

# Parish Newsletter

## *Benefice of Veryan with Ruan Lanihorne*

### *January 2023*

## Happy New Year!

**The parishes of  
VERYAN and RUAN LANIHORNE**  
**Priest-in-Charge:**  
Vacancy

**VERYAN  
(St Symphorian) Parish Church**  
**Churchwarden**  
Mrs Sharron Cartwright  
veryanchurchwarden@gmail.com

**Hon. Secretary**  
Christine Edwards  
c.edwards531@btinternet.com  
[501727]

**Treasurer**  
Mrs Carol Hughes  
Castle Towers  
Ruan Lanihorne  
[501855]  
treasurerveryanchurch@outlook.com

**PORTLOE  
(All Saints) United Church**  
**Church Steward**  
Mr Trounce Guy  
Pengelly Farm  
West Portholland [501471]

**Hon. Secretary**  
Mrs Jeanne Hitchings  
End Cottage, Portloe [501114]

**Hon. Treasurer**  
Mrs Joyce Gilbert  
Porthjulyan  
Pendower Road  
Veryan [501365]

**RUAN LANIHORNE  
(St Rumon) Parish Church**  
**Churchwardens**  
Mr David Hughes  
Castle Towers  
Ruan Lanihorne  
[501855]

Mrs Caroline Martin [501697]

**Hon. Secretary**  
Mrs Pat Farr [501599]

**Hon. Treasurer**  
Mrs Pat Farr [501599]

**Submissions for the Newsletter**  
Pippa Stephens  
veryanparishnewsletter@gmail.com

### **Sunday services in our benefice in January**

**Sunday 8th January**  
**Epiphany/Baptism of Christ**  
10.30 am Morning Worship Portloe  
11 am Eucharist Veryan  
[Rev'd Martyn Pinnock]

**Sunday 15th January**  
**Epiphany 2**  
9.30 Matins Ruan  
10.30 am Morning Worship Portloe  
11 am Eucharist Veryan

**Sunday 22nd January**  
**Epiphany 3**  
9.30 Holy Communion Portloe  
10.30 am Morning Worship Veryan  
[David H]

**Sunday 29th January**  
**Epiphany 4**  
9.30 am Holy Communion Ruan  
10.30 am Morning Worship Portloe  
11am Eucharist Veryan  
[Rev'd Martyn Pinnock]

### **Flower Rota (Veryan)**

**7th & 14th January**  
Altar *Nicola Bush*  
Porch *Jo Elliot*

**21st & 28th January**  
Altar *Mandy Holloway*  
Porch *Margaret Cortis*

**4th & 11th/18th February**  
Altar *Sue Truscott*  
Porch *Barbara Savil*

### **Readings for January [Veryan]**

**Sunday 8th January**  
**Epiphany Sunday**  
Isaiah 60, 1-6 *Christine*  
Ephesians 3, 1-12 *Sue Truscott*

**Sunday 15th January**  
**Epiphany 2**  
Isaiah 49, 1-7 *Margaret Cortis*  
1 Corinthians 1, 1-9 *Sue J*

**Sunday 22nd January**  
**Epiphany 3**  
Isaiah 9, 1-4 *John*  
Corinthians 1, 10-18 *Julia*

**Sunday 29th January**  
**Presentation of Christ in the Temple  
(Candlemas)**  
Malachi 3. 1-5 *Blair Jobson*  
Hebrews 2. 14-18 *Sharron Cartwright*

### **From the Registers**

**Burial of Ashes**  
**Thursday 8th December**  
Audrey Julian  
Deborah Cain

**Cremation following service at Veryan**  
**12th December**  
Eileen Dunlop

**Cremation**  
**19th December**  
Sue Day

### **Thank You!**

To everyone who worked so hard to make our Christmas Services happen. It's remarkable how much preparation goes into each one - from making sure the heating and lighting are on, setting up the altar, arranging the Crib, lighting the candles, sorting the carols, handing out service booklets, flower arrangers, ringers, promotion.... and of course the clearing up afterwards. The Church looked beautiful, it really was a wonderful December!

