

The Benefice of St Germans  
with Antony and Sheviock

## THE MINISTRY TEAM

**SERVICE OF CHRISTIAN UNITY**

**10.00AM JANUARY 31<sup>ST</sup>  
TOGETHER ONLINE**

To join the service click on this link .....

<https://us02web.zoom.us/j/89340633529>

(or join in by telephone) 0131 460 1196 -  
Meeting ID: 893 4063 3529

**Sunday Services****7<sup>th</sup> Feb, 2 Before Lent**

10am Sunday Worship on Zoom

**14<sup>th</sup> Feb, Sunday Next Before Lent**

10am Sunday Worship on Zoom

**21<sup>st</sup> Feb, Lent 1**

10am Sunday Worship on Zoom

**28<sup>th</sup> Feb, Lent 2**

10am Sunday Worship on Zoom

All Services will be online until further notice.

***Daily Services on Zoom:***

Monday 7pm

Tuesday 10am

Wednesday 10am

Thursday 7pm

Prayer Course followed by Night Prayer

Friday 10am

Saturday 7pm

Email: [Parker30@hotmail.com](mailto:Parker30@hotmail.com) for the Zoom links

**Rector:**

Revd Canon Lynn Parker

Tel: 01503 230676

Email:

Parker30@hotmail.com

**Curate:**

Revd Laura Bushell Hawke

Tel: 01752 851187

Email:

RevLauraBH@gmail.com

**Licensed Lay Ministers:**

Matt Frost

Susan Irving

Richard Laugharne

Margaret Sylvester-Thorne

David Watters

**Local Worship Leader:**

Steve Guffick

**SAFEGUARDING**

Any safeguarding concerns should be passed to the Safeguarding Officer via the Vicarage:  
01503 230676

The Diocesan Safeguarding Adviser is:  
Sarah Acraman  
01872 374351

## **Week of Prayer for Christian Unity for 2021**

### **ABIDING IN CHRIST**

Our spiritual well-being is as important as our physical well-being. In the past year both of these have been seriously challenged: the COVID-19 pandemic has caused us to be careful about our own health, taking precautions such as washing hands and wearing facemasks and maintaining social distance. Some of us have been ill or have lost someone close to us. Meanwhile the working lives of many have been disrupted and families kept apart, often at huge personal cost. Perhaps it has made us all more anxious about our health and more aware of our vulnerability.

At the same time church buildings have been closed and worship has been taking place online. Opportunities to worship and pray together have been seriously curtailed. We may well be feeling a sense of isolation from God as well as our neighbour. The period of lockdown that we have lived through has caused us to take a step back to think again about our priorities and the things and people that we value, that make our lives whole. The long periods of absence from extended family and friends, and the inability to share a meal together or celebrate a birthday or a wedding, are examples of this.

When it comes to our spiritual life, what is it that is most important for our well-being? As Church life was to a large extent paused for the first time for most people, what does it mean to be part of the one Church, the Body of Christ when all we see of our sisters and brothers are on the screen of a laptop?

When the World Council of Churches and the Pontifical Council for Christian Unity invited the sisters of the Community of Grandchamp in Switzerland to produce the material for the Week of Prayer for Christian Unity for 2021 they could not have foreseen the pandemic and its impact. Yet the Sisters of Grandchamp have offered us something uniquely precious: an opportunity to engage with a form of prayer that is both very ancient and yet at the same time so apposite for our times. (Details of the service is on page 1)

The ancient rhythm of prayer found in many religious orders and their traditions teach us that when we pray, we pray not just on our own or with those who share the same physical space, but with the whole Church, the Body of Christ, of Christians in other places and in different times. This rhythm of prayer, with its traditional forms of structure, hymns and psalms and perhaps most importantly, silence, might well be an important gift from the ancient Church to the Church of today struggling with pandemics and lockdowns and more widely with some of the serious challenges that our world faces, most particularly climate change, racism and poverty.

