

The Parish Post

Benefice of Veryan with Ruan Laniorne

February 2023

"While it is February one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch." - Patience Strong

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

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 Laniorne
[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 Laniorne
[501855]

Mrs Caroline Martin [501697]

Hon. Secretary
Mrs Pat Farr [501599]

Hon. Treasurer
Mrs Pat Farr [501599]

Submissions for the Newsletter

Pippa Stephens
Cherry Tree Cottage
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Sunday services in our benefice in February

Sunday 5th February
3 before Lent, Septuagesima
9.30 am Holy Communion Ruan
10.30 am Morning Worship Portloe
11 am Eucharist Veryan

Sunday 12th February
2 before Lent
10.30 am Morning Worship Portloe
11 am Eucharist Veryan
[Rev. Martyn Pinnock]

Sunday 19th February
Next before Lent, Quinquagesima
9.30 am Matins Ruan
10.30 am Morning Worship Portloe
11 am Eucharist Veryan

Wednesday 22nd February
Ash Wednesday

Sunday 26th February
Lent
9.30 am Holy Communion Portloe
11.15am Eucharist Veryan
[Rev. Martyn Pinnock]

Readings for February [Veryan]

Sunday, 5 February 2023
3 before Lent, Septuagesima
Isaiah 58. 1-9a *Doreen*
1 Corinthians 2. 1-12 *Margaret*

Sunday, 12 February 2023
2 before Lent, Sexagesima
Genesis 1. 1 - 2.3 *Chris*
Romans 8. 18-25 *Sue*

Sunday, 19 February 2023
Next before Lent, Quinquagesima
Exodus 24. 12-18 *John*
2 Peter 1. 16-21 *Julia*

Sunday, 26 February 2023
Lent 1
Genesis 2. 15-17 & 3. 1-7 *Valerie*
Romans 5.12-19 *Brian Willis*

**Flower Rota
(Veryan)**

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

A note from the editor....

Welcome to February's issue of our Parish Post. I am so incredibly grateful for all the positive messages I received after the January newsletter. Your warm welcome was greatly appreciated - thank you!

As we continue this journey together, please feel free to reach out with stories or your experiences, musings on subjects close to your heart, upcoming events and ideas - they are always welcome here!

This issue includes big news from our PCC, a warm welcome to Rev. Douglas Peter Wren and a summary of local meetings. We have a new Take-a-Break section, as well as some ideas on how to shake up your pancake toppings for Shrove Tuesday!

Enjoy!

- Pippa



News from the PCC



We're on the way !

I don't know if other parishes have felt this way but many of us have felt as though we are on pause with the issue of a minister not being resolved. Now that an Oversight Minister for Roseland has been appointed, and all being well in post around Easter, it feels like we can move forward with more clarity and purpose.

Meanwhile, all of the tasks that need doing to maintain the life of the church have continued.

I'd like to take a moment to look behind the scenes at what's been happening to maintain and improve the church and churchyard.

Gilbert is a familiar, much loved and respected person in the village and wider community. As well as running his own business he finds time to keep the churchyard and surrounding community areas looking good.

Nicola has been joined by David and Carol from Ruan to refurbish the ringing chamber ... which was well overdue! The walls and panelling will be painted and new carpet fitted. In addition the bell ringers are very pleased with the new ingenious rope warmer ... more on that next time !

If you think you'd like to get involved with any community efforts then please do get in touch via veryanchurchwarden@gmail.com

For any younger people this would look great on your CV or be part of your Duke of Edinburgh award.

- Sharron Cartwright



A warm welcome to Revd. Douglas Peter Wren

Hello

My name is Douglas, and I am really looking forward to getting to know the people of the Roseland.

At the moment I live in the village of Speldhurst and am the Rector of three communities to the south-west of Tunbridge Wells, Kent. I'm also the Rural Dean. I'm married to Mary who coaches teachers who are training for senior leadership in Church of England schools. We have two grown up children and a six-month-old puppy called Pip, who is quite a handful.



