

Prayer for June:

Help us, O God, to live this day
 quietly, hopefully,
 to lean on your strength
 trustingly restfully,
 to wait for the unfolding of your will
 patiently, serenely,
 to meet other people
 peacefully, joyfully,
 to face every task
 confidently, courageously:

in the name of Christ our Lord, Amen

(Cringleford Mothers' Union)

PewNews



The Camel-Allen Benefice : Lanteglos-by-Camelford, Advent, St Teath and Delabole

June 2020

As I write this in the latter part of May, we appear to have passed the peak of Coronavirus infections: the Nightingale hospitals, constructed to cope with the expected influx of Covid-19 patients, are being mothballed. These hospitals were named after Florence Nightingale, the bicentenary of whose birth occurred in May.

Florence Nightingale, is the archetype of the dedicated nurse, of which we have recently seen so many examples, some of whom are relatives and friends of those in our church community. More of a practical worker than a writer, Florence nevertheless published an article in 1873, an extract from which was reproduced in the Church Times on 15 May. Inspired by a deep spiritual calling, she described infectious disease as a prompt to stay alert to God and a call to action to improve social conditions. *“The lesson of ‘infection’”, she wrote, “is to remove the conditions of dirt, of overcrowding, of foulness of every kind under which men live.”* For Florence, the fundamental teaching of Christ is that we should serve God by serving our fellow human beings; and she saw it as the will of God that, for the Kingdom to come on earth as it is in heaven, we should strive to remove the conditions under which infectious disease can thrive.

Disease, wrote Florence, *“is Elijah’s earthquake”*. She was referring to the passage in 1 Kings 19 where Elijah, alone in the wilderness, stands on a mountain listening for the word of God. *“Now there was a great wind...but the Lord was not in the wind; and after the wind an*

Continued on next page...



If anyone would like to contribute a prayer for the PewNews, please send it to Brenda before the deadline for that month. Thank you, *Margaret and Brenda*

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earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence.” And it was in the silence that Elijah heard the “still small voice” of God. What Florence meant, then, was that we do not find God in the disease, just as Elijah did not find him in the earthquake: we hear him in the silent reflection which follows. Elijah’s attention was drawn to the earthquake, as ours is drawn to the pandemic, as the dramatic event which alerts us to listen for the word of God; but we will find it only as we listen in the silence which follows the event.

The still small voice of God caused Florence to call for action in improving 19th century social conditions. Perhaps, for us in the twenty first century, the still, small voice in the silence following the pandemic will be similar, but different: a call to realise that our pre-pandemic lifestyles had strayed too far from the way God wants us to live, and become unsustainable.

The lockdown has made us all more aware of the need to help each other, especially the most vulnerable. Local communities are again working together in a way which had, for many, been lost; the less frenetic commercial and industrial activity has allowed us to see the dramatic improvements which we can still make towards slowing and reversing catastrophic climate change; the self sacrificial care bestowed by medical and care home workers on strangers has opened our eyes again to the preaching of Christ to love neighbour as oneself; and we have come to attribute new values to those lowly jobs at the bottom end of the social pile, the cleaners, the refuse collectors, the supermarket shelf stackers and the like, rather than to bestow false values on wealth, social status and celebrity lifestyles.

Will we then learn from Florence Nightingale? Is the pandemic our Elijah’s earthquake? Will we see the infectious disease of our generation as a call to improve our own social conditions? Above all, will we listen to the still, small voice in the silence when the earthquake has passed?

**Jeffrey
Assistant Curate**

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from AT SET OF SUN

If we sit down at set of sun,
And count the things that we have done,
 And counting, find
 One self-denying act, one word
That eased the heart of him who heard,
 One glance, most kind,
That fell like sunshine where it went---
Then we may count that day well spent.

But if, through all the life-long day,
We've eased no heart by yea or nay;
 If through it all
We've done no thing that we can trace,
That brought the sunshine to a face---
 No act most small
That helped some soul, and nothing cost---
Then count that day as worse than lost.

1869

Shells by Ella Wheeler Wilcox
Milwaukee: Hauser & Storey, 1873.



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Waterfall at Lanteglos



A day well spent...

It is easy at this current time to see and appreciate the amazing work undertaken by key-workers, those going out to care for others, maintain services, attend to our post, keep our streets clean, while we are at home, doing none of those things.

Or perhaps we hear of those volunteering, shopping or collecting prescriptions for others, while we stay in, doing nothing like that.

While we believe our lives are good, and they are; perhaps we feel they lack something, have lost their lustre; maybe we feel helpless or worthless.

