

MARCH 2024 -

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."

— Charles Dickens, *Great Expectations*

# PARISH POST

Benefice of Veryan with Ruan Lanihorne

## Sunday Service Times

(see back page for more details)

### VERYAN

EVERY SUNDAY 11.00 AM

### RUAN LANIHORNE

#### 1ST SUNDAY

Holy Communion 9.50 AM

#### 3RD SUNDAY

Matins 9.50 AM

### PORTLOE

#### 1ST - 3RD SUNDAY

Morning Worship 10.50 AM

#### 4TH SUNDAY

Holy Communion 10.50 AM

## The Resounding Echoes of Tradition: Visiting Bell Ringers at Veryan Church

On a crisp Friday afternoon, the village of Veryan was graced with a symphony of bells that resonated through the hearts and homes of our community. The church stood as an epicentre of an age-old tradition, as a troupe of accomplished bell ringers gathered within its walls to perform a full peal.

A peal is to bell ringers what a marathon is to runners or what the summit of Everest is to mountaineers—a pinnacle of achievement. It's not merely about endurance, but mastery of rhythm and melody. On February 16th, the air was alight with complex harmonies as these ringers embarked on their marathon of music. *(continued on pg2)*

## Heatley's Garden

The "Telephone Box Ladies" strike again!  
See page 3



Do you know anyone who would like to receive our newsletter?  
Do you have an interesting story to share?  
email:  
[veryanparishnewsletter@gmail.com](mailto:veryanparishnewsletter@gmail.com)



Left to right:- Richard Salisbury- who rings at Veryan and at Truro Cathedral, Kathryn Arkless- Constantine, Robert Perry- Truro Cathedral, Toby Arkless- Constantine, Jim Twiney- Hambleton, Chris Davis- Constantine



People are like tea bags – you have to put them in hot water before you know how strong they are. – Anon



(cont from pg1) The visiting bell ringers—a cadre of friends united by their shared passion for campanology (the study of bell-ringing)—chose Veryan Church as their venue, an honour to our parish.

Tower Captain, Nicola Bush, tells us “Normally on a Sunday we ring rounds which is starting with the first bell, the treble bell, followed by bell number two and so on; so they ring 1,2,3,4,5,6. Call changes are a way of changing that pattern many times and on practise nights or for celebratory ringing we may ring up to 36 call changes in one go. Those changes in pattern are literally called out by the ringer on the treble bell so every bell knows who to follow next. The difference with a peal is that it is called method ringing. The patterns can be many but they are learned patterns so the leader will only call out if a different pattern is next to be rung. I only explain this very basically to show the marathon that these ringers completed as they rang 5,040 changes which took nearly 3 hours. As a ringer it makes my mind boggle and it makes our ringing look like a park run versus their marathon!”

One member of this illustrious group stands on the verge of a particularly remarkable milestone: his 1000th full peal since his first in 1969. While these ringers have rung in various locations—including Truro Cathedral—they share a special affinity with Veryan, making note that they thoroughly enjoy ringing here.

Next time you hear the ringers practising, or a celebratory peal after a wedding, pause a while to listen. Behind every note is a story, and behind every ring, is a steadfast commitment to keeping our collective history alive and resounding. May these reverberations remind us of our connections to each other and to the countless generations that have been called to Veryan Church by the sound of bells. And as the sound fades into the distance, know that the melody lingers on in the heart of the community, as solid and as vibrant as the tower that houses our cherished bells.

## Campanology, an introduction

One unique sound of the British countryside is the ringing of church bells which takes place in about 6000 church towers. Only in Britain is change ringing, the ringing of bells in special sequences, so widely practised. Bells are an important part of our Church and social history.

A bell can be ‘chimed’ by pulling the rope when the bell hangs down, but ringing this way is very limited. So instead we ring the bells from a position with the bell mouth facing upwards, and ringer uses rope and wheel to rotate the bell by 360°.

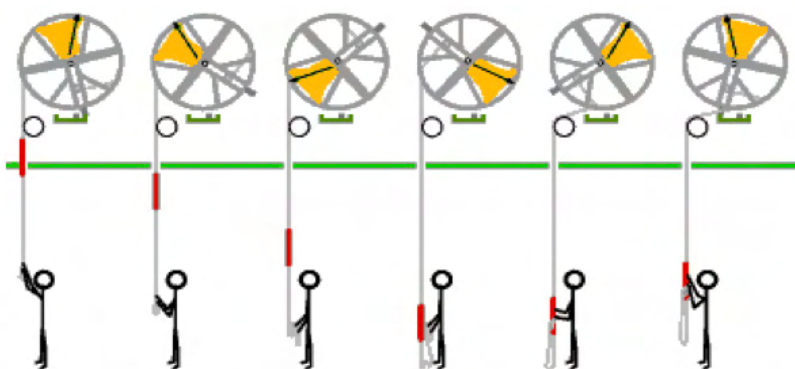
The clapper strikes the bell at the end of the rotation a couple of seconds after the ringer pulls the rope. The bell is out of sight, and the ringer must keep the rope taut, and ‘sense’ when the bell reaches the top of the swing.

