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

Diary Dates

April 2016

- 30 MILTON ABBOT VILLAGE COFFEE MORNING, in aid of Dunterton Church, Village Hall, 10.30 12.00
- 30 LAMERTON COFFEE MORNING, Lamerton Community Centre, 10.30 12.00

May 2016

- 3 LAMERTON BINGO, Lamerton Community Centre, 8.00pm
- 6 MESSY CHURCH, St Peter's Lamer ton, 3.30 5.30pm
- 7 MILTON ABBOT VILLAGE COFFEE MORNING, Village Hall, 10.30 12.00
- 11 Endsleigh Hotel open Day, 11am 4pm
- 14 LAMERTON COFFEE MORNING, Lamerton Community Centre, 10.30 12.00
- 14 MILTON ABBOT VILLAGE COFFEE MORNING, Village Hall, 10.30 12.00
- 17 MAGAZINE DEADLINE
- 17 LAMERTON BINGO, Lamerton Community Centre, 8.00pm
- 17 MILTON ABBOT Village Hall AGM, 7.30pm
- 21 MILTON ABBOT VILLAGE COFFEE MORNING, Village Hall, 10.30 12.00
- 22 PORTINGTON BLUEBELL WALK, 2 5pm
- 28 LAMERTON COFFEE MORNING, Lamerton Community Centre, 10.30 12.00
- 28 MILTON ABBOT VILLAGE COFFEE MORNING, Village Hall, 10.30 12.00
- 31 LAMERTON BINGO, Lamerton Community Centre, 8.00pm

June 2016

4 MILTON ABBOT VILLAGE COFFEE MORNING, Village Hall, 10.30 - 12.00

MAGAZINE DEADLINE

Please note that I have to stick rigidly to the <u>17th May</u> deadline for the June edition. Any contributions after Tuesday will not make it into the magazine - you have been warned!! Ed.



Thank you to Poppy for sending in the lovely drawing of her cat.

Children - don't forget to send your artwork (favourite Bible story, hobby, pet) to the Editor if you would like to see it on the front cover.

May 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.

82. The Book of Psalms; a selection from 96 - 150

And so we journey on, pausing at Psalms and quotations that appeal to me, and I hope, to you also.

Psalm 97 This reminds us of the majesty of the Kingdom of God. Note verse 6: 'the heavens declare his righteousness, and all the people see his glory'.

Psalm 98 This tells us that we must praise God, as must all the creatures upon the earth.

Psalms 103, 104, 105. Three thought provoking psalms which speak of God's mercy and his providence. God has given this wonderful, blue planet for us to enjoy and we spoil it with hate, greed and desire for power. We do too much asking and not enough thanking. Do read these three psalms as they will give you much to think about.

Psalm 107. I have good cause to remember this psalm. When I entered grammar school in 1934 at the age of 10 we were given verses 23 to 31 to learn for homework. I found this difficult but I can see why we were given it to do. The verses describe the experiences of sailors in a very rough sea and how God calms the waves and brings the ships safely to harbour. This describes our lives. We all experience rough times, but if we trust in God he will bring us, at last, safely to our spiritual home.

Psalm 112. This psalm tells us that if we fear (love) God we shall be very secure. Verse 7: 'He shall not be afraid of evil tidings; his heart is fixed, trusting in the Lord'.

Psalm 119. This is the longest psalm consisting of 23 sections, each containing 8 verses. Each section is headed by a letter of the Hebrew alphabet. There are so many good things in the words of this psalm, as you will find as you read through it.

Psalm 121. This is a lovely psalm which begins by encouraging us to look up at the hills, which gives the writer help. The psalm tells us how safe we shall be if we put our trust in God. Verse 9: 'The Lord shall preserve thee from all evils; he shall preserve thy soul'.

Psalm 136. This psalm praises God for his mercies. Note how each verse is emphasised by the phrase 'for his mercy endureth forever'.

Psalm 137. This psalm refers to the Exile and captivity 597 - 539 B.C. and describes how the exiles sat down and wept. They must not forget Jerusalem and look forward to the Babylonians being destroyed.

Psalms 146 to 150. These are full of praise and trust in God.

