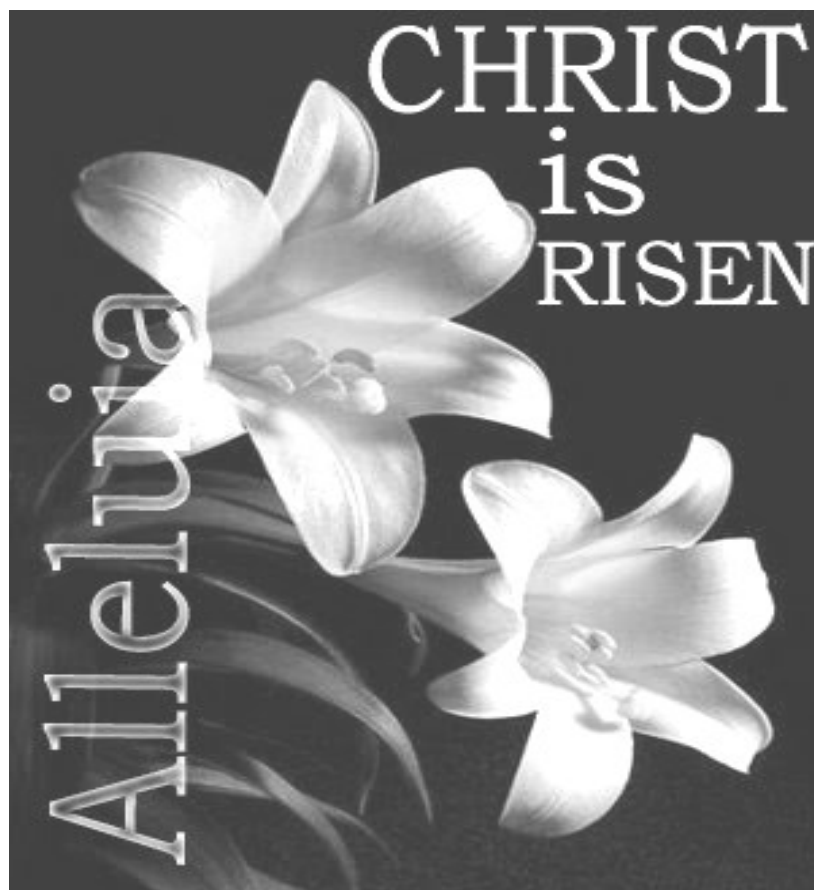


Parish News

**For the Benefice of
Chillaton, Coryton,
Dunterton, Lamerton,
Marystowe,
Milton Abbot and
Sydenham Damerel**



**Happy
Easter**



March 2016

Price: 60p

RECTOR: Rev Andrew Atkins 01822 870298

The Vicarage, The Parade, Milton Abbot PL19 0NZ;
Email: revandymiltonabbot@gmail.com

CHURCHWARDENS

Lamerton:	Mike Jefferies	614178
	Ian Minshull	810027
Milton Abbot:	Rosie Culverhouse	870567
	Sandra Dunbar	870218
Dunterton:	Gerald Napier	870285
	Arthur Vigars	870244
Sydenham Damerel:	Ian Dingle, Portington Farm, Sydenham Damerel	870364
Marystowe:	Barbara Dawe	860226
	Deborah Asbridge	860378
Coryton:	Sylvia Andrews	820402
	Richard Searight	860148

PCC SECRETARIES

Lamerton:	Barbara Meikle	617229
Sydenham Damerel:	(Barbara Meikle)	617229
Milton Abbot + Dunterton:	Liz Padmore	870642
Marystowe:	Guy Talbot	860314
Coryton:	Josie Whitfield	860189

CHURCH TREASURERS

Lamerton:	Mike Jefferies	Church Avenue House, Lamerton	614178
Sydenham Damerel:	Ian Dingle	Portington Farm, Sydenham Damerel	870364
Milton Abbot:	Gerald Napier		870285
Dunterton:	Gerald Napier	Glebe House, Dunterton	870285
Marystowe:	Guy Talbot		860314
Coryton:	Peter Newman		(01566)783202

UNITED BENEFICE APPOINTMENTS

Safeguarding Officer	Julie Hibbert	618221
Safeguarding Representatives	Deborah Asbridge	860378
	Rosie Culverhouse	870567
	Josie Whitfield	860189
Vicar's Assigned Administrator	Guy Talbot	860314

MAGAZINE

Editor:	Julie Hibbert	Penticton, Chollacott Lane, Tavistock	618221
		PL19 9DD julie.hibbert3@btinternet.com	
Advertisements:	Mike Jefferies	Church Avenue House,	614178
		Lamerton , PL19 8RN	
		E-mail: mike.jefferies5@btinternet.com	

CHURCH WEB SITE www.southtamar.church Email vicar@southtamar.church

PARISH COUNCILS

	Chairman	Tel.	Clerk	Tel.
Lamerton:	Mike Jefferies	614178	Ann Cole	810213
Milton Abbot group parish:	Peter Hough		Emma James	07742557982
Sydenham Damerel:	Tracy Windemer	870568		
	Denise Head	870450		