Do please pray for us in this time of transition as we have been here over twenty years and it will be a wrench to leave. I shall be praying for you that we can find creative and fun ways to grow God's Kingdom together.



Tree of Hope

Advent is the season of joyful expectation and hope. During this time we remember our reason to hope; we are assured in a most overwhelming way that God always keeps his promises; for on that first Christmas, He sent his only Son Jesus, the long-awaited fulfilment of God's promise of salvation. During December we placed a Tree of Hope in the Church as an opportunity for visitors to add their hopes and prayers for Christmas.

As January draws to a close we asked ourselves why restrict it to just Advent? - many of us are anxious about what 2023 will bring, some are grieving losses and some may feel lonely.

So we have decided to keep the tree up and invite you to submit your hopes and prayers for 2023 and to make them part of our prayers here at St Symphorian.

If you visit the church you will find a pen and a star to write your hope or prayer on. You are allowed more than 1 star!

Or, if you would like to send your personal message of hope for 2023 to veryanparishnewsletter@gmail.com, we will be glad to write those prayers, thoughts, hopes onto these stars and hang them on our tree for you.



✚ All those who are unable to leave their homes

✚ All those who are worried about paying for food and fuel.

✚ All those working in Food Banks and Care Homes.

✚ All those working in hospitals and in the NHS

✚ All those who have recently lost loved ones.

✚ All those waiting for medical treatment and operations.

✚ All those who feel un-loved and lonely.

✚ All those suffering from war and unrest in their country.

Our prayer list will be a little different each month, if you wish for us to keep a loved one in our prayers please send an email and we can include them in our list.



Shrove Tuesday, 21st February

Shrove Tuesday is the day before Lent which starts on Ash Wednesday. The name Shrove comes from the old middle English word 'Shriven' meaning to go to confession to say sorry for the wrong things you've done. Lent always starts on a Wednesday, so people went to confessions on the day before. This became known as Shriven Tuesday and then Shrove Tuesday.

The other name for this day, Pancake Day, comes from the old English custom of using up all the fattening ingredients in the house before Lent, so that people were ready to fast during Lent. The fattening ingredients that most people had in their houses in those days were eggs and milk. A very

simple recipe to use up these ingredients was to combine them with some flour and make pancakes!

The need to eat up the fats gave rise to the French name Mardi Gras; meaning fat Tuesday.

Here are some great topping ideas for your pancakes

Maple Syrup	Caramel Sauce
Fresh Fruit	Jams
Whipped Cream	Peanut Butter
Fresh Berries	Bacon & eggs
Bananas and Chocolate Chips	Apple Butter (slow cooked apple puree)
Nutella	Fried Apples
Blueberry Sauce	Greek yogurt & fruit
Nuts & Ice Cream	Chocolate
Fruit Compote	

A tip from a 10 year old:

"You must layer your pancake in the following order:

1. Nutella
2. 4 x Raspberries
3. 4 x Blueberries
4. 4 x Strawberries (cut in half)
5. Squeeze of lemon
6. Lashings of squirty cream

(a tip from his mum: only 1 recommended!)



Ash Wednesday, 22nd February

Ash Wednesday and the observance of Lent as we know it came into existence somewhere between the fifth and eighth centuries.

Forty is the number of days our Lord fasted in the wilderness, like the forty-day fasts of Moses and Elijah which are recorded in the Old Testament. Thus Ash Wednesday is now forty-six days before Easter (forty weekdays).

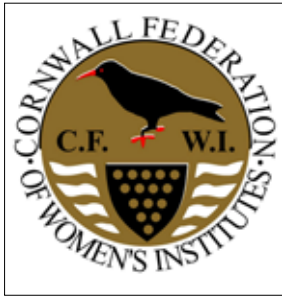
Fasting, in Biblical times, was always associated with acts of repentance, along with 'sackcloth and ashes'. People or communities who had sinned would wear sackcloth and sprinkle themselves with ashes, as an outward sign of their repentance.