Yet, there is always something we can do, something two-fold; we can all help others in some way. Without sounding trite, we can each feel better about ourselves and improve others' lives. As Ella Wheeler Wilcox's poem, 'At set of sun' makes clear, it can take little effort, and when we make someone else's day worthwhile, we are doing the same for our own.

Claire

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Camel-Allen Benefice Sunday Readings in June

Sunday 7 June Trinity Su

All services have been suspended until further notice.

Isaiah 40 : 12-17, 27-31
2 Corinthians 13 : 11-13
Matthew 28 : 16-20

**Sunday 14 June
Trinity 1**

Genesis 18 : 1-15 **OR** Exodus 19: 2-8
Romans 5 : 1-8
Matthew 9 : 3 - 10 : 8 (9-23)

**Sunday 21 June
Trinity 2**

Genesis 21 : 8-21 **OR** Jeremiah 20 : 7-13
Romans 6 : 1-11
Matthew 10 : 24-39

**Sunday 28 June
Trinity 3**

Genesis 22 : 1-14 **OR** Jeremiah 28 : 5-9
Romans 6 : 12-23
Matthew 10 : 40-42

**The deadline for July's PewNews is Friday 19 June
Brenda 01840 212023**

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News from Camelford and St Thomas of Canterbury.

Thomas a Becket was a complicated man. Low born, yet rose to be second in the land, second only to Henry II. The king was ahead of his time. He got very angry, when priests and bishops escaped punishment, because of their calling, and yet the peasants for the same crimes, were severely punished.

This complicated, lover of all luxuries, became quite uncomplicated when King Henry forced the ring of Archbishop of Canterbury on his reluctant finger. Now his loyalty was to Pope, not King. A loyalty which would lead to Martyrdom.

Why in 1938 was Thomas chosen as the Patron Saint of the new church in Camelford? Why not a Cornish saint? There are plenty of them! Perhaps because we are a daughter church, after all, Delabole's new church in the late 1800's was also not given a Cornish patron saint

What of this little jewel of a church, set on its own "green hill", next to Camelford car-park? I, like the rest of Camelford, have had very few sorties in to Camelford, and none to Barnard Castle.

People have said that they wish the church was open, and I agree with them. We can all pray at home, but prayer in a church is very special, across the world, as well as in Camelford.

Those people may not enter St Thomas' after lockdown is a distant unpleasant memory, but they would have liked to go in, in late Spring 2020. I have used these words not to be inward looking, but because they apply to St Julitta's, Advent, St Tetha's and St John's. Four other buildings which are so very special to all the readers of our new digital PewNews. One of our readers has re-named "Sofa News".

Folk are still smiling and giving each other wide berths. Clapping re-echoes around Camelford at 8.00pm on Thursdays. The Media can fill us with apprehension, but it also reports much joy, telling us of what others are going to help the vulnerable across our nation, safe. Because of the Lockdown, we possibly are not learning of the countless acts of kindness which are happening in Camelford and the in Benefice of the Camel-

www.camelallenchurches.org and we also have a new Facebook group *Camel-Allen Churches* which we'd love you to join.

There are many options for services on line:

On the Truro diocese website www.trurodiocese.org you can access services recorded at home by Bishop Philip and his wife, Ruth. From 8.00am each Sunday a service of Morning Prayer and later an informal, interactive, all-age service which is streamed live at 9.30am on the Truro Diocese facebook page. The video recording can be watched subsequently at any time.

Also on the diocesan website are links to other live or recorded services around the Diocese. Why not try something new?

On the Church of England website www.churchofengland.org there are many other resources including a Sunday Service at 11.00am each week. The daily prayer App is also worth a look, free to download, a number of us already use it for daily prayer each morning.

On BBC Radio 4 there is a service at 9.00am each Sunday and on **BBC One** the service is at 11.00am.



0800 804 8044
DailyHOPE

A free phonenumber of hymns,
reflections and prayers

 **THE CHURCH
OF ENGLAND**

The Camel-Allen Benefice



Resources for prayer and worship

At 10.00am each day we are invited to pause to pray - you might like to use the order for Morning Prayer (see details of App below) or simply pray in your own words - if 10.00am doesn't work for you, pray when you can. The Church of England has published a small booklet, **Prayers - For use during the coronavirus outbreak** - which includes a short order for morning and evening prayer. If you would like a copy, please contact Angela.

At 10.00am each Sunday we may share in a short service which is prepared by one of our Ministry Team and sent out along with prayer requests, by email or post each week. If you are not receiving this please contact Angela with your contact details.