### **A note from the editor....**

Welcome to the first newsletter of 2023. I am excited to continue the Parish Newsletter and I thank Christine for all of her advice and support while I get used to it. Embarrassingly, I must apologise for the tardiness of my first issue; Christmas, 2 young boys, a dose of Covid and a trip to Wales has been slightly overwhelming. I look forward to reading the articles, pictures and musings that I hope will flood my inbox over the coming months! Wishing you all a very Happy New Year!

## Veryan WI

We were all saddened, at the beginning of the month to hear that Sue Day had passed away. She was a well-respected member of the WI for many years and a past president and we shall miss her greatly.

Our December meeting was a purely social affair, we had our annual Christmas Meal at the King's Arms in Tregony, which was excellent, and everybody enjoyed.

Over the last few months some of our members have been knitting or crocheting small teddy bears to donate to the children staying at the Refuges in Truro. These were collected before the meal and displayed on a side table with a few other bears that had also been donated. They will be delivered before Christmas.

Our next meeting will be in the Parish Hall on January 10th at 7:30pm when our speaker will be Nicola Bush talking about winter gardening. She will also be answering any gardening queries we might have.

Visitors and potential members are always welcome. Please contact Mary Earp on 01872 501636 for more information.



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## Veryan School News

December is always an extremely busy time in the school calendar, and this year was no exception! Christingle service, Christmas play, Christmas fayre, Christmas jumper day, school disco to name just a few. On top of that the children had a week focusing on assessments. As always, the children did themselves proud in their actions and their attitudes to learning. They supported one another with encouraging comments and showing one another the true meaning of friendship and comradeship.

The Christingle service was well attended by families and members of the wider community - something the school is hoping to build upon in 2023.



*Joseph & his donkey  
(aka Teddy & Gwilym!)*

## St Rumon's

The church was beautifully decorated inside and outside for the service of Nine Lessons & Carols. The weather had warmed up from minus 5 to plus 6, unfortunately the church hadn't. We had expected it to be cold, so had provided some blankets for the congregation to use if they wanted.

The organ played by Will, also decided to stop playing halfway through a Carol but undeterred, the congregation carried on and was caught up two verses later.

It was also lovely to see the children in the church.

The collection taken during the eighth Carol was for Truro Food Bank.

After the service, everyone stayed for a glass of mulled wine, which my cold hands much appreciated,

We hope everyone had a Happy Christmas and we look forward to the New Year. Perhaps our New Year's wish could be for better heating in the church





Christmas family service

On the 23rd, the Church was truly transformed into a breathtakingly magical scene for our family Christmas service. With over 2000 twinkle lights, 200 battery candles and 12 dangling stars; the Church looked beautiful. The bells ringing as people arrived was the perfect welcome. I was lucky enough to greet guests as they entered the Church and their reaction was just as I hoped it would be! “Wow!”. Thankfully, with Sharron’s warm guidance, the children were happy to walk down the aisle and place their character in the Nativity scene (although I was a touch scared when 30 beaming children with donkeys started to walk towards me!)

It was wonderful to see the church full of children, families and friends, with lots of comments on how we should do it again next year. I’m looking forward to it already!

A big thank you to all who helped make this wonderful evening possible.

Christmas  
AT VERYAN PARISH CHURCH,  
ST. SYMPHORIAN

retelling of

The Nativity

by candlelight

a family friendly candlelit service with  
popular carols, mince pies & mulled wine.

23RD DECEMBER  
5 PM

All welcome!



