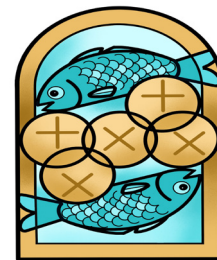


# The Parish Post

## Benefice of Veryan with Ruan Lanihorne

### August 2023

*"Those late August mornings smelt of autumn from day-break till the hour when the sun-baked earth allowed the cool sea breezes to drive back the then less heavy aroma of threshed wheat, open furrows, and reeking manure."*  
— Colette, *The Ripening Seed*



#### The parishes of VERYAN and RUAN LANIHORNE

**VERYAN**  
(St Symphorian) Parish Church  
**Churchwardens**  
Julia Pound, Calendra Farm  
Pippa Stephens, Cherry Tree Cottage, Veryan  
veryanchurchwarden@gmail.com

**Hon. Secretary**  
Mandy Holloway  
veryanchurchsecretary@hotmail.com

**Treasurer**  
Mrs Carol Hughes  
Castle Towers  
Ruan Lanihorne  
[501855]  
treasurervveryanchurch@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 Holly Ledson

**Hon. Treasurer**  
Mrs Carol Hughes

**Submissions for the Newsletter**  
Pippa Stephens  
Cherry Tree Cottage  
Veryan [501652]  
veryanparishnewsletter@gmail.com

#### Services in our benefice in August

##### Sunday 6th August Transfiguration

*Ruan. 9.30am* Holy Communion  
*Portloe. 10.30am.* Morning Worship  
*Veryan. 11am* Eucharist

##### Sunday 13th August Trinity 12

*Portloe 10.30am.* Morning Worship  
*Veryan 11am.* Eucharist

##### Sunday 20th August Trinity 13

*Ruan. 9.30am.* (David Hughes)  
*Portloe 10.30am* Morning Worship  
*Veryan 11am* Eucharist  
(Revd. Douglas Wren)

##### Sunday 27th August Trinity 14

*Portloe 9.30am* Holy Communion  
*Veryan 11am* Service of the word  
(David Hughes)

##### Sunday 3rd September Trinity 15

*Ruan. 9.30am.* (Revd. Douglas Wren)  
*Portloe 10.30am* Morning Worship  
*Veryan 11am* Eucharist

##### Sunday 10th September Trinity 16

*Portloe 10.30am* Morning Worship  
*Veryan 11am* Eucharist

#### Readings for August [Veryan]

##### Sunday 6th August Transfiguration

*Daniel 7, 9, 10, 13, 14 [p 1119]*  
*Doreen*  
*2 Peter 1, 16-19 Blair*  
*Psalms 97 [p 1220]*  
*Luke 9, 28-36*

##### Sunday 13th August Trinity 12

*1 Kings 19, 9-18 Margaret*  
*Romans 10, 5-15 Sue J*  
*Psalms 85 [p 1205]*  
*Matthew 14, 22-33*

##### Sunday 20th August Trinity 13

*Isaiah 56, 1, & 6-8 [p 336] Chris*  
*Romans 11, 1, 20, 29-32 Sue T*  
*Psalms 67 [p 1174]*  
*Matthew 15, 21-28*

##### Sunday 27th August Trinity 14

*Isaiah 51, 1-6 [p 342] Valerie & Brian*  
*Romans 12, 1-8*  
*Psalms 138 [p 1276]*  
*Matthew 16, 13-20*

##### Sunday 3rd September Trinity 15

*Jeremiah 15, 15-21 [p 348] John*  
*Romans 12, 9-end Julia*  
*Psalms 26, 1-8 [p 1123]*  
*Matthew 16, 21-end*

##### Sunday 10th September Trinity 16

*Ezekiel 33, 7-11 [p 353] Margaret*  
*Romans 13, 8-end Sue J*  
*Psalms 119, 33-40 [p 1253]*  
*Matthew 18, 15-20*





ST SYMPHORIAN


**CHURCH FETE**

OLD SCHOOL GARDENS,  
VERYAN



**Sat 12th August**  
**2-5pm**

LIVE MUSIC • STALLS • BRIC A BRAC • GAMES  
CREAM TEAS • RAFFLE • PRE-LOVED CLOTHES







**To all Clergy, Lay Chairs, Readers, Churchwardens and PCC Secretaries**

6<sup>th</sup> July 2023

Dear sisters and brothers in Christ

It was announced today by Downing St that the King has approved my nomination as the next Bishop of Winchester. It means of course that my time here in the Diocese of Truro will be drawing to a close this autumn.

