images of the natural world that you notice. You could use this phrase each time you stop and notice: "Praise the Lord, all the earth."

I wonder, do you get a sense that "With all of creation we sing, "Praise the Lord, all the earth.". You might recapture your walk in your journal. Colours, sights, sounds...

Alternatively, you may wish to watch a clip of a nurture programme and give thanks for all that you have seen. <https://www.youtube.com/watch?v=SWor0GVD59c>

5. **ACTION AND RESPONSE** : Having our lives interrupted during this pandemic has given us more time to be more aware of the natural world. What insights, responses or actions has this lead to in our lives?



**Holocaust Memorial Day (HMD) is on Wednesday 27 January and this year's theme for 2021 is 'Be the light in the darkness'.**

HMD is always held on 27 January and is, as ever, an opportunity to stand together with people of all faiths to remember the six million Jews murdered during the Holocaust, alongside the millions of other people killed under Nazi Persecution and in genocides that followed in Cambodia, Rwanda, Bosnia and Darfur. This year for the first time all activities will be online and the resources all reflect this.

The theme of 'Be the light in the darkness' encourages everyone to reflect on the depths humanity can sink to, but also the ways individuals and communities resisted that darkness to 'be the light' before, during and after genocide.

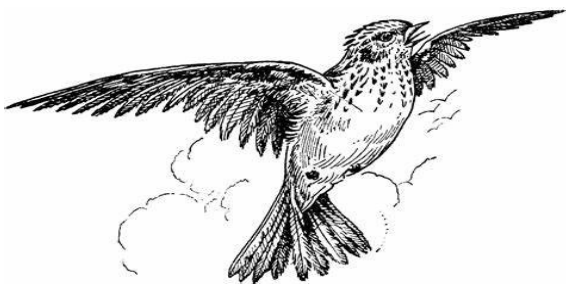
The UK Holocaust Memorial Day 2021 ceremony: Register for the [HMD ceremony](#) which will run from 7–8pm on 27 January and share this link with others. Encourage others in your diocese to register and join in the National Moment of Lighting the Darkness by putting a candle in a window at 8pm.

If you have any questions relating to HMD please contact Andrew Yates, Chair, Cornwall Faith Forum [andrew.yates@truro.anglican.org](mailto:andrew.yates@truro.anglican.org)  
Nothing now as it was.

We seek the very essence of our life and being.

We seek the purpose of life itself.

### **PANDEMIC POEM THIS IS THE PLACE**



#### **THIS IS THE PLACE**

This is the place I heard the skylark sing  
And stopped and watched her in the April sky,  
Where now the mist clings to the hedges  
Veiling the distant moors.  
Gone are the flowers – bluebells and daffodils  
Wild garlic and pink campion.  
Now all is brown bracken, green grass  
Brambles and nettles and grey granite walls  
And puddles rippled by the autumn winds.  
This is the place I heard the skylark sing.  
VG 311020

**DON'T FORGET TUESDAY POETRY GROUP**

### **FROM THE SUPER SOUP SUPPORT TEAM**

**SUPER SOUP RECIPE** from soup group

Great Cornish crab soup  
Serves 2

2 tbsp sunflower oil  
2 cloves of garlic  
1/2 tsp ginger  
1 tsp lemon grass  
7oz crab meat  
500ml chicken stock  
1 tin coconut milk  
2 spring onions  
Juice 1/2 lemon  
1/4 red chilli  
1tbsp chopped coriander  
Salt and pepper



Large saucepan on med heat, heat the oil, add garlic, ginger, lemon grass and crab meat. Stir until light golden. Add stock, coconut milk, bring to boil reduce to simmer, cook for 2 minute. Add spring onions, lemon juice, chilli and coriander, season to taste, serve.  
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@penleecluster.org.uk](mailto:Paulpriest@penleecluster.org.uk) or [admin@penleecluster.org.uk](mailto:admin@penleecluster.org.uk) to receive the link to join.

[https://us02web.zoom.us/j/84734636130?](https://us02web.zoom.us/j/84734636130?pwd=NkMrMDNjTGpzbnorZEUrYVRJUTBkQT09)  
[pwd=NkMrMDNjTGpzbnorZEUrYVRJUTBkQT09](https://us02web.zoom.us/j/84734636130?pwd=NkMrMDNjTGpzbnorZEUrYVRJUTBkQT09)

