



The Parish Post

Benefice of Veryan with Ruan Laniorne

March 2023



"Every cold and dark phase ends and hence begins a beautiful phase of warmth and vibrance.
Don't believe? Just notice March". - Anamika Mishra

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

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

Hon. Secretary
Mandy Holloway
veryanchurchsecretary@hotmail.com
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
Veryan [501652]
veryanparishnewsletter@gmail.com

Sunday services in our benefice in March

Sunday 5th March
The Second Sunday of Lent
9.30 am Holy Communion Ruan
10.30 am Morning Worship Portloe
11 am Eucharist Veryan

Sunday 12th March
The Third Sunday of Lent
10.30 am Morning Worship Portloe
11 am Service of the Word Veryan

Sunday 19th March
Mothering Sunday
9.30 am Matins Ruan
10.30 am Morning Worship Portloe
*Veryan TBC

Sunday 26th March
The Fifth Sunday of Lent
Passiontide begins
9.30 am Holy Communion Portloe
11 am Service of the Word

Readings for March [Veryan]

Sunday 5th March
The Second Sunday of Lent
Genesis 12.1-4a *Sharron*
Romans 4.1-5,13-17 *Doreen*

Sunday 12th March
The Third Sunday of Lent
Exodus 17.1-7 *Blair*
Romans 5.1-11 *Sharron*

Sunday 19th March
Mothering Sunday
Exodus 2.1-10 *Margaret*
2 Corinthians 1.3-7 *Sue T*

Sunday 26th March
The Fifth Sunday of Lent
Passiontide begins
Ezekiel 37.1-14 *John*
Romans 8.6-11 *Julia*

Dates for your diary

5th March
St Piran's Day

19th March
Mothering Sunday

26th March
Clocks going forward

30th March
Concert (see right)
The People's String Foundation

Cousin Jack
Presents
The People String Foundation Duo

St Symphorian Church
Veryan
Thursday 30th March
7pm-9pm
01726 63803

News from the PCC

St Symphorian Church, Veryan

David and Carol with the help of Nicola have finished the painting of the lower bell ringing chamber panels in light blue and the doors in an Oak stain. The area is currently filled with a scaffold tower (thanks to Ruan Church for loan) and we are in the midst of painting the upper walls in white.

Carol has been busy painting the outside of the South porch doors in black and the metal spikes in gold. The inside of the doors still needs to be painted.

David has started the work on the old boiler house to make it safe to use as a storage area. He has made a new lintel to replace the rotten one.

Sharron has been giving the vestibule a coat of paint.

The PCC has employed a project manager to cover all the work that needs to be done to the outside of the tower. This is in its early stage of compiling the schedule of work.

St Rumon's Church, Ruan Laniorne

We are currently in the middle of having our Quinquennial survey and it is hoped that not too much will be found, as a considerable amount of work has been done since the last one in 2018.

The most significant work that is still outstanding from the 2018 survey, is the repair to the rotten bell frame and floor beam. We have applied for a faculty to get this work done and hope to get confirmation in the coming weeks. Once the faculty is approved, the contractors can start the work.

We are also looking into the feasibility of changing the gravel path to a paved one, which would make access to the church by wheel chairs and push chairs easier. It would also save my back from the constant weeding!

- Carol Hughes



✝ Mothers who are struggling.

✝ Mothers who are remembering children who have died, and pregnancies that miscarried.

✝ The mothers fleeing war-torn countries seeking a safer home for their children

✝ Those remembering mothers who are no longer with us.

✝ For those suffering with the aftermath of the earthquake in Turkey & Syria.

✝ All those who are sick, waiting for treatment or hospital appointments.

✝ All those who feel lonely and neglected.

✝ All those unable to leave their homes through fear or illness.

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.



