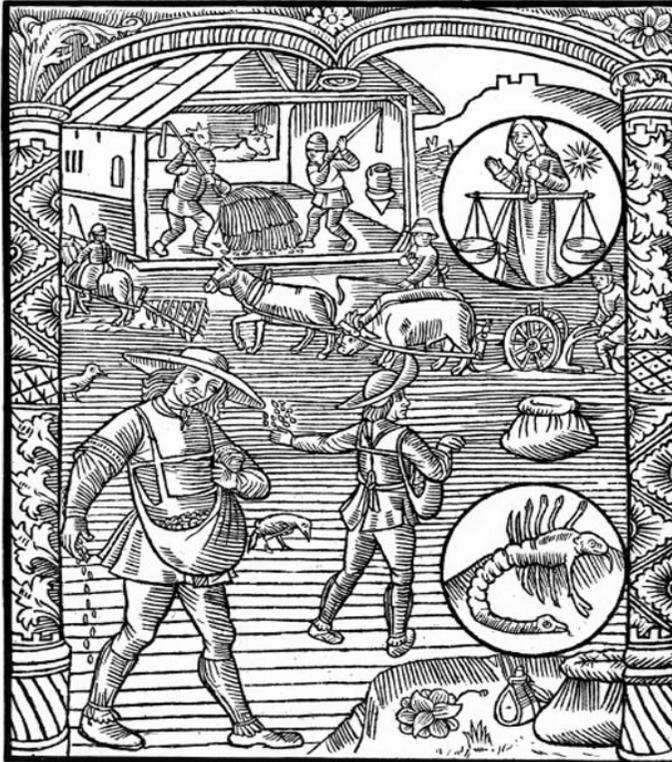


Parish News

For the Benefice of
**Chillaton, Coryton,
Dunterton, Lamerton,
Marystowe,
Milton Abbot and
Sydenham Damerel**



October: Libra. Ploughing, Sowing, Threshing.
Pierre Le Rouge, Almanach des Bergers, 1491.

‘Now He who supplies seed to the sower and bread for food will supply
and multiply your seed for sowing and increase the harvest of your
righteousness.’
2 Corinthians 9.10



September 2016
Price: 60p

RECTOR: **Rev Andrew Atkins** **01822 870298**

The Vicarage, The Parade, Milton Abbot PL19 0NZ;
Email: revandymiltonabbot@gmail.com

CHURCHWARDENS

Lamerton:	Mike Jefferies	614178
	Ian Minshull	810027
Milton Abbot:	Rosie Culverhouse	870567
	Sandra Dunbar	870218
Dunterton:	Arthur Vigers	870244
Sydenham Damerel:	Ian Dingle, Portington Farm, Sydenham Damerel	870364
Marystowe:	Barbara Dawe	(01566)784797
	Deborah Asbridge	860378
Coryton:	Sylvia Andrews	820805

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:	Ian Dingle	Portington Farm, Sydenham Damerel	870364
Milton Abbot:	Gerald Napier		870285
Dunterton:	Gerald Napier	Glebe House, Dunterton	870285
Marystowe:	Guy Talbot		860314
Coryton:	Peter Newman		(01566)783202

UNITED BENEFICE APPOINTMENTS

Safeguarding Officer	Julie Hibbert	618221
Safeguarding Representatives	Deborah Asbridge	860378
	Rosie Culverhouse	870567
	Josie Whitfield	860189
Vicar's Assigned Administrator	Guy Talbot	860314

MAGAZINE

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CHURCH WEB SITE www.southtamar.church Email vicar@southtamar.church

PARISH COUNCILS

	Chairman	Tel.	Clerk	Tel.
Lamerton:	Mike Jefferies	614178	Ann Cole	810213
Milton Abbot group parish:	Peter Hough		Emma James	07742557982
Sydenham Damerel:	Tracy Windemer	870568		
	Denise Head	870450		

PRIMARY SCHOOLS

Lamerton C of E	Head Teacher: Melody Nicholls	Tel. 613561
Milton Abbot	Head Teacher: Chris Luxford	Tel. 870273

Diary Dates

September 2016

- 3 MILTON ABBOT VILLAGE COFFEE MORNING, Village Hall, 10.30 - 12.00
- 3 LAMERTON COFFEE MORNING, Lamerton Community Centre, 10.30 - 12.00
- 6 LAMERTON BINGO, Lamerton Community Centre, 8.00pm
- 10 MILTON ABBOT VILLAGE SHOW, from 3.30pm
- 10 LAMERTON BELLRINGERS' OUTING
- 11 MILTON ABBOT HARVEST FESTIVAL, M A church 4.00pm
- 12 MILTON ABBOT BINGO, Village Hall, 7.30pm
- 13 MAGAZINE DEADLINE for October edition
- 17 MILTON ABBOT VILLAGE COFFEE MORNING, Village Hall, 10.30 - 12.00
- 17 LAMERTON COFFEE MORNING, Lamerton Community Centre, 10.30 - 12.00
- 18 LAMERTON TRACTOR RUN AND COUNTRY FAYRE, from 10.30am
- 20 LAMERTON BINGO, Lamerton Community Centre, 8.00pm
- 24 MILTON ABBOT COFFEE MORNING AND JUMBLE SALE, 10.30 - 12.30
- 25 CORYTON HARVEST FESTIVAL, Coryton church 11.15am
- 30 CAMPLEHAYE HARVEST PRAISE, 2.30pm
- 30 LAMERTON HARVEST SUPPER AND AUCTION, Village Hall, 7.00pm