PRIMARY SCHOOLS

Lamerton C of E	Head Teacher: Melody Nicholls	Tel. 613561
Milton Abbot	Head Teacher: Chris Luxford	Tel. 870273

Diary Dates

February 2016

- 26 QUEEN'S 90TH BIRTHDAY PARTY, Open meeting, Lamerton Community Centre, 7.30pm
- 27 MILTON ABBOT VILLAGE COFFEE MORNING, Village Hall, 10.30 - 12.00

March 2016

- 2 LENT COURSE, Priest's Room, Lamerton Church, 7.30 - 9.30pm
- 5 MILTON ABBOT VILLAGE COFFEE MORNING, Village Hall, 10.30 - 12.00
- 5 LAMERTON COFFEE MORNING, Lamerton Community Centre, 10.30 - 12.00
- 8 LAMERTON BINGO, Lamerton Community Centre, 8.00pm
- 9 LENT COURSE, Priest's Room, Lamerton Church, 7.30 - 9.30pm
- 12 MILTON ABBOT VILLAGE COFFEE MORNING, Village Hall, 10.30 - 12.00
- 12 LAMERTON SCHOOL JUMBLE SALE, Village Hall, 10.00am - 12.00
- 15 MAGAZINE DEADLINE, for April edition
- 16 LENT COURSE, Priest's Room, Lamerton Church, 7.30 - 9.30pm
- 18 LAMERTON SCHOOL BINGO, Village Hall, 7.00pm
- 19 MILTON ABBOT VILLAGE COFFEE MORNING, Village Hall, 10.30 - 12.00
- 19 LAMERTON COFFEE MORNING, Lamerton Community Centre, 10.30 - 12.00
- 22 LAMERTON BINGO, Lamerton Community Centre, 8.00pm
- 26 MILTON ABBOT VILLAGE COFFEE MORNING, Village Hall, 10.30 - 12.00

April 2016

- 2 MILTON ABBOT VILLAGE COFFEE MORNING, Village Hall, 10.30 - 12.00
- 2 LAMERTON COFFEE MORNING, Lamerton Community Centre, 10.30 - 12.00
- 2 CALLINGTON SINGERS, Lamerton Village Hall, 7.30pm
- 5 LAMERTON BINGO, Lamerton Community Centre, 8.00pm
- 9 MILTON ABBOT VILLAGE COFFEE MORNING, Village Hall, 10.30 - 12.00

INDOOR GAMES CANCELLED

Please note that the Indoor Games evening, scheduled for 5th March at Lamerton Village Hall, has been cancelled

**March church services are on the back cover;
Bible Readings are on page 8
For services in the Lifton Benefice, see page 20**

A Journey through the Bible with Tiglath.

80. The Book of Psalms; a selection from 1 - 23

Note the word 'Selah' is Hebrew for 'pause'.

We now begin our journey through the Book of Psalms. There are 150 psalms, some composed by David, and others composed much later. I love the psalms. When I was a young boy I was a member of the choir in our local church which was very much middle of the road Protestant. This meant that our main services on a Sunday, matins and evensong, always contained psalms to sing. I love them very much and have a collection of them recorded in our cathedrals. As we travel through the book I shall comment on psalms that appeal. I may also quote from various phrases I have found useful.

Psalm 1. This wonderful psalm speaks of the happiness of Godly man and the misery of the wicked: v.6 'for the Lord knoweth the way of the righteous, but the way of the ungodly shall perish'

Psalm 8. One of my favourites – David considers the mighty works of God, then asks the question 'What is man that thou aren't mindful of him? For thou hast made him a little lower than the angels'. He also says that God has put all things under his feet and goes on to describe some of them.

Psalm 15. David describes a citizen of Zion – qualities upon which we should base our lives today.

Psalm 18. A long psalm of some 50 verses in which David gives thanks for all the blessings we receive from God. He says the Lord is his rock and fortress.



Psalm 23. This probably the most popular and well known of all the psalms. David describes the Lord as his shepherd. Later in our journey we find Christ describing himself as a shepherd of his flock. The whole of this psalm has an atmosphere of calmness and peace, which is very helpful to read in times of stress.

Psalm 24. The earth is the Lord's and the fullness thereof. This a favourite to sing at harvest festivals, speaking as it does, of the earth as the Lord's and also those who live in it.

The Epistle of Paul to the Ephesians



In New Testament times Ephesus was the most important city in the Roman province of Asia, but because of the silting up of the harbour (it is now 15 miles inland) its trade was slowly diminishing. Traditionally it is thought to be the city that John the Evangelist took the Virgin Mary. He was entrusted with her care by Christ when he was on the cross: John 19 v 26 -27. The city became an important centre for the early Christians and was briefly visited by Paul on his second missionary journey. During Paul's third journey he spent over 2 years there.