Our journey next month will make a start through the Book of Proverbs.

The epistle of Paul to the Colossians

Colosse was a city in Asia Minor (now Turkey). It had been a large and wealthy city in pre-Christian times, but declined in importance during the New Testament period,

principally due to an earthquake in about A.D.60. Paul's letter would seem to have been written from prison several years later. The style of the letter, with more complex sentences, is somewhat different than his earlier letters and may have been influenced by

Timothy, who is included in opening greetings.

The dominant theme of the letter is to remain faithful to the gospel in the face of false teachings:

'see to it that no-one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the basic principles of this world rather than on Christ' 2 : 8 and 'do not let anyone judge you by what you eat or drink......and delights in false humility and the worship of angels, which disqualifies you from the prize' 2 : 16-18

Paul lists in his final greetings (4:7-18) those close to him such as Tychicus and Onesimus, who are coming to visit the Colossian church, Aristarchus, a fellow prisoner, Mark (probably the gospel writer), Epaphras (one of you), his good friend Luke the doctor, Demas, Justus and Archippus. Interestingly Paul also asks for his letter be read to the church of the Laodiceans referring to Nympha and *the church in her house*; Laodicea, by the way, is one of the churches scornfully mentioned in Revelations 3:17 as

'being a lukewarm church rich and in need of nothing' The pre-eminence of Christ for Christian living becomes an important theme towards the end of the epistle. Also, in an especially relevant message for today, Paul encourages prayer. Prayer gives opportunities to proclaim the mystery of Christ to non Christians, especially if delivered in a tactful way.

"be wise in your dealings with outsiders and be sure you make the best use of your time with them. Let your words always be gracious never insipid; learn how best to respond to each person you meet" 4: 5

Ian Silcox



The Rural Pulpit

'For whosoever shall call upon the name of the Lord shall be saved' Epistle of Paul to the Romans 10:13

God bless you all

Geoff Willetts



The Vicarage, The Parade, Milton Abbot, Tavistock, Devon. Pl19 0NZ Tel: 01822 870298; Email revandymiltonabbot@gmail.com

For many people change can be unsettling. Most of us are creatures of habit. We like things the way they are. We don't want to change.

On the other hand, change can sometimes be liberating. We sometimes get into habits, ways and patterns of behaving, which hold us back, tie us down, prevent us from being the people we could be and enjoying life in the way God wants. And of course sometimes the same change can be both. We may resist a change which would actually be good for us, simply because we are too comfortable with the way things are. Or we may see how much better it would be to change, but just find it too difficult, and end up settling for life as it is.

Change is at the heart of what the Christian faith is all about. Jesus said that he had come so that we could enjoy life to the full (John 10:10). But he also calls us to 'repent' — a word which really means 'to change'. Jesus called his first disciples to leave everything and follow him. It was a big change — from being fishermen, tax-collectors, or whatever — but it wasn't something they had to struggle with on their own. Jesus called them to be with him, to be part of a new community learning to live life his way, and with him there to help. But it did mean making — and accepting — changes. Living Jesus' way still does. It's not something which can just be 'bolted on' to an existing way of life. It means doing some things differently. It's liberating when we do that, but if we try to hang on to everything that we're used to then we'll miss out on all that Jesus offers.

Change is also about adapting to changes elsewhere. The shop we always used closes down. Children grow up and start school. The partner we have loved and lived with is no longer with us. Or maybe the shop just changes hands and stops stocking the things we used to buy there. Change is something that our Benefice is very well acquainted with. Whether that is a new Vicar, new service booklets, a new Messy Church, or new services and changes in service times.

I am sure that for some of you it must seem as if everything has changed. How does that make you feel? Some will be excited, some filled with dread.

Over the coming months, which will take us towards summer, let us all pray for one another as we approach changes in all aspects of our lives.

God Bless, *Fr. Andy*





Christian Aid

Christian Aid is an ecumenical Christianbased charity with Rowan Williams, the former Archbishop of Canterbury, as chair of the board of trustees.