October 2016

- 1 MILTON ABBOT VILLAGE COFFEE MORNING, Village Hall, 10.30 - 12.00
- 1 LAMERTON COFFEE MORNING, Lamerton Community Centre, 10.30 - 12.00
- 2 MILTON ABBOT MACMILLAN COFFEE MORNING + BALLOON RACE, from 10.30am
- 4 LAMERTON BINGO, Lamerton Community Centre, 8.00pm
- 7 LAMERTON MESSY CHURCH, Lamerton church, 3.30 - 5.30pm
- 7 SYDENHAM DAMEREL HARVEST FESTIVAL, S D church, 7.00pm
- 8 MILTON ABBOT VILLAGE COFFEE MORNING, Village Hall, 10.30 - 12.00
- 8 LAMERTON HANDBELL FESTIVAL, Village Hall, 7.00pm

**September church services are on the back cover;
Bible Readings are on page 8
For services in the Lifton Benefice, see page 24**

A Journey through the Bible with Tiglath

84. The Book of Proverbs, chapter 5 to end

After our break for summer we now resume our journey through this interesting book, commenting as we go.

Chapter 10. Verse 1 tells us how pleased a father is when his son is wise and well behaved and how sad he is when his son goes astray. In verse 5 a wise son gathers in the harvest in the summer, a foolish one spends his time sleeping when he should be working.

Chapter 11. Verse 2 warns us of false pride. Being modest is being wise.

Chapter 12. 'a virtuous woman is a crown to her husband'.

Chapter 13. A wise son heareth his father's instruction.

Thus chapters 10 to 25 tell us of virtues and vices and contains much food for thought e.g. 10:21 'the lips of the righteous feed many but fools die for the want of wisdom'.

I have found Proverbs difficult upon which to write a commentary. As soon as I had dug out a nugget of wisdom another claimed my attention. It is a very jewel box of treasures: wise says after wise sayings followed by good advice. If I have to comment further I shall fill up the magazine. I want you to continue studying Proverbs where I have left off. Do carry on on your own for the next month whilst I prepare my next article about the Book of Ecclesiastes. I shall be very surprised if the Book of Proverbs does not give you deep thoughts and wisdom that will remain with you until the end of your lives.

I would be very interested to know, at the end of the month, what you think of Proverbs and what you have gained from studying it. If you inform the editor and give her your 'phone number I will call you for a conversation about anything you have found interesting.



Rural Pulpit

'Blessed are the pure in heart: for they shall see God'

Blessed are the peacemakers: for they shall be called the children of God'

God Bless you all

Matthew, 5.8,9

Geoff Willetts

Paul's letter to Philemon

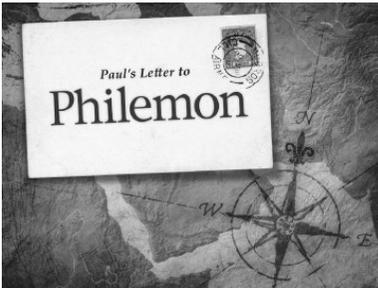


This is the shortest of Paul's letters and his final one in the New Testament. The letter is addressed to Philemon and the congregation which meet in his house, and also to Apphia and Archippus (whom Paul described as a dear fellow worker). The letter concerned a practical issue for Philemon, who owned slaves. One of them, named Onesimus, had run away and was thus liable under Roman law to the death penalty. While Paul was in prison however, Onesimus met him, became a close companion and eventually adopted Christianity.

In his letter Paul appeals to Philemon to treat his slave as a Christian brother upon his return

'not as a slave anymore but as a dear brotherboth as a man and brother in the Lord'

'and if he has done you any wrong or owes you anything, charge it to me' verses 14, 18



This letter is a model of handling a delicate situation, neither infringing the rights of the other: in this case Philemon's right under Roman law to own a slave, but not comprising his own Christian beliefs and principles. Paul demonstrates the best way is to apply a positive principle of Christian love, forgiveness and understanding.

The logic of Paul's words is inescapable: If Philemon and Onesimus are indeed brothers in Christ and spiritual children of Paul, then they are also partnered with Christ to participate together in God's salvation. Christ's exchange for their common salvation obligates Philemon (and Paul too!) to exchange his right to Onesimus for his salvation (or manumission).

Ian Silcox



HARVEST PRAISE

Join us at.....

**Camplehaye Residential Home
Lamerton**

2.30pm Friday 30 September

Visitors are most welcome

Dear Friends,

CHRIST THE REDEEMER

Since 1894 the official Motto for the Olympic Games has been “*Faster, Higher, Stronger.*” As I write, the 31st. Games of the Modern Era are in full swing in Rio de Janeiro, Brazil and we may have watched the television coverage of athletes from 205 countries of the world aiming to achieve the ideals of the Motto.

According to the best principles of the Olympic movement the Motto not only expresses aspirations of an athletic and technical nature but also focuses on a moral and educational perspective. The Games might encourage us to be inspired to some sporting activity ourselves but they should also be a valuable reminder of what can be achieved when peoples of different races, cultures and creeds work towards a common aim. Recently Brazil has been in the world’s focus for a variety of negative concerns – the wanton destruction of the Rain Forest and many of its indigenous tribes of people, civil and political unrest, disease, social division and poverty. The world questioned the likelihood that Brazil would ever be ready to host the current Games! Despite the odds, Brazil has triumphed and the Games in Rio will surely be remembered for their colourful, vibrant and successful achievements.

For me, the outstanding image of the Games in Rio has been something beyond the competitors’ effort and determination, the medal ceremonies, the flags of the world and the stunning location – it has been the statue of Christ the Redeemer standing 2,300 feet above the city and its sporting venues. Surely it must be true that the wonderful image of Christ’s open arms of blessing and love will have been viewed by billions of people across the world through the medium of television – what a thought! So much more than a backdrop to the Games the figure of the loving Christ, who gave himself that we might live, speaks of an ideal far greater than even the Olympic Motto – it is the ideal that reminds the family of humankind of the need to work together for the common good. Christ’s work of redemption was and is for all people, for all time, and the statue of The Redeemer above Rio stands to remind us that Christ’s love is for all to use and share. He pours out his love to those of that city who are in poverty, in sickness and in fear as well as to those who are affluent, healthy and strong – He calls us to do the same today across the world.