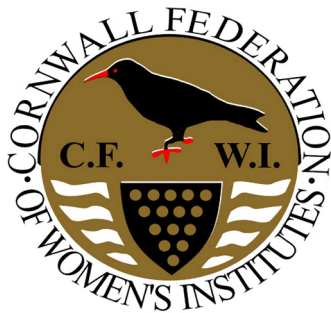
I had expected that being Bishop of Truro would be my last post before retirement, but it seems that God has other plans. After a lengthy and careful process, the people responsible, both locally and nationally, for the appointment in Winchester have concluded that there is a 'Philip-shaped' job to be done in their diocese and, after much prayer, I have accepted their invitation to be their next Bishop.

Of course there is never a perfect time to leave anywhere. We are still in a significant process of change in this diocese. But that change is happening on increasingly firm foundations.

Over the last few years we have weathered the storm of the pandemic - and the service so many of our churches gave to their communities was outstanding. We have an inspiring diocesan vision in 'The Saints' Way'. We have shared in developing a local vision for fruitful and sustainable parishes through the hard but important work of 'On the Way'. We have grown deeper together in prayer in the process. We have a diocesan plan for change and renewal in place to support the Deanery plans; to engage better with children and young people and those on the margins; to better equip our clergy for ministry in a changing world - and with plans too to keep the MMF call at a manageable level and to maintain stipendiary clergy numbers. Furthermore, the announcement of a new Dean of Truro Cathedral will shortly be made, to lead our Cathedral into a fruitful future.

And in addition to all that, we have an outstandingly strong senior team in this diocese, and I know that you will be incredibly well led by Bishop Hugh, who will be the Acting Diocesan Bishop until a new Bishop of Truro is in post. I do not believe I could leave you in safer hands.

**THE RT REVD PHILIP MOUNSTEPHEN**  
**BISHOP OF TRURO**



## Veryan WI

Veryan WI members were back in the Parish Hall this month for an update on the work of The Cornish Blood Bikes charity. They are a group of motor bike enthusiasts who transport many different small medical items from blood to patients notes between the hospitals, nursing homes and even patients' homes within the county mostly working out of hours i.e., when the official courier service isn't working. Their job has changed considerably in the last few years, and they are apparently being used more and more.

In June eleven members joined St Just in Roseland WI for a concert in Gerrans Memorial Hall featuring the Champagne Chorus from Par, which we all thoroughly enjoyed.

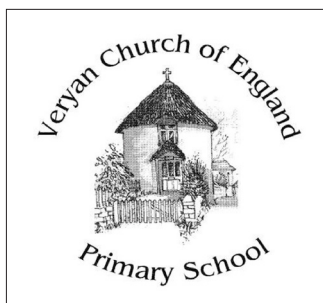
The Wednesday Walkers, which restarted in January, continue to go from strength to strength, they meet on a Wednesday afternoon for a walk somewhere on the Roseland. Although it is organised by the WI, non-members, friends, and well-behaved dogs are welcome to join in. For further information please contact the number below.

Our next meeting is another outdoor occasion when we will be going on an afternoon visit to Tregrehan Gardens at St Austell for a conducted tour and tea.

Visitors and potential members are always welcome please contact Mary Earp on 01872 501636.



## Veryan CE Primary School



Exciting times ahead! We can't wait for the new term to begin. Our hearts are filled with hope and prayers for our amazing new students joining us in September. And let's not forget our (previous) year 6 students as they embark on their next chapter at The Roseland comprehensive school.

