Parish Magazine for

Tavistock, Gulworthy and Brentor

February 2024

£1.00

Please make a minimum donation of £1.00 for this magazine, either in one of the collection boxes or by using the card machine at the church entrance at St Eustachius' or in the collection box in St Paul's Gulworthy.

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Please send any articles for the March edition to Martin Pendle, at m.pendle@icloud.com by Monday 26th February.

From the Ministry Team

I was recently on my own out at the stables, on our family's small holding mucking out our horses, enjoying some peace and quiet in the winter sun, when I paused for a moment and stood still. Though I'd been out there for a while, busily working, it was only when I stopped that I could hear the bells from St Michael's, about a mile away.

Taking time to stand still in the winter sunshine listening to the distant music, being in the presence of God, was glorious.

I was reminded of psalm 46:10, when in the midst of troubling and chaotic times, the LORD says "be still, and know that I am God."

If I'm honest, between being a Mum of two small active children, my work as an Engineer, being a licenced lay minister and helping on the family small holding, more often than not you'll find me doing something. Being still, or even just being, is not something I am very good at. And it turns out I'm not the only one.

In Luke's gospel we hear about two sisters, Martha, and Mary. It was Martha who opened her home to Jesus, who invited him in. But while Martha was distracted by everything she had to do, in offering hospitality, her sister Mary made a very different choice. Mary took her place, amongst the men, sat at the Lord's feet listening to what he said. She chose to be in his presence and take in all that he was saying and teaching. And when Martha questions Jesus about this, Jesus commends Mary for choosing to be in his presence. The better thing.

It is so easy, in the busyness of life to get caught up in doing. We can offer hospitality or be serving God with out taking the time to be in his presence and experience the love, joy and peace that comes from knowing God. I believe God loves us deeply, he does want us to serve him and to do good things, but he also wants us to stop, to be still in his presences and know him. Because when we meet with God, and when see him and what he is doing, we are transformed to be a little more like Christ.

So Whether you are out enjoying the winter sunshine or staying warm by a fire, I'd really encourage you to take a moment, to stop and be still. And in that moment of being, experience the presence of God.

Amanda

A Prayer for the New Year

Lord, at the beginning of this new year I offer you my life.
Come, take my voice; may the words I speak be filled with encouragement and goodness.
Come, take my hands; may the work they create be generous and giving.
Come, take my feet; may the journey I walk be led by your Spirit within.
Come, take my life, Lord for I love your goodness, your kindness and your leading.
Amen.

If anyone would like to contribute a 'prayer for the month', please contact Sarah Pendle: sarah.pendle0@gmail.com

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Come and Sing: Stainer's The Crucifixion

Church choirs from West Devon are warmly invited to join Tavistock Parish Church Choir to sing John Stainer's:

THE CRUCIFIXION
at Palm Sunday Evensong, Sunday March 24
Rehearsal 1.30pm, Service 6pm
Bring own music or copies available to hire.
Tea provided.
Contact Carri Anderton
07877723661, Email: carolynanderton62@gmail.com

February Services in the Benefice

February 2024		
Fri 2	9.00 am	Holy Eucharist (said) - Tavistock
Sun 4	THE PRESENTATION OF CHRIST IN THE TEMPLE (CANDLEMAS)	
	8.00 am	Holy Eucharist (said BCP) - Tavistock
	9.45 am	Family Eucharist: a service with a group for children - Tavistock
	10.00 am	Holy Eucharist – Christ Church, Brent Tor
	11.15 am	Service of the Word – Gulworthy
	6.00 pm	Choral Evensong - Tavistock
Wed 7	10.30 am	Holy Eucharist (said) - Tavistock
	4.00 pm	Messy Church - 'Down in the Den' - Tavistock
Fri 9	9.00 am	Holy Eucharist (said) - Tavistock
Sun 11	SUNDAY NEXT BEFORE LENT	
	8.00 am	Holy Eucharist (said) - Tavistock
	9.45 am	Family Eucharist: a service with a group for children - Tavistock
	10.00 am	Service of the Word – Christ Church, Brent Tor
	11.15 am	Holy Eucharist - Gulworthy
	6.00 pm	Evening Prayer - Tavistock
Wed 14	ASH WEDNESDAY	
	10.30 am	Holy Eucharist (said) - Tavistock
	5.00 pm	Holy Eucharist – Christ Church, Brent Tor
	7.00 pm	Holy Eucharist - Tavistock
Fri 16	9.00 am	Holy Eucharist (said) - Tavistock
Sun 18	FIRST SUNDAY OF LENT	
	8.00 am	Holy Eucharist (said) - Tavistock
	9.45 am	Family Eucharist: a service with a group for children - Tavistock
	10.00 am	Holy Eucharist – Christ Church, Brent Tor
	11.15 am	Holy Eucharist – Gulworthy
	6.00 pm	Evening Prayer - Tavistock
Wed 21	9.00 am	Church Schools Ash Wednesday Service
	10.30 am	Holy Eucharist (said) - Tavistock
Fri 23	9.00 am	Holy Eucharist (said) - Tavistock
Sun 25	SECOND SUNDAY OF LENT	
	8.00 am	Holy Eucharist (said) - Tavistock
	9.45 am	Family Eucharist: a service with a group for children - Tavistock
	10.00 am	Service of the Word – Christ Church, Brent Tor
	11.15 am	Family Eucharist – Gulworthy
	6.00 pm	Evening Prayer - Tavistock
Wed 28	10.30 am	Holy Eucharist (said) - Tavistock

JOB VACANCY

After over 16 years of co-ordinating the Flower Arrangers, I have decided that I will hang up my secateurs and put away my watering can at Easter.
I am looking for 1 or 2 people to take over a very enjoyable and not too difficult a job. You do NOT need to have flower arranging skills!

The job involves:
- making up the flower rota
- checking with the flower arrangers each month
- collecting donations and buying flowers for Easter, Harvest and Christmas
- organising help for these occasions
- keeping a simple book of accounts

We do not provide flowers for weddings or funerals, but occasionally liaise with couples, families and florists.

Please come and have a chat with me about how YOU can help. This would be a lovely job for a couple of friends.

Please see or contact Pam.