It started in 1945 after World War II calling itself Christian Reconstruction in Europe with British and Irish church leaders determined to help European refugees. In 1950 it began to look beyond Europe to support development work in Africa and Asia and to respond to emergencies worldwide. In 1960 the name was changed to Christian Aid and as world food shortages increased it began to delve more deeply into the causes of poverty. The advent of the 21st. century brought new challenges such as the so called war on terror, climate change, the increasing number of natural disasters and much poverty in the developing world and now the refugee problem, which means that the work of Christian Aid is needed more than ever.

The main fund raising effort is during the annual Christian Aid week, which this year is from 15th to 22nd.May. Last year **£2923.18** was

collected during Christian Aid week. Hopefully this can be exceeded this year!

Christian Aid envelopes will be in all our benefice churches so if you wish to contribute please send your envelope directly to

Christian Aid, PO Box 100, London SE1 7RT with a gift aid declaration, if you are a UK taxpayer please.

or pass to me or the Parish Office at

Tavistock Parish Church Centre,

Plymouth Rd, Tavistock

Thank you!

Ian Silcox, Christian Aid Treasurer Tavistock Parish Church

Our New Church Web Site

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

South Tamar Mission Community

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

http://www.southtamar.church

BIBLE READINGS (Year C)

Please use the readings published in the Parish Magazine and your own bibles.

DATE	1 st READING	2 ND READING	GOSPEL	
1st May 6th Sunday of Easter (White)	Acts 16: 9 - 15	Revelation 21: 10, 22 - 22:5	John 14: 23 - 29	
8th May 7th Sunday of Easter (White)	Acts 16: 16 - 34	Revelation 22: 12 - 14, 16,17, 20 - 21	John 17: 20 - 26	
15th May Pentecost (Red)	Acts 2: 1 - 21	Romans 8: 14 - 17	John 14: 8 - 17 (25 - 27)	
22nd May Trinity Sunday (White)	Proverbs 8: 1 - 4, 22 - 31	Romans 5: 1 - 5	John 16: 12 - 15	
29th May 1st Sunday after Trinity (Green)	1 Kings 8: 22 - 23, 41 - 43	Galatians 1:1 - 12	Luke 7: 1 - 10	
5th June 2nd Sunday after Trinity (Green)	1 Kings 17: 17 - 24	Galatians 1: 11 - 24	Luke 7: 11 - 17	

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*'.

Reservation of Grave Space or Cremation Plot

A notice from the Vicar.

If any persons believe that they may have reserved a grave space or cremation plot, but are not in possession of a form called a '*Faculty*', could you please contact the Vicar immediately.

No verbal agreements with past Vicars/Church Wardens can or will be honoured. It is therefore of the upmost importance that you contact Rev Andy Atkins.

Tel 01822 870298

Dunterton Church Services

Next HC Service at Dunterton, 10.00am 19 June. 'Plants and Gardens

MILTON ABBOT VILLAGE HALL

ANNUAL GENERAL MEETING

The 53rd Annual General Meeting will take place on

Tuesday, 17th May 2016 starting at 7:30 pm

in the Village Hall

PLEASE COME AND SUPPORT YOUR VILLAGE HALL

ALL ARE WELCOME



A CHILD'S FOOTSTEPS TO FAITH

Our Spiritual Compass

I am sure that most of you have seen a compass. A compass is a very handy instrument that will help keep you from getting lost. Not only that, it will help you find your way if you do

that, it will help you find your way if you do get lost. The compass has four main directions, they are North, South, East and West. The needle of the compass always points North. So, if the needle is pointing in that direction (to the North) and you want to go South, you would go in the opposite direction from where the needle is pointing. If the needle sometimes pointed North and at other times it pointed to the South, East, or West, you would never be able to use the compass to find your way. You would wander around, hopelessly lost. The compass must always point in the same direction if you are going to use it to guide you.



In trying to find our way through life's journeys, God has given us a spiritual compass to guide us. That guide is the Holy Spirit. When we don't know what to do or which way to turn, the Holy Spirit always points us in the right direction.



Some people rely on their feelings to help them make decisions. That's no good. Our feelings may change from day-to-day, so they cannot be trusted to guide us in the right direction. Besides, just because we feel good about something doesn't mean that it is the right thing to do, does it?