While balanced upside-down the ringer can wait or pull rope earlier to fine-tune when their bell rings next time.

English style church bell ringing is characteristic by the way the bells are rung in orderly sequences, and is achieved by this simple design and technique which has remained largely unchanged for over 400 years.

Almost anyone can learn the essential skills to do this with step-wise tuition and practice. Once mastered, there is so much more to learn – to ring together as a team, and to keep you interested and entertained for a lifetime!

You don’t need to be religious Everyone is welcome irrespective of faith (or none). Many ringers have secular views, and others follow a different faith or go to a different church. This is quite OK.



If you would like to know more, contact the Tower Captain, Nicola Bush on [nicolabush@btconnect.com](mailto:nicolabush@btconnect.com)



# Breathing New Life into Heatleys Garden

## The “Telephone Box Ladies” Latest Endeavor

The latest project of the ‘Telephone Box Ladies’ is the care and management of Heatley’s Garden.

The garden comprises of a triangle of land in the centre of Veryan, bordered by the public toilets, the old telephone exchange, Green Lane and Pig Street (Lane) catching the eye of people passing through.

Heatley’s Garden, its name largely unknown, is often used by visitors to eat their lunch and is an exciting space for children from the school to study and perform their plays.

Working there has made us curious as to how the Garden evolved. Consultation with our local archivist, C.E., the 1844 tithe map and 1879, OS map has been enlightening. Here it can be seen that the area was formerly the site of a row cottages situated along Pig Lane, plus random sheds. Over the years the cottages were occupied by various generations of the Rundle Family who used the sheds as their ‘workshops’.



In the 1920s gossip has it that it became the centre for local men to meet and ‘talk’.

Around this time the first village post office, with a public telephone, was erected on the corner nearest the church. It didn’t last long here, as there was a theft and a fire, and the office was moved to Mr Shep Grose’s house (now Riverside Cottage), next to the Parish Hall.

In 1938 ,the Parish Council minutes record that ‘Rundle’s Row is dangerous and is partly demolished, causing a hazard to traffic’. A later entry in the minutes of 1941, stated that ‘Mr Rob Heatley of Coventry handed over to the Parish

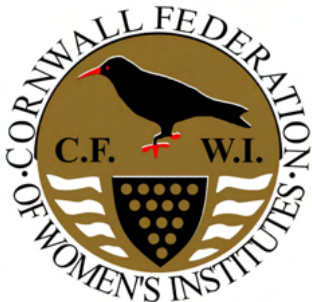
Council the land on which Rundle’s Row (Pig Street) had formerly stood. After the war advice was sought from a Mr Abbiss, the county advisor on planting and pruning and Heatley’s Garden came into existence.

Following in the footsteps of many others who over the years have designed, planted and managed this garden it feels a privilege to be able to continue maintaining it. The enjoyment of working together in the community in this beautiful space with its sheltered seating, sundial and wonderful plants is a joy.

- Janet Webb

# What's gone on?

A summary of what's been going on in the village and surrounding areas



We started the New Year in January with a most interesting talk by Clare Greenwood, who spoke about make up. Clare explained the main differences between the low and high ends of the spectrum re cost, interestingly telling us that much of the cost at the high end is taken up by perfume and expensive packaging. Clare gave us helpful tips for lips, eyes and eyebrows plus some diplomatic suggestions for those of us with older skin. We hope to hear Clare again to talk about eye make up - her demonstrations so helpful and knowledge so extensive we ran out of time.

We welcomed two visitors to our meeting and hope they might consider becoming members.

Our speaker for February was local author and historian Susan Symons, who gave an illustrated talk about Queen Victoria's Five Daughters, the subject of her latest book. Susan began by telling us that the five princesses were born into a world of privilege and deference, cocooned by their high rank and wealth. But their lives were dominated by the selfish demands of their controlling mother. Susan's talk was a description of lives which women today recognise with difficulty, and by the end of her stories, these princesses, whose lives contained many trials and sadness, had nothing but sympathy from her WI audience. The youngest daughter, Princess Beatrice, died during the 1940's, her funeral being attended by the then Princess Elizabeth, later The Queen and so linking our lives with Queen Victoria.

Our speaker secretary, from April onwards, gave a report of monthly talks and activities following our AGM next month. We have a wide variety of interesting subjects to come.

Please look out for the posters advertising the WI meetings. We will also spend another session paired with St Just in Roseland WI to which we look forward with pleasure.



The last month has been an exciting period for Veryan School as we continue on our mission to expand educational horizons for our students, fostering both academic growth and sustainable living practices.

A highlight of the month was the collaboration with Pengelly Garden Centre, which brought hands-on learning to our playground. This project saw students working closely with gardening experts to design a vegetable patch.

Our School Council had the opportunity to engage with the Roseland Centre. Students contributed their ideas on what activities and features the centre could develop for 2024.

Looking ahead, March promises to be a month filled with learning and celebration.