Know your Bible 4: Grace Mercy & Peace

We are so familiar with starting our services with the wonderful greeting “Grace, mercy and peace from God our Father and the Lord Jesus Christ be with you”, but those are also words that can form the basis of an helpful prayer for us to regularly pray for one another. The words come from the greeting with which Paul starts his letter to young Timothy (1). Paul normally starts his epistles by saying “Grace to you and peace from our Father and the Lord Jesus Christ”, so why does Paul add ‘mercy’ to his greeting here to Timothy? Perhaps it is because Paul held Timothy with a special affection describing him as ‘my true child in faith’ and so Timothy was like a true son to Paul in that primitive and developing Christian community.

It is fairly intuitive as to what we mean by ‘mercy and peace’, however for us as Christians peace or ‘Shalom’ is far deeper than just an absence of conflict. It is an inner experience of both heart and mind that flows from our trust in God just as the psalmist describes it when saying “Those of steadfast mind you keep in peace because they trust in you” (2). That true and lasting ‘shalom’ can only be experienced through our faith and trust in God. Our faith

should then result in blessing both to us personally and for those who share and see the life of Christ in us following our subsequent obedience to God's commands. But shalom goes even deeper than that as the scriptures imply that shalom can even bring physical blessing to the land (3).

So how should we understand 'grace'? Let us see what the scriptures can tell us about grace. In my RSV translation grace is mentioned some 126 times in 117 verses but of those only six are from the Old Testament. Perhaps this contrast is there to show us just how grace is such a significant part of our understanding of the Christian gospel. This may seem to imply that grace was not a major emphasis in the Old Testament understanding of the nature of God but we read in Esther, Psalms and Jeremiah (4) how grace did in fact form a special side of God's 'favour'.

Saint John in the prologue to his gospel (5) shows us that although the Old Testament law, the Torah, was given through Moses, it was grace and truth that came through our Saviour Jesus Christ. This shows how Jesus came to usher in a 'new age' the age of grace and that is the time in which we now live. It is in this new age that Paul sees the need for us Christians to "testify to the gospel of the grace of God" (6) so that all humankind may share in God's mercy through putting their faith and trust in Jesus.

So how as Christians may we begin to understand grace? There are many simplistic descriptions used to try and describe this profound nature of God, 'A spontaneous gift from God to people'; 'A generous, free and totally unexpected and undeserved gift of God'; or 'It is divine favour, love, clemency and a share in the divine life of God'. I wonder what is your favourite way of describing God's grace? Please let us share in your thoughts. Perhaps the old and very simple Sunday school phrase 'God's unmerited favour' gives us a basic yet true reflection of grace and the nature of our God, and of the depth of God's love towards us.

We have seen in our two previous studies on Redemption and Salvation how our disobedience to God's ways caused a rift in our relationship with our Holy God. Thankfully through the redeeming blood of Jesus we have been reconciled and brought back into the personal intimacy that God intends for each one of us. It is then through God's grace that our lives may be transformed to become more like that of our Lord as he works out our salvation through a daily walk of fellowship with him, and all this has been made possible through the gift of God's grace (7).

I came across a lovely little phrase from the prophet Isaiah (8) during the course of morning prayer recently saying "his (God's) hand is stretched out still". This was recorded by the prophet at a time when the people if Israel were in rebellion to God, neglecting his statutes and worshiping idols, and it does seem to me to be a most appropriate way to sum up what we mean by 'the grace of God'. God's hand is always there for us to reach out and touch so that we can maintain a constant fellowship with the Trinity-Father, Son and Holy Spirit.

In the New Testament the Greek word charis-χαρις is used to translate 'grace' and this holds special significance for me as it is the name of one of my grand-daughters. Some have used an acronym to help us in our understanding of GRACE-God's Riches At Christ's Expense. This acronym is based on Paul's words to the Corinthians (9) where he writes "God's grace has been given to us through Christ".
J I Packer says that in the New Testament grace is God's love in action towards man who merits the opposite of love. Some suggest that in the Old Testament the Torah-the law was given as the standard of righteousness, but for us as Christians grace is shown in the New Testament to be the source of our righteousness.

So is there anywhere we can look if we wish to see what true grace is like, if we wish to see the true nature of God? We all of course know the answer to that question. We look at the life and ministry of our Lord Jesus for as we saw earlier John declared at the start of his gospel, 'Jesus is full of grace and truth'. But is there also something more tangible about grace that helps us in our walk with Jesus as his pilgrim people?

In his second letter to the Corinthians (10) Paul seems to link God's grace to us with the power that God imparts to us in order to live our lives for him "My grace is sufficient for you, for my power is made perfect in weakness." Is Paul here implying that grace is a 'power' given to us from God to overcome and to be able to do God's will? I think that in some hidden way as we learn to rely more upon God than just our own efforts, God's grace shows up as power, his very presence in our lives.

This thought is also expressed by the writer to the Hebrews (11) "Let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need." Perhaps like me when our need becomes greatest we seek God through prayer for his power and presence which shows up as grace from his throne.

Peter in his second letter (12) encourages us to "grow in grace" perhaps meaning to recognise our weaknesses and so to depend more upon God for our help. Paul writing to Timothy (13) makes a similar point saying "be strong in the grace that is in Jesus Christ." Then in his second letter to the Thessalonians (14) Paul links God's grace to an amazing pair of promises saying "The Lord Jesus Christ himself and God the Father, who loved us and through grace gave us eternal comfort and hope." I believe that Paul shows us here that God's love towards us his children has demonstrated his grace to us in bestowing upon us not just 'eternal comfort', the Holy Spirit, but also that deeply implanted hope in the spirit of all who believe, the hope of eternal life.

So what of mercy? It has been said that mercy and grace are flip sides of the same coin of God's love, and the prophet Isaiah (15) does indeed show how God's mercy flows out from his grace. It is because God desires is to demonstrate his deep love towards us that God shows us undeserving sinners his grace.

And a final thought. Although we live our Christians lives experiencing the grace of our loving God, Paul makes it abundantly clear when writing to the Christians in Rome (16) that grace does not then give us a licence to continue living in sin and doing that which we know displeases God and goes against his statutes and commandments. So let us resolve to show our love for the Lord in keeping his commandments (17).