Veryan WI

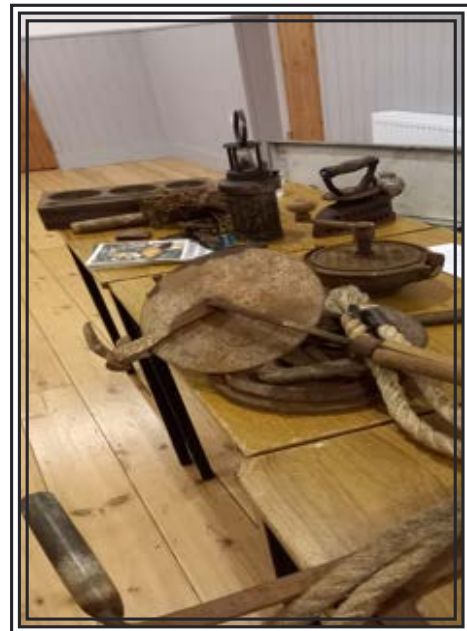
Our February meeting started promptly as the speaker, who had stepped in at the last minute, had quite a long drive home. Max Simpson's talk on "Tools to Amuse and Confuse" really lived up to its title. Over the years he has amassed a collection of tools from every walk of life, some of which he brought to show us and demonstrate and then invited us to identify. We recognised a few but most were complete mysteries and even he couldn't identify some! All of which made for a very entertaining evening.

Refreshments and a short business meeting followed.

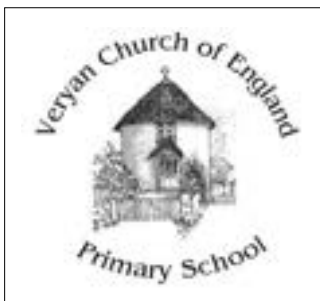
Our next meeting will be the AGM followed by a small exhibition of quilts mostly made by some of the members plus some old family quilts belonging to one of them.

Visitors and potential members are always welcome. We meet in Veryan Parish Hall at 7:30pm on the first Tuesday of the month, although during the summer we try to hold at least two outdoor meetings or visits.

For further information please contact Mary Earp on 01872 501636.



Veryan CE Primary School



After an energizing break, the children were eager to return back to school and it was a special start of Lent with pancakes in the playground. In addition, each child shared what they felt lent meant for them which truly showcased their wisdom beyond their years! It was inspiring seeing how much thought they placed into deciding on something meaningful that would give up during lent too.

We turned a difficult situation into an opportunity for creative learning; The Wild Tribe Ethos inspired us to make use of everything from the trees felled due to ash die-back. The children are making study areas with chippings, crafting dens using branches, and turning sections of

tree trunks into seats and stepping stones - transforming our school field in unique ways!

March is another busy month, World Book Day always raises a smile, a trip to Newquay Zoo for Kiberick class and preparing for Easter.

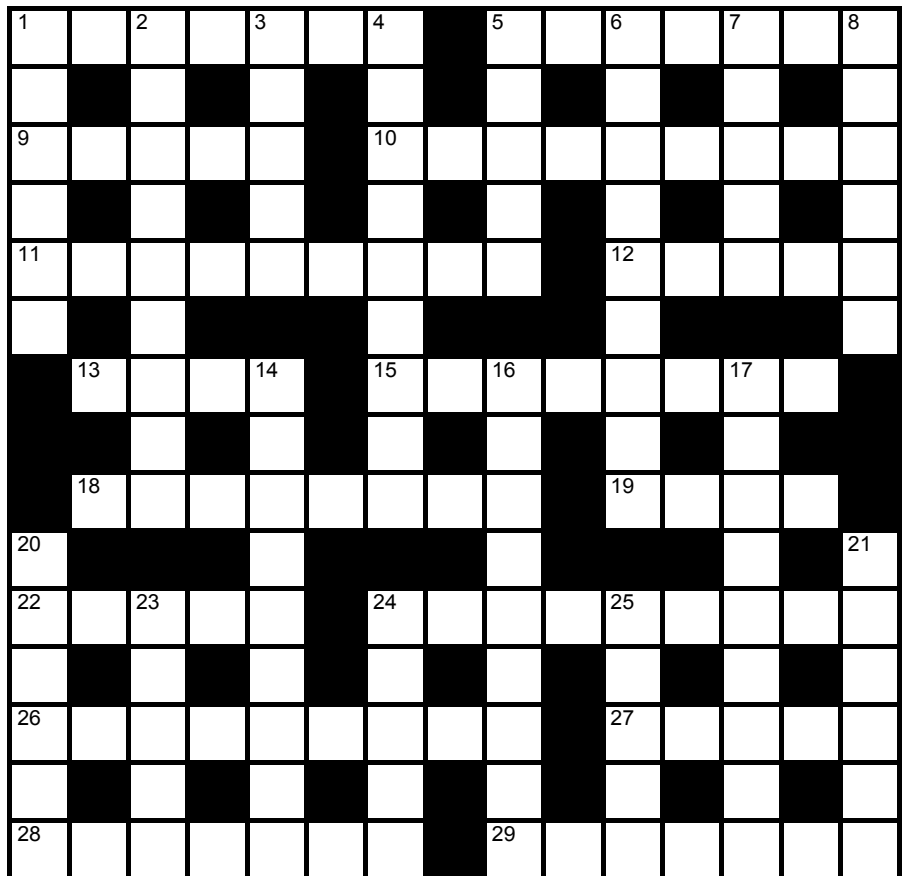
Please join us for our short collective worship in the church at 2.30 every Friday. We celebrate the children's successes together as well as singing a song or two