A big thank you from all the families who took advantage of the Church's generous offer in helping with school uniforms. Your support is truly appreciated!

## Keep on Moving

*Keep on moving, Don't stop like the hands of time. Click clock, find your own way to stay.*

*The time will come one day, Why do people choose to live their lives this way?*

*Keep on moving, don't stop, no. Keep on moving.*

### **Soul II Soul**

I am 73 years old. Hoping to eke out a few more years, I attended a well-person check at the local surgery. They checked blood pressure (good), pulse rate (good), weight (good), Body Mass Index (good), alcohol consumption (near to recommended limit), smoking (never), healthy eating (good, thanks to Julia), urine for diabetes (good), blood for cholesterol level (bit high) and exercise habits (good). That's nine out of ten ticks. I put that down to good genes (robust farming stock on my mother's side) and the beneficial effects of regular exercise.

The exercise thing really started when I was 34 and made the mistake of attending a local rugby game. I was asked to stand in for an absent scrum half and lent a pair of boots. I then played for another 10 years for several clubs, my apogee being the captainship of the Dominican Republic national side (long story!). To get fit for rugby I started running, eventually coming to love the simplicity and freedom of running out of the house and off round the countryside for its own sake.

One day in 2009 a friend was cycling past and saw me working in the garden. He stopped and told me he and a couple of friends had started cycling on a Tuesday evening. Did I want to come? I had a 30-year-old bike and was woefully outpaced, especially up the "nasty nips" that seem to be particularly frequent in Cornwall. Things improved with practice and then the triathlon bug arrived on the Roseland. At the age of 60 I couldn't swim at all, but my mates encouraged me and within the year I swam the Castle-to-Castle mile from Pendennis to St Mawes. I now had no excuse not to enter the Portscatho and St Mawes triathlons, and then eventually the Nice Iron Man (2.4-mile swim, 112-mile bike ride and 26.2-mile run).

"Am I bothered" is probably your response to the above. Or "smug old fool". And I wouldn't voluntarily have put pen to paper except that Julia asked me to write something for this magazine and suggested a fitness theme as most people only know me as the old git who runs.

I guess what I want to convey through this article is the joy of being able to do stuff and thought I could put down a few reasons why or how others might also work towards a flexible and active dotage.

We live in one of the best places in the world for outdoor activities. The coastal and other public paths are fabulous for running or walking, the by-roads are mostly quiet for cycling, the shoreline and sea on the south coast especially safe and accessible for a wide range of on- and in-the-water activities. The climate is mild and there are no dangerous wild animals. So absolutely no excuse there. Get a 1:25000 OS map and check out all the paths round Veryan. There is a cracking walk/run route to Tregony that is mostly off road, and another to Tresillian, and another to Philleagh. They need more users to keep them open. A dog or a friend can be a great excuse or motivation to get out and off the roads into the countryside and provides a measure of re-assurance for those a little nervous.

All this opportunity allows for a full body workout. Swimming, cycling and running are very complementary as they call on a wide range of muscles and joints, keeping them supple and strong. The undulating nature of the county ensure the heart and lungs also get a good workout. Other combinations can be similarly beneficial. You may also wish to add posture, balance and core strength through yoga, Pilates, circuit training or martial arts. There are classes in yoga in Veryan, circuit training in Portscatho and Tregony and Pilates in Tregony. Again, no excuse. My wife was unable to do a single sit-up before joining a Pilates class and can now do multiples with ease.

Of course, a lean figure makes most of this stuff easier, except perhaps swimming where buoyancy and insulation from the cool water is useful. I've been a skinny runt all my life and still weigh the same as at age 16. I'm convinced that this has eased the strain on my joints and vital organs, as well as helping me lug up the steep bits of the coast path. As we age, and particularly past 50 we lose muscle mass and tend to gain weight around the tummy. That is not inevitable. Part of the solution is not to use advancing age as an excuse to slow down. I have been fortunate that I fell in with a group of (mainly) lads on the Roseland who have cajoled and shamed me into keeping going. They are all younger than me, so set a standard that is high and stretches me. There has been talk (mainly from me) about a handicap system, but this has been flatly rejected on the basis that I might win something.