Some years ago the American writer and pastor Philip Yancey wrote a best selling book (worth a read if you can) called 'What's so Amazing about Grace' picking up on John Newton's lovely hymn 'Amazing Grace'. I hope that some of the scriptures we have looked at in this brief study may have given you a little enlightenment as to the answer to that question.

As we move through yet another year by the grace of God, let us pray the collect for Monday's from the Society of Saint Francis morning prayer:
Almighty God, who sent your Holy Spirit to be the life and light of your Church:
Open our hearts to the riches of your grace, that we may bring forth the fruit of the Holy Spirit in love and joy and peace; through Jesus Christ our Lord and Redeemer. Amen

Every blessing, Rev. Mike

1	1 Timothy 1v2, 2 Timothy 1v2	9	1Corinthians 1v4
2	Psalm 26v3	10	2Corinthians 12v9
3	Deuteronomy 11v13-15	11	Hebrews 4v15-16
4	Esther 2v17, Psalm 86v6, Jeremiah 31v2	12	2Peter 3v18
5	John 1v17	13	2Timothy 2v1
6	Acts20v24	14	2Thessolonians 2v16
7	Romans 3v23&24	15	Isaiah 30v17-18
8	Isaiah 9v12,17,21; 10v4	16	Romans 3v8, 6v1
		17	John 14v15

World Day of Prayer, Friday March 1st 2pm at Tavistock Methodist Church

This years World Day of Prayer has been written by Christian women from Palestine (The West Bank and Gaza).

The service was prepared months before the present conflict but the prayers resonate with the present situation.

Please join us to pray with the Palestinian women for the world and we will include prayers for peace in the Holy Land.

TMC will be open from 1pm on 1st March for quiet prayer before the service.
Refreshments will be served after the service.

St Eustachius Nonagenarians Club

Alan Cutler has recently joined a very exclusive club of nonagenarians worshipping regularly at St Eustachius. Brian Routledge has now also joined this club and we were delighted to see him in church recently. We thank them for all they have done and still do ! We wish them all well.
Pam Hunter

Tales from the Tower

ST PAUL'S CATHEDRAL BELLRINGERS VISIT TAVISTOCK

St Eustachius had a special visit on the morning of Friday January 12 when the ringers of St Paul's Cathedral - yes, that one! - visited and achieved a full peal of the method London No 3 Surprise Royal, comprising 5040 separate changes and taking just over three hours, without any pause.

Some of us came down to hear their last half hour or so, enjoying every well struck change and flinching a little when there was a slight clash or hesitation. (Nobody's perfect!) And an announcement in the Tavistock Parish Facebook page the day before brought over 200 interested and even excited replies, with many people promising to come into town specially to hear them.

'They're just ringers, like the rest of us,' one person observed, quite rightly - but all the same, it seemed rather special to have those who ring at one of the most famous cathedrals in the

world, for such occasions as royal weddings and state funerals, in our tower, ringing our bells. It was worth a mention, surely, to the local townspeople who were going to have to listen for three hours, whether they liked it or not (thankfully, most of them seemed to like it) and not know who it was, or why.

'Are they practising?' I heard several people enquire as I wandered round the square. It was an opportunity to talk a little bit about the bells and what it means to ring them, and what occasion this was. I even tried to recruit some new learners - as you know, like all churches we are keen to the point of desperation to train up the ringers of tomorrow.

The peal was brought round successfully, a little longer than we expected, and Ian and I went up to congratulate, chat and take a photo for the local paper. They did, indeed, look like 'ringers like the rest of us' - clad in the usual jumpers and comfortable trousers (ringers are not noted for their sartorial elegance, since practical comfort matters far more than style) and they were just the same as any other ringer I've ever met - friendly, focused, enjoying the experience of ringing in new places, and wholly enthusiastic. We would be welcome to visit them too, they said - an invitation Ian didn't need since he has already rung there himself, and I am sadly unlikely to take up now. Anyway, I'd never find the way up the tower. It's a big place.

The St Paul's ringers were taking part in a tour of local churches. They went on to ring quarter peals (around 45 minutes each) on Friday afternoon at Plympton St Mary and Emmanuel (Plymouth) and on Saturday for another peal attempt at Withycombe Raleigh a with more general ringing at Exeter Cathedral in the afternoon.. They completed their tour on Sunday at Buckfast Abbey.

Ringing tours and outings are often the highlights of a ringer's year, when they can experience and enjoy different bells in different places - sometimes as far abroad as Australia or America. Tavistock ringers are not (unless they haven't mentioned such plans to me) considering any foreign tours in the near or even distant future, and we didn't even have a local outing last year, for various reasons. Perhaps we will in 2024, and it will surely be discussed at our AGM in early February.

Just in case you are interested or know somebody who might like to join us, here is the usual 'commercial':

We are always ready to welcome those who may be interested in learning to ring. It's a fascinating hobby, excellent exercise both physical and mental, and not every ringer is a churchgoer. Tavistock ringers practise on Tuesday evenings and have a special beginners' practice on Thursdays.

And, just like the ringers of St Paul's, we are a pretty friendly bunch!
Donna Baker

FEBRUARY PRAYER DIARY

Thursday 1st – Saturday 10th

During Interfaith Harmony Week, we give thanks for positive and productive relationships between faith groups. Holy Spirit, give us patience, wisdom and understanding in our conversations and boldness to profess our faith in Jesus Christ, in all we say and do.

1. On Time to Talk Day, we pray for those who struggle to talk about their mental health. Help us to share and listen well, and to love one another and build one another up, may all discover the peace of Christ.

2. On the Feast of Candlemas, we remember the Presentation of Christ in the Temple, and the prophecies spoken over him as a child – that he would be "a light for revelation to the Gentiles, and the glory of your people Israel" (Luke 2:32). We thank God for the gift of his son Jesus, who is our salvation.

3. For the Holyford Mission Community, its priest Steve Martin, LLMs Sue McCoulough, Charles Hill, and for all who live and worship in Southleigh, Northleigh, Musbury, Colyton, and Branscombe.