Ephesus was the centre of the cult of the Roman god Diana (Greek god Artemis); the temple of Diana being one of the 7 wonders of the ancient world. It is recorded in Acts 19:23-41 that there was a riot there, instigated by the local craftsmen. Their trade in silver images of Diana was being adversely affected by the teaching of 'the Way' i.e. Christianity. Soon after encouraging the disciples and converts there, Paul to continue his journey through Macedonia to Greece.

The central theme of this letter is on the person of Jesus Christ and His making known God's eternal purpose through Christ's resurrection - and demonstrating His supreme authority over all created powers and the church

'that power is like the working of his [God's] mighty strength, which he exerted in Christ, when he raised him from the dead and seated him at his right hand in the heavenly realms far above all rule and authority ... and appointed him to be head over everything for the church, which is his body, the fullness of him, who fills everything in every way.' Ephesians 1 : 19-23

Paul's letter to the Ephesians was written in prison in Rome see 4:1 and stresses the unity in the body of Christ

'There is one body and one spirit one Lord, one faith, one baptism, one God and Father of all, who is over all and through all and in all.' Ephesians 4: 4-6

It also gives instructions for Christian households (5: 22 - 6: 9) and then finally for the Ephesians to equip themselves with the armour of God:

'Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground.' Ephesians 6 : 13

In his Ephesian letter Paul is at his most personal and characteristic. He represents the themes in his earlier letters before his house arrest in Rome.

Ian Silcox

N.B the bible quotations are taken from the New International Version



The Rural Pulpit

'and now abideth faith, hope and charity (love), these three; but the greatest of these is charity (love) 1 Corinthians, 13:13

God bless you all

Geoff Willetts

*The Vicarage, The Parade, Milton Abbot, Tavistock, Devon. PL19 0NZ
Tel: 01822 870298; Email revandymiltonabbot@gmail.com*



The Easter season is a time when Christians rejoice in the knowledge that their risen Lord has overcome death and in doing so, brought forgiveness to the world. But, for many, Easter is simply a holiday period and a time for giving chocolate eggs and enjoying the beginning of spring (and hopefully some drier weather!).

This Easter many people are feeling vulnerable. Whether that is due to ill health, job insecurity or the problems caused by wettest winter on record. Many people live with daily uncertainty, for some, living in fear is a daily reality. This makes the message of Easter even more important. For, the celebration of the resurrection comes only after Jesus faced the tensions and trials of Holy Week.

In the days following the triumphal entry into Jerusalem, Jesus was at his most vulnerable. The tensions inherent in the cleansing of the Temple, the weeping over Jerusalem and the final meals with friends, were times when Jesus could anticipate what was going to happen over the next few days. In his humanity Jesus must have felt the fear and vulnerability that looking ahead can bring. In reaching out to those who are facing the pressures of modern life, both within their work and families, the events of Holy Week offer a message of hope.

The tensions are no less real but the truth is that there is always hope. Changes in life and the loss of security are traumatic but it can also be a time to discover that all is not lost. The Easter message is that, even after death, there is resurrection. Jesus had to face terrible suffering to enter into a new life. He had to lose his own life and be resurrected on the third day in order to bring redemption to all humanity.

The Easter message resonates down the centuries and can bring a special meaning to all those who are feeling at their most vulnerable in these difficult times. The truth of the resurrection for Christians is a message of hope and it is one that we are called to share with our friends and neighbours, wherever they are.

Sarah, Joab, May and I, wish you all a happy and joyful Easter,

Rev. Andy

A RURAL LENT COURSE



Lent is traditionally a time of renewal when Christians spend time in prayer, reflection and study in preparation for Easter, the greatest of all Christian celebrations.

Sustaining Faith in the Future

A Lent course in 5 sessions, focusing on some of the most pressing needs of rural congregations today. It provides an opportunity for small groups to reflect, pray, study Scripture, look at simple case studies, discuss ... and consider practical outcomes for the congregation and community as a whole.

We look at how we use our church buildings, worship, vocations, administration, rural evangelism and how we work together.

We will meet in the Priests room next to Lamerton Church, for relaxed and informal discussions – finishing with refreshments.

There will be no cost.

We will meet on Wednesday evenings at 7:30pm – 9:30pm;

Feb 17th and 24th, March 2nd, 9th and 16th.


Please do come along, even if you can only make 1 or 2 evenings –we would love to see you!