It is the moral duty of all members of the family of humankind to respond to the needs of their brothers and sisters – especially to those in some kind of pain or distress. Christ came to enable all people to know the fullness of life and today he calls us to give of ourselves and give of our love

in the fastest, highest and strongest ways possible that those among whom we live may know that in all things, in all places and at all times we are one with them, enveloped together in the outstretched and open arms of Christ the Redeemer.

May He bless you today and always.

Tim Deacon

Milton Abbot School

Are looking for lunchtime volunteers
to help with serving the children their meals



Also, for donations of new or pre-loved
books for the children's library

age ranges 3-13



Please call the school direct to offer your support during
lunchtimes on 870273

All book donations to be given to Rev. Andy Atkins or
dropped off at The Vicarage

at St Peter's Church, Lamerton

Crafts • Games • Stories • Drink
A Meal • Fun • Family Time

This is a free event but donations are welcome

Friday 7th October 'Light up the
Darkness'

3:30pm - 5:30pm

for all the family

Children must be accompanied by an adult

next date: Friday 11th November - 'Remember Me'

Contact Rev. Andy on: 01822 870298

Dates for your diaries for Dunterton Church:

Coffee Mornings at Milton Abbot Village Hall
29 October
31 December

Tamar River Walk
Sat 15th October
(See inside back cover for details)

BIBLE READINGS (Year C)

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

DATE	1 ST READING	2 ND READING	GOSPEL
Sunday 28th August 14th after Trinity (Green)	Ecclesiasticus 10. 12 - 18	Hebrews 13. 1 - 8, 15 - 16	Luke 14. 1, 7 - 14
Sunday 4th September 15th after Trinity (Green)	Deuteronomy 30.15 - 20	Philemon 1 - 21	Luke 14. 25 - 33
Sunday 11th September 16th after Trinity (Green)	Exodus 32. 7 - 14	1 Timothy 1. 12 -17	Luke 15. 1 - 10
Sunday 18th September 17th after Trinity (Green)	Amos 8. 4 - 7	1 Timothy 2. 1 - 7	Luke 16. 19 - 31
Sunday 25th September 18th after Trinity (Green)	Amos 6. 1a, 4 - 7	1 Timothy 6. 6 - 19	Luke 16. 19 - 31
Readings for Harvest Festival	Deuteronomy 26. 1 - 11	Philippians 4. 4 - 9	John 6. 25 - 35

DATE	1 ST READING	2 ND READING	GOSPEL
Sunday 2nd October 19th after Trinity (Green)	Habakkuk 1. 1 - 4, 2. 1 - 4	2 Timothy 1. 1 - 14	Luke 17. 5 - 10
Sunday 9th October 20th after Trinity (Green)	2 Kings 5. 1 - 3, 6 - 15c	2 Timothy 2. 8 - 15	Luke 17. 11 - 19

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'*.



HARVEST FESTIVALS IN THE SOUTH TAMAR MISSION COMMUNITY

Milton Abbot	Sunday 11th Sept	4.00pm
Coryton	Sunday 25th Sept	11.15am (HC)
Sydenham Damerel	Friday 7th October	7.00pm
Lamerton	Sunday 9th October	6.30pm
Marystowe	Sunday 16th October	9.30am (HC)



A CHILD'S FOOTSTEPS TO FAITH

The Rich Man and Lazarus

Do you use an alarm clock to wake you up in the morning? A lot of alarm clocks have a button on them called a snooze alarm. When your alarm goes off, you can hit that button and go back to sleep. In about ten minutes, the alarm will go off again. You can just keep on doing this and go right on sleeping.

Maybe it is nice to get that extra sleep, but there are two problems with snooze alarms. The first is that if you keep on hitting the snooze alarm, you may be late or miss out on something completely. The second problem is that if you keep hitting the snooze alarm, you may get so used to the sound of the alarm that you don't even hear it at all and you will sleep right through the alarm.

Did you know that God sometimes sounds a "wake up" alarm in our lives? He speaks to our heart and says, "It is time to wake up and follow me." Some people hit the snooze button and say, "Not now Lord, call me again -- a little bit later." Some people hit that "snooze button" so many times that they get to where they don't even hear God's voice. When they finally wake up, they find out that it is too late. That is what happened in our Bible story today.

Jesus told a story about a rich man who wore the finest clothes and lived in luxury. A beggar named Lazarus lay outside the rich man's gate. Lazarus was hungry and his body was covered with sores. He was hoping that the rich man might have pity on him and that he might be able to satisfy his hunger with the leftovers from the rich man's table. But every day the Rich man passed by Lazarus without even giving him a thought. I imagine that he passed by Lazarus so many times that he eventually got to the point that he didn't see him at all.



The Bible says that Lazarus died and went to heaven. The rich man also died, but he went to hell. In hell, he looked up and saw Lazarus in heaven with Abraham. He asked Abraham to let Lazarus dip his finger in water and come and touch it to his burning tongue, but Abraham said, "No." Then he reminded the rich man how he had enjoyed such good things on earth while Lazarus had nothing.

The rich man then asked Abraham to allow Lazarus to go back to earth and warn his five brothers so that they would not end up in hell with him, but again, Abraham said, "No." The rich man finally woke up, but it was too late.

God is still sending "wake up" calls to people today. Let us pray that they will listen to his voice and follow him before it is too late.