This tradition of prayer and spirituality, despite the things that hurt and separate us, invites us into shared prayer and silence together. Surely a most precious gift in troubled times. Come with us and enter into a place of community and blessing. Simply “be” in this place and be carried by the prayer and the reality that it is God, in Christ and through the Holy Spirit, who carries us and accompanies us. (Please join with us on the 31<sup>st</sup> – Canon Lynn )

**Bob Fyffe, General Secretary, Churches Together in Britain and Ireland**



## **LENT      Why keep Lent?**

**By Revd Canon Lynn Parker**

Lent, is the forty days before Easter (not counting Sundays), and is a somewhat curious period in the Church's calendar. Some things in the Church's year are festivals, like Easter, Christmas, Harvest and Saints days - and we happily talk about "celebrating them". Lent is quite different: it is a period which is never 'celebrated' but only 'kept'.

It has its own colour, which is purple, a colour used to denote sadness or sombreness, the colour that is always used at funerals, and there are never flowers in church during lent, to add to the starkness.

Many Christians try to give up something: for instance, chocolate, Facebook, or even television. It's even become a period for us to try to break bad habits, almost as if Lent gives us another opportunity to retake those New Year's resolutions!

Indeed many of these concepts have grown out of cultural, secular or traditional ideas, and if you were to talk to your none Christians friends they would indeed understand this basic principle of what lent is about.

Some people take on new tasks, or disciplines, or acts of kindness – perhaps offering to get your neighbours shopping, or phoning friends who are by themselves, or taking on something for your inner self like extra bible study or prayer time. You could even be extra creative and make for your door a lentern wreath, (ideas at the top of the page)

But to Christians lent is very significant as it is essential to their lives of faith.

So *what* exactly is Lent about to a believer?

Well, the one word used by those who fully observe Lent is 'preparation'.

**Lent is a preparation for Easter.**

**Lent is a preparation for life for life.**

**Lent is a preparation for Eternity.**

Therefore it is a time of reflection, discovery and spiritual depth.

This of course takes time, commitment, and involvement, which is why we hold Lent courses, to make a symbolic and practical statement about the need to think differently.

We can also take time out for personal reflection, for special prayers and perhaps enhance our scriptural knowledge by using a Bible reading scheme. Spending Time with God during lent will allow us to uncover the broken areas of our lives and will let Jesus build us into people fit for his kingdom, and ready for Easter.

**Loving God, as we journey through this holy season of Lent, give us strength and courage to make the changes that are needed in our lives. Open our hearts and minds to your steadfast presence and help us to put our trust in you. Amen.**



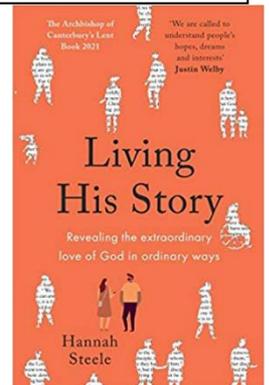
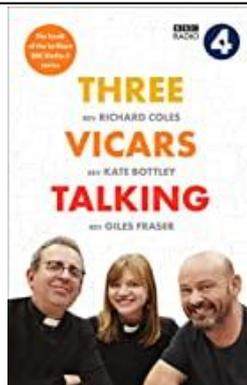
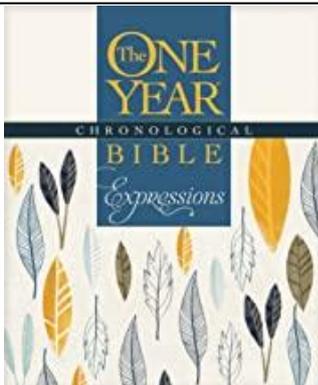
### On the Curate's Bookshelf

This Lent I shall be continuing with "*The One Year Chronological Bible Expressions*" which gives a daily reading presenting the events of the Bible in the order that they happened. I do highly recommend putting this on next Christmas's list.