If you would like to book a place on this year's Lent course or you have any queries please call Rev. Andy Atkins tel: 01822 870298
or e-mail: revandymiltonabbot@gmail.com

BIBLE READINGS (Year C)			
<i>Please use the readings published in the Parish Magazine and your own bibles.</i>			
DATE	1ST READING	2ND READING	GOSPEL
28th February 3rd Sunday of Lent (Purple)	Isaiah 55: 1 - 9	1 Corinthians 10: 1 - 13	Luke 13: 1 - 9
6th March Mothering Sunday (Purple)	1 Samuel 1: 20 - 28	Colossians 3: 12 - 17	Luke 2: 33 - 35
13th March 5th Sunday of Lent (Purple)	Isaiah 43: 16 - 21	Philippians 3: 4b - 14	John 12: 1 - 8
20th March Palm Sunday (Red)	Isaiah 50: 4 - 9a	Philippians 2: 5 - 11	Luke 23: 1 - 49
24th March Maundy Thursday (White)	Exodus 12: 1 - 4 (5-10) 11 - 14	1 Corinthians 11: 23 - 26	John 13: 1 - 17, 31b - 35
25th March Good Friday (Purple)	Isaiah 52:13 - 53:12	Hebrews 4: 14 - 16, 5: 7 - 9	John 18: 1 - 19: 42

The readings are ended with *'This is the Word of the Lord'* (used during services of HC) or, during other services *'Here ends the lesson (or 1st reading or 2nd reading)'*.
The response is *'Thanks be to God'*.

BIBLE READINGS (Year C)			
DATE	1ST READING	2ND READING	GOSPEL
26th March Easter Eve (White)	Job 14: 1 - 14	1 Peter 4: 1 - 8	Matthew 27: 57 - 66
27th March Easter Sunday (White)	Acts 10: 34 - 43	1 Corinthians 15: 19 - 26	John 20: 1 - 18
3rd April 2nd Sunday of Easter (White)	Acts 5: 27 - 32	Revelation 1: 4 - 8	John 20: 19 - 31
10th April 3rd Sunday of Easter (White)	Acts 9: 1 - 6 (7 - 20)	Revelation 5: 11 - 14	John 21: 1 - 19



Camplehay Residential Home, Lamerton

Lenten service of Holy Communion

Friday 4th March, 2.30pm

Residents and visitors most welcome to attend

Annual Parochial Church Meeting, PCC AGM

12th April 7.30pm

Priest's Room
Lamerton Church

All parishioners are welcome to attend



A CHILD'S FOOTSTEPS TO FAITH

A "Rock Concert"

Do you believe rocks could sing? Do you think they could even talk? Do you think they could tell you stories about Jesus? Well, you might be surprised to hear what Jesus himself had to say about that.

Jesus was walking with his disciples toward Jerusalem. When they approached Bethphage and Bethany, near the Mount of Olives, he called two of his disciples to him and said, "Go into the next village where you will find a young donkey. Bring it to me. If anyone asks why you are taking the donkey, just tell them, 'The Lord needs it.'"

The disciples did as they were told and brought the young donkey to Jesus. They threw their garments over it so that Jesus could ride on him.

As he rode along, crowds were lining the streets and they began praising Jesus and shouting, "Blessed is the king who comes in the name of the Lord! Peace in heaven and glory in the highest!" They were creating quite a stir and some of the religious leaders didn't like it. They asked Jesus to keep his followers quiet. Jesus answered them and said, "If they remain silent, the stones would immediately begin to cry out!"



If the rocks could cry out, I wonder what they would say. One might tell how a little shepherd boy named David used a small stone to slay a giant to show that we can do anything when God is with us!

Another might tell how the prophet Elijah used stones to build an altar to God.

The altar was used to offer a sacrifice to God to prove that He is the one, true God.

Yet another rock might tell how Solomon had used stones to build a beautiful temple for people to worship God.

Still another rock might remind us that Jesus once told a story about a wise man who built his house upon a rock. When the storms came, the house on the rock stood firm.

Yes, stones might have a lot of stories to tell, but we won't let them. Just as the followers of Jesus lined the streets to praise their King, you and I are here today to praise our King. As long as we praise him, there will be no need for stones to cry out.

Dear Lord, we know that you would rather hear us praise you than to hear a "rock concert." So Lord, we lift your name on high! Amen.

A "Rock Concert"

"I tell you," he replied, "if they keep quiet, the stones will cry out." Luke 19:40 (NIV)

Based on Luke 19:28-40



L	M	Z	C	L	O	A	K	S	P	D	T	Z	L	L
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A	L	J	E	L	A	M	T	I	O	V	A	G	N	B
R	T	O	U	J	M	J	P	C	L	L	K	I	T	M
W	C	N	R	X	E	K	L	T	S	L	T	A	S	R
I	H	E	A	V	E	N	I	J	B	O	A	U	R	E
J	N	S	I	N	T	Y	C	N	D	K	J	G	P	V
M	E	D	J	E	P	V	F	V	G	B	W	A	E	O
Y	L	S	C	S	T	O	N	E	S	V	E	V	E	I
X	H	A	U	R	Q	M	B	W	D	Z	I	X	K	C
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QUIET
VOICES
NAME
TIED

ROAD
STONES
JESUS
COLT

MIRACLES
CLOAKS
PRAISE
PEACE

HEAVEN
GLORY
KING
CROWD

VILLAGE
LORD
BLESSED
SPREAD



at St Peter's Church, Lamerton

Crafts • Games • Stories • Drink
A Meal • Fun • Family Time

This is a free event but donations are welcome

Friday 4th March - 'Mothers and Others'