Some people look at what others are doing to help them make important decisions. That is no good either. Just because everyone else is

doing it doesn't mean that it is the right thing to do.

Tomorrow everyone might be doing something else.

Jesus promised that God would send the Holy Spirit "to guide us in all truth." That means that the Holy Spirit will help us to understand God's Word which always points us in the right direction. It points us to Jesus who is "the Way, the truth, and the life."

Whenever you don't know which way to turn, you can always turn to God's Word and let the Holy Spirit be your guide.

Father, we thank you for sending the Holy Spirit to be our guide through life. We know that the Spirit will lead us to Jesus. In his name we pray, amen.

Our Spiritual Compass

But when he, the Spirit of truth, comes, he will guide you into all truth. John 16:13a (NIV)

Look at the numbered clues, determine the correct word, and write that word in the spiral puzzle. Each numbered square will begin a new word. You can check your answers in John 16:12-15 (NIV).

			5
3			
	1		
		2	
	4		

- 1. To receive a sound using your ears
- 2. To express your thoughts, opinions, or emotions orally
- 3. To show the way by leading, directing, or advising
- God coming to us without human body; The Holy _____
- 5. A statement proven to be or accepted as being true



Vicar's Tea Party!





All Welcome Saturday 25th June 1pm – 5pm

Pop in for cake and a chat

The Vicarage, The Parade, Milton Abbot, PL19 0NZ



Lamerton Village Party

to Celebrate the Queen's 90th Birthday at Lamerton Village Hall Saturday 11th June from 1.00pm



To include 'bring your own' picnic lunch, children's games, teas,

magician, hog roast Live music and bar.





MARYSTOWE TRACTOR RUN & FETE

CELEBRATING THE QUEEN'S 90th BIRTHDAY

At Marystowe Church, Chillaton, PL16 0JA

IN AID OF MARYSTOWE CHURCH & DEVON AIR AMBULANCE

SUNDAY 26TH JUNE 10.30am - 4.00pm

Tractor run departs 11am return approx. 1.30pm, Face Painting from 12pm, Children's Fancy Dress & Crown/Hat Parade 2.30pm. Vintage & Classic Cars, Photographic Exhibition, Children's Photo Competition Bouncy Castle for all ages, Cake, book and plant stalls etc., Chillaton Village Archive. Flower Exhibition and Refreshments all day



Enquiries for stalls, competition schedule: margaret-dunn@btconnect.com 01566 783779



BLUEBELL WALK

Stroll through the woods at PORTINGTON

Sunday 22nd May

2.00 - 5.00pm

£2.50 per head In aid of St. Mary's Church, Sydenham Damerel

TEAS AVAILABLE



14

EASTER AT MARYSTOWE

Our service on Palm Sunday, 20th March, was extra special, as we welcomed family and friends for the baptism of Samuel Cyril Robert Townsend. Palm crosses were given to everyone, including the children and babies. Readings and a poem were read and the hymns chosen by the family. During the service, Andy explained about the five symbols used in bap-



tism, involving everyone, especially the Godparents. It was a joy to have our church filled with young people and the sound of the little ones playing contentedly. It was such a happy occasion and everyone stayed for sherry and savoury nibbles.



On Good Friday morning, a glorious spring day, Andy and a small group of us representing a number of churches in the benefice, gathered at Coryton at 11am for the 'Walk of Witness'. We set off, accompanied by eight dogs, in the warm sunshine with Ian Silcox carrying the cross, along the country lanes, passing fields full of lambs, towards Marystowe. We

certainly didn't need our scarves and warm jackets for long! At each of the 'stations,' we laid stones, kindly painted by the children of

Lamerton C of E School and listened to the short readings and spent a few moments in private prayer. At Marystowe, a short service was held, led by Andy, Iris played the organ and the dogs sat quietly with their owners in the pews. Maybe, they could smell the hot cross buns, which were later served with our coffee!

We had a lovely service with Holy Communion on Easter Sunday. The Church was beautifully decorated with spring flowers arranged by 14 people; our regular flower ladies, two



children - Brodie and Myla and a several of our friends from the village. We are so grateful to everyone who helps us. Deborah Asbridge

A big thank you.....