Easter Celebrations:

We are gearing up to celebrate Easter with spirit and joy.

Bikeability Course for Years 5&6:

Safety and skill go hand-in-hand when it comes to cycling. That's why our Year 5&6 students will be kicking off their Bikeability courses this month, equipping them with the knowledge to stay safe on their bikes and promoting a healthy, eco-friendly mode of transportation.

Cornwall Speech and Music Festival Participation:

Selected pupils will represent Veryan School at the Cornwall Speech and Music Festival in Truro.

Each of these events and achievements echo our commitment to providing a rich, diverse educational experience. We are proud to witness the growth and development of our students across various disciplines and look forward to another month of achievements and community interaction.

# Walking the Camino - A Summary of Reverend Douglas Wren's Talk

Last Thursday evening, our community gathered for an inspirational talk titled “Walking the Camino,” presented by our oversight minister, Reverend Douglas Wren. He is no stranger to spiritual journeys, and on this occasion, he shared the profound experience of his pilgrimage along the Camino de Santiago, also known as The St James Way.

## Pilgrimage and People

Reverend Wren spoke vividly of the Camino, an ancient trail leading to the sacred city of Santiago de Compostela in Galicia, Spain. With each step marked by the emblematic shells guiding towards the majestic cathedral, Reverend Wren reflected on the humbling nature of the pilgrimage. His multiple sojourns on the trail have not only enriched his spirituality but also allowed him to cross paths with a diverse tapestry of individuals from all walks of life.

## Hostels and Hospitality

Central to his narrative were the hostels along the route, which were melting pots of culture and companionship. Here, he encountered an array of global travellers, each with unique beliefs and backgrounds. He regaled us with stories of spontaneous fiestas he stumbled upon, where local Spaniards welcomed wanderers with extravagant spreads and open hearts.

## Table of Togetherness

Amongst the anecdotes, he fondly remembered sharing a table with people from around the world, encapsulating the essence of the Camino—unity in diversity. These encounters, set against the backdrop of Spain's vibrant festivities and communal meals, highlighted the camaraderie elicited by the pilgrimage.

## An Evening of Inspiration

The talk itself was a gathering that mirrored the warm spirit of the Camino. The event was amplified by Spanish refreshments that added an authentic touch and created an atmosphere of camaraderie akin to that found on the trail.

## Contemplations and Conclusion

Reverend Wren's narrative was more than just recounting a trek; it was about a humble journey, filled with community, diversity, and the unexpected joys of life. His concluding sentiments expressed a longing to once again walk the path of the Camino—each time, he believes, one discovers new paths within the same road.





# Lent Services



## Lent Activities on The Roseland

<b>Wed 14th Feb</b>	Ash Wednesday service	St Just-in-Roseland 10.00am
	Ash Wednesday service	Gerrans 7.00pm
<b>Sun 18th Feb</b>	Lent Evensong	St Mawes 6pm
<b>Mon 19th Feb</b>	Craft for Lent	St Mawes 2.00pm.
<b>Thurs 29th Feb</b>	Pilgrimage Illustrated Talk	Veryan 7.00pm
<b>Fri 1st March</b>	World Day of Prayer	St Mawes 2.00pm
<b>Wed 6th March</b>	Lent Lunch with Bishop Graham	St Cuby Church Hall Tregony 12.30pm

(Please sign the list in your church or email [eileen.waterhouse@btinternet.com](mailto:eileen.waterhouse@btinternet.com) before Monday 26th February, if you would like to book a place )

<b>Wed 13th March</b>	Coffee Morning for the Red Cross	St Gerrans 10.30am-12.30
<b>Tues 19th March</b>	Lent Nature Walk	Ruan Lanihorn 2.00pm
<b>Sun 24th March</b>	Evensong	St. Just 6.00pm

### Holy Week

<b>Thurs 28th March</b>	Maundy Thursday Bring and Share Supper and Communion at St. Philleigh 7.00pm	
<b>Fri 29th March</b>	Good Friday services (see church notices for times and details)	
<b>Sun 31st March</b>	Sunrise service	Pendower Beach at 6.30am
	Easter Services in all the churches	

*please note the times for the services: at Gerrans (9.30 am)  
at Philleigh (11.00 am)*

# What's coming up?

Let's look ahead at events planned for the next month

## Veryan Players; Back to basic with a Classic Farce

Veryan Players Spring Production on the 21st, 22nd and 23rd March, is *Anyone for Breakfast?* a comedy by Derek Benfield.

It takes a step back from the Players more innovative recent productions to present a good old fashioned bedroom farce, a lá Brian Rix, in whose company Benfield had begun his acting debut in 1948.

Shirley is doing her friend Jane a favour by letting her use her house for an extra marital fling. Shirley but does not know that her husband, Gilbert, who is supposed to be on a business trip is coming home with his girlfriend Helga as their flight has been grounded by fog.

Matters are confused even further when Jane's husband Roger turns up to spend the night with his lover Shirley thinking that Jane is away at a school reunion party.

