

The Benefice of St Germans
with Antony and Sheviock

THE MINISTRY TEAM

Sunday Services**5th September, Trinity 14**

10am Holy Communion @ Sheviock
10am Morning Prayer @ Downterry
7pm Sunday Worship on Zoom

12th September, Trinity 15

10am Holy Communion @ The Priory, St Germans
10am BCP Morning Prayer @ Antony
7pm Sunday Worship on Zoom

19th September, Trinity 16

10am Holy Communion @ Downterry
10am Holy Communion @ Sheviock
7pm Sunday Worship on Zoom

26th September, Trinity 17

10am BCP Holy Communion @ Antony
10am Morning Prayer @ The Priory, St Germans
7pm Sunday Worship on Zoom

Rector:

Revd Canon Lynn Parker
Tel: 01503 230676
Email:
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Curate:

Revd Laura Bushell Hawke
Tel: 01752 851187
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Licensed Lay Ministers:

Matt Frost
Susan Irving
Richard Laugharne
Margaret Sylvester-Thorne
David Watters

Ordinand

(Training for Ordination):
Steve Guffick

Daily Services:

Monday 7pm on Zoom
Tuesday 10am Holy Communion @ Tideford
Wednesday 10am on Zoom
Thursday 10am Morning Prayer @ Hessenford,
7pm on Zoom
Friday 10am on Zoom
Saturday 7pm on Zoom
Email: Parker30@hotmail.com for the Zoom links

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

Introducing... Jenny Bushrod

I can't say that I was thrilled to be asked to write this article for the Newsletter and with the deadline looming I'm still no closer to knowing what I am going to write!

I was born in Sheffield and grew up in Huddersfield – much to my annoyance as I missed my paternal grandparents and wider family who still lived in Sheffield. My parents didn't drive so it was a long wait for holidays to come around to go and visit them, but I can remember the delight at going to stay with my Nan for the whole Summer holidays.

My Mum came from a Methodist background, played the organ and sang in the choir and I just fell into attending Sunday School and later the choir at Fartown Methodist Church, Huddersfield. My belief in God was something I just grew up with and strangely, something I have never questioned throughout my life. I can't get worked up about the need to prove He is there. He just is – it's me that wanders off like a stubborn sheep!

I don't think I ever really took to Huddersfield and after my A levels joined the WRNS at HMS Dauntless in Reading, very much in my mind following my Grandad and Uncle who had served in the Navy during the two world wars. I certainly enjoyed my time in the WRNS at HMS Excellent (Whale Island) in Portsmouth but, began to cement a lifelong trend of needing to learn by mistake and I left the WRNS three year's later after my first marriage. Both decisions were mistakes, but leaving the WRNS so early is the only one I have always regretted.

I returned to Yorkshire by myself and took more ill-conceived decisions culminating in the most wonderful outcome of a baby girl, Rachael born in 1984. The responsibility of motherhood hit me like a missile and gave me the drive to ensure that Rachael would never be disadvantaged by having a single Mother. I took the long way back to work and college and qualifications, always supported by my Mum. It did mean some separation from Rachael, but piece by piece we built our life together. However, I didn't feel I could have Rachael christened and I simply felt "off the spectrum" in terms of going to Church. But that didn't mean that I ever stopped believing in God.

As my career moved with positive steps from Kirklees Council to the private sector with Kalon Group (Paint Manufacturers) and I accomplished management qualifications, I learned to have confidence in my ability – even and perhaps especially - when things went wrong. I still made monumental mistakes with my personal life, but my daughter was a strong motivation and I was learning that I could succeed through work.

I came to Plymouth in 1993 with my partner and started work at the University, where I stayed in various management roles until I took voluntary redundancy in 2012. I feel very privileged to have worked for the University of Plymouth as it presented so many opportunities – and challenges – over two decades.

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So, it came as quite a shock to some, that my decision to leave in 2012 was swift and irreversible. By this time, I had been married to Robert for 9 years, although with his life as a fisherman and my career at the University, time spent together was never easy to achieve, so the last ten years have been quite a journey into the unknown for both of us.

Part of my journey has been finding my faith again. It started when I attended a Christingle service at St Mary's with our niece Ruby – still a babe in arms. I began to wonder if God would have me back. As I was doing nothing about it, God decided to open the door for me. After the birth of my granddaughter, Chloe, in 2012, Rachael announced that she wanted Chloe to be christened and she would be christened at the same time. She suggested Craffhole Methodist Church as she had attended the Sunday Club there, so we went along to meet Revd Tom and were made to feel very welcome. Now this put the onus on me to actually start going to Church and that was made all the easier as I could attend with my neighbour, Peggy. God could not have made things easier. With new found time on my hands, I helped out as much as I could, even taking on the role of organist which I have to say was with some trepidation, as I certainly don't have my Mother's talent.