If you would like prayer for yourself or someone you are concerned about, or if you or someone you know needs practical help, please do get in touch.

The services are also accessible from our Benefice website

The Camel-Allen Benefice

Allen Churches.

St Thomas' congregation keep in touch via snail mail, 'phone and email. It seems very surreal still, even after two months of self-isolation, but these means keep us together, along with the greatest and most effective communication of all, prayer. We cannot pray together, except on Sundays, remotely. The services are beautiful and we have to thank Angela, Jeffrey, Claire and Sue, for them

Prayer has no boundaries of time, nor walls, nor distance. Prayer, no matter what the time, is keeping our Benefice together. I know we will keep on praying, for ourselves, our loved ones and friends, here in the Parish of Lanteglos with Camelford and for all in the Benefice of the Camel-Allen Churches.

Brenda.

10 WAYS TO LOVE

1. **Listen without interrupting.** (Proverbs 18)
2. **Speak without accusing.** (James 1:19)
3. **Give without sparing.** (Proverbs 21:26)
4. **Pray without ceasing.** (Colossians 1:9)
5. **Answer without arguing.** (Proverbs 17:1)
6. **Share without pretending.** (Ephesians 4:15)
7. **Enjoy without complaint.** (Philippians 2:14)
8. **Trust without wavering.** (1 Corinthians 13:7)
9. **Forgive without punishing.** (Colossians 3:13)
10. **Promise without forgetting.** (Proverbs 13:12)

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ST TEATH LOCKDOWN LOG

Hello everyone – we are still here although we can't see each other in the flesh – which might be just as well because the flesh is increasing as a result of lockdown lethargy, cooking and eating.

The kindness and community spirit of this village never ceases to amaze and delight me. I have had so many offers to shop for me and random phone calls enquiring about my health that I am almost enjoying confinement. Every window is plastered with rainbows and messages of thanks to all those dedicated souls who have put themselves at risk to ensure our health and welfare. Lynne at the Post Office is delivering papers and necessities, Kevin the butcher delivers meat and the Vine, in Wadebridge is bringing us delicious fresh fruit and vegetables.

VE Day was marked by banners on people's houses and celebrated by socially-distanced street parties in The Meadows and Valley View. For those of you with internet access, Lynne Beavis has circulated a great video of the Meadows party, and perhaps you can share it with those who have not through the window or by any other legal means!

But, of course, there is a very important part of our life still missing – we can't go to Church, even for private prayer. But we are fortunate in that our clergy and readers offer spiritual e-support with their Sunday services, which bring us together, although only digitally, and Angela has

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Three became One

It's a long village, Rockhead, Medrose and Pengelly; each with its own history and family groups of children, parents, grandparents and ...

Having two schools in Delabole can mean the village being child focused with children at the heart of many things.

During the Lockdown, children and adults have been seen searching for Easter Bunnies, Easter Eggs, Rainbows, Postmen Pat, Teddy Bears and Outer Space as they take their daily walks in the village

Second Saturday Special (SSS) have distributed most of their pre-lockdown craft materials to children who used to come to St John's once a month.

Our thanks to the NHS key workers are evident at various parts of the village, as well as to Postal and Delivery workers. A group of angels, Sewing Angels, are making masks, bags, headbands and recently, scrubs. Finished items have already been sent to Treliske, Derriford Hospitals and to local midwives.

Recently the Sunflower Competition has been planted, following a seed donation, with Key Worker Scarecrows being made to guard them! (?)

Another village project is the renovation of the telephone box, being changed from rusty red to a rainbow coloured book exchange.

Almost daily there are messages on the Delabole Coronavirus Support Group (Facebook) extolling the wonderful walks in and around Delabole, opening up the area for others to enjoy.

Delabole is such a caring, sharing village with super leaders and coordinators; we would be lost without them and all those who offer themselves to love their neighbours, so that three might become one.

Sue Wilcox

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Giving by weekly offering, Standing Order or BACS - are all welcome. Even now when services are suspended the church still has unavoidable outgoings and reduced income. If you normally give through the offertory bag, please consider putting something aside each week and either save it up until we meet again or, better still send a cheque to the church treasurer or pay it into the church accounts (contact me or the Treasurer for details. NB what people give is confidential to the Treasurer.) If you are a UK tax-payer please consider giving us permission to reclaim Gift Aid on your gift.