3:30pm - 5:30pm
for all the family

Children must be accompanied by an adult

next date: 6th May - 'Holy Spirit'

Contact Rev. Andy on: 01822 870298



St. Peter's Lamerton

We are delighted that the **Callington Singers** wish to perform once more in St. Peter's. Their Easter Concert will celebrate the 2016 anniversaries of a number of renowned composers. The concert will be on Saturday 2nd April at 7.30pm and the tickets will be £7.50 with the proceeds going to our very depleted Fabric Fund. Light refreshments will be provided after the concert. We do hope that you will join us to enjoy listening to this very talented choir. Please call Angela on 01822 810027 for tickets.

This is the first of a number of events this year for your entertainment in which we are involved within the village.

JUMBLE SALE



Friends of Lamerton School

'Good as New' Jumble and Bric-a-Brac Sale

Saturday 12th March
10.00 - 12 noon

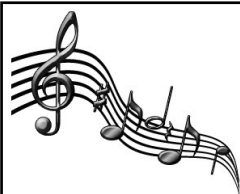
Lamerton Village Hall
Refreshments: tea, coffee, cakes

Lamerton Women's Institute

Meetings are at Lamerton Sports and Community Centre, 2.00pm

1 Mar 'Tavistock Shops', with Linda Elliot
5 April 'Marie Curie', with Sarah Washington

New members are very welcome



Callington Singers Concert

Saturday 2nd April

7.30pm, Lamerton Village Hall

£7.50, to include refreshments

Tickets from Angela Minshull: 810027

Don't miss it!



LAMERTON

POINT-TO-POINT HORSE RACING

SUNDAY 20th MARCH

KILWORTHY, BRENTOR, NR TAVISTOCK

FIRST RACE 1.00pm

☐ Bar ☐ Bookmakers
☐ Refreshments

**£10 per person, maximum £30 per car
Children free**



South Tamar
Mission Community

Our New Church Web Site

The churches of Milton Abbot, Dunterton,
Lamerton, Sydenham Damerel, Marystowe and
Coryton now have a brand new website.

Details of services and events can be found on the website:

<http://www.southtamar.church>

Friends of Lamerton School

Easter Bingo

Lamerton Community Centre

Friday 18th March

Starts at 7.00pm

Refreshments and a Raffle.

(No unaccompanied under 18s)



TASS Tavistock Area Support Services

*The Anchorage Centre, Chapel St,
Tavistock PL19 8AG
Phone: 01822 616958*

Volunteer as a Befriender

Tavistock Area Support Services is one of network of charities whose volunteers befriend others in the community – people who talk on the phone to lonely people, who befriend or visit, who run groups and outings.

TASS has offered a Befriending Service for over 6 years. We try to match volunteers with clients who share interests, so that the relationship built is of value to both.

Recently there have been articles in the media about the 'Campaign To End Loneliness'. When you see what a difference such a small thing as a cup of tea or a chat can make to someone's life it really does make you want to sign up immediately. We welcome people of all ages and interests, who can spare 1-2 hours each week, to volunteer with us as a TASS Befriender. Both men and women can make a valuable contribution to the service we offer.

The area we cover is large, it includes the villages of Buckland Monachorum, Yelverton, Walkhampton, Horrabridge, Bere Alston and Bere Ferrers, Milton Abbot, Lamerton, Lifton, Lydford and stretches out to Princetown, as well as Tavistock and Whitchurch.

The next training takes place at the Anchorage Centre (next to the bus station in Tavistock) on Tuesday 1st March for 6 weeks from 10.30 to 12.30.

If you are interested in joining us please contact TASS on 01822 616958 or 01822 610942 and ask to speak to Ann or Cathy.

Or you can email befriending@tasstavistock.org.uk



Nature Notes by Bluebell - March 2016

"I watched a blackbird on a budding sycamore
One Easter Day, when sap was stirring twigs to the core:
I saw his tongue, and crocus-coloured bill
Parting and closing as he turned his trill;..."

Winter Words; Thomas Hardy

And the birds are beginning to get ready for the dawn chorus to swell. Bluebell has seen gold crests hopping along the twigs of her apple trees, and long-tailed tits swinging through her garden, and heard the woodpecker drumming as she hollows out her new nest hole. The song thrush awakes the dawn, and lambs are starting to appear in the fields. But it is still raining.