Dear Father, when you sound the alarm telling us it is time to wake up and follow you, may we never be guilty of hitting the snooze alarm saying, "Later, Lord." Instead, let us rise up and follow you.

In Jesus' name we pray. Amen.

The Rich Man and Lazarus

"But Abraham replied, 'Son, remember that in your lifetime you received your good things, while Lazarus received bad things, but now he is comforted here and you are in agony.'" Luke 16:25 (NIV)

The puzzle is based on Luke 16:19-31 (NIV).



A G O N Y G O O D G M D U I A
 X Q S Y B H W K K F S D I L D
 H R T A U P U R P L E O M E E
 T I Z E R W N L W K R H R C D
 P L T L I A B R C E E V E E L
 S A V U E T L I G U S P P L S
 G Z G X D E L N G A L E E N L
 Q A S U G R I N D X X A N K O
 D R W R L F O L U R E I T Z J
 O U L Y D T H J A L E W B N D
 G S Q R I C H P B N I S N F N
 S H O B F A B A Q B G Q S E B
 N E L M A W T W A R N E N E O
 E V L B F D K T G O Y I L W D
 B E G G A R Y P P Q L Q R S D

AGONY	BEGGAR	DIED	BAD	ANGELS
DOGS	WATER	WARN	HELL	PITY
GOOD	TABLE	LICKED	PURPLE	DRESSED
LINEN	GATE	LAZARUS	RICH	TONGUE
BURIED	SORES	FINGER	REPENT	LUXURY

For Julie – a tribute from Geoff



At last I can take up my pen and write a tribute to Julie, my loving partner. I have been receiving cards and messages of sympathy until today (24 July). I am writing this feeling both joy and sorrow: joy that Julie is at peace with the Lord she loved, sorrow as Julie's light and love have gone out of my life.

I first met Julie when we were both members of the Ministry Team at Milton Abbot church. As we became friends we found that we had many interests in common: the church, gardening, art, music etc. Love had not entered the equation. We decided to go on a pilgrimage to the Lake District, Durham, York and Lichfield. That was when we fell deeply in love, a love as strong as steel. If Julie was asked she said ours was a partnership, that we formed a unit.

Our partnership was welcomed when we visited our families in Yorkshire and on the Continent. We then settled down to a most pleasant life. We both helped with church services. Every Sunday evening with our great friend, Sir Richard Lawson. Julie sold her cottage and moved into a delightful house at Chillaton. She turned this into a most comfy home with the help of our friend Mrs Kathy Sivyver.

I lost the ability to walk and moved into a nursing home where I was looked after by my son and daughter-in-law, a caring staff, and of course, Julie. After an illness at Christmas Julie seemed very well. I was devastated by her sudden death. As I wrote earlier I rejoice that Julie didn't suffer. She is at peace. I feel her loving presence day by day. I thank her for all the love she poured into my life. I have such happy memories to sustain me. Thank you darling, for giving me so much love and happiness. You will always be in my heart. I look forward to joining you in God's own time.

Goodbye my darling.

Geoff

Thanks.....

Julie's family, the Musgroves (Terry, Rosemary, Laura, Robert and Anthea) wish to thank all who attended Julie's funeral; also for the lovely flowers and refreshments. I join with the thanks and also thank our friends for all the cards and messages of sympathy.

St. Peter's Lamerton



Many thanks to all the flower ladies who made the church look so beautiful for the recent wedding. A great deal of thought and work went into achieving this result under Sally's very able leadership.

Thanks also to Annie, Mike and Ashley for their Wine Tasting Quiz. The low scores reflected the fact that most of us had no knowledge of wine but were just there for the fun and the alcohol! But the evening did put over £200 into the church funds.



Our first outdoor Songs of Praise service at Theale was very well received and supported. Thanks to Andy and Ian S for putting a very poignant service together and to Geoff for bringing his bell. We had plenty of food for an enjoyable Bring and Share Supper afterwards. This could well be something to be repeated.

Plans for continuing our Messy Church in the Autumn are well in hand so watch out for further news.

Our next major event is the Lamerton Tractor Day and Country Fair which promises to be bigger and better than ever. Please do come and support us on the 18th September. We do need volunteers to help on the day in stewarding so please call Ian on 810 027 if you can lend a hand for an hour or so.



Even-song at Theale, followed by supper

News from Milton Abbot Church

It is with great sadness that I have to report that on the morning of Friday the 1st of July, our church was adorned with beautiful flowers and extra rows of seating placed in readiness for Julie Gale's funeral. In addition, the Village Hall was prepared and full of refreshments kindly donated by her friends. Apart from her family, many of Julie's friends, old and new, filled the church and took part in a moving service, which was a celebration of her life. She was a remarkable lady with so many talents, which she shared so readily with others. She will be sadly missed by us all, for so many reasons, across the whole of this community.

On Saturday 16th of July we held a "Cash in the Attic" event to raise money towards repairs to the church. Many people hired tables with quality bric-a-brac and crafts. We had a raffle and refreshments and raised £320 after expenses. It was a new venture for us. I did have to laugh though, when one of the local advertisers asked me if the BBC were running the event! If only!

We were delighted to host the special "Leavers service" for Milton Abbot School on Monday July 18th at 5 pm. Year 6 and their teacher Maggie Peacock were leaving the school. It was a lovely service attended by children, staff, proud parents and grandparents too. The Head, Chris Luxford gave some sound advice to the children as they move on to their Secondary education. Andy gave a short talk about ways to say "goodbye" in several languages. The pronunciations and meanings were interesting! Maggie also gave a short talk about her 12 years at the school and all the children she has taught. The children paid tribute to their teacher by singing songs and reciting poetry. The leavers all wore blue graduation gowns with matching mortarboards too, which they proudly threw in the air at the end of the service!