Tide Tables: Tide times & heights at Carne for January

	7 Jan	8 Jan	9 Jan	10 Jan	11 Jan	12 Jan	13 Jan	14 Jan	15 Jan	16 Jan	17 Jan	18 Jan	19 Jan	20 Jan
	Sat ↗	Sun ↗	Mon ↗	Tue ↗	Wed ↗	Thu ↗	Fri ↗	Sat ↗	Sun ↗	Mon ↗	Tue ↗	Wed ↗	Thu ↗	Fri ↗
↑ HIGH (GMT)	5:11AM 4.21m	5:50AM 4.3m	6:27AM 4.35m	7:02AM 4.34m	7:37AM 4.29m	8:10AM 4.2m	8:46AM 4.08m	9:28AM 3.95m	10:21AM 3.83m	11:26AM 3.74m	00:10AM 3.62m	1:17AM 3.73m	2:20AM 3.94m	3:19AM 4.21m
	5:31PM 4.04m	6:09PM 4.08m	6:45PM 4.07m	7:20PM 4.02m	7:54PM 3.94m	8:30PM 3.85m	9:11PM 3.75m	10:01PM 3.66m	11:02PM 3.6m		12:36PM 3.73m	1:44PM 3.83m	2:47PM 4.01m	3:47PM 4.22m
↓ LOW (GMT)	11:56AM 0.52m	00:09AM 0.52m	00:43AM 0.46m	1:16AM 0.46m	1:50AM 0.52m	2:24AM 0.61m	3:00AM 0.75m	3:40AM 0.91m	4:25AM 1.09m	5:20AM 1.24m	6:31AM 1.31m	7:55AM 1.21m	9:10AM 0.9m	10:11AM 0.49m
	12:31PM 0.44m	12:31PM 0.44m	1:06PM 0.42m	1:40PM 0.44m	2:14PM 0.51m	2:49PM 0.61m	3:27PM 0.73m	4:09PM 0.87m	4:57PM 1.02m	5:58PM 1.14m	7:15PM 1.15m	8:33PM 0.99m	9:39PM 0.68m	10:35PM 0.33m
	21 Jan	22 Jan	23 Jan	24 Jan	25 Jan	26 Jan	27 Jan	28 Jan	29 Jan	30 Jan	31 Jan			
	Sat ↗	Sun ↗	Mon ↗	Tue ↗	Wed ↗	Thu ↗	Fri ↗	Sat ↗	Sun ↗	Mon ↗	Tue ↗			
↑ HIGH (GMT)	4:15AM 4.5m	5:07AM 4.76m	5:57AM 4.95m	6:46AM 5.02m	7:33AM 4.97m	8:19AM 4.78m	9:07AM 4.5m	9:57AM 4.17m	10:52AM 3.83m	11:54AM 3.55m	00:31AM 3.47m			
	4:43PM 4.43m	5:35PM 4.58m	6:25PM 4.64m	7:13PM 4.62m	8:00PM 4.42m	8:48PM 4.31m	9:36PM 4.07m	10:29PM 3.83m	11:27PM 3.61m		1:00PM 3.39m			
↓ LOW (GMT)	11:04AM 0.09m	11:53AM -0.23m	00:12AM -0.22m	00:57AM -0.31m	1:41AM -0.26m	2:25AM -0.07m	3:10AM 0.23m	3:55AM 0.61m	4:45AM 1.01m	5:46AM 1.36m	7:09AM 1.56m			
	11:25PM 0.01m		12:40PM -0.42m	1:25PM -0.46m	2:10PM -0.33m	2:54PM -0.07m	3:38PM 0.3m	4:25PM 0.71m	5:17PM 1.11m	6:24PM 1.43m	7:50PM 1.54m			

A winter task for you...

During a recent bell ringing practise, Yolande, Ros and I put our heads together discussing the valiant efforts that so many churches had made for Remembrance Day. They had knitted and crocheted poppies and hung them on nets from church towers, decorated the church, made poppies from scallop and other shells and put them in church yards. All this of course to promote the village church and draw attention but also to raise money for the British Legion who do such good work for all veterans and serving personnel in our armed forces.

We have a Remembrance service every year at Verryan and it commences at the War Memorial. I heard a comment about the War Memorial earlier this year from a resident 'it stands as a celebration of war and should be removed'. Incorrect. It is a memorial, much like the gravestones in the churchyard. It remembers specifically those local people who have given their lives either as regular personnel, volunteers or conscripts in conflicts with which they may have disagreed on a political front but they saw as necessary in the protection of our country and livelihoods. None of us like war and we hoped we had left many of those days behind but I guess not. Anyone who is injured or forgotten, having given service, can seek help financially and in other supporting ways from the British Legion. In a way its charity beginning at home, or looking after those who have defended us.