A classic door slamming, bedroom swapping farce, where only the audience sees the whole picture of what is going on . . . . . or do they?



**Philleigh Folk**  
& friends ....

**Lynne Heraud  
& Pat Turner**

Thurs **14th March @ 7.30pm**  
Veryan Sports & Social Club, TR2 5UW

Tickets  
**£8**

on the door  
→ [visitttruro.org.uk](http://visitttruro.org.uk)  
01872 274555  
philleighfolk@btinternet.com

VISIT TRURO  
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A place to catch up with friends and meet new people

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10.30am - 1.30pm

For more info contact Deanne Field  
on 01872 501974  
07775 682139  
dee@bobanddee.co.uk

Volunteer Cornwall

rspca

# *It is with a heavy heart we share the passing of Canon Michael Bernard GEACH*

On Friday, 16th February, 2024, peacefully passed away at Newquay Community Hospital.

Michael, aged 97 years. Former Curate of Kenwyn and Bodmin and Vicar of St Dominick, Linkinhorne and Veryan.

Loving father of Caroline and Penny and father-in-law to Pat and Martyn.  
Devoted grandfather to Piran and Laurence.

The funeral service will take place on Thursday, 14th March, at 11am, at St Bartholomew's Church, Lostwithiel. Family flowers only.

Donations in memory of Michael to benefit The Cornish Talking Newspaper.



✚ *For the family and friends who are mourning the loss of Canon Geach*

✚ *For the students and children who are anxious about exams*

✚ *For those who are having difficulty managing financially day to day with all they need for their families*

✚ *For King Charles and the Royal Family at this trying time*

✚ *For those who are sick, especially those whose illness is long term and demands much patience to bear*

✚ *For all whose lives have been touched by tragedy, whether by accident or a deliberate act*

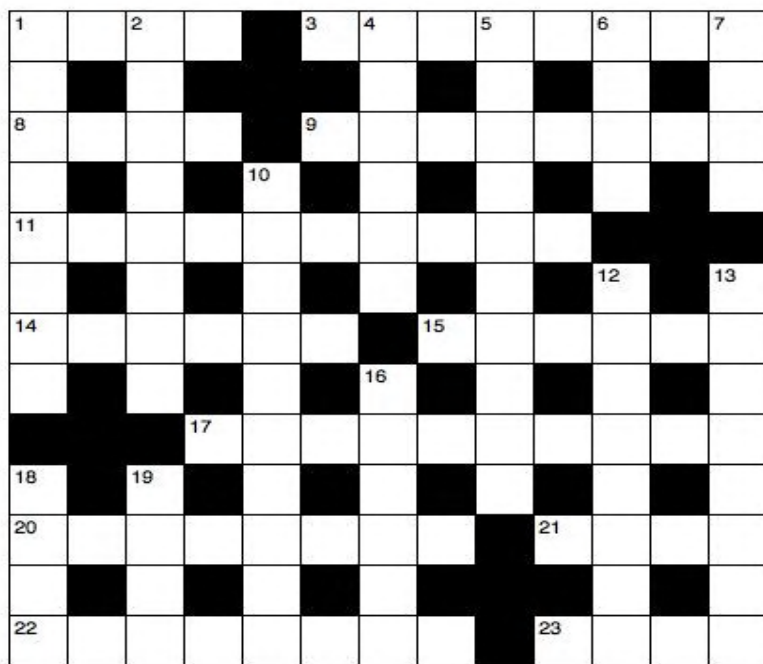
✚ *For those who have died and those whose anniversaries fall at this time*

✚ *For those who work in the social services, caring professions and in voluntary work*