Jim and family wish to thank all those who organised, contributed and attended my retirement party. They are too many to name but they all know who they are. It was truly overwhelming and I can't thank you enough for your fantastic generosity. Jim Crockford

Nature Notes by Bluebell - May 2016



"Sweet April showers Do spring May flowers."

1610; English Folk Rhymes; Northall, G. F. 1892

April and May are Bluebell's favourite months. April hesitates, tiptoes into spring, cold winds and sharp showers are mixed with blue skies and cherry blossom and the delight of violets, primroses and bluebells on every bank and hedgerow.

Bluebell was surprised by a sudden rainstorm from a clear sky, the sun shining and no clouds. This odd weather phenomenon is known throughout the world, called as variants of The Fox's Wedding Day, or a Sun shower.

How fresh, O Lord, how sweet and clean Are thy returns! ev'n as the flowers in spring; To which, besides their own demean, The late-past frosts tributes of pleasure bring. Grief melts away Like snow in May, As if there were no such cold thing.

George Herbert; 1593-1633; The Flower

Now is the time of birdsong, the dawn chorus and birds nesting. The melody of

the robin, the song thrush, the sounds of jackdaws, nuthatch, tits, blackcap, chiff-chaff, chaffinch, owls and woodpeckers ring through the garden. And who sings of the glory of God's springtime louder than the tiny wren! In winter, under the brambles

"He's in under there, ticking, Not as a last pulse, but a new life waiting.A bird out of Merlin's ear. Silent watcher. Suddenly Singing, like a martyr on fire, Glossolalia."



Ted Hughes; Wren

Bluebell has seen her first swallows, flitting low across the garden and meadow at dusk, with the little bats, hunting tiny insects, the plankton of the air. Their distinctive flight makes them instantly recognisable; the sight of forked tails and the sound of their twittering cries brings a rush of joy! Miriam Darlington writes in *The Times, April 16 2016*:

"..I saw my first swallow of the year. I'm not sure if it was the bite of the wind or being so tired that bought wetness to my eyes. But I thought of the vast distances travelled by these nomadic birds, and how they resist being known by more than a lucky few. They leave a trail of stories, like shed feathers, of restless wanderings and of things just beyond our grasp."

GARDEN NOTES BY 'DIGGER'



My interest in gardening, continued.....

My garden at St. Ive was level and had a lawn, vegetable patch, pool, greenhouse and views. It was very easy to work. Our next move after retirement was to Staffordshire to be near our daughter. The garden was small and lacked interest. Our next move was

to Brixham to a bungalow which had been rented out by our eldest son who worked abroad. The garden had a view to Portland Bill and had a type of palm tree growing therein. I installed a greenhouse. I was determined to fill the borders with flowers, which I accomplished. There are photos to prove it! My son and his wife were amazed.

After three months we moved to Tavistock to a bungalow on a corner plot. One side of the garden was shaded by large trees. This proved to be a challenge until shade-loving plants were sought. Ferns did very well. A poor lawn was dug out at the front of the bungalow and I turned this into a successful cottage garden. Failing health brought an end to my outside gardening days and I am now in a nursing home where I shall live until the end. My gardening interest is as strong as ever so I am gardening without a garden on a large window ledge and adjoining table. So far I have cacti, African Violets, Arthuria and six geranium seeds just showing in a seed tray. So that is my gardening life – full of interest and happiness.

My wife, Beryl, shared my enthusiasm in over 50 years of marriage. She gave me every support as we worked together in the open air. I was lonely after she passed away until I met Julie, who is now my partner. She is a very good gardener and we have much to talk about and enjoy together.

Towards the end of May we should be free of frost and planting out can begin. I used to bring on my runner beans in the greenhouse. Before I planted them out I used to dig a fairly deep trench which I lined with well watered newspapers. I also put in quantities of vegetable waste from the kitchen. I believe runner beans are a type of bog bean and like damp conditions for their roots, plus plenty of rich



'food'. When planting runner beans some gardeners sow annual flower seed around them. When they flower these will attract bees, which help pollinate the bean flowers. The result should be a heavy crop.