Our village hall used to be the Legion Hall. When it was sold by the Legion they gave Margery Truscott a very large box full of poppies of various sizes. They are of very good quality and Margery kept them carefully, bringing them out to put in church every year in November. Margery gave me that box and I do exactly as she did every year and in doing so I think of her fondly and hope she approves of my arrangements!!

Anyway, to get back to the point, we thought it might be an idea to do something a bit more ambitious this year. A drape from the tower may not be practical particularly as the tower is 'round the corner'. But this year as a start we thought we might create a backdrop to the Lychgate and perhaps, with the appropriate Parish permissions to be sought, a Bridge of Remembrance. At the Lychgate they can be draped under the canopy in relative dry and if we have lots of poppies we can extend that idea but the start point is knitted, crocheted or otherwise handmade poppies. A ball of double knitting wool goes a long way I can assure you and it's a useful occupation on winter nights in front of the telly. I am managing about 5 a week, not dashing at it by any means, perhaps two an evening when I'm not elsewhere but just sitting. I have included some suggested patterns but many more can be found on line and there is one specifically for children or the less able

If you would like to contribute then please start knitting/crocheting or making and let one of us know you're doing it. I can be reached by email: [nicolabush@btconnect.com](mailto:nicolabush@btconnect.com) or telephone (501825) or just leave me a note on the font in church.

Spread the word, thank you!

-Nicola Bush



## POPPY PATTERNS All patterns are worked in double knitting yarn

### CROCHET

#### ABBREVIATIONS (English crochet terms)

St = stitch

Slst = slip stitch

Ch = chain

Dc = double crochet

Tr = treble

Dtr = double treble

Ttr = triple treble

#### SIMPLE 4 PETAL

Using a 4mm hook

Rnd 1: ch4, slst into 1st ch to form ring, ch3, 11tr into ring, slst to 3rd ch (12sts)

Rnd 2: ch3, tr into same st, 2tr into next st, repeat to end (24sts)

Rnd 3: ch1, dc in next st,\* (2dc in next st) 4 times, 1dc in next 2sts, repeat from \* to end, slst into 1ch (40sts)

Rnd 4: slst in next st,\* (2dc in next st) 8 times, slst in next 2sts, repeat from \* to end, slst to first slst

Fasten off, weave in ends sew button to center



#### ALL THE FRILLS

Using 4mm hook

Rnd 1: ch4, slst into 1<sup>st</sup> ch to form ring, ch2, 11tr into ring, slst to 2<sup>nd</sup> ch

Rnd 2: ch2, 1tr into same st, (2tr into next st) repeat to end, slst into 2<sup>nd</sup> ch

Rnd 3: ch2, 2tr into same st, (3tr into next st) repeat to end, slst into 2<sup>nd</sup> ch

Rnd 4: ch2, 1tr into same st, (2tr into next st) repeat to end, slst into 2<sup>nd</sup> ch

Fasten off, weave in ends and sew button to center.



#### CLASSIC TWO PETAL POPPY

Using 4mm hook

Rnd 1: make a magic loop, ch1, 8dc into loop, slst to first dc (8sts)

Rnd 2: ch1, (2dc in next st) repeat to end (16sts)

Rnd 3: ch1, working in the back loop only of the next 5sts; 1dc, 1htr, 1tr, 2dtr in next st, 2ttr in next st, working in both loops for the next 4sts; (2ttr in next st) 4 times, working in the back loop; 2ttr in next st (place marker in the base of this st) 2dtr, 1tr, 1htr, 1dc, fasten off yarn leaving the remaining sts unworked.

Rnd 4: Rejoin yarn in the front loop of the marked st, ch1, working in the remaining front loops of the next 5 sts; 1dc, 1htr, 1tr, 2dtr, 2ttr. Working in both loops; (2ttr) twice, working in the front loops; 2ttr, 2dtr, 1tr, 1htr, 1dc.