The 'ashing' of repentant Christians was formerly only for public penitents. These people would have to go to the church door on the first day of Lent, wearing penitential clothing and with bare feet. Penances were imposed, and they were then brought into the church before the Bishop, who would put ashes on their foreheads with the words "Repent, so that you may have eternal life". Out of humility and affection, friends of the penitents would join with them and also have ashes imposed. Numbers increased gradually until eventually all Christians present came forward for 'ashing'. This became the Imposition of Ashes as we know it today.

The ashes used on Ash Wednesday are obtained by burning the palms of the previous year (now the palm crosses).

Ash Wednesday Service

There are plans for a joint service for Ash Wednesday, follow our Facebook page for updates.



Veryan WI

Veryan WI held their first meeting of the year on 10th January.

We started with a minute's silence to remember Past President and long-standing member Sue Day, who passed away recently.

Our speaker was Nicola Bush, who gave us lots of suggestions and encouragement for tasks we should be doing in the garden during the winter, providing it is not

pouring with rain plus some things we could be doing under cover. She also answered gardening questions from various members.

After refreshments we held a short business meeting to discuss future plans at both local and County level.

Our February meeting will be in the Parish Hall on Tuesday 7th February when the speaker will be Lesley Robinson discussing "Identifying Antiques."

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

- Yolande Hocking

Veryan CE Primary School



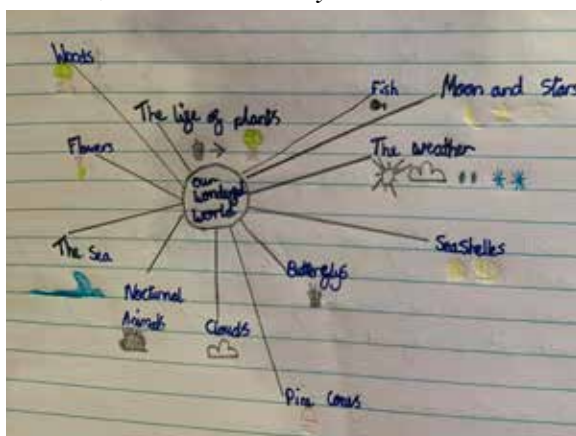
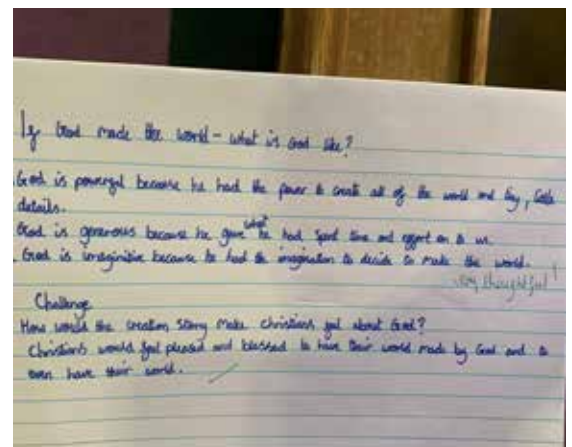
In January, our small school truly came together to create an inclusive environment; a new timetable allowed us all - students and teachers alike - to join forces in the afternoons. The unified spirit of both young minds and experienced mentors fosters remarkable collaboration that makes our unique little school shine!

Pendower class looked at Our Wonderful World and the Creation Story (see some lovely examples of the children's work below). Over the next month we will be studying the significance of Lent.

Project Wild Tribe is in its early stages of development. We are extremely lucky to have the outdoor space on Pendower Road. The children have begun their "Wild Tribe Achievement Award", which is widely acknowledged as a precursor to the secondary school's Duke of Edinburgh Award. As a school we will be using our time in the Wild Tribe field so the children can work towards their Bronze, Silver and Gold awards.

The Stay and Play sessions for pre-preschoolers are becoming increasingly more popular. We pray that this will encourage families to consider our school for their children.

- Emily Bennett, School Secretary



Bell Ringing News

On Monday January 2nd we were pleased to welcome 6 bell ringers from Truro Cathedral who came to Veryan to ring our bells. One or two of them had been before and one, Richard, rings with us occasionally on Sunday. Richard rings at the Cathedral at 9.30 am and then rushes back to ring with us if he can.