Then, God intervened once again. I had started walking with the St Mary's walkers and overheard them discussing their forthcoming project. My ears pricked up and to cut to the chase, I volunteered to become their project manager in 2017. The Church itself – not just the project – became a driving force for me and I felt more and more compromised betwixt Craffhole Methodist Church and St Mary's. I knew that I wanted to join St Mary's congregation and that the worship in that church – very much influenced by the building itself – was an irresistible call to my faith.

I was delighted to be welcomed and accepted by St Mary's and despite all the challenges this incredible building throws up, I feel closer to God at this stage in my life than I ever have. For me, there is an inextricable link between St Mary's and God so it has been a great privilege to become a Church Warden – following in some extraordinary footsteps. Very much a "Martha" I still feel that I need to earn my place in God's House so looking after it is His calling, not a chore.

Garden Tea

Hugh Parker is hosting tea, coffee and cake in the garden at Elm Cottage, Tideford on **Sunday 5th September** at 3.00. Everyone welcome. Donations of cakes or similar gratefully received.

**Choral Evensong in St Germans Priory
Friday 10 September 2021
7 pm**

Please come along and join this lovely service in the Priory. Both the Bishop of St Germans and Roman Catholic Bishop of St Germans will be taking the service and the Tavistock Church choir will be adding some special singing. It will be the first time that Bishop Hugh has been part of a service at St Germans.

GOOD NEWS COMING SOON TO A CHURCH NEAR YOU

How do you see the future of the church here in our Parish and Benefice? What is your vision for the future?

As always, the Diocese has been giving this some helpful thought too - but rather than telling us what our future shape might be, they are asking all the Deaneries to work with their benefices and parishes to explore how we see that future - and indeed how the wider community sees that future.

This is being done through a process called 'On the Way' which gives each and every one of us the opportunity to have our say about our vision for the future of the church in the community: and we are asked to pray and think through our vision as if there are no obstacles in the way - 'blue sky thinking' is what is needed - not a cloud in sight.

This will involve listening to what God has to say - but also the unchurched as well as the churched have to say - and once that process is complete we can get down to brass tacks and see what is possible - based on the views of the people rather than Bishops and clergy making the decisions for us.

In the coming weeks and months you will hear much more about On the Way (OtW) and we hope that everyone will take part so that the future we plan is the future you look for too! Please pray for this process: listen to what our loving and generously abundant God has to say to you - and be prepared to help out wherever you can.

Make sure we have a bright, fruitful and sustainable ministry in our Benefice by sharing your vision for the future. One thing is very certain, we cannot continue as we are!

David Watters
Lay Chair, Deanery Synod

The foodbanks have recently asked for:

Toilet rolls
Small washing powders
Tinned fruit
Pasta sauces
Biscuits or snack bars
Cereal
Anti bacterial cleaning spray
Long life milk
Rice pudding (tinned)
Pet food
Carrier bags

There is a drop off point in the porch of St Nicolas,
Downderry.



St Nic's Lunch Update

Now that we are unlocked, and summer is upon us we hope to start again somehow in September with something .

The current plan is to have a meeting at 11.30 am on **Wed 8th September** in the Church with a view to understanding what is practical to do in light of the relevant Covid / food /HSE guidelines and to plan for how we can move forward as well as the shape and frequency of future events

Wed 29th September is pencilled as a likely date for 'something' , depending on what we agree is possible with Covid 19 at the time. Please let Sandra Pearce know if you would like to attend the meeting on 8th September.

Thank you to Sandra for all her time, effort and energy that she has put into this project. It has taken many phone calls and emails to ascertain a way forward.

Scripture Cake Recipe

A little challenge for the “Mary Berry’s” amongst us. Scripture Cake recipes regularly appeared in such Victorian publications as ‘Good Housekeeping: Volume 26’ (1897). This recipe, also common in the 1800s, comes from ‘Lincoln Cathedral Cookery Book’, published in aid of the Cathedral Fabric Fund in 1980.

Recipe Ingredients (a cheat sheet is on the back page!):

- 1) 200g ... Judges v:25 ... last clause
- 2) 250g ... Jeremiah vi:20
- 3) 3 tbsp ... I Samuel xiv:25
- 4) 4 of ... Jeremiah xvii:11
- 5) 170g ... I Samuel xxx:12 ... second food
- 6) 170g ... Nahum iii:12
- 7) 100g ... Numbers xvii:8
- 8) 500g ... I Kings iv:22
- 9) 1 tsp ... II Chronicles ix:9
- 10) 1 tsp ... Leviticus ii:13
- 11) 2 tsp ... Amos iv:5
- 12) 5 tbsp ... Judges iv:19 ... last clause

Recipe Method:

1. Grease a cake tin lightly with butter and line it with some baking parchment. The baking parchment will help stop the top of the cake burning or drying out too much, allowing the cake to be baked for a longer time at a lower temperature.
2. Chop up Nahum iii (ingredient 6) fine.
3. Blanch and chop up Numbers xvii (ingredient 7) fine – if they have not been already bought like this.
4. In one large mixing bowl cream together Judges v, Jeremiah vi, and I Samuel xiv (ingredients 1, 2 & 3) – add Jeremiah vi (ingredient 4) one at a time – still beating.
5. Add into this bowl, I Samuel xxx, Nahum iii, and only half of Numbers xvii (ingredients 5, 6 & 7) next and beat again until everything is fully mixed.
6. In another, larger mixing bowl, sift together I Kings iv, II Chronicles ix, Leviticus ii, and Amos iv (ingredients 8, 9, 10 & 11). Make a well in the centre of the ingredients.
7. Add the first mixing bowl ingredients into the well in the centre of the second mixing bowl, (wet ingredients into the dry ingredients). Stir until a cake batter starts to form.
8. Lastly add enough of Judges iv (ingredient 12) into the cake batter so that it becomes easy to mix and is of a ‘dropping’ consistency, i.e., the mixture will easily drop off the mixing spoon. You might need some extra Judges iv if the mixture is a little dry. Stir to thoroughly combine the cake mixture and then pour it into the prepared cake tin.
9. After pouring the cake batter into the cake tin sprinkle over the top the remaining half of Numbers xvii (ingredient 7) and gently press them part way into the batter.
10. Bake the Scripture Cake at 160C for 1-1/2 hours, (90 minutes) or until done, test by pushing a skewer into the centre of the cake and see if it comes out clean.

A Scripture Cake can last for several days in an airtight tin and some people say they actually improve in flavour if baked on one day and eaten on the next.



Messy Church

The next Messy Church at St Germans Priory will be **Saturday 4th September**. Sessions will be from 10.00 am until 12 noon. We will make good use of the outside space (weather permitting) and ask families to bring their own picnic. The aim is not only to learn about Jesus but to have FUN and to encourage fellowship, which is so important to parents in these long holidays!

Messy Church is a form of church for adults and children that involves creativity, celebration and hospitality. It is not a children’s church, and it is not a way of attracting more people to our regular services. It is a church for people at all stages of their faith journey and of any age. The sessions are basically the same beginning with a welcome followed by craft activities based on a theme then celebration and finally a meal together. Our team of helpers come from both the Anglican and the Methodist churches.

We are always looking for new helpers to provide a pool of ideas and creativity or to help find resources or set up and clear up after sessions. If you would like to help or find out more email reed.evelyn@gmail.com Please spread the word around our parishes about Messy Church especially as lots of new families have moved into our villages in the last year.

**Hessenford Annual Church and Village Fete
Saturday 4th September 2021
2-4 pm.**

Come along to our annual fete. Home baking, refreshments, local produce, books and art. Outdoor games and activities for all. Do come and meet up with folk you might not have seen for a while. Any money raised will go towards maintaining the Hall.

**Hessenford Duck Race
Saturday, 4th September, the race will start @ 1630 to 1700
hours.**

Tickets for the Duck Race (The Friends of St Anne’s) are available now from Dave Moore. Fran will bring them to the services to be held at the various church services during August. They are a £1.00 per ticket. If you would like to have some books to sell on to others please let Fran know & she’ll bring extra books for you.



Recipe Ingredients Cheat Sheet:

1) butter (softened)
 2) sugar (caster sugar or fine white sugar)
 3) honey
 4) eggs
 5) raisins
 6) figs (dried figs – chopped small)
 7) almonds (flaked)
 8) flour (plain)
 9) spices – cinnamon (add in a little nutmeg if you want)
 10) salt (sea salt)
 11) leavener – baking powder
 12) milk (you may need a little extra depending on how dry the cake batter is)




And finally....


A Christian chap named Bill saw an ad in Horse & Hound for a Christian horse, so he went to check it out. The horse’s owner said, “It’s easy to ride him. Just say ‘Praise the Lord!’ to make him go and ‘Amen!’ to make him stop.” Bill got on the horse and said, “Praise the Lord!” Sure enough, the horse started to walk. “Praise the Lord!” he said again, and the horse began to trot. “Praise the Lord! Praise the Lord!” he yelled, and the horse broke into a gallop. Bill was enjoying his ride so much that he almost didn’t notice the cliff he and the horse were about to go over. Bill shouted “AMEN!” at the top of his lungs, and the horse stopped right at the edge of the cliff. Relieved, Bill said, “Phew! Praise the Lord!”

A joyful heart is good medicine - Proverbs 17: 22

Newsletter Deadline
 If you have any articles or information for the October newsletter, please email it to: RevLauraBH@gmail.com by 20 September.

The Benefice of St Germans with Antony and Sheviock

 www.stgermansparishes.com www.achurchnearyou.com

 St Germans Church – The Priory