I also plan to read "*Three Vicars Talking*" with Revd Richard Coles, Revd Kate Bottley and Revd Giles Fraser. This is from the BBC Radio 4 series where the three priests discuss birth, marriage, funerals and the last chapter is the episode that was broadcast at Easter 2020.

The other book on my list is "*Living His Story: Revealing the extraordinary love of God in ordinary ways*" by Revd Dr Hannah Steele. This is the Archbishop of Canterbury's Lent book for 2021. In this devotional book Hannah explores how to share the gospel story by being the people God made us.

What's on your list this Lent?



## Introducing..... Revd Garry Swinton



I was born in Stafford, and like the rest of my family, migrated southwards. My parents spent the last 30 years of their lives in Liskeard, and I have a brother and my sister, and their grown-up families, who scattered and now live in Somerset, Devon and Cornwall.

My vocation to the priesthood started early, and I guess from a child I knew that's what I was meant to do. There were no blinding moments or voices just a deep sense that this was what God wanted me to do with my life.

None of my family were particularly religious and I prided myself on being the white sheep of the family! I guess that sense of being on the edge has shaped my ministry, and I tend to view religion, and especially the Church of England, from those on the outside.

I did my degree and trained as a teacher at the College of St Mark and St John in Plymouth, taught Religious Education in a tough school in East London before training for the ministry at Ripon College Cuddesdon

Oxford.

The whole of my ministry, apart from these few 5 years of experience of church here in the Benefice, has been in London. Ordained to a curacy in Surbiton in the Southwark Diocese, I learnt the bread and butter of parish life as it was then, visiting, baptisms, marriages and funerals. From Surbiton to be the Succentor of Southwark Cathedral. Succentors are junior or Minor Canons, who run and organise the services in the Cathedral. This was a great experience in learning the mechanics of liturgy, and that all worship, whether in a classroom, house group, or indeed on line, is about striving for excellence.

During my time the most significant occasion, amongst many, was when I helped organise the first ordination of women to the priest hood in 1992. We organised 3 services in one day for over 90 candidates. The last included Elsie Baker, who at the age of 84 had been granted special dispensation to be ordained priest. From an Anglo Catholic tradition, where the place of women certainly wasn't behind an altar, she had wanted to be a priest since she was 8 years old. I remember the Entry Procession took an extra 5 minutes, because we all walked at Elsie's pace, but waiting an extra 5 minutes to be ordained seemed as nothing to the 76 years Elsie had waited!

At Southwark I was also Chaplain to the Choir and organised tours to the USA and France, and became Chair of Governors to the Cathedral Primary School which takes children from the council flats of Borough and Bankside. The school was in complete disarray but after lots of hard work and the appointment of a Headteacher, who went onto be 'Damed', (it was in the New Year's Honours list, and as I reminded Sylvia it was pantomime season), we established a school which offers and still offers an exceptional education to inner city children.

From Southwark I was appointed as Priest in Charge of St Faith's Wandsworth Town and Chaplain to the YMCA in Wimbledon. Again, I was Chair of Governors of the church primary school and at the YMCA working with children in afterschool clubs and in a Foyer Project for homeless and unemployed young people. Typically, young men from dysfunctional homes and with poor education, often with experience on the wrong side of the law and prison bars, and who need a place of healing as they relaunched themselves in life as an adult.

**Continued...**

My work here made me think about school chaplaincy, and as I did not see myself working in the independent sector, I became the Chaplain and a teacher of Religious Studies at The Grey Coat Hospital and Westminster City School, a girls and boys school respectively in Victoria in Central London.

Here I have worked with the children of Government minister, some of the most privileged, to those struggling in poverty and dysfunctional families. Across the two schools there are the students come from over 100 nationalities, many languages and as Church Schools, children from every sort of Christian and Muslim denomination. I began in September 2001, and one of my first assemblies was responding to the events of 9/11. From that moment I knew part of my ministry was maintaining a dialogue and supporting the Muslim students, and over the years we worked through the War and aftermath of the War in Iraq, the London bombings, radicalisation and latterly the disproportion impact of Covid on their families.