Looking ahead to September, we have a Harvest Festival service on Sunday 11th at 4 pm, when we hope to have any produce left over from the Village Show the day before (Saturday 10th September), displayed in the church and distributed to the "Tuesday Drop-in" in Milton Abbot and the Tavistock Food Bank. We will also concentrate on talents that we all have and some of the local children will be sharing their musical talents with us. Please join us if you can.

Lastly on Friday October 14th at 7.00 we have a concert in Milton Abbot Church featuring "The Valley Voices" choir, Milton Abbot School Choir and Gabrielle Lewis playing organ recitals. This promises to be another lovely concert. Please support us!

Rosie Culverhouse

MANY THANKS TO DOREEN



Colleagues from the Milton Abbot Village Hall Committee and some of her many friends gathered recently in the Village Hall to say thank you to Doreen Atkinson for her many years of service to the Village Hall and to the Village. Over tea and cake the Chairman of the Village Hall Committee, Chris Burchell, said that the continuing existence of the Hall owed much to

Doreen and her dogged determination to develop it, maintain it and for it to stay at the heart of the village. Her massive contribution will be sorely missed by everyone.

To mark Doreen's retirement and long service the Management Committee have decided to rename the History Room, where Doreen has done much work on the village archives, as 'The Doreen Atkinson Room' and a brass plaque showing the new name was unveiled by Doreen.

In reply Doreen declared that one of the most rewarding parts of her time on the Village Hall Committee was meeting and getting to know so many people. She stressed that the Village Hall remains a vital part of the Village and that every effort must be made to keep ensuring its future.

We wish Doreen and husband Norman every happiness in the future.



TASS
TAVISTOCK AREA
SUPPORT SERVICES

Volunteers needed for Milton Abbot Drop - In Group

We are looking for a volunteer to assist with the Milton Abbot Drop In Group. The group is open to those aged fifty-five+ and people with disabilities. They meet **every Tuesday** at Milton Abbot Village Hall for conversation, tea, coffee, a hot lunch and a lucky draw.

For information, please contact Beryl Poynton at TASS, The Anchorage Centre, Chapel Street, Tavistock, PL19 8AG. Tel: 01822 610942 or email befriending@tasstavistock.org.uk

A “ Growing in Prayer “ workshop lead by Bishop Robert , on his recent visit to the Tavistock Deanery

This was a very popular Workshop and since then I have had several requests to write up some brief notes on the content, for others who would have liked to attend, and also for Parish Magazines.

Bishop Robert has been the Bishop of Exeter for 18 months, and prior to that was the Bishop Stockport. In his earlier years , after ordination, Robert had spent 10 years in a Benedictine Monastery . Since becoming Bishop of Exeter, his focus has been on helping and encouraging communities to make new disciples, grow in prayer and serve the people of Devon with joy. This visit to Tavistock was the first of a series by Bishops Robert, Sarah and Nick, in their initiative “ Bishops in Mission”.

Growing in Prayer at Milton Abbot Village Hall on June 21st.

The Bishop introduced the session by telling his audience about St Augustine, who had a partner at this time and a child, both died in unfortunate circumstances, the child at only 10 years old. Augustine was devastated and felt he had nothing to live for. But one day sitting in his walled garden in Milan, he heard some children playing next door. They were chasing each other and when one was caught, the child had to shout out in Latin “ Open it and read” ; this game continued for a while and Augustine felt that the words being shouted were a message for him. “ Open (the book) and read “. Augustine felt in his heart that the book related to The Bible, and so St Augustine did exactly that. The message from Bishop Robert was the same “ Open the Book and read “

Secondly Bishop Robert talked about ways of praying , and how the experiences can be very different for each of us. The audience were asked to explore in pairs, when we became first aware of God ? and who first taught us to pray? Then following that further discussions on how that has influenced how we pray now, and what if any, are our visual images of God.

Bishop Robert led us into thinking about how own senses, what is strongest for each of us, touch, smell, taste, sight or sound? If sound is the strongest sense, then it may be helpful to have some music playing, prior to or during prayer.. most importantly in prayer is “listening” and being still. In other words let God come to us.

The Bishop quoted a saying from the Monastery “ it takes time and effort to be elegant in prayer, but honesty and humility to be real. God would rather that we were real in prayer”

Another useful saying from the Bishop was “ Pray as you can, not as you can’t.”

We should think of any impediments to prayer and make sure that the situations we use to pray are appropriate for us as individuals, for example we do not have to be in church. We do not have to kneel, but do whatever feels right and comfortable.

The Bishop finished by giving each member of the audience a worksheet , with some biblical texts to support our use of prayer. So, if we want **to thank God**, we might want to look at Matthew, Chapter 11, verse 25.

These texts are as follows:

Praise	1 Peter, 1 v 3
Complain	Psalms 10 v 1
Show anger	Jeremiah 15 v18
Show fear	Luke 22 v 42
Show despair	Job 3 v 11
Express alienation	Psalms 38 v 11
Drawing attention to ourselves	Psalms 61.v1
Ask for things	Psalms 71 v 21
Reaffirm belief	Psalms 25 v 1
Own up	Psalms 69 v 5
Say sorry	Psalms 51 v 17
Show concern for others	2 Timothy 1 v 18

The Bishop then asked us each to grade these feelings from 1-5 in what was the most difficult and what was the easiest.

The Bishop concluded his session by commending us to read our Bibles, especially using the Psalms and also some of the old traditional texts in the Book Of Common Prayer, such as the Prayer of Thanksgiving . Sometimes it is easier to hold an object in your hand when in prayer. Each person was given a pebble to hold, and we explored their individual shapes, colours and feel. Whilst still holding our pebbles we ended the session in prayer and the Bishop gave us all a Blessing , before we said The Grace together.