4. On World Cancer Day, we give thanks for organisations researching new ways to prevent and treat cancer. We pray for all those living with cancer, their friends and families, and for all those who have lost loved ones to cancer, when all seems hopeless, may they find hope in you, Jesus.

5. During Sexual Abuse Awareness Week, we pray for all those who have suffered sexual abuse. We pray for healing and justice for victims, may their voices be heard and may they know your peace.

6. For the Honiton Mission Community, its clergy Sue Roberts, Tracey Voysey, LLM Julia Barrett, and for all who live and worship in Honiton with Monkton, Gittisham, Cotleigh, Combe Raleigh, Buckerell, and Awliscombe.

7. During Children's Mental Health Week, we pray for all children who feel anxious, alone or lost, particularly those in our families and communities. May they receive the care they need and know you are near, Lord.

8. For the Hukeley Mission Community, its priest Kevin Chandra, LLM Nick Francombe, and for all who live and worship in Petton, Morebath, Huntsham, Clayhanger, and Bampton.

9. For the Kingsbridge Estuary Churches Mission Community, LLM Amanda Sarjeant, and for all who live and worship in West Alvington, Kingsbridge, and Dodbrooke.

10. In our link with Bayeux-Lisieux, we pray for chaplaincies at schools and universities, and particularly for students preparing for confirmation and undertaking trips to Taize. We also pray for parishes, their clergy and people in the area of Bretteville-sur-Laize.

Sunday 11th – Saturday 17th

During National Marriage week, we pray for marriages and give thanks for the gift of marriage, particularly as we remember St Valentine, who was martyred for marrying Christian couples. On the 'day of love' may we focus on the one who is love: 'Dear friends, let us love one another, for love comes from God.' *(1 John 4:7)*

11. In our link with Melanesia, We pray for the new Bishop of Banks & Torres Diocese Rev'd Anthony Ling as he is consecrated today as the 4th bishop of this diocese in the Province of Melanesia, may God bless him in his ministry.

12. For the Kingsteignton Mission Community, its clergy Mark Smith, Sandra Gill, and for all who live and worship in Kingsteignton with Teigngrace.

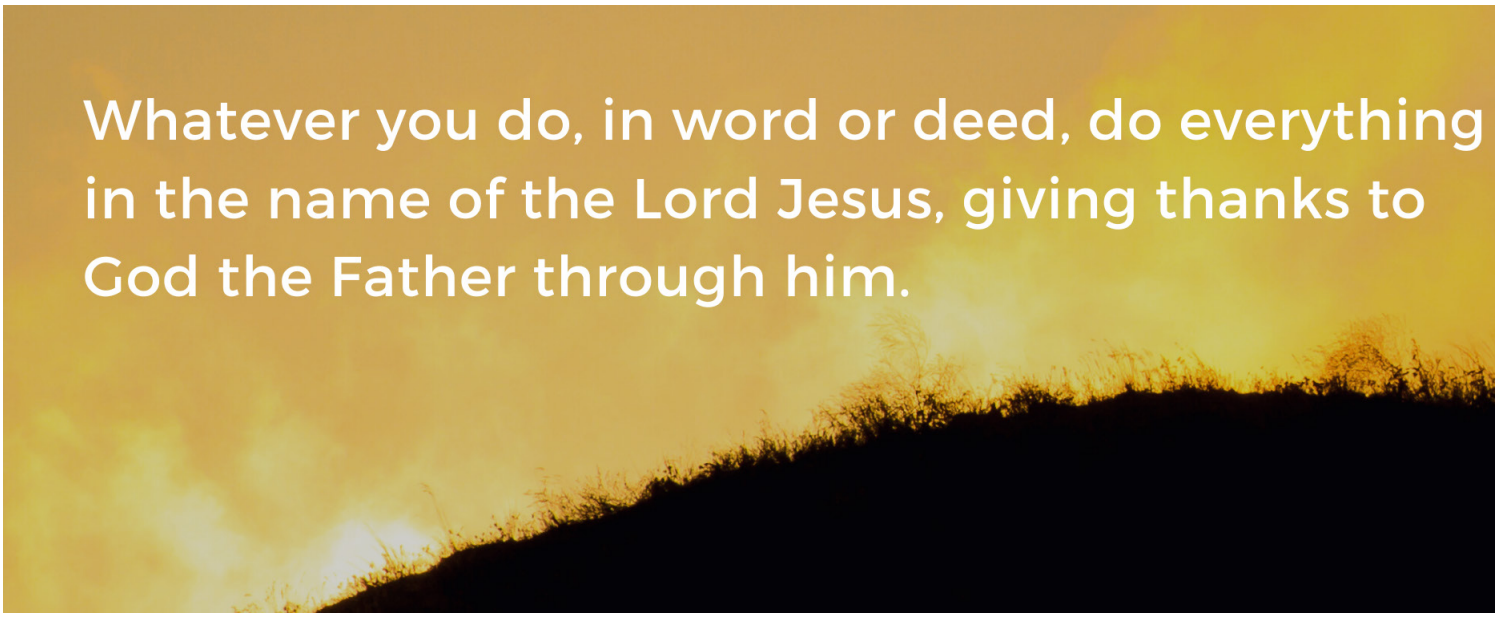
13. On Shrove Tuesday, we give thanks for your provision to us Lord, and ask that you would help us reflect your generosity and share with those who are hungry and in need. Freely we have received, so let us freely give. (Matthew 10:8)

14. On Ash Wednesday, we remember that God made us from dust and to dust we shall return, may the cross that many will mark on their foreheads today remind us of our need for salvation, and the forgiveness found in Jesus Christ. 'If we confess our sins, he is faithful and just and will forgive us our sins' (1 John 1:9)

15. For the Little Dart Team Mission Community, its clergy Tony Rockey, Adrian Wells, Christine Chandler, LLM Elaine Cook, and for all who live and worship in Witheridge with Creacombe and Romansleigh, West Worlington, Wembworthy with Eggesford, Thelbridge, Meshaw, East Worlington, Chulmleigh, Cheldon, Chawleigh, and Burrington.

16. On Care Day 2024, we give thanks for those who provide safety and support to children in care. We pray that all children would know they are loved by their Father in heaven.