There have been some challenging moments in my school ministry, and this was counterbalanced by my role as a Priest Vicar at St Margaret's Church part of Westminster Abbey which offered me the quintessential experience of the Church of England.

My ministry has had enormous contrasting experiences. One Ash Wednesday morning, I stood at the Altar, presiding in Westminster Abbey in a Eucharist for the 1000 students from Grey Coat and in the afternoon, ankle deep in mud and the freezing cold in the Ashdown Forrest with Year 7 boys on a residential trip as they completed team building activities.

During my time in school I became fascinated by the spirituality of teenagers and what they do when they pray, and I tried to articulate what I saw and to offer some narrative. Perhaps one day it might turn into a Master's degree or even an article in some learned journal.

And so, I now find myself settling into life full time in Derry, after Covid forced the charitable foundation who paid my salary to make me redundant. After nearly 34 years of ordained ministry it might be the time to see more of my family, enjoy life in coastal Cornwall and strengthen friendships I have made after nearly 5 years of commuting between London and Cornwall.

I love the energy, the madness, the diversity and tolerance of London life and I love the time to watch the sea, to walk along the coastal paths and experience the calmer pace of life in Cornwall.

Recently I was taken by a quotation by the scientist Stephen Hawking, whose ashes are now interred in Scientist's Corner in Westminster Abbey. He said that had noticed that those who believe in predestination still looked both ways when they cross the road. I am sure God has no plan to inflict pain on us, but has gifted us with the skill, wisdom and discernment to navigate whatever happens next.

## **Opening Pandora's Box at Sheviock Parish Church**

**By Jenny Bushrod, Churchwarden**

I recently concluded that in applying for Heritage Lottery Funding we had indeed opened Pandora's Box. Let's start with the Heritage Gateway – which we clearly didn't! The journey started with the ubiquitous "statement of needs", published in 2016 as "St Mary's – the Way Forward." This document outlined a significant list of works required to enable the church to remain viable. It outlined the need to make better use of the building for services and sacred events as well as providing a focal point and meeting place for the whole community.

The repair list included the repair of the tower and spire, the plaster ceiling in the nave, a new WC and kitchenette, replacement heating, re-ordering of the chancel to provide more flexibility (taking out the choir pews) and new path lights. In applying for the HLF grant it became obvious that we also had to incorporate the HLF wish list – we had to promulgate the heritage of the Church – and our Unique Selling Point for the bid was that we would act as a Gateway to the Heritage on the Rame Peninsula.

So, the project now included delivery of heritage interpretation – nice phrase for bids but what on earth did it mean? "Phone a friend" delivered Professor Daniel Maudlin from the University of Plymouth and the Project Team very quickly learned what Heritage Interpretation was and how much it would cost. Every pound spent on heritage interpretation was money not available for the building - but remarkably, this requirement developed into the most significant project objective and delivered an outcome way beyond our initial aspirations.

Firstly, the heritage interpretation gave us a "safe" route to our community – we appealed to those in our community without faith but who were or became passionate about our medieval building. So passionate, they were prepared to roll up their sleeves and help us in a myriad of different ways. Secondly, it allowed us to delve into our community for a fantastic range of skills – historians, researchers, illustrators, graphic designers, costume designers to name a few and amazingly, that work is still going on in the background. It has grown relationships which simply would not exist had it not been for the Heritage Gateway.

We realized very quickly that we needed to harness this involvement and developed a simple distribution list with over 60 people on it – with over half from beyond our congregation. When we needed help, whether for the project or indeed the project fundraising, we put out a call and every time were rewarded with support – but without making people feel obliged. Yes – there is a core group of volunteers who always prevail, but this has given us the basis of a community involvement for the future.