✚ *For those who feel lonely and alone*



# Let's take a pause...

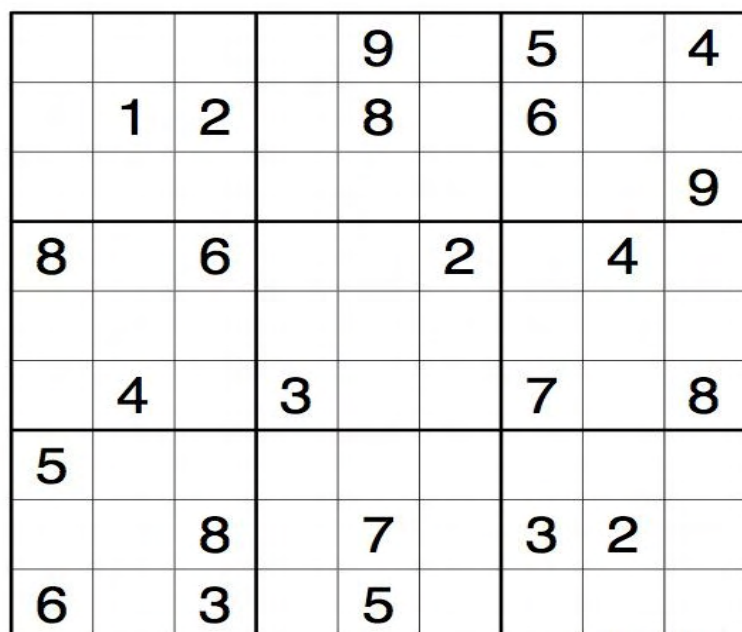


## Across

- 1 Made from the fruit of the vine, symbol of the blood of Christ (4)  
 3 'You are to set an ambush behind the city. Don't go very far from it. All of you be on — — ' (Joshua 8:4) (3,5)  
 8 Seep (4)  
 9 Celebrated by Jesus on the night of his betrayal (Luke 22:15) (8)  
 11 One of the supposed sites of Christ's burial place in Jerusalem (6,4)  
 14 'A city on a hill — be hidden' (Matthew 5:14) (6)  
 15 He inherited Elijah's mantle (2 Kings 2:12-13) (6)  
 17 Where Jesus prayed 'Not as I will, but as you will' (Matthew 26:36, 39) (10)  
 20 'Only in his home town and in his — — is a prophet without honour' (Matthew 13:57) (3,5)  
 21 Sail (anag.) (4) 22 How Jesus was punished before his crucifixion (Matthew 27:26) (8)  
 23 Eye sore (4)

## Down

- 1 Can't grow (anag.) (5,3)  
 2 A servant girl to Peter, 'You also were with that — , Jesus' (Mark 14:67) (8)  
 4 Well-being (Proverbs 3:8) (6)  
 5 Pentecostal denomination, — of God (10)  
 6 One of the 'obvious' acts of the sinful nature (Galatians 5:19, 21) (4)  
 7 'I preached that they should repent and — to God' (Acts 26:20) (4)  
 10 ' — — , the world will not see me any more, but you will see me' (John 14:19) (6,4)  
 12 He betrayed Jesus: Judas — (Luke 6:16) (8)  
 13 Jesus to Peter: ' — — of my sheep' (John 21:16) (4,4)  
 16 The centurion said, 'Surely this man was — — of God' (Mark 15:39) (3,3)  
 18 Baked bread (Mark 8:14) (4)  
 19 'Blessing and honour, glory and power, be — Him' (Handel's Messiah) (4)



# Holy Days for this month

Let's take a look at some significant days and why they are special

## 1<sup>ST</sup> MARCH – ST DAVID (DEWI SANT)

– *Guiding the Welsh through turbulent times*

On 1st March Wales celebrates its patron saint, David. He is revered wherever Welsh people have settled. As with most figures from the so-called 'Dark Ages' (he lived in the sixth century), reliable details about his life are scarce, but there are enough for us to form a picture of a formidably austere, disciplined and charismatic leader, who led the Church in Wales through turbulent years and fought tenaciously for the faith.

It's likely that David was strengthened in his ministry by time spent in Ireland, where the Church was stronger and more confident. Early records tell of a meeting of Irish church leaders with three 'Britons', as they were described, among them 'bishop David'. His mother, Non, is also celebrated as a saint in Wales, where a number of churches are dedicated in her name.

That he founded a monastery at Menevia, in Pembrokeshire, seems beyond doubt. It later became the site of St David's cathedral and the settlement which is now the smallest city in the United Kingdom. From Menevia David embarked on preaching and teaching missions across Wales, and probably beyond. His eloquence was legendary.

At a famous Synod of the Church, held at a Carmarthenshire village called Brefi, he preached passionately against the Arian heresy – indeed, so passionately that he was (according to some accounts) immediately named as archbishop of Wales. The village is now known as Llandewi Brefi – brefi in Welsh is a hillock, and legend claims that it appeared miraculously in order to provide the eloquent bishop with a pulpit.

His monks avoided wine and beer, drinking only water. Indeed, he and they lived lives of rigorous austerity and constant prayer, in the manner of the Desert Fathers of the Eastern Church. The date of David's death is disputed – either 589 or 601. It wasn't until the 12th century that he was generally accepted as the patron saint of Wales, and pilgrimages to St David's were highly regarded in the following centuries – including two made by English kings, William I and Henry II.

It's traditional for Welsh people to wear daffodils on St David's Day (Gwyl Dewi Sant in Welsh) – but there seems no particular reason for it, beyond the fact that they tend to make their early Spring appearance round about his day – oh, and they look nice!

## 17<sup>TH</sup> MARCH – ST PATRICK

– *Beloved apostle to Ireland*

Have you ever been in the position where St Patrick is the patron saint of Ireland. If you've ever been in New York on St Patrick's Day, you'd think he was the patron saint of New York as well... the flamboyant parade is full of American/Irish razzmatazz.

It's all a far cry from the hard life of this 5th century humble Christian who became in time both bishop and apostle of Ireland. Patrick was born the son of a town councillor in the west of England, between the Severn and the Clyde. But as a young man he was captured by Irish pirates, kidnapped to Ireland, and reduced to slavery. He was made to tend his master's herds.

Desolate and despairing, Patrick turned to prayer. He found God was there for him, even in such desperate circumstances. He spent much time in prayer, and his faith grew and deepened, in contrast to his earlier years, when he "knew not the true God".