17. For the Littleham cum Exmouth with Lympstone Mission Community, its clergy Steve Jones, Benedict Cambridge, Jonathan Reynolds, LLMs Diana West, Demelza Henderson, and for all who live and worship in Lympstone, and Littleham Cum Exmouth.



Sunday 18th – Saturday 24th

As we journey through Lent, we remember Jesus' 40 days in the wilderness, where he 'faced all of the same testings we do, yet he did not sin' (Hebrews 4:15). May we model ourselves on Christ, drawing near to Him, refocusing on Him, during Lent and beyond.

18. For the Malborough Mission Community, its priest French, LLM Debbie Plummer, and for all who live and worship in Malborough, Salcombe and South Huish.

19. For the Modbury Mission Community, its clergy Matt Rowland, Oli Long, LLMs Joyce Howitt, Gilbert Snook, and for all who live and worship in Ringmore, Modbury, Kingston, Bigbury, and Aveton Gifford.

20. On the World Day of Social Justice, we pray for wisdom and revelation in the hearts of world leaders, that they would have compassion for the oppressed and vulnerable. Give us perseverance to seek justice, 'for the LORD is a God of justice'. (Isaiah 30:18)

21. For the Netherexe Parishes Mission Community, its clergy Tim Collins, Julia Dallen, LLMs Laura Ford, Simon Friend, and for all who live and worship in Upton Pyne, Thorverton, Stoke Canon with Huxham, Rewe with Nether Exe, Newton St Cyres, Cadbury, and Brampford Speke.

22. In our link with the Diocese of Cyprus and the Gulf, we give thanks for the work of the church across 8 countries in the Middle East. We pray the Holy Spirit would continue to work in and through them.

23. For the Newton Abbot Mission Community, its clergy Gareth Regan, Ben Maynard, LLMs Graham Whittle, Keith Butler, and for all who live and worship in Newton Abbot and Ogwell, and Milber.

24. For the 'Whole Church Worship' Mission Shed event taking place today. We give thanks for all the hard work going into organising this event and pray that all those who attend would be encouraged and equipped to serve in their churches and communities.

Sunday 25th – Wednesday 29th

This week, we're praying for Children and Families workers across Devon, we give thanks for their service as they bless our communities. We pray that you would sustain them and renew their joy in this ministry as they support, counsel, and share Christ's love with children and families.

25. For the North Creedy (East) Mission Community, its priest Janet May, LLM Laura Armstrong, and for all who live and worship in Woolfardisworthy East, Washford Pyne, Stockleigh Pomeroy, Puddington, Poughill, Kennerleigh, and Cheriton Fitzpaine with Stockleigh English.

26. In our link with Thika, we pray for the Gatanga Archdeaconry, for Archdeacon Ven. David Murage, and for the clergy and people in the parishes of Giachuki, Kiairegi, Ndunyu Chege, Kiarutara, Thika Memorial and Kame.

27. For the North Kenn Team Mission Community, its preist Martin Wood, and for all who live and worship in Whitestone with Oldridge, Tedburn St Mary, Holcombe Burnell, and Cheriton Bishop.

28. As we mark the two-year anniversary of the invasion of Ukraine, we pray for an end to the conflict and lament all the lives that have been lost. We thank you that you are near to the broken-hearted, and we give thanks for the faithful work of the church in Ukraine. Please give us faith to pray for peace, and not lose heart.

29. For the North Taw Mission Community, its clergy Tim Solosy, Caroline Raby, LLM Ian Huggett, and for all who live and worship in West Down, Marwood, Heanton Punchardon, and Georgeham.

Reflecting on the words of Colossians 3:17, we pray:

Lord Jesus, thank you that you have made us new, and shown us a new way to live. Help us to walk in your ways and surrender our work, our study, our time, our relationships, our whole lives to you. May we live in light of who you are and what you have done for us.

Amen.

DIOCESE OF EXETER
THE CHURCH OF ENGLAND IN DEVON

Information included in this prayer diary is taken from the diocesan database where clergy and Licenced Lay Ministers (LLMs) have given permission to use details which are accurate at the time of publication. If there are any changes please email: operations@exeter.anglican.org

Church Keys

Following some recent church break-ins and thefts we need to update our key security. This is necessary to ensure our insurance policy isn't compromised or invalidated.

There are a lot of people who currently hold keys who no longer have roles which require them. We are proposing to change a number of locks and re-issue keys which will need signing for, **the change-over day will be 27th February**, the Feast of St Baldomerus (Patron Saint of Locksmiths!). We can then limit the number of keys in circulation and have an up-to-date record.

We would like to ask that if you currently have a key which you no longer need to return it to one of the churchwardens or deputies (Catherine Stoate, Pam Hunter, Cathy Sherlock, Hilary Johnson, Alison Boulter).

If you have a role which requires you to have church keys, please contact one of the following and new keys will be issued:

Catherine Stoate - catherinestoate@gmail.com
Pam Hunter - hntpam3@aol.com
Cathy Sherlock - cathy_sherlock@hotmail.com
Alison Boulter - alibgreystones@aol.com
Hilary Johnson

Please ensure you have signed the register on receipt of keys.
Arrangements can always be made to let you in if you only need occasional access.

Ask John - Should a Christian get angry?

Enquirer: *Hi John. While I have your ear, should a Christian get angry? And I don't want one of long sermons. Just a yes or a no will do.*

John: Yes.

Enquirer: *Er. That's it? So wot about Gentle Jesus meek and mild? Wot about forgiveness and turning the other cheek?*

John: Hmm, I thought you wanted a one-word answer.

Of course a Christian can get angry. Anger is one of the basic emotions of a human being.

Enquirer: *But that can't be right. That goes against all your sermons about loving your neighbour.*

John: No it doesn't. Jesus got angry and definitely showed it. He overturned the tables of the money changers and make a whip of cords to oust them from the temple. He even blasted a fig tree for not providing fruit when the signs were there that it should. He was a human being like you and me. Are you denying Jesus' humanity? Are you saying we should deny our humanity as well?

Enquirer: *Err, No…. I hadn't thought of it in that way.*

John: It is not a matter of being angry. It is a matter of what we do with that anger.