- *Emily Bennett, School Secretary*

BIBLE CROSSWORD VII

Across

- 1 Wife of Isaac (7)
- 5 Resplendencies (7)
- 9 Stories (5)
- 10 Judges, elders, tax collectors, for example (9)
- 11 Catastrophies (9)
- 12 Father of Ahiam (5)
- 13 Hades (4)
- 15 Eunuch from here was baptised by Philip (8)
- 18 A sound of joy (8)
- 19 Vessel (4)
- 22 Up on high (5)
- 24 First meal of the day (9)
- 26 Hard (9)



by *Philologus*

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- 27 Solomon made a throne out of this (5)
- 28 Furious (7)
- 29 Decorated (7)

- 3 Barrels (5)
- 4 Propitiation (9)
- 5 Jesus was given three as a child (5)
- 6 Times (9)

- 16 Reaped (9)
- 17 Copycats (9)
- 20 Horse rider's seat (6)
- 21 Remained (6)

Down

- 1 Repair (6)
- 2 David committed adultery with her (9)

- 7 Father of Esau and Jacob (5)
- 8 Killed by Jael (6)
- 14 Heavenly flash (9)

- 23 Tender (5)
- 24 Tied (5)
- 25 Abraham was going to kill his son with this (5)

Easy Sudoku

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

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Medium Sudoku

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

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Over to you.....

Articles, observations, events and musings from our readers!

for your welcomed submissions, email: veryanparishnewsletter@gmail.com



Nicola Bush

Thank you to all you wonderful people who are knitting or crocheting poppies for the display at church this year.

I have 11 definites on the task and several stalwarts at the WI have joined in too, thank you.

Interesting that several people have wider family members involved so I have contributions obviously locally but also from as far afield as Wales and Threemilestone!!

I have completed 75 so far and whilst I'm not expecting vast numbers from everyone, if everybody does 10 we'll have a fair few!

Every year we do an annual return to the Truro Diocesan Guild of Ringers of bell ringers at Veryan. This year we exceeded any total we have returned during recent years with 9 ringers. We were pleased to welcome Kieron Cartwright to our regular band of Sunday ringers with his first Sunday on ringing duty on February 5th.

I would like to publish a list of people donating flowers in memory of a friend or relative this Easter. We have been missing this for several years for obvious reasons. If you wish to donate please let me have donations, however small, and let me know those names you would like listed in the porch.

Many thanks, Nicola



Fabulous examples of poppies from Ros & Yolande Hocking!

Editor note - Poppy patterns are at the end of the newsletter. We will also add them to the information table in the Church for anyone to collect if they are unable to print them.

CRE

What’s happened to our language?

I’m currently enduring too many weeks of enforced idleness - sciatica, trapped nerve, annoying pain and a consequent inability to move. One possible positive outcome is that I have time to read the newspapers properly and to enjoy the articles written by such elegant wordsmiths as Matthew Parris, Ann Trenemen, John Crace and Quentin Letts.

However, I’ve noticed a significant difference between these writers and the journalists who produce news items, too often with a singular misuse of English language, vocabulary and grammar.

I have read, too often, ‘he was sat’, ‘I was stood’ - and in The Times, of all places!