Fasten off, weave in ends and sew button to centre.



*All patterns checked by Truro Wool.*

*Donations of hand knitted or crochet poppies for the Bridge of Remembrance can be delivered or posted to:*  
TRURO WOOL, ST MARYS STREET, TRURO, CORNWALL, TR1 2BE



## POPPY PATTERNS All patterns are worked in double knitting yarn

### KNITTED

#### ABBREVIATIONS

K = knit

P = purl

Sl1k1psso = slip 1, knit 1, pass slipped stitch over

Kfb = knit into front and back of stitch

K2tog = knit 2 stitches together

K2togtbl = knit 2 stitches together through back loop

P2tog = purl 2 together

P2togtbl = purl 2 together through back loop



#### RIBBED POPPY

Using 3.75mm needles, co 74sts

Row 1: k1, \*k4, p4, to last st, p1

Row 2-4: repeat Row 1

Row 5: k1, \*k1, sl1k1psso, k1, p4, repeat from \* to last st, p1

Row 6: k1, \*k1, sl1k1psso, k1, p3, repeat from \* to last st, p1

Row 7: k1, \*k2tog repeat from \* to last st, p1

Row 8: k1, \*k2tog repeat from \* to last st, p1

Cut yarn and thread through remaining stitches, secure and use to seam to form poppy

Weave in ends and sew button to centre.



#### 4 PETAL POPPY

Using 4mm needles

Petal 1 - Co 5 sts

Row 1: k (5sts)

Row 2: kfb, k3, kfb (7sts)

Row 3: kfb, k5, kfb (9sts)

Row 4: kfb, k7, kfb (11sts)

Row 5: p

Row 6: k

Row 7: p

Row 8: k3, k2togtbl, k1, k2tog, k3 (9sts)

Row 9: p2, p2tog, p1, p2togtbl, p2 (7sts)

Row 10: k1, k2togtbl, k1, k2tog, k1 (5sts)

Row 11: p

Row 12: k2togtbl, k1, k2tog, k1 (3sts)

Row 13: p

Cast off

Make 3 more petals, sew petals together from the centre to top of decrease rows (allowing the top of each petal to curl)

Weave in ends and sew button to centre.



#### 2 PETAL POPPY

Using 3.75mm needles

Petal 1 – Co 14sts

Row 1: kfb, k11, kfb, k1 (16sts)

Row 2: kfb, k13, kfb, k1 (18sts)

Row 3: kfb, k15, kfb, k1 (20sts)

Row 4: p

Row 5: k1, (sl1k1psso, k2) repeat to last st, k1 (15sts)

Row 6: p

Row 7: k1, (sl1k1psso, k1) repeat to last 2 sts, sl1k1psso (10sts)

Row 8: p

Row 9: (sl1k1psso) repeat to end (5sts)

Row 10: p

Petal 2 – Co 14sts

Row 1: kfb, k11, kfb, k1 (16sts)

Row 2: kfb, k13, kfb, k1 (18sts)

Row 3: kfb, k15, kfb, k1 (20sts)

Row 4: kfb, k17, kfb, k1 (22sts)

Row 5: k

Row 6: p

Row 7: k1, (sl1k1psso, k2) repeat to last st, k1 (17sts)

Row 8: p

Row 9: k1, (sl1k1psso, k1) repeat to last st, k1 (12sts)

Row 10: p

Row 11: (sl1k1psso) repeat to end (6sts)

Row 12: p

Cast Off

Sew Petal 1 so it overlays Petal 2 at the cast off edges.

Weave in ends and sew button to centre.

#### CHILD FRIENDLY POPPY PATTERN

Using 4mm needles cast on 12 sts

Knit 28 rows

Cast Off.

Counting down from the top 6 ridges and using a wool sewing needle run a line of small stitches from one side to the other. Pull slightly to pinch in the sides and secure ends. Sew a button in the middle lining it up with the 'pinched' sides.



All patterns checked by Truro Wool.

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