Then, after six gruelling, lonely years he was told in a dream he would soon go to his own country. He either escaped or was freed, made his way to a port 200 miles away and eventually persuaded some sailors to take him with them away from Ireland.

After various adventures in other lands, including near-starvation, Patrick landed on English soil at last, and returned to his family. But he was much changed. He had enjoyed his life of plenty before; now he wanted to devote the rest of his life to Christ. Patrick received some form of training for the priesthood, but not the higher education he really wanted.

But by 435, well-educated or not, Patrick was badly needed. Palladius' mission to the Irish had failed, and so the Pope sent Patrick back to the land of his slavery. He set up his see at Armagh and worked principally in the north. He urged the Irish to greater spirituality, set up a school, and made several missionary journeys.

Patrick's writings are the first literature certainly identified from the British Church. They reveal sincere simplicity and a deep pastoral care. He wanted to abolish paganism, idolatry, and was ready for imprisonment or death in the following of Christ.

Patrick remains the most popular of the Irish saints. The principal cathedral of New York is dedicated to him, as, of course, is the Anglican cathedral of Dublin.

## 24<sup>TH</sup> – 31<sup>ST</sup> MARCH – PALM SUNDAY & HOLY WEEK

The events of Easter took place over a week, traditionally called Passion Week.

It began on Palm Sunday. After all His teaching and healing, Jesus had built a following.

On the Sunday before He was to die, Jesus and His followers arrived at Jerusalem. The city was crowded. Jewish people were arriving from to celebrate Passover. This commemorates how they had escaped from slavery in Egypt nearly 1,500 year earlier.

Jesus rode into the city on a young donkey. He was greeted like a conquering hero. Cheering crowds waved palm branches in tribute. He was hailed as the Messiah who had come to re-establish a Jewish kingdom.

The next day they returned to Jerusalem. Jesus went to the temple, the epicentre of the Jewish faith, and confronted the money-changers and merchants who were ripping off the people. He overturned their tables and accused them of being thieves. The religious authorities were alarmed and feared how He was stirring up the crowds.

On the Tuesday, they challenged Jesus, questioning His authority. He answered by challenging and condemning their hypocrisy. Later that day Jesus spoke to His disciples about future times. He warned them about fake religious leaders; the coming destruction of Jerusalem; wars, earthquakes and famines; and how His followers would face persecution.

By midweek the Jewish religious leaders and elders were so angry with Jesus that they began plotting to arrest and kill Him. One of Jesus' disciples, Judas, went to the chief priests and agreed to betray Him to them.

Jesus and the 12 disciples gathered on the Thursday evening to celebrate the Passover meal. This is known as the Last Supper. During the evening, Jesus initiated a ritual still marked by Christians – Holy Communion – which commemorates His death. Jesus broke bread and shared it and a cup of wine with His disciples.

Judas then left to meet the other plotters. Jesus continued to teach the others and then went outside into an olive grove to pray. He even prayed for all future believers. He agonised over what was to come but chose the way of obedience. The Bible book, Luke, records Him praying, 'Father if you are willing, take this cup from me; yet not my will but yours be done'. Minutes later Judas arrived with soldiers and the chief priests and Jesus was arrested.

Affliction by itself does not sanctify; it exhausts and embitters, it depresses and entices. It is the presence of God and the use made of it by Him, as He relates it to our lives as a whole... that makes adversity salutary. –  
*Donald MacLeod*



# A prayer for March

Almighty, God,

You hold all things in Your hands. You make sense of everything!

So often we only see where we are now, what we feel now, in this moment – but You know the end from the beginning.

In all our troubles, our assurance is in Your sovereignty, in Your mighty act of salvation.

Thank you that, just as after winter comes spring and after night comes morning, so, most gloriously, after death on Good Friday, comes resurrection on Easter Day!

Christ is Risen – and we can know, by the indwelling of his Holy Spirit, that He is risen indeed!

We can know, in our real and every-day lives, where our help comes from.

Hallelujah! Thank you, living Lord,

In Jesus name.

Amen.

*By Daphne Kitching*

## Reflecting Faith: Lychgates

On the moors near to where I used to live in West Yorkshire, there were a couple of large stones with crosses marked on them. Many people thought that they were boundary or marker stones, and in so far as they marked the way towards the oldest church in that area they were. To be more exact, they were on the route towards the oldest churchyard.

In ages past bodies were carried by hand, sometimes over long distances, and there were restrictions placed on where they could be laid to allow the bearers to rest. These two stones were ‘resting’ stones.

When a body arrived at the church for burial, it would again be put down while the administrative formalities were carried out, and again the bearers could rest. So, a resting stone was placed at the edge or start of the consecrated land around the church.

The priest conducting the funeral would meet the cortege here, not originally out of respect, but rather to receive the required legal certificate for burial before he allowed them to enter the church grounds.