Have you noticed the recently increased use of the word ‘impact’? I’ve heard on the radio so many times ‘How did it impact you?’ or ‘What was its impact on you?’ that I looked it up in the OED. The dictionary definition for the noun is ‘the striking of one body against another, a collision’. Used as a verb, it means ‘to press closely into something, to fix firmly in’. Why not use [correctly] ‘affect’ for the verb or ‘effect’ for the noun? Let’s hope ‘impact’ will die a natural death [like ‘absolutely’ a few years ago!]

And what on earth is an ‘attende’e? Not a word to be found in the OED. Words ending in ‘-ee’ describe a person in receipt of something: trainee, payee, employee, legatee.

Recently seen in a publication was ‘Electoral Role’ - intended I think to describe the list of people - entitled to vote in local or national government elections: that’s the register of electors. The ‘electoral roll’ describes those members of a church entitled to vote in church elections.

And don’t get me started on ‘teary’, [American import maybe?] or ‘practise’ as a noun – it’s ‘practice! And as for ‘icon...’

Sorry, being housebound seems to have turned me into a Grumpy Old Woman – I hope not! It’s good to let off steam sometimes but I promise it won’t be permanent.



MARCH 2023		FALMOUTH							
		HEIGHTS ABOVE CHART DATUM							
		High Water				Low Water			
Date		Morning		Afternoon		Morning		Afternoon	
		Time	m	Time	m	Time	m	Time	m
1	W	11 50	3.6			06 05	2.0	16 30	2.1
2	TH	01 06	3.8	14 03	3.7	07 31	2.1	20 11	2.0
3	F	02 33	4.0	15 04	4.0	09 04	1.8	21 30	1.7
4	SA	03 24	4.3	15 50	4.3	10 03	1.4	22 21	1.4
5	SU	04 06	4.6	16 30	4.5	10 47	1.1	23 02	1.1
6	M	04 45	4.8	17 07	4.7	11 25	0.9	23 38	0.9
7	TU	05 22	5.0	17 43	4.8	11 58	0.7		
8	W	05 57	5.0	18 17	4.8	00 00	0.6	12 28	0.6
9	TH	06 28	5.0	18 47	4.8	00 36	0.7	12 55	0.6
10	F	06 55	5.0	19 10	4.8	01 05	0.7	13 22	0.6
11	SA	07 17	4.9	19 23	4.8	01 33	0.7	13 50	0.7
12	SU	07 32	4.8	19 39	4.7	02 02	0.6	14 20	0.8
13	M	07 55	4.7	20 12	4.5	02 34	0.9	14 53	1.1
14	TU	08 35	4.4	21 03	4.3	03 12	1.2	15 34	1.4
15	W	09 44	4.1	22 41	4.0	04 02	1.5	16 33	1.7
16	TH	11 42	3.8			05 19	1.6	18 07	1.9
17	F	00 28	4.0	13 21	3.9	07 12	1.8	20 02	1.6
18	SA	01 57	4.3	14 43	4.2	08 50	1.4	21 23	1.3
19	SU	03 05	4.6	15 43	4.6	09 57	0.9	22 23	0.8
20	M	03 59	5.0	16 32	4.9	10 52	0.4	23 15	0.4
21	TU	04 47	5.3	17 17	5.1	11 40	0.1		
22	W	05 33	5.5	17 58	5.2	00 00	0.1	12 24	-0.1
23	TH	06 16	5.5	18 38	5.3	00 42	-0.0	13 03	-0.1
24	F	06 55	5.4	19 12	5.2	01 19	0.0	13 39	0.1
25	SA	07 30	5.2	19 44	5.0	01 52	0.2	14 10	0.4
26	SU	08 01	4.9	20 14	4.8	02 23	0.5	14 39	0.8
27	M	08 31	4.6	20 47	4.5	02 54	0.9	15 07	1.2
28	TU	09 05	4.2	21 28	4.2	03 27	1.4	15 39	1.6
29	W	09 53	3.9	22 26	3.9	04 11	1.8	16 29	2.0
30	TH	11 04	3.6	23 56	3.7	05 24	2.1	17 56	2.2
31	F			13 34	3.6	06 53	2.1	19 28	2.2

Time Zone UT(GMT)