It may have been the rain that brought out a strange substance called 'star-jelly', which the editor has seen on her lawn, and Bluebell has found in her field. There is still debate as to exactly what this curious substance is. It disappears after a few days or less. Bluebell found it on a fence post, as well as on grass, and assumed it was the uneaten remains of unfertilised

spawn of a frog or toad which a buzzard had left. There were no black spots of developing tadpoles to be seen in it, but it was a translucent, greyish-white jelly like frogspawn. It is also called otter jelly. It has been reported since at least the 14th century. It was found in January, before frogs lay their spawn, and is often associated with meteors. M Smith, in *The Book of British Amphibians and Reptiles* p 138 states it is most likely formed from the glands in the oviducts of frogs and toads. Predator birds and animals do not eat the oviducts, or vomit them up. In the BBC's *Nature's Weirdest Events*, series 4, ep 3, Jan 14 2015, naturalist Chris Packham sent some to the Natural History Museum for DNA analysis by Dr David Bass who confirmed it was from a frog. He also found traces of magpie on the jelly which may point to the demise of the frog.

However, it has also been identified as a slime mould (cyanobacteria), a type of fresh water blue green algae, not normally seen, but which after rainfall can swell up into a conspicuous jelly-like mass.



Bluebell saw another mysterious creature, caught in her car headlights, coming out of a hedge bank in the lane. Her first thought was that it was a polecat, it was such a distinctive shape. There are reports of some spreading to Devon from Wales, but they are very rare, and while exciting it seems unlikely. Perhaps it was an escaped ferret, or polecat-ferret, or a really, really big stoat. Bluebell would welcome information!



GARDEN NOTES BY 'DIGGER'

I am sometimes asked how and when I became interested in gardening. It certainly was not at home. My father grew vegetables and flowers and did not encourage me to go near his precious crops. When I got married we lived in a semi detached house, the back garden of which sloped down to a stream. This back garden consisted of thick clay which was very difficult to work. I did not know what to do with it. A friend, who was a keen gardener, advised me to grow roses and black, red and white currants. This I did and the plants flourished very well. Our next move was to a village on the outskirts of Stourbridge in Worcestershire. The underlying rock was red sandstone and the soil in the garden was fine sand. This was easy to work but quick to dry out in hot weather. In changing houses I also changed jobs, going to work in a boys' primary school. Here I had a shock. The headmaster took me outside where he indicated a fairly large piece of land. 'That is your class garden' he said, 'and I want you to teach your boys how to cultivate it'. Some of the more elderly members of staff were very experienced gardeners. They took me in hand and taught me some of the tricks of the trade. I did much reading on the hobby and with the help of the boys we soon had a flourishing form garden. From this point I was hooked on gardening and my interest in this has never wavered after almost 70 years.

Although I now reside in a nursing home I have a very large window in front of me with a heater underneath it. On this window ledge I am hoping to raise geraniums etc. from seed. As far as work outside is concerned March can be very tricky, with frost from time to time. It is not a month for putting in bedding plants, however attractive they look in supermarkets. I used to do my March seed sowing in cold frames which I could cover up on cold nights.

I am writing this article during the wettest period of weather I have ever known during my long life. It may be some time before any work can be done outside. Don't worry too much – plants and gardens have a habit of recovering quickly from any set-back. Runner beans can be planted in compost boxes and raised in cold frames before planting out at the end of May, when the risk of frost should be over.





SKITTLES FUN TIME IN MILTON ABBOT

St Constantine Church and Milton Abbot Village Hall organised a skittles evening in the Village Hall on Friday, 12th February in aid of both. The event was hosted by the Rector, Revd. Andy Atkins, and eleven teams from around the area, each of four competitors, battled it out for the Team Trophy and to be the best individual player. After a hard fought contest the Team Trophy was won by a team for Longcross. Following a play-off, the prize for the best individual player went to Mrs Chris Harrop of the Longcross team. The energy used by the players was replaced by a meal of pasties with cake to follow provided by the ladies of the Church. The evening was a great success and was enjoyed thoroughly by all who attended. A total of **£272** was raised to be shared between the two causes.

This was the first joint event organised by the Village Hall and the Church and following its success it is planned to hold two joint events each year, alternating the venue. Watch this space for news of future events.

Time for Life



Consortium Members:



Reg. Charity
No: 119541



Reg. Charity
No: 1019018



Reg. Charity
No: 1087185



Reg. Charity
No: 1010973

www.timeforlife.org.uk

Head Office Westbank, Farm House Rise, Exminster, Exeter, EX6 8AT 0845 3047267

Time for Life is a targeted service for people who are aged 65 years and older and is funded by Devon County Council. The service provides an enabling facility for people living in their own homes, helping to build confidence and boost independence. The charity has a new look team, helping to change lives for the better. The Time for Life community enablers work with people on a one-to-one basis over a set period of time, helping individuals to gain more from life, enjoying new experiences, getting out and about, making new friends and learning new skills. The Time for Life service is managed by Westbank Community Health & Care charity, which works to empower and improve the health of communities and individuals across Devon. Anyone can refer a person to receive free support from the Time for Life team, but the referral has to be made via Devon County Council's Care Direct Service. If you wish to make a referral, please call 0345 155 1007 (local rate).