Lanteglos and St Thomas' Camelford and St Teath churches are all members of the **Parish Giving Scheme** whereby members can commit to paying a chosen amount each month by direct debit via the scheme who then claim back the gift aid from the government on our behalf and send the total proceeds back to the churches within a month. This saves a huge amount of work by the treasurer at no extra cost to us and is a great way to give.

The PCC Treasurers are:

- Lanteglos & St Thomas' - Terry Saunderson
- Advent - Henry Hine
- St Teath - Gerald Blewett
- St John's Delabole - Nigel Hicks

For contact details please get in touch with me, Angela, on 01208 212468 angelajeancooper@hotmail.com



Advent Church, Early Morning - by Jo Jones

made them available to the e-less and kept in contact with her flock by phone. Jeffery, Sue and Claire sent out thought-provoking posts and prayers, as well as much needed humour. Perhaps this period of enforced abstinence from community worship will prove to have enhanced our capacity for private prayer and meditation and given us a deeper understanding of our faith. Thank you Angela, Jeffery, Sue and Claire for your continued care for us all.

Finally, I offer you the Lockdown Lament:

They've shut down our Tuesday chat club
 And we've eaten too much home-cooked grub
 Our hair's overgrown
 We've put on 2 stone
 And we can't even go to the pub

Stay safe and God bless

Liz



Thank you for Cornwall and for everyone who calls it home
 For our beautiful coastlines and countryside
 Ancient pathways and rich heritage
 Refuge, sanctuary and retreat in the clean air
 Richness of spirit and kindness of heart.
 With the onset of summer
 We pray for protection, wisdom and calm
 As balances are sought
 Between fragile livelihoods
 and vulnerable healthcare system
 Between welcoming travellers weary
 from coping with this crisis
 And protecting the vulnerable
 and maintaining a safe harbour
 in this storm.

Amen

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GIVING TO GOD

Giving has become a bit of a dirty-word in recent years. Increasing bills and decreasing congregations, together with pressure from the diocese to cover the costs of ministry in each group of churches, has led us to focus on the demands and feel both disgruntled and overwhelmed.

We need to lift our eyes and re-align our thinking: we don't give for the diocese, or because we like the church; we don't give to our Rector. **Our giving is a thankful response to God because of all his love for to us.**

We who are part of God's church, are called to reflect his generous nature by giving of our time, talents, and financial resources to enable the church as a whole to share the good news of Jesus and help support those in need. We need the contribution of *every* member in order to flourish as a church family. So first of all, **thank you for all you give** both financially and practically for the benefit of the church and community.

The Bible suggests that our giving should be...

- **Generous** - reflecting God's extravagant giving to us. Everything we have comes from our generous God. *Luke 6.38*
- **A prayerful priority** - an act of worship: a way of honouring God, of giving thanks to him for his great goodness; we are encouraged to give first to God rather than giving him what is left at the end of the month *Proverbs 3.9-10*
- **Planned** - decided in advance and set aside for the purpose. *1 Cor 16.-2*
- **Proportionate** - According to our means, reflecting our income, skills & talents. In the Old Testament God's people were instructed to give a tythe of 10% of their income plus freewill offerings and gifts. The CofE suggests a guideline of 5% to the local church and 5% to other charities. *2 Corinthians 8.7-14; 1 Pet 4.10*. Some can and do give more.

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- **Sacrificial** - reflected in our lifestyles: it may mean we can't always buy everything we want. We may be called to live more simply so that we can give more away. cf the story of the widow's mite *Mark 12.41-44; 2 Cor 8. 3; Phil 4.18*
- **Cheerful** - given to God willingly from thankful hearts, *'for. God loves a cheerful giver' 2 Cor 9.7-8*

We have a generous God who gives us good things in great abundance. God's love for humanity is overflowing. He gives graciously in his creation and the daily sustaining of life. Above all he gave us his son, Jesus, who gave of himself utterly, to the point where he gave his life on the cross for us. Generosity is part of the outworking of our faith. Can we give and go on giving extravagantly, sacrificially, faithfully, cheerfully - as God gives to us?

**Generous God
you give us so much,
Every breath is a gift,
every sight, sound, taste and touch;
every friend and loved one.
Teach us now to respond to such
abundance with love and imagination
and to share your generosity with a
needy world through a servant Church.
May our living faith make a difference
in the lives of others through the
extravagant love of Jesus Christ our Lord.
Amen**

How can we give?

Please would you prayerfully consider your giving to God. I realise that many are on a fixed income and some are facing a reduction in these uncertain times and may need to reduce their financial giving, for whatever you can give, **thank you.**

continued overleaf

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