In January they rang a specific pattern of bells with over 1250 changes in the pattern of the bells which constitutes what we call a quarter peal. They will be back at **2pm on February 17th**, during half term (so as not to disturb the school) when they will ring a full peal.

Now the quarter peal took about 45 minutes and when they come in February they want to attempt a full peal which will have in excess of 5000 changes in pattern and will take about 2.5 hours. Rather than me, but they were absolutely thrilled with our bells which is lovely. And they give a generous donation to the bell fund on each visit.

This photo is of the 6 ringers and you will note the bell tower walls in the background. The walls are now a very pale blue and we are cracking on with the decoration of the inside of the tower. It's been days of preparation works by David and Carol Hughes and then I joined in to help and we have top coated the walls now so we are very clean and fresh. There's a load more for us to do, I'm busy sanding all the notice frames and David's sanding doors and then we start on the white walls above. As David says 'It will be done when it's done!!' We are so grateful to David and Carol for all their hard work.

- Nicola Bush

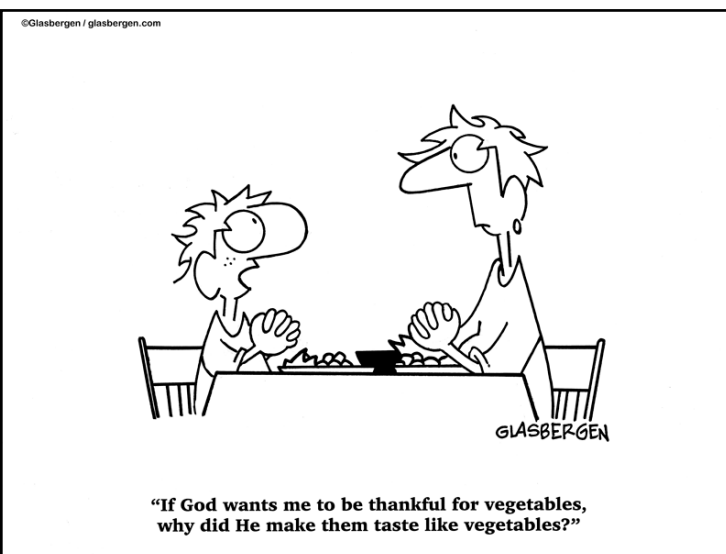


FEBRUARY 2023 FALMOUTH

Date	HEIGHTS ABOVE CHART DATUM							
	High Water				Low Water			
	Morning		Afternoon		Morning		Afternoon	
	Time	m	Time	m	Time	m	Time	m
1 W	01 52	4.0	14 24	3.9	05 10	1.8	20 48	1.7
2 TH	02 56	4.2	15 22	4.1	09 25	1.5	21 51	1.5
3 F	03 44	4.4	16 08	4.3	10 22	1.3	22 41	1.3
4 SA	04 26	4.7	16 49	4.5	11 07	1.1	23 23	1.1
5 SU	05 06	4.8	17 28	4.7	11 47	0.9		
6 M	05 44	5.0	18 05	4.7	00 00	0.9	12 23	0.8
7 TU	06 20	5.0	18 40	4.7	00 32	0.9	12 53	0.8
8 W	06 52	5.0	19 11	4.7	01 00	0.9	13 20	0.8
9 TH	07 20	4.9	19 37	4.7	01 27	0.9	13 46	0.8
10 F	07 44	4.9	19 57	4.6	01 55	0.9	14 15	0.9
11 SA	08 05	4.8	20 12	4.5	02 26	1.0	14 46	1.0
12 SU	08 28	4.7	20 44	4.4	02 59	1.1	15 22	1.2
13 M	09 09	4.5	21 37	4.2	03 39	1.3	16 06	1.4
14 TU	10 18	4.2	23 09	4.0	04 32	1.6	17 07	1.7
15 W	11 56	4.1			05 46	1.8	18 34	1.8
16 TH	00 45	4.1	13 27	4.1	07 24	1.7	20 11	1.7
17 F	02 09	4.3	14 48	4.3	08 55	1.4	21 31	1.3
18 SA	03 18	4.6	15 53	4.6	10 06	1.0	22 35	0.9
19 SU	04 15	5.0	16 47	4.9	11 06	0.6	23 30	0.5
20 M	05 06	5.3	17 37	5.1	11 59	0.2		
21 TU	05 55	5.5	18 24	5.2	00 19	0.2	12 45	-0.0
22 W	06 40	5.6	19 06	5.2	01 03	0.0	13 27	-0.1
23 TH	07 22	5.5	19 43	5.1	01 43	0.0	14 06	0.0
24 F	07 59	5.3	20 16	5.0	02 19	0.2	14 40	0.3
25 SA	08 33	5.1	20 49	4.7	02 53	0.5	15 13	0.7
26 SU	09 06	4.7	21 25	4.4	03 27	0.9	15 46	1.1
27 M	09 43	4.3	22 10	4.1	04 05	1.3	16 26	1.6
28 TU	10 33	3.9	23 12	3.8	04 55	1.7	17 22	1.9