Phase 1, as it is now known, was completed on time and on budget (£308,900) and delivered all but the repairs of the plaster ceiling from the initial statement of needs. We actually achieved more than we envisaged and have identified a new list of requirements for what we believed would be Phase 2: to conserve both plaster and timber ceiling, install new lighting, complete the heating and decorate the inside of the church. Again, another sizeable project.

Continued.....

Unfortunately, we were diverted into a new phase 2 when the retaining boundary wall to the churchyard collapsed onto Glebe House garden – fortunately without injury or any serious damage to the house. It was clear that this was the result of inadequate ground drainage from the church and so at the start of 2020 we embarked on a project to deliver a new drainage strategy from roof top to the watercourse. I am delighted to advise that we have just been awarded funding for the first part of the strategy – to replace all our rainwater goods and inspect and clear the French drains.

We will be submitting our request for Faculty for the groundworks through the churchyard once we have received feedback from Historic England and my challenge for this year is to find the funding for it with funding streams currently dominated by the impact of covid – and try as I might, I can't link the two!



### **St Germans Group Parish Pastoral Team**

We are fortunate enough to have a well set up pastoral team working within our parishes and covering all areas. We have all undergone training in pastoral ministry and have safeguarding training and CRB checks.

Our brief is to provide Good Listening and Responsible Friendship to anyone who might need a little extra support sometime. In normal times we offer to meet in person but in these Covid times most of our work is done by phone. We meet as a team regularly throughout the year, and team members may get together within their own parish too. We communicate!

While our role is supported and led by our clergy, the aim is to be able to carry on our role seamlessly whenever there is a change.

Our co ordinator is currently Pat Paxton and in this role can be contacted on a designated mobile number 07979 515100. She will then arrange for herself or one of the team to contact anyone needing their ministry.

Any pastoral matters can also be referred to our Priest-in-Charge Lynn Parker or our Curate Laura Bushell Hawke.

### **Sheviock Parish Pastoral Team**

So, here we are approaching the end of January 2021 - who would have imagined when we began the first lockdown 10months ago that we would still be living under Covid restrictions! These past months have seen profound changes here at Sheviock with the deaths of several members of our church family, including one of our Pastoral Assistants - our much-loved Margaret Bartlett.

At the beginning of the first lockdown, it was obvious that Pastoral Visiting as we knew it would have to cease. Our challenge was how to keep in touch with those who would normally have enjoyed a visit - the elderly, the ill and the bereaved.

The answer for us was the telephone. I am so grateful to our Pastoral Team – Rosalie Dunn, Pat Hodge, Jean Mills, Sue Murch and Judy Scott. They have faithfully cared for members of our community, talking regularly on the phone, sharing the weekly message from the church and letting me know of any concerns. Through this network, Rev Lynn has been able to keep in touch with us all and to step in when necessary.

Successful though it has been, how eagerly we all look forward to the day when we can once again knock on doors and share a cup of tea!!!

Fiona Harvey – Co-ordinator – 01503 230334

If you are interested in joining the Pastoral Teams and would like to know more about the training involved and how to start please do contact a member of the team.

### **Appeal for Home Learning Equipment**

The Appeal launched by St Germans Group Parish, raised a total in excess of £2,500 which includes a generous £330 from Dowderry WI, has been collected for the provision of Chrome Books at St Germans and Dowderry Schools.

This money has been passed on to the schools, and hopefully this donation for upgrading the media provision will soon be assisting the children in their home schooling.



This appeal has also prompted others to act independently in providing resources to the schools.

This is a wonderful example of what can happen when church and community act together – may we always all be inspired to identify the needs in our communities and take appropriate action in God's most Holy name.

Special thanks to you all for your generosity, your thoughts and your prayers.

### **School Assemblies**

The wonders of technology mean that the Benefice has been able to provide a mini assembly to all of the primary schools on a weekly basis. Using a platform called Loom has meant that Revd Laura can produce a short assembly on a topic, whilst sharing the screen to show pictures and we can even have a song at the end. Each week is getting a little slicker!