Because of typical English weather – rain and wind – it was usually sheltered, and benches were built for the bearers. There would also be a cross within the construction to signify the start of holy land. This is what today we call the ‘lych-gate’; lych coming from the anglo-saxon word lich or lic, related to the modern German word leiche, all meaning corpse.

Few old lychgates remain today, as many were destroyed or damaged after the Reformation, and most of those that survived were constructed of timber and have since decayed. In the eighteenth century, when the use for the resting stones and thus lychgates declined, many were removed and replaced with gates, often retaining the shelter as it continues to be a meeting place for the priest to receive funeral parties.

*- The Revd Dr Jo White*

# Focus on; Prayer Squares

*So, what's a prayer square?*

It's a piece of knitted or crocheted cloth, less than 5 or so inches square that can function as a small version of prayer shawl—made in prayer, with prayer, for prayer.

Placed in a pocket or backpack or purse, the prayer square serves as a reminder: a reminder to pause and prayer and also a reminder that someone has already prayed for you.



Prayer squares in Churches have passages from the bible or little messages, such as

*“We place in your hand this symbol of comforting hope, a pocket prayer shawl - A little hug from God to carry you through your day. May the presense of someone praying for you bring comforting hope, peace and safe harbour found in each prayful stitch created especially for you”*

If you would like to make and donate a prayer square to our Church for visitors to take (donation to the Church would be optional), the pattern is on the right, more can be found on the internet, and there will be an area on our information table for them to be displayed

With thanks and love.

## Prayer Square -

3.00/3.50mm needles and DK wool  
cast on 27 stitches and knit 6 rows (garter stitch)

7<sup>th</sup> row k4, p19, k4

8<sup>th</sup> row knit to end

9<sup>th</sup> row k4, p8, k3, p8, k4

10<sup>th</sup> row k12, p3, k12

11<sup>th</sup> row k4, p8, k3, p8, k4

12<sup>th</sup> row k12, p3, k12

13<sup>th</sup> row k4, p8, k3, p8, k4

14<sup>th</sup> row k12, p3, k12

15<sup>th</sup> row k4, p8, k3, p8, k4

16<sup>th</sup> row k12, p3, k12

17<sup>th</sup> row k4, p8, k3, p8, k4

18<sup>th</sup> row k12, p3, k12

19<sup>th</sup> row, k4, p8, k3, p8, k4

20<sup>th</sup> row k6, p15, k6

21<sup>st</sup> row k4, p2, k15, p2, k4

22<sup>nd</sup> row k6, p15, k6

23<sup>rd</sup> row k4, p2, k15, p2, k4

24<sup>th</sup> row k12, p3, k12

25<sup>th</sup> row k4, p8, k3, p8, k4

26<sup>th</sup> row k12, p3, k12

27<sup>th</sup> row k4, p8, k3, p8, k4

28<sup>th</sup> row knit to end

29<sup>th</sup> row k4, p19, k4

30<sup>th</sup> - 35<sup>th</sup> rows garter stitch

cast off; sew in loose ends;



# Answers

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

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

ACROSS: 1, Wine. 3, The alert. 8, Ooze. 9, Passover. 11, Garden Tomb. 14, Cannot. 15, Elisha. 17, Gethsemane. 20, Own house. 21, Lisa. 22, Flogging. 23, Styte.

DOWN: 1, Wrong act. 2, Nazarene. 4, Health. 5, Assemblies. 6, Envy. 7, Turn. 10, Before long. 12, Iscariot. 13, Take care. 16, The Son. 18, Loaf. 19, Unto.

Falmouth Tide Times March 2024						
1 FRI	02:20 L: 1.03m	07:55 H: 4.65m	14:37 L: 1.11m	19:59 H: 4.48m	☾ 07:02 ☀ 18:02	☾
2 SAT	02:51 L: 1.22m	08:11 H: 4.49m	15:10 L: 1.34m	20:28 H: 4.33m	☾ 07:00 ☀ 18:04	☾
3 SUN	03:29 L: 1.47m	08:50 H: 4.26m	15:52 L: 1.64m	21:22 H: 4.09m	☾ 06:58 ☀ 18:05	☾
4 MON	04:23 L: 1.77m	10:19 H: 3.96m	16:57 L: 1.93m	23:22 H: 3.92m	☾ 06:55 ☀ 18:07	☾
5 TUE	05:51 L: 1.96m	12:11 H: 3.84m	18:46 L: 2.01m		☾ 06:53 ☀ 18:09	☾
6 WED	00:54 H: 4.00m	07:43 L: 1.81m	13:40 H: 3.99m	20:25 L: 1.73m	☾ 06:51 ☀ 18:10	☾
7 THU	02:15 H: 4.31m	09:05 L: 1.39m	14:56 H: 4.31m	21:35 L: 1.28m	☾ 06:49 ☀ 18:12	☾
8 FRI	03:19 H: 4.71m	10:08 L: 0.90m	15:54 H: 4.66m	22:34 L: 0.82m	☾ 06:47 ☀ 18:14	☾
9 SAT	04:11 H: 5.09m	11:03 L: 0.45m	16:43 H: 4.96m	23:26 L: 0.41m	☾ 06:45 ☀ 18:15	☾
10 SUN	05:00 H: 5.38m	11:52 L: 0.10m	17:30 H: 5.17m		☾ 06:43 ☀ 18:17	☾
11 MON	00:12 L: 0.10m	05:48 H: 5.55m	12:36 L: -0.11m	18:15 H: 5.29m	☾ 06:41 ☀ 18:19	☾
12 TUE	00:54 L: -0.07m	06:33 H: 5.61m	13:17 L: -0.16m	18:56 H: 5.32m	☾ 06:38 ☀ 18:20	☾
13 WED	01:33 L: -0.06m	07:14 H: 5.53m	13:54 L: -0.01m	19:33 H: 5.23m	☾ 06:36 ☀ 18:22	☾
14 THU	02:09 L: 0.12m	07:52 H: 5.31m	14:29 L: 0.30m	20:06 H: 5.04m	☾ 06:34 ☀ 18:23	☾
15 FRI	02:43 L: 0.45m	08:26 H: 4.97m	15:02 L: 0.72m	20:40 H: 4.76m	☾ 06:32 ☀ 18:25	☾
16 SAT	03:20 L: 0.90m	09:00 H: 4.54m	15:39 L: 1.22m	21:18 H: 4.40m	☾ 06:30 ☀ 18:27	☾