Time Zone UT (GMT)

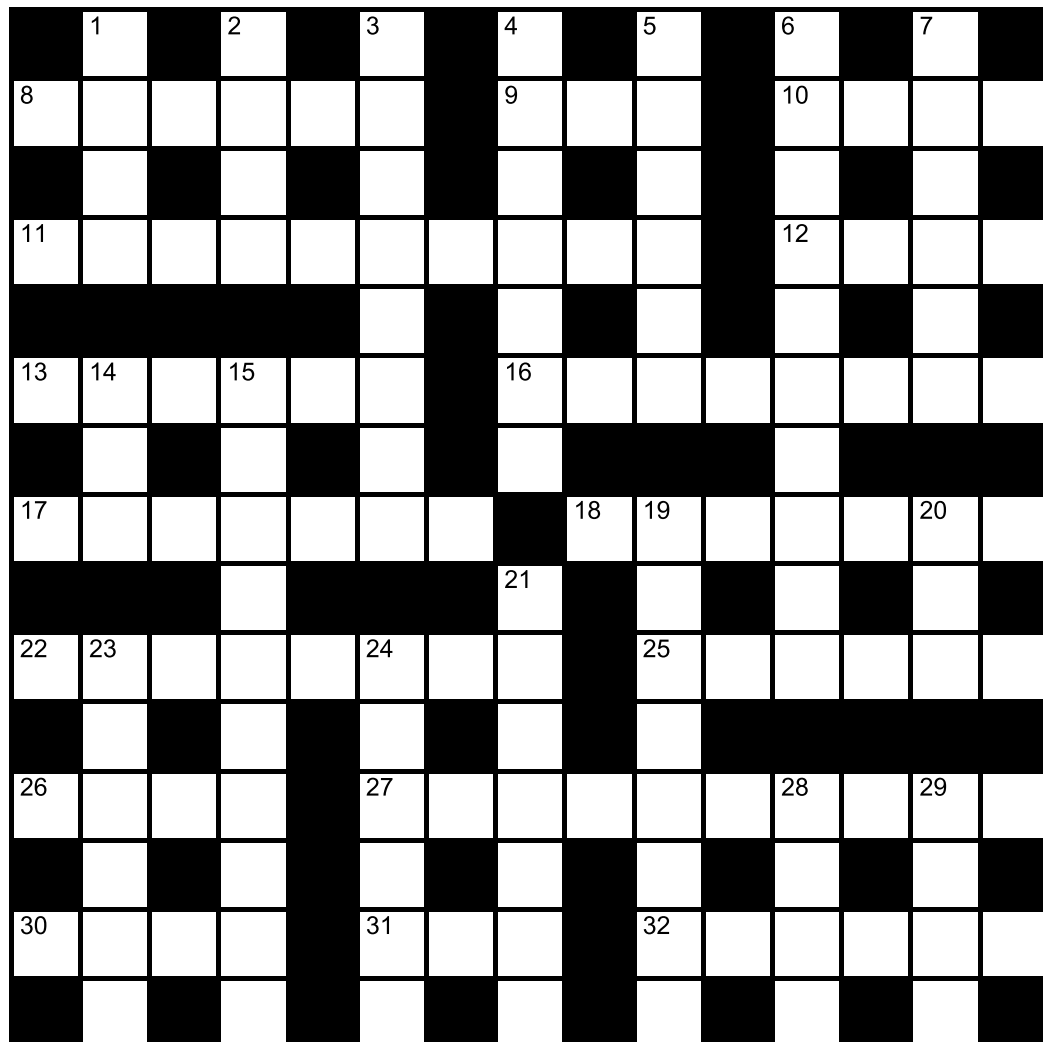
All times are G.M.T. for non-shaded areas add 1 hour