Some organised events recognise the age issue and have different categories and prizes for different ages. This is very encouraging as a modest time can convert into a winning time. In fact, just entering an event is a big boost. It provides motivation, focus and impetus to your activities. There are lots of local events such as the Roseland Rat running race along the coast path, the Eden 100 cycle race or the aforementioned Castle to Castle mile swim as part of the Fal Festival. Those are big events requiring a good level of fitness and preparation. But look no further than the Roseland magazine for ping pong or line dancing in Portscatho, or badger a mate to swap the sofa for a blow along the cliff path. Once again, no excuse.

I have been banging on about age a lot, but I don't think this article is necessarily targeted at the older readership. As I mentioned I started more structured exercise when I was 34. That is a good time to start. By then you have probably got over the worst of youth's excesses and settled a little into a pattern of life. Hopefully that pattern embraces exercise for pleasure and good health.

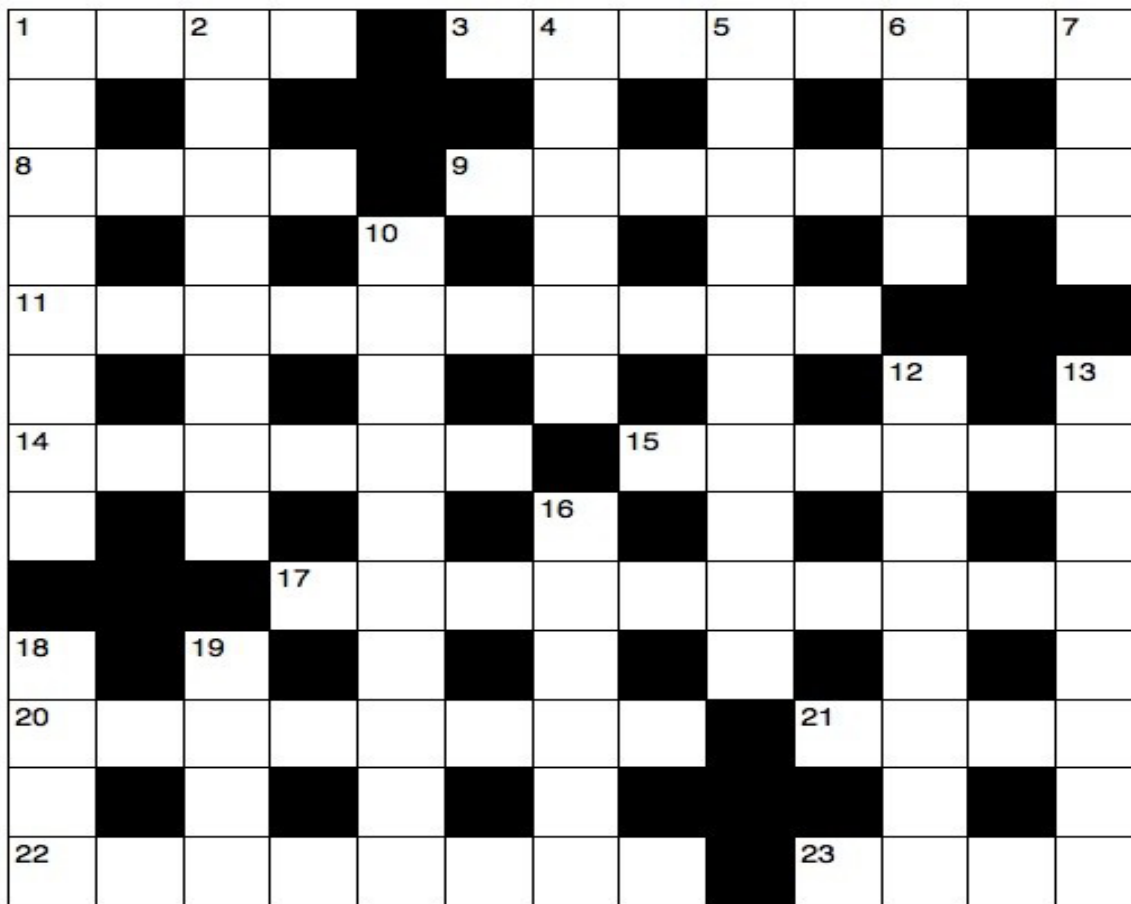
So I'm a bloke. Does that make it easier? I don't think so. Getting moving enough to stir the blood and the emotions can be done by all ages, all genders and, if taken slowly but incrementally, by all body types.