Please Note: Times are adjust for BST where applicable.

# Services & Parish information

## Readings & Services for Veryan

Date /(Sunday number)	Time	Feast / Festival	Service	Clergy / Leader	Readings	Reader
10th March	11:00	Lent 4	Eucharist	Fr Doug	1 Samuel 1, 20-28	Blair
		Mothering Sunday			Colossians 3, 12-17	Margaret
17th March	11:00	Lent 5	Eucharist	Revd Martyn Pinnock	Jeremiah 31, 31-34	Chris
		Passion Sunday			Hebrews 5, 5-10	Sue T
24th March	11:00	Palm Sunday	Eucharist and liturgy of the palms	Fr Doug	Isaiah 50, 4-9a	John
					Philippians 2m, 5-11	Julia
THURS 28th March	19:00	Maundy Thursday	Eucharist	Fr Doug	Exodus 12, 1-4 & 11-14	
FRIDAY 29th March		Good Friday		Fr Doug	1 Corinthians 11, 23-26	
31st March	11:00	Easter Day	Eucharist <i>Sunrise service 06.30</i>	Fr Doug <i>Douglas and Penny</i>	Acts 10, 34-43	Sue T
					1 Corinthians 15, 1-11	Margaret
7th April	11:00	Easter 2	Eucharist	Fr Doug	Acts 4.32-35	Doreen
					1 John 1.1 - 2.2	Pippa
14th April	11:00	Easter 3	Eucharist	Revd. Douglas Wren	Acts 3.12-19	Blair
					1 John 3.1-7	Margaret
21st April	11:00	Easter 4	Eucharist	Jill Edwards	Acts 4.5-12	Chris
					1 John 3.16-24	Sue T
28th April	11:00	Easter 5	Service of the Word	D Hughes	Acts 8.26-40	Julia
					1 John 4.7-21	John
5 May 2024	11:00	Easter 6	Eucharist	Fr Doug	Acts 10.44-48	Doreen
					1 John 5.1-6	Dave S
12 May 2024	11:00	Sunday After Ascension	Eucharist	Revd Martyn Pinnock	Acts 1.15-17, 21-26	Blair
					1 John 5.9-13	Margaret
19 May 2024	11:00	Whit Sunday	Eucharist		Acts 2.1-21	Chris
					Romans 8.22-27	Sue T

## Services for Ruan Lanihorne & Portloe

Date /(Sunday number)	Feast / Festival	Ruan Lanihorne	Service	Time	Portloe	Service	Time
10th March	Lent 4 Mothering Sunday					Morning Worship	10.30am
17th March	Lent 5	David Hughes	Matins	9.30am		Morning Worship	10.30am
24th March	Palm Sunday				Fr Doug Robins	Holy Communion	10.30am
FRIDAY 29th March	Good Friday	Fr Doug Robins		12:00	Fr Doug Robins		10.00am
31st March	Easter Day	Fr Doug Robins	Holy Communion	9.30am		Morning Worship	10.30am
7th April	Easter 2	Fr Doug Robins	Holy Communion	9.30am		Morning Worship	10.30am
14th April	Easter 3					Morning Worship	10.30am
21st April	Easter 4	David Hughes	Matins	9.30am		Morning Worship	10.30am
28th April	Easter 5				Fr Doug Robins	Holy Communion	10.30am
5th May	Easter 6	Fr Doug Robins	Holy Communion	9.30am		Morning Worship	10.30am
12th May	Sunday after Ascension					Morning Worship	10.30am
19th May	Pentecost	David Hughes	Matins	9.30am		Morning Worship	10.30am

### VERYAN

#### (St Symphorian) Parish Church Churchwardens

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Castle Towers  
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### 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