It was a moving experience and the Bishop was thanked for his time and commitment to helping local parishes and individuals to have a greater understanding of prayer.

Annie Jefferies



HARVEST SUPPER AND AUCTION

LAMERTON PARISH
HALL

FRIDAY 30TH SEPTEMBER at 7pm

LICENSED BAR

PRICE INCLUDING SUPPER:
ADULTS £5 CHILDREN £3

TICKETS:- CONTACT JEAN EGGINS
01822 612608



Lamerton Bell-Ringers' Outing

on Saturday 10th September

main stop this year is Penzance

To make a booking, call William Dawe 612202

Lamerton Tractor Day and Country Fair

Sunday September 18th

Tractor Run at 10.30 am.
Main events 11.30 am.

All profits divided between Myeloma UK, the
 366 Derriford Cancer Appeal, the Brain
 Tumour Research Campaign and
 St. Peter's Church.

Shire horses. Threshing demonstration. Classic
 cars and working stationary engine.
 Fun Dog Show. Donkeys and ponies.
 Delicious food. Cider bar and soft drinks stall.



Lamerton WI Produce and Craft Show



Our 6th Lamerton WI Produce and Craft Show held at the Village Hall on 13th August, was yet another great success this year. Despite several of our regular exhibitors not being able to attend, this was made up by new faces who kept our entries to the usual level. Our judges all agreed that the standard was outstanding across the whole Show. All our visitors were impressed by the high standards of the displays and the variety of entries.

Hopefully this will encourage more to enter next year.

The cream teas and cakes were much enjoyed in the marquee where yet more entries were displayed. The Lamerton School children all entered a picture depicting their visit to Paignton Zoo which decorated the Hall, and this year cups were presented for the best picture in each Class.

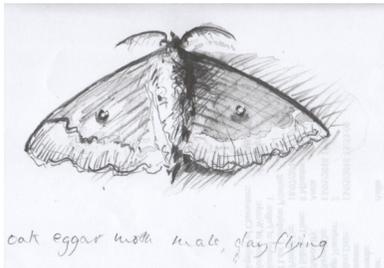
We would like to thank all those who generously donated Raffle Prizes and thanks to The Rev Andy Atkins who kindly presented all the cups to the winners of each Class.

Nature Notes by Bluebell—September 2016



There was a bumble bee nest in the earth among the roots of the ash tree by the bonfire. Something had dug into it and there were several bees staggering about, some larger than others.

As August draws towards September there is quiet in the countryside. No birds are singing, and there is very little noise of insects. There seem to be fewer bees about on the marjoram and other flowers, and though the buddleia is sending up great fountains of purple flower heads it seems to Bluebell that there are fewer butterflies and bees on the bush than ever before. She has seen some Whites, a few Large Tortoiseshells and Red Admirals and Peacocks, but not very many. Recent studies show clear evidence that populations of butterflies and wild bees have declined since the late 1990s in association with increased use of neonicotinoid pesticides in the UK and USA. In China the bee shortage is so bad that the fruit trees are now pollinated by hand: the farmers climb the blossoming trees to dust the flowers with pollen using bundles of chicken feathers tied to sticks. An EU directive is soon due for review controlling the use of neonicotinoids here.



Bluebell was delighted to see a large, handsome, soft-bodied, chestnut-coloured Oak Eggar Moth zig-zagging about in the afternoon sun, searching for nectar from bramble flowers, sloe, sallows or heather. The male is the smaller and flies by day; the female flies at dusk and is larger (up to 90mm wingspan) and lighter in colour. They have nothing to do with oak trees, but are so named because the cocoon is shaped rather like an acorn.

In the summer night on the gravel two large slugs lay curled together, one black, one brown, each with a frilly, orange trim. Between them they embraced a pearly opaque white mass with small bubbles, and in the head of each, facing the other, was a large, open hole. Slugs are hermaphrodite and were both laying eggs and fertilising the each others. They lay entwined, tenderly and gently moving together in the moonlight. It seemed almost romantic (until you remember how much they like your plants! ..Ed.)



I was startled by a little fox cub who ran out from the hedge-bank right up to my legs (I was standing still). It realised I wasn't a tree, twisted round and fled back to the hedge. Ziggy and Lily were too astonished to give chase!



GARDEN NOTES BY DIGGER

When I moved into this nursing home I thought my serious vegetable growing days were over and that such activities would be confined to growing small scale plants and flowers on the window ledge and table. Not so! I have just acquired an interesting new book published under the auspices of the Royal Horticultural Society. It is entitled 'Grow your own crops in pots'. The author is Kay Maguire who has been growing in pots for thirty years. The book contains directions on how to grow more than 60 vegetables, fruits, salads, herbs and edible flowers. It also tells us what size pots to use, included in a list of essential kit. Having decided to have a go at growing in pots I also have to decide what to sow early in the New Year. I have already been given some lettuce seed and I am attracted by the idea of growing the following: carrots, radishes, spring onions, spinach, peas and rhubarb (for the young shoots). In the next few months I shall be increasing my stock of general purpose compost and acquiring pots of the right size. My tomatoes have reached a height of 2 – 3 feet and have flowers and some small fruits. I am hopeful that that we can pick some delicious fruit in August. My geraniums are now being fed and I am looking forward to some lovely flowers.



The 43rd Annual Handbell Festival
 Lamerton Sports & Community Centre
Saturday 8th October, 2016
 7pm start
 All Welcome



Advance Notice of Christmas Fayres
Milton Abbot Village Hall, Saturday 19th November, from 10.00am
Lamerton Village Hall, Saturday 3rd December
 Anyone interested in having a table, contact Valerie Hill,
 614319; newcourtfarm1@btinternet.com

Great news from Guy at Ottery Press

In 2013 I lost my wife, Tavi, to cancer and my world crashed around me. Then last year I met Amanda, a school teacher from Torquay, who had also lost her husband, Adrian, to this terrible disease. We hit it off immediately and discovered that we had much, much, more in common than just the loss of a loved one. We both love walking in the countryside and nature, and share an interest in history and live music. The icing on the cake was that both my boys liked her instantly.