We should soon be sowing perennial seed in trays to bring on, so that they can be planted out in September. This will give us many flowers for our next year's garden.

More about this next month.



Set in the stunning gardens of this lovely Edwardian Arts & Crafts Country House on the edge of Dartmoor, the show will bring together ideas for both Home & Garden with producers and makers from throughout the South West.



Garden Admission £5.00 | Children under 14 free | Dogs on lead welcome

DEVONLIFE

CORNWALLLIFE

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18

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



JIM'S RETIREMENT PARTY

Many of the residents of Milton Abbot, surrounding villages and hamlets and outlying farms gathered in Milton Abbot Village Hall on Saturday, 16th April to mark the retirement of much loved village postman Jim Crockford. Jim, who was accompanied to the tea party by his wife and family, has been a postman for thirty

two years and for close on twenty eight of those years he has covered the area of Milton Abbot and its surroundings.

Making a presentation to Jim, Chairman of the Village Hall, Chris Burchall reflected on the many friends that Jim has made for his service and helpfulness and the gratitude that he has earned. The presentation followed a local collection over several weeks.

In reply Jim said that he is looking forward to being able to spend more time on his several hobbies. He will miss his daily contact with so many people but will not miss the early starts.

There is no doubt whatsoever that Jim will be much missed by all of us.

WORSHIP IN THE LIFTON BENEFICE

St.Mary, Lifton. St.Nicholas, Broadwoodwidger. 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

	9.45am un	ess stated different	11.15am unless stated different	
1st. May Easter 6	10.00am		at BROADWOODWIDGER the whole Benefice	
Thurs 5th Ascension	7.30pm Holy Communion for Ascension Day At STOWFORD CHURCH			
8th Easter 7	Lifton Thrushelton	 Holy Communion Morning Prayer 	Lewtrenchard - Holy Communio Broadwood - Holy Communio	
15th PENTECOST	Kelly	- Holy Communion	Stowford - Holy Communio	
22nd Trinity Sun	Lifton Thrushelton	 Morning Prayer Holy Communion 	Lewtrenchard - Holy Communio Broadwood - Holy Communior	
29th May Trinity 1 (5th.Sunday)	10.00am	Communion for	at LIFTON CHURCH the whole Benefice Flower Festival Celebrations	

MAY 2016

JUNE 2016

5th. June
Trinity 210.00am"Together at Ten" at STOWFORD CHURCH
Communion for the whole Benefice

Lamerton Women's Institute

Meetings are at Lamerton Sports and Community Centre, 2.00pm

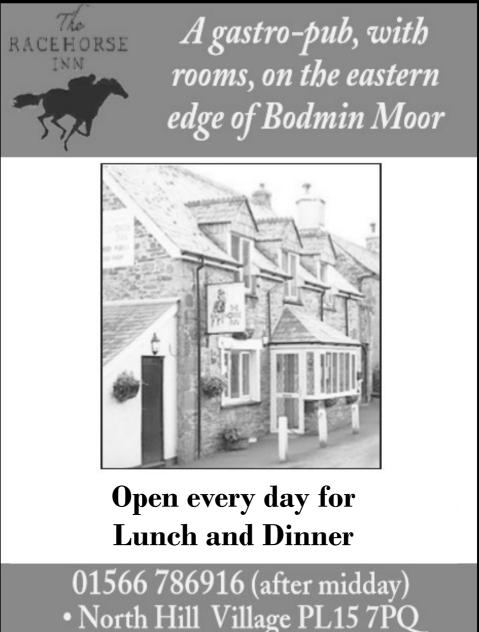
- 3 May Annual Meeting and Resolutions
- 7 June 'Church carvings', with Todd Gray

New members are very welcome

Chillaton Women's Institute

Meet every 3rd Wednesday at the School Room Marystowe Church at 2.00pm Come and join us. Call Iris Griffiths 01822 860483 for information

NEW MEMBERS WELCOME



www.racehorseinn.co.uk www.facebook.com/racehorseinn.launceston email: info@racehorseinn.co.uk