HOTEL ENDSLEIGH GARDENS OPEN DAY

Milton Abbot, nr Tavistock, PL19 0PQ

Wednesday 11 May – 11am-4.00pm

in aid of Milton Abbot Church

Adults: £5.00 Children: free to include tea/coffee & biscuits



Plus Quality Crafts & Super Raffle

Come and see this wonderful example of Humphry Repton's work and help raise much needed funds for the maintenance of Milton Abbot Church.
Pre-booked lunches – telephone 01822 870000



The Devonshire Association

For the Advancement of Science, Literature and the Arts

The Tavistock and West Devon branch of the Devonshire Association has a monthly talk which is open to all.

Subjects covered include history, geology, flora, fauna and literature, all with a local flavour.

The talks are held on the third Friday evening of months Sept. to April in the **Tavistock Church Rooms at 7.30pm.**

Monthly visits to places of interest are arranged during May, June and July.

March 18 th	'Dartmoor's Moss Gatherers in World War 1'
April 15 th	AGM followed by 'Church Houses'

All visitors are welcome, just turn up or contact

Barbara Edwards 01822 85636

The Devonshire Association is a charity

WORSHIP IN THE LIFTON BENEFICE

St.Mary, Lifton. St.Nicholas, Broadwoodwidge. St.Peter, Lewtrenchard
St.Mary, Kelly. St.John the Baptist, Stowford. St.George, Thrushelton

Holy Communion every Wednesday, 10.30am at St.Mary's, Lifton

MARCH 2016

	9.45am unless stated different	11.15am unless stated different
6th Mothering	Lifton - Holy Communion <i>With posies of flowers</i>	Lewtrenchard - Holy Communion <i>With posies of flowers</i>
13th Lent 5	10.00am "Together at Ten" at STOWFORD CHURCH <i>The Dramatised Passion Gospel & Communion</i>	
20th Palm Sunday	Lifton - Morning Prayer Thrushelton - Holy Communion	Lewtrenchard - Holy Communion Broadwood - Holy Communion Kelly - Morning Prayer
24th Maundy Thurs	7.30pm	Eucharist of the Last Supper and Watch of Prayer at Stowford Church
25th Good Friday	10.30am	Good Friday Ecumenical Service at Lifton Church after Walk of Witness from Strawberry Fields (Gather at Strawberry Fields at 10.00am)
	2.00pm	Devotional Hour at Kelly Church
26th Easter Eve	8.00pm	Service of "New Fire" and 1st Communion of Easter at Lewtrenchard Church
27th Easter Day	8.00am	9.45 Lifton HC
	Stowford HC	11.15 Kelly HC 9.45 Thrushelton HC 11.15 Broadwood HC



Lent Lily



One of the flowers most associated with March is the narcissus (Wild daffodil). Named after the boy in Greek mythology, who was changed into a flower. Narcissus is also known as Lent Lily because it blooms in early spring and the blooms usually dropping before Easter. It is the main daffodil species of Britain.

The daffodil became a popular Welsh symbol in the 19th Century. Lloyd George used it to symbolise Wales at the 1911 Investiture and in official publications.

In England the daffodil inspired amongst others William Wordsworth to write his famous poem "Daffodils."

Chillaton Women's Institute

Meet every 3rd Wednesday at the School Room Marystowe Church at 2.00pm
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Forthcoming Events:

St.Pirans Night Saturday 5th March: special Cornish set Menu

Mothers Day 6th March special Menu with a gift

In April it's French Night and in May it's Spanish night!

Keep up to date- email us requesting more information and we will keep you informed.....

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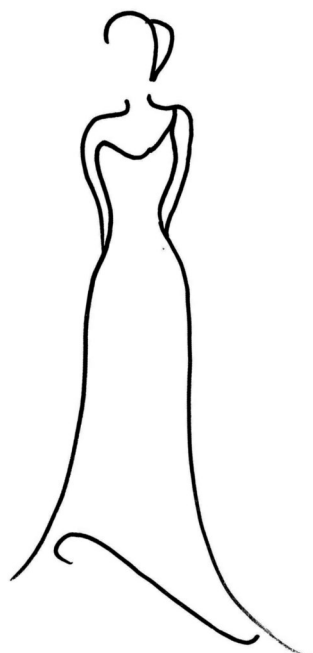
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or see trip advisor for comments by others!



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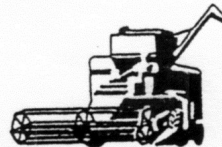


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Did you know the local NHS has a Patient Advice and Complaints Team?

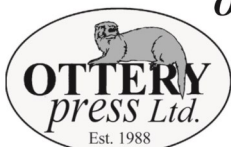
NHS Northern, Eastern and Western Devon Clinical Commissioning Group (NHS NEW Devon CCG) patient advice and complaints team is a service to provide patients, carers, family members, the public and staff with help, advice and support with concerns or comments relating to NHS services.

The team provides free and confidential help to investigate and resolve problems as they happen and aim to do this as quickly as possible. They can also organise in depth investigations of any problems relating to healthcare across a number of different services. Hearing from patients helps us to make improvements and gives us early warnings of system problems. It is very important for the CCG to hear when things are going wrong.