### **Pub Theology**

This is currently taking place on Zoom, every other Tuesday at 7.30pm. Whilst we are unable to meet in person, Pub Theology has been able to carry on through the wonders of Zoom. Join us as we explore theology in this interesting times. Contact Richard Laugharne for more details.

## A Guide to Zoom

It is great to see so many of you are joining us online now, but for anyone who is yet to take the plunge here is a quick guide to using Zoom. Our buildings may be closed but every day our church community is gathering to pray and worship. Please do not let a lack of Zoom knowledge prevent you from joining us!

### Do I need an account?

You do not need a Zoom account and you do not need to pay for Zoom

### Do I need a laptop?

You can access Zoom from any internet connected device such as computer, smartphone, tablet / iPad.

### Do I need a webcam?

You do not need a webcam, although if your device does not have one we can not see you. You will still be able to see us and listen and speak in the Zoom meeting.

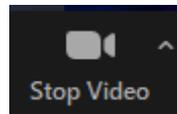
### How to join the meeting

Click on the link that comes out in the weekly email – make sure you have the right day! Follow the instructions from that point.

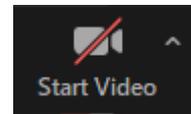
### Camera / Video

If your camera or “video” is on then everyone can see you and whatever is in your background. You can choose to not share your video, so we can not see you but you will still be able to see us.

To do this press

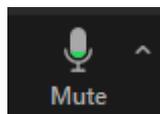


To start showing your video again press



### Mute

It is good practice to have your microphone on mute unless you are speaking. The microphone is surprisingly sensitive and will pick up any comments you might make to others in the house. To avoid any embarrassing mishaps put your microphone on mute by pressing:

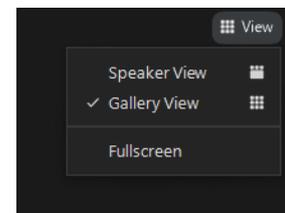


To unmute press:



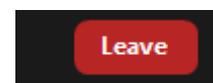
### View

In order to see as many people as possible, make sure you have selected “Gallery View”



### Leaving a meeting

When you want to leave a meeting, simply press this button:



We look forward to even more of you joining us soon!

In the January edition of the newsletter we saw pictures of the decorations of the outside of the churches, letting everyone know we are still here despite the pandemic.

This month we have a lovely photo from inside St Anne's, Hessenford showing their very innovative Christmas Tree ladder!

Sheviock chose not to decorate the Christmas Tree this year, instead labels were distributed throughout the parish for people to complete with prayer requests. These were then placed on the tree and Rev Lynn prayed over the requests at the start of the Christmas Eve service.



### And finally .....

Following a great sermon on lifestyle evangelism one family thought they had better do something to witness to Jesus. So, they invited their neighbours to dinner the following Friday night. When it came to the meal, the hostess was keen to show their neighbours that they upheld Christian standards in their home.

So, she asked little 5 year old Johnny to say grace. Little Johnny was a bit shy. "I don't know what to say" There was an awkward pause, followed by a reassuring smile from the boy's mother.

"Well darling," she said, "just say what Daddy said at breakfast this morning." Obediently, the boy repeated, "Oh God, we've got those awful people coming to dinner tonight".

### Newsletter Deadline

If you have any articles or information for the March newsletter, please email it to: [benefice.newsletter12@gmail.com](mailto:benefice.newsletter12@gmail.com) by 24 February.

## The Benefice of St Germans with Antony and Sheviock

Newsletter email: [benefice.newsletter12@gmail.com](mailto:benefice.newsletter12@gmail.com)

[www.stgermansparishes.com](http://www.stgermansparishes.com) [www.achurchnearyou.com](http://www.achurchnearyou.com)



St Germans Church – The Prioory