Enquirer: *Oh dear. Why do I believe I have done it again? Can we leave it like that?*

John: No. I don't want you to get the wrong idea. Anger is perfectly normal, but it needs to be expressed appropriately. If it is bottled up, not only is that being disrespectful to the person who you are angry about, a form of lying, but you are turning all that emotional energy inwards as frustration and angst. That, over time, will only be a cause of blood pressure, stomach ulcers, and the like. You might take your frustration out on a perfectly innocent bystander, and that is definitely NOT loving your neighbour.

Enquirer: *Er right. Yes, I see it now. I didn't think it through. Sorry.*

John: One of the fruits of the Spirit is patience. Again over time an incident that would have been likely to cause you to flare up in anger might just ignite a sense of righteous indignation or irritation. That is the work of the Holy Spirit in our lives. But the Holy Spirit is not a straight-jacket on our emotions.

You cannot deny one emotion without denying all the others as well. That leads to a repressed personality. That is throwing your gift of life back into the face of God. That could well lead to deep relationship problems. That is the road to neurosis.

Enquirer: Oh Lord. Wrong again! *(And with that Enquirer walks away with a flee in his ear)*

John *(Feedback or more questions would be appreciated)*

Prayer Spaces in Schools

Come and find out about this exciting initiative- all welcome at either or both these days in the Parish Centre:

April 24th 6:30-8:30 General introduction
April 25th 9:30-2:30 Training and ideas

Check out the website www.prayerspacesinschools.com

More details to follow next month.

and April 24th 6:30-8:30 General introduction

Gulworthy News for February

As we had no magazine in January, a belated Happy New Year to you all, I hope Christmas and New Year brought much joy to you and your loved ones.

Christmas at Gulworthy was certainly joyous. Whilst returning mission data to the Diocese in January, I noted that we had 550 people taking part in various events in and around St Paul's over Advent and Christmas. Notably, our 2nd Gulworthy Nativity held in the school grounds and both inside and outside the church, attracted an "audience" of 163 people (60 children)

Thank you to the 24 cast members who came from Gulworthy, Tavistock and Brentor for their willing; unwilling and some last-minute press-ganged participation! To the members of the Stannary Band led from the front by Roy, to Jeremy who built the stable within St Paul's; to those who provided costumes, sheep, the pony and refreshments and to John for guiding everyone through rehearsal and performance. If I have forgotten anyone, I apologise! It certainly was a great event and the weather was chilly but dry which was a huge bonus.

Now we look to spring. The snowdrops are already beginning to flower in St Paul's churchyard and in about a week they will look splendid. Do stop and have a look. They are just the beginning of the succession of wild flowers in the churchyard and personally, always give me great joy.

Our prayers at St Paul's continue to be for peace and reconciliation. Since my last article, the situation around the World seems just as bad at the start of 2024 as at the end of 2023 and we may be forgiven for experiencing feelings of slight despair at the continuing wars, conflicts and cruelties that mankind inflicts upon the innocent and vulnerable. Our prayers are needed even more at such dark times. Despite all that goes on, we know God is always with us.

May God guide us all to bring love and peace to the World.

Diary

March – "Pre-loved" Fashion show and sale at Tavistock parish centre. Date tbc

10th March Mothering Sunday **Family Service** 11.15am
28th March. Maundy Thursday Time tbc
29th March Good Friday 10,30am
31st March Easter Sunday 11,15am
7th April at St Paul's Gulworthy. Benefice service 10.30am

TACT Lent Lunches

TACT Lent lunches are taking place again, beginning on Ash Wednesday (14th February) and finishing on Maundy Thursday 28th March

St Eustachius is hosting the first lent Lunch in the Parish Rooms at 12.30 on Wednesday 14th February. If you are able to help serve our guests please let Catherine Stoate know, or just turn up a bit early!

We are also hosting the lunch on Thursday 7th March.

Look out for posters and fliers confirming the venues for the other weeks.

The lunches are very popular and a great opportunity to chat to and make friends with peope from other churches in the area. Just turn up; all are welcome. Donations are given to charity.

Galley and Toilets Project, Congregation Meeting: Sunday 25th February at 11.15

After the delays caused by the Covid pandemic and the consequent effects on the church finances, the PCC now believe that we have recovered sufficiently and are in a good position to proceed with the project to construct a Galley and Toilets facility in the north-west corner of the church. Before taking it further though, it is planned to hold a meeting for the congregation in order to explain the background to the project, have a detailed look at the design, hold an open discussion and answer any questions about it. The meeting is to be at 11.15 am in St Eustachius' Church on Sunday 25th February 2024.

Design drawings and documents will be available at the back of the church from Sunday 4th February to give everyone a chance to have a good look at the design before the meeting.

Senior Clergy Reflection – February 2024

Rev'd Claire Reynolds, Diocesan Advisor for Disabilities and Additional Needs

February is the month when it's all about love!

The shops will be full of cards for Valentines Day - we get to celebrate, thank, and declare our love to someone we know. There'll be boxes of chocolates and bunches of flowers, 'date nights' and meals out.

However, St Valentine's story isn't about romantic love. A Saint in the 3rd century, Valentine's story comes to prominence when, under house arrest of Judge Asterius he prays for healing for the Judge's daughter. She is healed, and the Judge, his family and 44 members of his household are baptised. Then under Claudius II he is again arrested for preaching the Gospel and martyred in 269AD.

It's only an anecdote of a letter written to Judge Asterius' daughter shortly before his death, that gives his story any link with romantic love. Far more prominent in his story is his love of the good news that Jesus had come to seek and save the lost. God expresses

his unconditional love for us through the life death and resurrection of Jesus. Valentine's commitment was to tell of this sacrificial *'agape'* love of God as far and as wide as he could, no matter the cost.

1 Corinthians 13 is all about love. The word for love used here is also *'agape'* (in the original Greek). It's an active love, not just a feeling. The passage reminds us that without this love, life loses its meaning and shine; we become simply a resounding gong or clanging cymbal. This love is our response to God's saving work in Jesus. *'Agape'* love is expressed in our lives through loving God and loving our neighbours as ourselves.