Bible Crossword

Across

- 8 Religious service (6)
- 9 Vessel (3)
- 10 Drive forcibly (4)
- 11 Christ does this for us (10)
- 12 Bethesda was the name of this (4)
- 13 Servant of a prophet (6)
- 16 One who leaves the straight and narrow path (8)
- 17 Check the money (7)
- 18 Fragrant offering; make angry (7)
- 22 Come out from among them (8)



Down

- 1 Standard for the tribe of Judah (4)
- 2 Brother of James; Hardy book (4)
- 3 Choice by vote (8)
- 4 Evening glow (7)
- 5 All sing the tune (6)
- 6 To reduce deficiency (10)
- 7 Take no notice of (6)
- 14 Look at (3)
- 15 Alternative Revelation (10)
- 19 Son of Jacob (8)
- 20 The blind will (3)
- 21 Regrets; Serpent (anag) (7)
- 23 Angels by another name (6)
- 24 Decorates (6)
- 28 Say it and you will be in danger of the council (4)
- 29 Cleanse (4)

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Hard Sudoku

9		4						5
		5		7			8	
			4				6	2
	5			3				
8				6				7
				8			9	
3	7				2			
	6			9		8		
4						2		6

15udoku.com

n° 35429 - Level Hard

Easy Sudoku

	4	1		2	5			
					8		9	
5			4	3		2	1	
1	7	3		4				
8	5		1		2		6	4
				9		7	8	1
	9	7		6	1			8
	2		9					
			2	8		6	4	

15udoku.com

n° 11981 - Level Easy

Solutions

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

Across: 8 Ritual, 9 Urn, 10 Urge, 11 Intercedes, 12 Pool, 13 Gehazi, 16 Wanderer, 17 Recount, 18 Incense, 22 Separate, 25 Potter, 26 Body, 27 Overthrown, 30 Kiss, 31 Net, 32 Locust.

Down: 1 Lion, 2 Jude, 3 Election, 4 Sundown, 5 Unison, 6 Supplement, 7 Ignore, 14 Eye, 15 Apocalypse, 19 Naphtali, 20 See, 21 Repents, 23 Elohim, 24 Adorns, 28 Raca, 29 Wash.

Bible Crossword by BiblePuzzles.org.uk

Hard Sudoku

9	1	4	8	2	6	7	3	5
6	2	5	9	7	3	1	8	4
7	8	3	4	1	5	9	6	2
1	5	6	7	3	9	4	2	8
8	4	9	2	6	1	3	5	7
2	3	7	5	8	4	6	9	1
3	7	8	6	4	2	5	1	9
5	6	2	1	9	7	8	4	3
4	9	1	3	5	8	2	7	6

1sudoku.com

n° 35429 - Level Hard

Easy Sudoku

9	4	1	7	2	5	8	3	6
7	3	2	6	1	8	4	9	5
5	8	6	4	3	9	2	1	7
1	7	3	8	4	6	9	5	2
8	5	9	1	7	2	3	6	4
2	6	4	5	9	3	7	8	1
4	9	7	3	6	1	5	2	8
6	2	8	9	5	4	1	7	3
3	1	5	2	8	7	6	4	9

1sudoku.com

n° 11981 - Level Easy