Sometime around February this year, I started to plan how I should propose to my lovely Amanda, and me being ancient (or so I am told), felt that the whole one knee thing would be a) Painful and b) difficult to get up again. Therefore we either had to sit down for the whole process, or stand which would have been a bit undig-

nified. It was on a coastal walk when Amanda pointed out her all time favourite beach that the inspiration came to me.... A message in the sand!!! Luckily I have friends at Bodmin Airfield so getting Amanda over the beach should be fairly easy, just the message itself, the tide and the weather needed to come together. Here another wonderful friend Karen came to my rescue with the offer of a rake and her and her daughter Livvy's labour. Karen suggested that the morning of 4th June would be ideal as we were having a party that afternoon, partly to celebrate Amanda's birthday. Low tide was at 11.15am and the weather was set fair albeit hazy with cloud-base at about 2,000ft. I had told Amanda that I was getting her a flying lesson for her birthday... So the plot was hatched! The pilot, had been briefed, and with me sat in the back and Amanda in the left hand seat we left Bodmin and set course for Hawker's Cove. As we flew over Padstow Amanda commented that her favourite beach was "over there" and the pilot replied "would you like a closer look?" The net result was that a very surprised Amanda said "yes", clambered into the back and we are now officially engaged!!!



We will never forget our past lives, but are looking forward to the future together and the new shared adventures that it will bring.

Milton Abbot Church Concert

Valley Voices

with

Gabrielle Lewis – Organ Solos
& Milton Abbot School Choir

Friday 14th October

7.00pm



Tickets £5.00 on the door

To reserve seats in advance phone:

Rosie 01822 870567 or Liz 01822 870642

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St.Mary, Kelly. St.John the Baptist, Stowford. St.George, Thrushelton

Holy Communion every Wednesday, 10.30am at St.Mary's, Lifton

SEPTEMBER 2016

4th. Sept Trinity 15	10.00am "Together at Ten" at LIFTON CHURCH HC A First Sunday Service for the United Benefice & Friends	
	9.45am unless different	11.15am unless different
11th Trinity 16	Lifton - Morning Prayer Thrushelton - Holy Communion Broadwood - Holy Communion	Lewtrenchard - Holy Communion Kelly - Harvest Service <i>Followed by Lunch at Meadwell Hall</i>
<u>TUES</u> 13th	7.00pm LEWTRENCHARD HARVEST THANKSGIVING SERVICE <i>Followed by Harvest refreshments at Lewtrenchard Manor</i>	
18th Trinity 17	Lifton - Holy Communion	Stowford - Holy Communion
<u>WED</u> 21st	7.00pm STOWFORD HARVEST THANKSGIVING SERVICE <i>Followed by Harvest Supper in Stowford Parish Hall</i>	
25th Trinity 18	Lifton - Holy Communion Kelly - Holy Communion	Lewtrenchard - Holy Communion 6.30pm Broadwood - Harvest Service <i>Followed by Harvest Refreshments</i>
<u>FRI</u> 30th	7.00pm THRUSHELTON HARVEST THANKSGIVING SERVICE <i>Followed by Harvest Supper at The Victory Hall, Lewdown</i>	

Chillaton Women's Institute

Meet every 3rd Wednesday at the School Room Marystowe Church at 2.00pm
Come and join us. Call Iris Griffiths 01822 860483 for information

NEW MEMBERS WELCOME

Lamerton Women's Institute

Meetings are at Lamerton Sports and Community Centre, 2.00pm

6 September 'Rhodda's Cream', with Philip Rhodda
4 October 'Games through the ages', with Peter Hood

New members are very welcome

Milton Abbot Village Hall Diary Dates

Jumble Sale and coffee morning

Saturday 24th September

10.30 to 12.30



Macmillan Cancer Support Coffee Morning

Sunday 2nd October

10.30 to 12.30 + balloon race 2.30pm

If you would like a stall, call Chris Harrop 860568

and regular events:

Tuesday Drop - In Group

9.00 to 12.30pm

Bingo

every 2nd Monday of the month, 7.30pm



Theme

'Storytelling'



MILTON ABBOT village show

Saturday 10th September 2016

In the Village Hall

The hall will be open to the public from 3.30pm

Admission:- Adults £1 Children 20p

Refreshments and Cakes available

Silent Auction Grand Draw at 5pm



Do you love to sing?

If so, you might well enjoy doing it with The Mount Kelly Choral Society in Tavistock. This mixed choir always welcomes newcomers. They sing a wide variety of choral works and perform two or three concerts a year. Although aspiring to high standards, anyone who wishes to develop their singing abilities is welcome. Auditions are usually only required if the section for the voice concerned is oversubscribed. The choir is very friendly, reasonably serious but NOT SOLEMN! You can attend up to six rehearsals on a trial basis, without obligation.

Rehearsals are on Thursday evenings from 7.30 to 9.30 in the Melvin Hall at Kelly College and the first one of the new term will be on September 15th. when work will start on the Vivaldi Gloria and carols for the concert on Saturday, 10th. December. After Christmas, we will be singing Handel's Messiah. Annual subscriptions are £50 full subscription: £40 concessionary and £25 for under 30s. Membership is free to anyone under 18.