All times are GMT for non-shaded areas add 1 hour

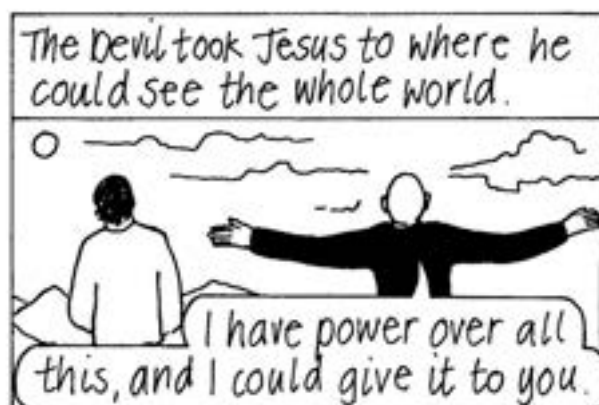
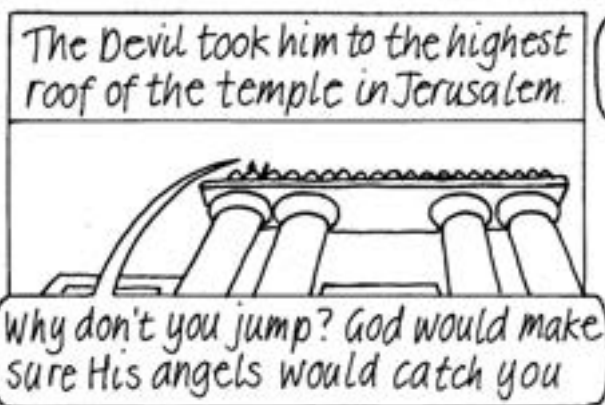
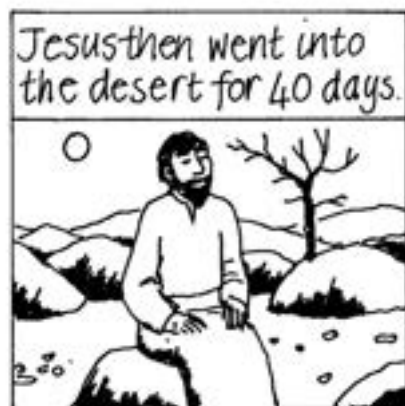


Bible Bite

A short story from the Bible

It can be read in the Bible in
Jn1:29-34, Mt3:13-17, Lk3:21-4:13, Mk1:9-12

People came to John to be baptised - washed
in the river Jordan - to say sorry for what
they had done wrong. Then Jesus came...



Solutions

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

Across: 1 Rebecca, 5 Glories, 9 Myths, 10 Officials, 11 Disasters, 12 Sacar, 13 Hell, 15 Ethiopia, 18 Laughter, 19 Ship, 22 Aloft, 24 Breakfast, 26 Difficult, 27 Ivory, 28 Enraged, 29 Dressed.

Down: 1 Remedy, 2 Bathsheba, 3 Casks, 4 Atonement, 5 Gifts, 6 Occasions, 7 Isaac, 8 Sisera, 14 Lightning, 16 Harvested, 17 Imitators, 20 Saddle, 21 Stayed, 23 Offer, 24 Bound, 25 Knife.

Bible Crossword by BiblePuzzles.org.uk

Easy Sudoku

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

Medium Sudoku

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

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 1st ch to form ring, ch2, 11tr into ring, slst to 2nd ch

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

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

Rnd 4: ch2, 1tr into same st, (2tr into next st) repeat to end, slst into 2nd 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

Sl1k1pss0 = 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, sl1k1pss0, k1, p4, repeat from * to last st, p1

Row 6: k1, *k1, sl1k1pss0, 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, (sl1k1pss0, k2) repeat to last st, k1 (15sts)

Row 6: p

Row 7: k1, (sl1k1pss0, k1) repeat to last 2 sts, sl1k1pss0 (10sts)

Row 8: p

Row 9: (sl1k1pss0) 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, (sl1k1pss0, k2) repeat to last st, k1 (17sts)

Row 8: p

Row 9: k1, (sl1k1pss0, k1) repeat to last st, k1 (12sts)

Row 10: p

Row 11: (sl1k1pss0) 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.

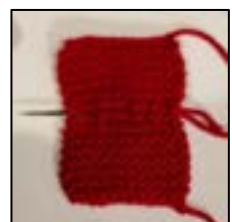
CHILD FRIENDLY POPPY PATTERN

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.



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