The life of St Valentine challenges us that a life of love is the way of the cross. But his impact on Judge Asterius and his family encourages us that a life of love means that others can come to know God's love for them. "Greater love has no one than this: to lay down one's life for one's friends." *(John 15:13)*

Many people haven't yet heard of the Gospel of Jesus Christ, and of God's love for them. Where are we, as churches and as individuals, being called to express God's love today.

Tavistock Memory Cafe

TAVISTOCK MEMORY CAFÉ provides locally based support & information to those living with dementia, their family, carers & friends. Memory Cafe runs two bookable meetings on the 2nd and 4th Saturday of each month.

AM session 11.00 - 12.30.
PM session 14.00 - 15.30.

Trained volunteers greet members old & new, after an initial chance to chat over tea and biscuits/cake, carers can join a peer support group in a separate room, to share experiences, exchange information or hear from a guest professional, always in strict confidence.

Meanwhile those living with dementia get involved in a variety of stimulating activities supported by our volunteers, quizzes, art & craft, live music, singing & celebratory events are often in the programme.

Care & Share sessions are on the 3rd Thursday of each month providing carers & family a spell of time for themselves for 1-4 hours from 10.30 - 14.30. Those living with dementia & attending will be involved in a variety of stimulating & fun activities.

Cognitive Stimulation Therapy (CST) is a course of structured therapeutic sessions that are based around a topic with talking, music & pictures, all leading to a stimulating, fun & beneficial experience. Run by trained facilitators. The sessions are for an hour, once a week over 12 weeks.

For more information visit our website:- tavistockmemorycafe.co.uk or our Facebook page, contact Heather on 07436008281
or email info@tavistockmemorycafe.co.uk

Tavistock Parish Public Events for February *(events are in the Parish Centre unless otherwise stated)*

February 2024 (events are in the Parish Centre unless otherwise stated)		
Fri 2	**10 am - 12 noon**	**Friendly Fridays (St E. Church)**
Sat 3	**2.30 pm**	**Candlemas Afternoon Tea Party**
Mon 5	**10 am - 2 pm**	**Warm Welcome**
Tues 6	**9.30 - 11 am**	**Little Deers Baby and Toddler Group**
Wed 7	**2-4 pm**	**Handicraft Group**
Fri 9	**10 am - 12 noon**	**Friendly Fridays (St E. Church)**
Mon 12	**10 am - 2 pm**	**Warm Welcome**
	2.30 - 4.30 pm	**Prayer and Stillness Group**
Wed 14	**12.30 pm**	**TACT Lent Lunch**
	2-4 pm	**Handicraft Group**
Thur 15	**2 - 4 pm**	**Bereavement Group**
Fri 16	**10 am - 12 noon**	**Friendly Fridays (St E. Church)**
Sat 17		**Living Water**
Mon 19	**10 am - 2 pm**	**Warm Welcome**
Tues 20	**9.30 - 11 am**	**Little Deers Baby and Toddler Group**
Fri 23	**10 am - 12 noon**	**Friendly Fridays (St E. Church)**
Sun 25	**11.15 am**	**Congregation Meeting about Galley and Toilets Project (in St E. Church)**
Mon 26	**10 am - 2 pm**	**Warm Welcome**
Tues 27	**9.30 - 11 am**	**Little Deers Baby and Toddler Group**
Wed 28	**2-4 pm**	**Handicraft Group**

Candlemas Afternoon Tea

Saturday 3rd February

2:30pm

Parish Centre

Come and enjoy an afternoon of refreshments, fellowship and musical entertainment

£5

Everyone welcome!

Please sign the list at the back of church

The Friends of St Eustachius'

Quiz Night

£5 per head – ticket includes "half-time" refreshment!
Pay on arrival – places MUST be booked in advance!!

Teams of up to 8 people – come as a ready-made team, or join up with others on the night.

Bar & Raffle

Parish Centre – Doors open 7pm
Quiz starts at 7.30pm
Saturday 2nd March

ALL PLACES MUST BE RESERVED IN ADVANCE: SIGN-UP SHEET AT BACK OF CHURCH OR EMAIL:

hughwalkington@gmail.com

Hymn for the Month: ‘Amazing Grace’

Hymn for the Month: ‘Amazing Grace’
During February we enter the season of Lent, a time when as Christians we engage in self-examination, penitence, and preparation for Easter. I could choose no better hymn for this month than ‘Amazing Grace’, a hymn that expresses unforgettably its author’s own amazing journey of faith. Here, to begin, are the words as they first appeared in Olney Hymns, 1799.

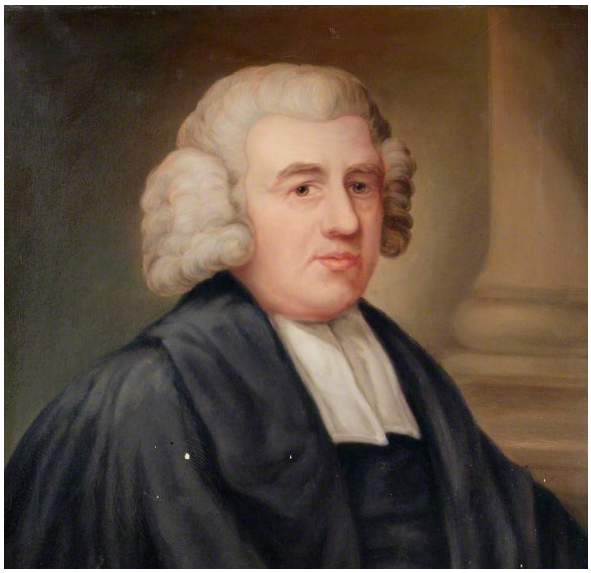
Amazing grace! (how sweet the sound)
That saved a wretch like me!
I once was lost, but now am found,
Was blind, but now I see.
’Twas grace that taught my heart to fear,
And grace my fears relieved;
How precious did that grace appear
The hour I first believed!
Through many dangers, toils and snares
I have already come:
’Tis grace has brought me safe thus far,
And grace will lead me home.
The Lord has promised good to me,
His word my hope secures;
He will my shield and portion be,
As long as life endures.
Yes, when this flesh and heart shall fail,
And mortal life shall cease;
I shall possess, within the veil,
A life of joy and peace.
The earth shall soon dissolve like snow,
The sun forbear to shine;
But God, who called me here below,
Will be for ever mine.