'Cash in the Attic' Quality Bric-a-Brac and Crafts Milton Abbot Church

Saturday 16th July 10am - 1.00pm Refreshments, raffle

Table bookings: call Sandra, 01822 870218

Monday 2nd May, 7.30pm Milton Abbot Village Hall

Tickets £10.00, Concessions £8 www.Tavonians.org.uk Enquiries 0845 519 6592





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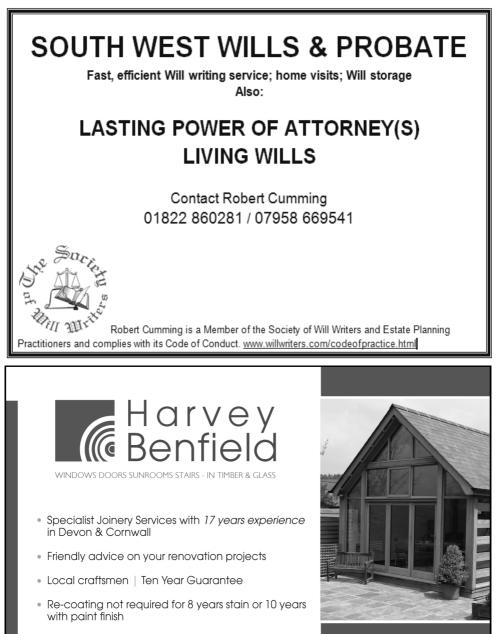
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Lamerton Tavistock Devon PL19 8QA

PHYSIOTHERAPY MAY HELP WITH: Pain Back and neck injuries Headaches Muscle and joint problems Arthritis and rheumatism Sports injuries Recent and longstanding injuries HALF PRICE ACUPUNCTURE SESSIONS 1st Tuesday of each month Gift vouchers available for physiotherapy or massage sessions. Clinics at Tavistock and Lamerton

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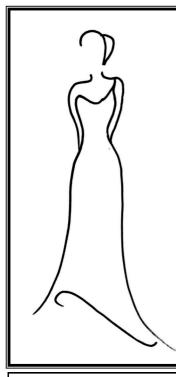
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citizens advice

Citizens Advice

the charity for your community

The Citizens Advice bureau in Tavistock is now open **3 days a week.** Do drop in for help and information with debt, benefits, housing, consumer issues and any other problems you may have.

Tavistock Bureau

Kingdon House, North Street Tavistock PL19 0AN

Mondays: 10.00am - 12.00

Wednesdays: 10.00am - 3.00pm

Fridays: 10.00am - 3.00pm

or 'phone Devon Adviceline

03444 111444

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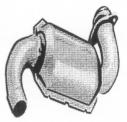
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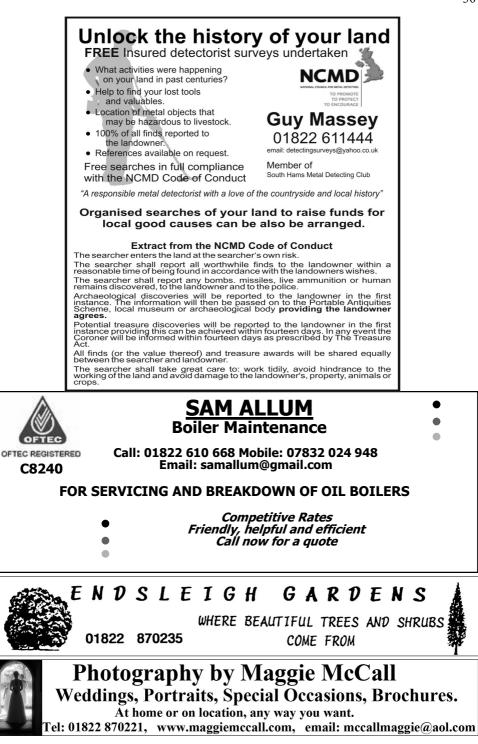
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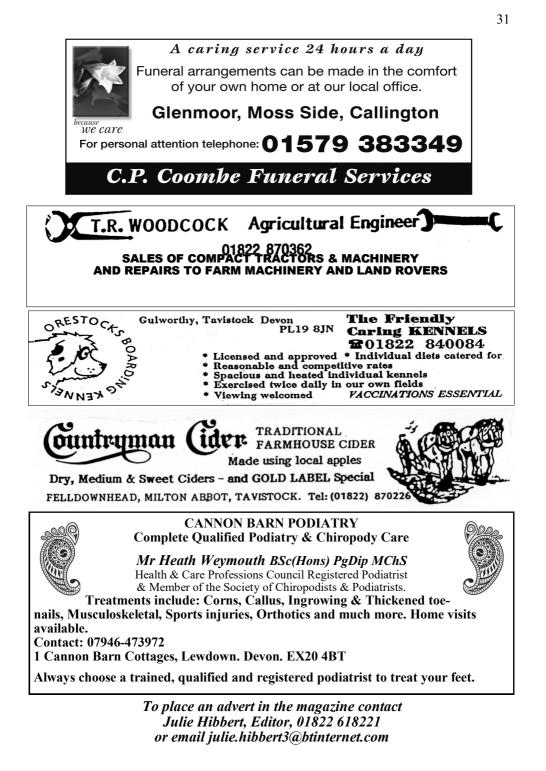