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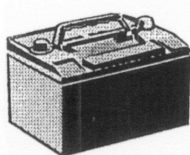
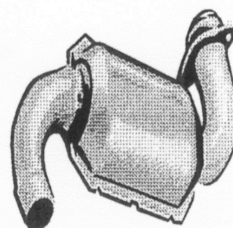
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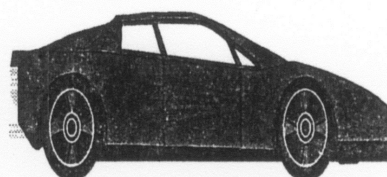
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The searcher shall report any bombs, missiles, live ammunition or human remains discovered, to the landowner and to the police.

Archaeological discoveries will be reported to the landowner in the first instance. The information will then be passed on to the Portable Antiquities Scheme, local museum or archaeological body **providing the landowner agrees.**

Potential treasure discoveries will be reported to the landowner in the first instance providing this can be achieved within fourteen days. In any event the Coroner will be informed within fourteen days as prescribed by The Treasure Act.

All finds (or the value thereof) and treasure awards will be shared equally between the searcher and landowner.

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Milton Abbot Edgcumbe Arms	1125	Launceston Westgate arr. dep.	1409 1411
Lamerton Blacksmith's	1132	Chillaton Square	1439
Tavistock Hospital	1138	Lamerton School	1450
Tavistock Bedford Square	1140	Tavistock Hospital	1455
		Tavistock, Bedford Square	1457

114 TAVISTOCK-MILTON ABBOT-LAUNCESTON-CHILLATON-TAVISTOCK EVERY THURSDAY

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Milton Abbot Edgcumbe Arms	1000	Chillaton Square	1348
Launceston Westgate arr. dep.	1020 1023	Launceston Westgate arr. dep.	1413 1415
Chillaton Square	1050	Milton Abbot Edgcumbe Arms	1432
Lamerton School	1101	Lamerton Blacksmith's	1438
Tavistock Hospital	1106	Tavistock Hospital	1444
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Lamerton Village	0957	Lamerton Village	1302
Tavistock Bus Station	1005	Tavistock Bus Station	1310



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Are you concerned about the well-being or happiness of yourself or someone you know in the community? Whether it is a **child or adult** suffering from any kind of abuse or neglect, do not be shy. Come forward and speak in confidence to people who can help. We offer you a safe place to tell your story and take the matter further.

Contact:

- ◊ **Julie Hibbert**, Safeguarding Representative
01822 618221, safeguarding@southtamar.church
- ◊ **The Rev. Andy Atkins**, Vicar, Milton Abbot Benefice
01822 870298, vicar@southtamar.church

If someone is in immediate danger, call 999

Childline 0800 1111; NSPCC Helpline 0808 800 5000



ADVANCE NOTICE - GARDENERS!

A plant sale is being held at Lamerton Village Hall, on 21 May 2016, in support of Cancer Research. Please take some cutting or make some divisions of plants that we could sell at the sale. For more information please contact
Kate Crozier 01822 870297

New Bus Timetables - see opposite

Please note that some of the bus times of the Tavistock Country Bus Service have changed slightly. Check your usual bus time before travelling.



From the editor's desk ...

Deadline for the April issue is Tuesday 15th March 2016

Advertising rates: Advertising for 'one-off' local charities and events is free.
 $\frac{1}{8}$ page: £1.80 per issue - £18 per year $\frac{1}{4}$ page: £3.60 per issue - £36 per year
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CHURCH SERVICES

March 2016

Day	St Mary M. Sydenham Damerel	St Peter's Lamerton	All Saints' Dunterton	St Constan- tine Milton Abbot	St Mary the Virgin Marystowe	St Andrew's Coryton
Sunday 6th March <i>Mothering Sunday</i>		9.30pm Family Service AJ			9.30am HC CW AA	
Sunday 13th March	9.00am HC by ext. CW IS			11.00am HC CW AA		11.15am Matins BCP PH
Sunday 20th March <i>Palm Sunday</i>		11.00am HC by ext. CW IS			9.30am Family Service + Baptism AA	
Thursday 24th March <i>Maundy Thursday</i>	7.30pm, St Peter's Church, Lamerton Holy Communion and stripping of the Sanctuary, followed by Watch at the Altar of Repose					
Friday 25th March <i>Good Friday</i>	11.00am Walk of Witness Coryton to Marystowe followed by short service at Marystowe					
Saturday 26th March <i>Easter Eve</i>	7.30pm St Constantine, Milton Abbot Holy Communion with Blessing of the Pascal Candle					
Sunday 27th March <i>Easter Day</i>	9.00am Matins BCP ID	6.30pm HC BCP AA		11.00am HC CW M&AS	9.30am HC CW AA	11.15am HC CW AA
Sunday 3rd April		6.30pm Even- song AA			9.30am HC CW AA	

BCP – Book of Common Prayer

CW – Common Worship (Modern)