Why? You know the answer. Colin in the New Inn welcomes in our cycling group on a cold, wet evening with the greeting "You must be mad". To which the response is: You'd be mad not to.

*Keep on running, keep on hiding, One fine day I'm gonna be the one  
To make you understand, Oh yeah, I'm gonna be your man.*

***The Spencer Davis Group***

***- Barry Pound***



# Crossword Clues and Answers

## Across

- 1 and 3 Two of the disciples who witnessed the transfiguration of Jesus (Luke 9:28) (4,3,5)  
3 See 1 Across  
8 'Let us draw — to God with a sincere heart in full assurance of faith' (Hebrews 10:22) (4)  
9 O Simon is (anag.) (8)  
11 Form of government under the direct rule of God or his agents (10)  
14 How Jesus found his disciples when he returned to them after praying in Gethsemane (Luke 22:45) (6)  
15 In The Pilgrim's Progress, the name of the meadow into which Christian strayed, which led to Doubting Castle (2-4)  
17 Glad sin rat (anag.) (10)  
20 Spinal column (Leviticus 3:9) (8)  
21 Valley of the Balsam Tree with a reputation of being a waterless place (Psalm 84:6) (4)  
22 'The oracle of Balaam son of Beor, the oracle of one — — sees clearly' (Numbers 24:3) (5,3)  
23 Adam and Eve's third son (Genesis 4:25) (4)

## Down

- 1 David's great friend (1 Samuel 20:17) (8)  
2 'The Lord... will bring me safely to his — kingdom' (2 Timothy 4:18) (8)  
4 'I, Daniel, mourned for three weeks. I ate no choice food; — — or wine touched my lips' (Daniel 10:3) (2,4)  
5 Seeking to vindicate (Job 32:2) (10)  
6 Female servant (Isaiah 24:2) (4)  
7 'For Christ died for — once for all' (1 Peter 3:18) (4)  
10 'Offering spiritual sacrifices — to God through Jesus Christ' (1 Peter 2:5) (10)  
12 Jesus said that some people had renounced this 'because of the kingdom of heaven' (Matthew 19:12) (8)  
13 One of the three men thrown into the furnace for refusing to worship Nebuchadnezzar's golden image (Daniel 3:20) (8)  
16 'You have — of good things laid up for many years. Take life easy; eat, drink and be merry' (Luke 12:19) (6)  
18 'There before me was a white horse! Its rider held — — , and he was given a crown' (Revelation 6:2) (1,3)  
19 Equipment to Charity Hospitals Overseas (1,1,1,1)

ACROSS: 1, John. 3, And James. 8, Near. 9, Omission. 11, Theocratic. 14, Asleep. 15, By-path. 17, Stalingrad. 20, Backbone. 21, Baca. 22, Whose eye. 23, Seth.

DOWN: 1, Jonathan. 2, Heavenly. 4, No meat. 5, Justifying. 6, Maid. 7, Sins. 10, Acceptable. 12, Marriage. 13, Shadrach. 16, Plenty. 18, A bow. 19, ECHO.