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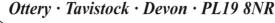
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Tavistock Country Bus Service

117 TAVISTOCK - CHILLATON - LAUNCESTON - MILTON ABBOT - TAVISTOCK EVERY TUESDAY

Tavistock Bedford Square	1015	Tavistock Bedford Square	1330
Lamerton School	1023	Tavistock Hospital	1332
Chillaton Square	1035	Lamerton Blacksmith's	1337
Launceston Westgate arr. dep.	1103 1105	Milton Abbot Edgcumbe Arms	1349
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

0945	Tavistock Bedford Square	13.30
0948	Tavistock Hospital	1332
0954	Lamerton School	1339
1000	Chillaton Square	1348
1020	Launceston Westgate arr.	1413
1023	dep.	1415
1050	Milton Abbot Edgcumbe Arms	1432
1101	Lamerton Blacksmith's	1438
1106	Tavistock Hospital	1444
1109	Tavistock Bedford Square	1446
	0948 0954 1000 1020 1023 1050 1101 1106	0948Tavistock Hospital0954Lamerton School1000Chillaton Square1020Launceston Westgate arr.1023dep.1050Milton Abbot Edgcumbe Arms1101Lamerton Blacksmith's1106Tavistock Hospital

94 TAVISTOCK - MILTON ABBOT - TAVISTOCK FRIDAYS (except bank holidays)

Tavistock Bus Station	0935	Tavistock Bus Station	1240
Lamerton, Village	0943	Lamerton, Village	1247
Milton Abbot Edgcumbe Arms	0950	Milton Abbot Edgcumbe Arms	1255
Lamerton Village	0957	Lamerton Village	1302
Tavistock Bus Station	1005	Tavistock Bus Station	1310



Safeguarding in South Tamar Mission Community

Be safe, not sorry - Report it!

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 June issue is Tuesday 17th May 2016

Advertising rates: Advertising for 'one-off' local charities and events is free. ¹/₈ page: £1.80 per issue - £18 per year ¹/₄ page: £3.60 per issue - £36 per year ³/₈ page: £5.40 per issue - £54 per year ¹/₂ page: £7.20 per issue - £72 per year Full page: £14.40 per issue - £144 per year

CHURCH SERVICES May 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 1st May 6th of Easter		6.30pm Even- song AA/MJ			9.30am HC CW AA	
Sunday 8th May 7th of Easter	9.00am HC CW AA			11.00am HC CW AA		11.15am Matins BCP PH
Sunday 15th May Pentecost		11.00am HC CW AA			9.30am Family Service AA	
Sunday 22nd May <i>Trinity</i>	9.00am Matins BCP ID	9.30am Family Service AA		11.00am HC by ext CW IS		11.15am HC CW AA
Sunday 29th May 1st of Trinity	United Benefice Service at Sydenham Damerel 11.00am Holy Communion, CW TBC All are most welcome					
Sunday 5th June 2nd of Trinity		6.30pm Even- song AA/MJ			9.30am HC CW AA	

BCP – Book of Common Prayer CW – Common Worship (Modern)