Kelly College on the left off the A386 leading out of Tavistock towards Okehampton. Ample parking is available. Enter through the main door and ask anyone for the whereabouts of the Melvin Hall. If you are coming for the first time, it is suggested you arrive by 7.15. For more information visit <http://www.kellychoralsociety.com> or contact Membership Secretary, Nick Greaves 01822 616702 - nick@kellychoralsociety.com or Chairman, Graham Reed 01822 840002 - htoakqrr13@btinternet.com



Tavistock and West Devon branch of the Devonshire Association

An illustrated talk entitled
'The Virtual Landscape of Burrator'
by Professor Robert Stone, Birmingham University.

16 September, Tavistock Parish Centre, 7.30pm
All are welcome.

This project has developed from an idea designed to help patients' recovery by introducing computer-generated nature into hospital wards. The project has now grown, with surveying techniques using drones and unmanned marine vessels, to expose a previously unseen local heritage for all to enjoy.



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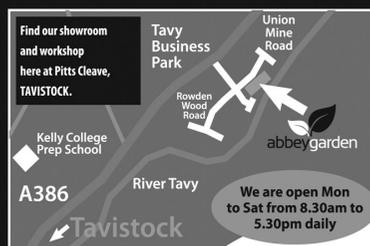
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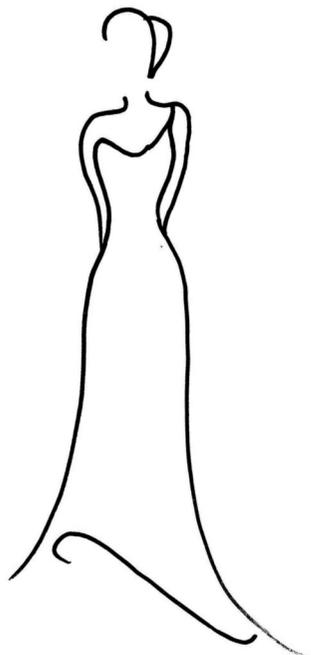
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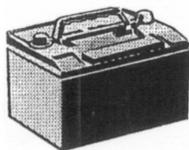
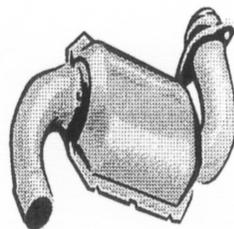
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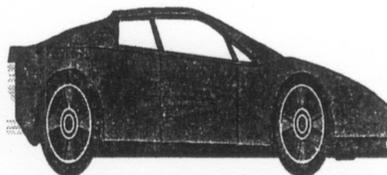
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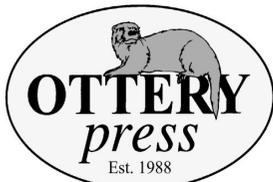
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Lamerton School	1023	Tavistock Hospital	1332
Chillaton Square	1035	Lamerton Blacksmith's	1337
Launceston Westgate arr. dep.	1103 1105	Milton Abbot Edgcumbe Arms	1349
Milton Abbot Edgcumbe Arms	1125	Launceston Westgate arr. dep.	1409 1411
Lamerton Blacksmith's	1132	Chillaton Square	1439
Tavistock Hospital	1138	Lamerton School	1450
Tavistock Bedford Square	1140	Tavistock Hospital	1455
		Tavistock, Bedford Square	1457

114 TAVISTOCK-MILTON ABBOT-LAUNCESTON-CHILLATON-TAVISTOCK

EVERY THURSDAY

Tavistock Bedford Square	0945	Tavistock Bedford Square	13.30
Tavistock Hospital	0948	Tavistock Hospital	1332
Lamerton Blacksmith's	0954	Lamerton School	1339
Milton Abbot Edgcumbe Arms	1000	Chillaton Square	1348
Launceston Westgate arr. dep.	1020 1023	Launceston Westgate arr. dep.	1413 1415
Chillaton Square	1050	Milton Abbot Edgcumbe Arms	1432
Lamerton School	1101	Lamerton Blacksmith's	1438
Tavistock Hospital	1106	Tavistock Hospital	1444
Tavistock Bedford Square	1109	Tavistock Bedford Square	1446

94 TAVISTOCK - MILTON ABBOT - TAVISTOCK

FRIDAYS (except bank holidays)

Tavistock Bus Station	0935	Tavistock Bus Station	1240
Lamerton, Blacksmith's	0943	Lamerton, Village	1247
Milton Abbot Edgcumbe Arms	0950	Milton Abbot Edgcumbe Arms	1255
Lamerton Village	0957	Lamerton Village	1302
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Our New Church Web Site

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In aid of Dunterton Church

Tamar River Walk

Saturday
15th October 2016

Greystone Bridge

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From the editor's desk ...

Deadline for the October issue is Tuesday 13th September 2016

CHURCH SERVICES

September 2016

Day	St Mary M. Sydenham Damerel	St Peter's Lamerton	All Saints' Dunerton	St Constan- tine Milton Abbot	St Mary the Virgin Marystowe	St Andrew's Coryton
Sunday 28th August <i>14th after Trinity</i>	11.15am United Benefice Service at St Andrews, Coryton HC/CW ^(AA) <i>All are most welcome to attend</i>					
Sunday 4th Sept <i>15th after Trinity</i>		6.30pm Even- song AA/MJ			9.30am HC CW AA	
Sunday 11th Sept <i>16th after Trinity</i>	9.00am HC CW AA			4.00pm Harvest Festival AA		11.15am Matins BCP PH
Sunday 18th Sept. <i>17th after Trinity</i>		11.00am HC CW IS/AA			9.30am Family Service AA	
Sunday 25th Sept <i>18th after Trinity</i>	9.00am Matins BCP ID	9.30am Family Service AA/MG/AJ		11.00am HC CW IS		11.15am Harvest Festival HC/CW AA
Sunday 2nd October <i>19th after Trinity</i>					9.30am HC CW AA	

BCP – Book of Common Prayer

CW – Common Worship (Modern)