- ✚ *All those embarking on new projects*
- ✚ *For those camping or on holiday in the wet weather*
- ✚ *All those awaiting operations or recovering from operations*
- ✚ *All those who have lost loved ones*
- ✚ *All those who are charitable with time, generosity and love*
- ✚ *All those struggling to pay bills*

### *A prayer for July*

*Lord, teach us to pray. Some of us are not skilled in the art of prayer. As we draw near to thee in thought, our spirits long for thy Spirit, and reach out for thee, longing to feel thee near. We know not how to express the deepest emotions that lie hidden in our hearts. ... We know that we are closest to thee when we have left behind the things that have held us captive so long. ....we pray that thou wilt give unto us only what we really need. ....give us the vision, the courage, that shall enlarge our horizons and stretch our faith to the adventure of seeking thy loving will for our lives.*

*By Peter Marshall (a former chaplain to the US Senate, lived 1902 – 1949)*



AUGUST 2023

FALMOUTH

HEIGHTS ABOVE CHART DATUM										
Date	High Water				Low Water					
	Morning		Afternoon		Morning		Afternoon			
	Time	m	Time	m	Time	m	Time	m		
1 TU ○	04 31	4.8	16 52	5.2	11 12	0.8	23 43	0.6		
2 W	05 26	5.0	17 43	5.4			12 07	0.6		
3 TH	06 18	5.1	18 34	5.5	00 35	0.3	12 56	0.4		
4 F	07 07	5.2	19 21	5.5	01 23	0.2	13 41	0.3		
5 SA	07 52	5.1	20 06	5.4	02 07	0.1	14 23	0.3		
6 SU	08 34	5.0	20 48	5.2	02 48	0.3	15 03	0.5		
7 M	09 13	4.8	21 29	4.9	03 28	0.6	15 43	0.8		
8 TU ☾	09 54	4.5	22 13	4.5	04 09	0.9	16 27	1.2		
9 W	10 43	4.3	23 09	4.2	04 54	1.3	17 19	1.5		
10 TH	11 51	4.1			05 49	1.7	18 22	1.8		
11 F	00 36	3.9	13 28	4.0	06 57	1.9	19 41	1.9		
12 SA	02 06	3.9	14 38	4.2	08 22	1.9	21 12	1.7		
13 SU	03 07	4.1	15 29	4.4	09 39	1.7	22 15	1.5		
14 M	03 55	4.3	16 11	4.7	10 33	1.4	23 02	1.2		
15 TU	04 36	4.5	16 50	4.9	11 17	1.2	23 42	1.0		
16 W ●	05 14	4.7	17 28	5.0	11 55	1.1				
17 TH	05 52	4.8	18 05	5.0	00 17	0.9	12 28	1.0		
18 F	06 29	4.8	18 39	5.0	00 48	0.9	12 57	1.0		
19 SA	07 02	4.8	19 08	5.0	01 14	0.9	13 21	1.0		
20 SU	07 30	4.8	19 33	4.9	01 37	0.9	13 45	1.0		
21 M	07 52	4.7	19 54	4.8	02 02	1.0	14 11	1.1		
22 TU	08 08	4.6	20 14	4.7	02 30	1.1	14 42	1.2		
23 W	08 29	4.5	20 45	4.5	03 02	1.3	15 17	1.4		
24 TH ☾	09 13	4.3	21 44	4.3	03 41	1.5	16 03	1.7		
25 F	10 39	4.2	23 24	4.1	04 34	1.8	17 11	1.9		
26 SA			12 11	4.1	05 55	2.0	18 48	1.9		
27 SU	00 54	4.1	13 36	4.3	07 35	1.9	20 22	1.7		
28 M	02 19	4.3	14 49	4.7	08 58	1.6	21 36	1.2		
29 TU	03 27	4.6	15 47	5.0	10 05	1.1	22 37	0.8		
30 W	04 22	4.9	16 38	5.4	11 03	0.7	23 32	0.4		
31 TH ○	05 12	5.1	17 27	5.6	11 54	0.4				

Time Zone UT(GMT)

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



# Holy Days in August, a focus on.....

## St Augustine of Hippo & the Blessed Virgin Mary

### *28th August. Augustine of Hippo, the Christian for all seasons*

After St Paul, who was the most influential Christian writer ever? St Augustine of Hippo (354 – 430), whose feast-day is on 28th August. He lived and wrote in a time of social and spiritual chaos. The Roman Empire was collapsing, the world was about to slide into the dark ages and the Church was under serious threat from both heresies within and paganism without.