This earliest text of six verses is the one reprinted in Common Praise, the hymnbook we use at St Eustachius’. However, as often happens with hymns, it has been altered over the years. The final three verses are now often omitted, and replaced with a different closing verse:

When we’ve been there ten thousand years,
Bright shining as the sun,
We’ve no less days to sing God’s praise
Than when we’d first begun.

This verse was first published in 1790 at the end of a different hymn. Then in 1852 it was included in Harriet Beecher Stowe’s best-selling anti-slavery novel, Uncle Tom’s Cabin. Near

the end of the novel, at a moment of crisis for him, Uncle Tom sings the six and fifth verses of ‘Amazing Grace’, together with this new verse. It subsequently appeared with Newton’s text in a collection entitled World Renowned Hymns, published in 1909, and thereafter was firmly attached to ‘Amazing Grace’.



John Newton (1725–1807), the author of ‘Amazing Grace’, had a most extraordinary life. After some wild and brutal years as a young sailor working in the slave trade, he became the master of a slave ship, carrying slaves from Africa across the Atlantic. In 1748 during a terrifying storm in which his ship was almost wrecked, he experienced a spiritual awakening and the beginning of a religious conversion. When his seafaring career ended in 1754, he became involved in the Evangelical movement and trained for ministry in the Church of England. In 1764 he was ordained and took up ministry at Olney in Buckinghamshire. With his close friend the poet and hymnwriter William Cowper, Newton published Olney Hymns in 1779, including 283 hymns by himself and 65 by Cowper. In 1780, he became rector of St Mary Woolnoth in London. He deeply regretted his part in the slave trade, and together with reformers like William Wilberforce, played an important part in the campaign to abolish slavery, publishing pamphlets, working for the rehabilitation of former slaves, and campaigning to boycott slave-grown sugar.

‘Amazing Grace’ is Newton’s best-known hymn, and it is easy to see why it became so popular. It is structured as a journey from a life of ‘dangers, toils and snares’ to the safety of God’s everlasting love and protection. And this transformation comes about by the gift of divine grace: ‘’Tis grace has brought me safe thus far, / And grace will lead me home.’ God’s grace ‘amazes’—comes as a surprise—and is an ‘amazing’ thing to experience. The images of having been ‘lost’ but now ‘found’, ‘blind’ but ‘now I see’, and being led ‘home’ are simple but powerful. The hymn recognizes the reality of misery and fear in human lives, but offers hope, comfort, and a vision of eternal bliss. We remember that powerful moment when President Barack Obama sang ‘Amazing Grace’ during his funeral eulogy for the Reverend Clementa Pinckney, one of nine African American worshippers murdered in a mass shooting in 2015 at church in Charleston, South Carolina. He sang this ‘beautiful song’, he later said, because it ‘speaks to the fact that underneath even a tragedy like this, there’s something that is there for all of us’.

The tune to which ‘Amazing Grace’ is always sung is a hauntingly beautiful American folk tune (possibly based on an early Scottish melody), first published with Newton’s hymn in 1835. Innumerable performances are available on YouTube and Spotify. I particularly recommend the one by Judy Collins which was in the pop charts for 67 weeks in 1970, the superb rendition by Bryn Terfel at the Festival of Remembrance in the Royal Albert Hall in November 2018, and a

wonderfully committed and uplifting performance by the Midlands-based Crystal Gospel Choir recorded in 2020.

Bob Owens

Concerts in 2024

All concerts are in St Eustachius'

2024

Wed 13th Mar: Tavistock Festival Lunchtime Piano Concert, Duncan Honeybourne
Thu 14th Mar at 7.00 pm: Plymouth Area Police Choir Concert
Thu 21st Mar: Tavistock Festival Lunchtime Organ Concert, Dr Sean Sweeney
Sat 23rd Mar at 7.30 pm: South West Chamber Choir
Sat 13th Apr at 7.30 pm: Ridgeway Chorale Choir
Sat 20th Apr at 7.30: Mount Kelly Choral Society Spring Concert
Sat 27th Apr lunchtime and evening: Tavistock Festival
Tues 30th April at 7.30: Tapestry Choir Concert
Sat 4th May lunchtime and evening: Tavistock Festival
Sat 11th May at 7.30 pm: Vocal Harem Concert
Sat 29th Jun at 7.30 pm: Tamar Valley Male Voice Choir Gala Concert
Sat 28th Sep at 7.30: Tamar Valley Male Voice Choir Autumn Concert
Sat 19th Oct at 7.30 pm: Centenary Celebration of Rev. Sabine Baring-Gould
Sat 23rd Nov at 7.00 pm: The Little Opera Co. Candlelit Christmas Concert
Sat 30th Nov at 7.30 pm: Tamar Valley Male Voice Choir Christmas Concert
Sat 14th Dec at 7.30 pm: Stannary Brass Band Christmas Concert

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St Eustachius' Church Useful Contacts

Revd. Matt Godfrey, Vicar - 07341 665510 or **vicar@tavistockparishchurch.org.uk**

Churchwardens: Mrs Catherine Stoate - 07773 162553 or **catherinestoate@gmail.com and** Mrs Pam Hunter 01822 614200 or **HntPam3@aol.com**

Choir Director: Andrew Lundie - **andrewlundie@gmail.com**

Organist – Mrs Mary Mazur-Park **marymazurpark@gmail.com**

Pastoral Care Co-ordinator: Mrs Diana McDowell – 01822 612751 or **dsm261@hotmail.com**

Parish Giving Officer: Mr Peter Rowan – 01822 617999

Parish Safeguarding Officer: Miss Rita Bilverstone – 01822 614825 or **safeguarding@tavistockparishchurch.org.uk**

Parish Office: Jo Barton (open M-F 10am to 12 noon) 01822 616673, **parishoffice@tavistockparishchurch.org.uk**

Bellringers: George Mudge (tower captain) 01822 615456, or email **phil.dunn.3cc@btinternet.com**

All other contacts - see church website **www.tavistockparishchurch.org.uk**