What St Augustine wrote at this time helped the Church both to avoid perversions of Christianity, and to stand strong and unafraid amongst the violent tumult of the times. His writings held sway over Christianity for the next 15 centuries or so, and still influence us heavily today.

Augustine was born at Tagaste, in modern Algeria. His father was a pagan, but his mother, Monica, was a Christian. After studying rhetoric at Carthage to become a lawyer, Augustine instead became a scholar-philosopher. He abandoned Christianity for Manichaeism, and lived with a mistress for 15 years. He moved to Rome and then Milan to teach rhetoric, but slowly grew disenchanted with Manichaeism.

After a long interior conflict, vividly described in his ‘Confessions’, Augustine was converted and baptised a Christian in 386-7. He returned to Africa in 388, and joined some friends in establishing a quasi-monastic life. He was ordained priest in 391, and four years later became coadjutor-bishop of Hippo. From 396 until his death in 430 he ruled the diocese alone.

Augustine had a brilliant mind, an ardent temperament and a gift for mystical insights. Soon his understanding of the Christian Revelation was pouring forth in his many voluminous writings.

So what did he write? Most famous is ‘The Confessions’, the sermons on the Gospel and Epistle of John, the De Trinitate and the De Civitate Dei. This last, ‘The City of God’, tackles the opposition between Christianity and the ‘world’ and represents the first Christian philosophy of history.

Many other works were undertaken in his efforts to tackle various heresies: Manichaeism, Pelagianism, or Donatism, and led to the development of his thought on Creation, Grace, the Sacraments and the Church.

Augustine’s massive influence on Christianity has mainly been for the good. Few others have written with such depth on love, the Holy Trinity and the

Psalms. (The preamble to the marriage service in the BCP is closely based on Augustine.) But his views on Predestination and some of his views on sex (that it is the channel for the transmission of Original Sin) have since been mainly ignored by the Church.

As bishop, Augustine fearlessly upheld order as the Roman Empire disintegrated around him. By the time of his death, the Vandals were at the very gates of Hippo.

### *15th August ‘Shall we not love thee, Mother dear?’*

The Church responds with a resounding ‘Yes’ to that question, as we celebrate the Blessed Virgin Mary on 15th August. (Usually her feast day is on the 16th.) An ancient name for this day is the transition of Mary – her crossing over to eternal life – or the assumption of Mary. But her story begins in the Gospels, in Nazareth and Bethlehem.

At the Annunciation, Gabriel announces the good news to Mary. She becomes a mother and embarks on a journey that takes her to the temple in Jerusalem, a wedding feast at Cana, the Cross of Calvary, and the upper room of Pentecost. Through Christian history her story has spoken to people in every age and culture and land.

As we look at her life now, there are two qualities that stand out. The first is thanksgiving. Mary came from a people that realised the importance of thanking God, and her response to the good news is to raise her heart in the words of the Magnificat. ‘My soul proclaims the greatness of the Lord and my spirit exults in God my saviour.’

The second quality is trust. Rowan Williams has written that despite the years of controversy about the place of our Lady, we still need to hold out our hands to her for guidance and succour. “For at the very least she is the first person to put her trust in God who is shown in Jesus.” Through all that happened to her – the amazing news of Gabriel, no room at the inn, the worry over wine at the wedding – Mary ponders and trusts. To the servants at Cana, she says, “Do whatever Jesus tells you. It will be all right. You will see.”

Thanksgiving and trust: easy enough to see in our Lady, but perhaps more difficult to own for ourselves. Yet Mary assures us that with God all things are possible. Holding on to that faith, we can journey with her Son through life and death to eternal life.

{Articles from the Parish Pump}

J	O	H	N		A	N	D	J	A	M	E	S
O		E				O		U		A		I
N	E	A	R		O	M	I	S	S	I	O	N
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*from The Parish Pump*