

# Parish News

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



***Despite Coronavirus and the lock-down, our  
home in Devon is still a green and pleasant  
land, for which we give thanks to God***



**South Tamar**  
Mission Community

**June and July  
2020**

**Price: £1**

**RECTOR:** **Rev Andrew Atkins** **01822 870298**

The Vicarage, The Parade, Milton Abbot PL19 0NZ;  
Email: vicar@southtamar.church

## **CHURCHWARDENS**

**Lamerton:** Mike Jefferies 614178  
Ian Minshull 810027

**Milton Abbot:** Liz Padmore 870642  
Vacant

**Dunterton:** Arthur Vigars 870244

**Sydenham Damerel:** Margaret Hurdwell 870545

**Marystowe:** Barbara Dawe (01566)784797  
Deborah Asbridge 860378

**Coryton:** Richard Searight 860148  
Giles Vicat 860254

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**Sydenham Damerel:** (Barbara Meikle) 617229

**Milton Abbot + Dunterton:** Liz Padmore 870642

**Marystowe:** Guy Talbot 860314

**Coryton:** Josie Whitfield 860189

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**Lamerton:** Mike Jefferies Church Avenue House, Lamerton 614178

**Sydenham Damerel:** c/o Margaret Hurdwell 870545

**Milton Abbot:** Pat Lovell 2 Fern Meadow, Tavistock 618452

**Dunterton:** Gerald Napier Glebe House, Dunterton 870285

**Marystowe:** Guy Talbot 860314

**Coryton:** Niel O'Neill 860263

## **UNITED BENEFICE APPOINTMENTS**

**Benefice Safeguarding Representative** Julie Hibbert 618221

**Vicar's Assigned Administrator** Guy Talbot 860314

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## **PARISH COUNCILS**

	<b>Chairman</b>	<b>Tel.</b>	<b>Clerk</b>	<b>Tel.</b>
<b>Milton Abbot group parish:</b>	Peter Hough		Emma James	07742 557982
<b>Lamerton:</b>	Roger Geake	860224		
	Clerk Steve Cox	258549	clerk@lamertonparishcouncil.gov.uk	
<b>Sydenham Damerel:</b>	Barry Isaacs	870269		
	Clerk Mike Forster	870752	clerk@sydenham-damerel.org.uk	

## **PRIMARY SCHOOLS**

<b>Lamerton C of E</b>	Head Teacher: Melody Sterry	Tel. 613561
<b>Milton Abbot</b>	Head Teacher: Chris Luxford	Tel. 870273

## ***Live streamed services - not to be missed!***



We will be Live Streaming a service every Sunday and Wednesday at  
11:00 am.

<http://www.southtamar.church/live-services/>

If you would like to join our "Church" please do watch and send a picture of yourself, so that we can include you at the end of the service.



## **South Tamar Mission Community**

There are several ways to keep up to date with events, or to get in touch with the Vicar and Churchwardens

Our website: <http://www.southtamar.church>

Our Facebook page: @southtamarmission

e-mail: [vicar@southtamar.church](mailto:vicar@southtamar.church)

tel: 01822 870298

*The Vicarage, The Parade, Milton Abbot, Tavistock, Devon. PL19 0N*  
*Tel: 01822 870298; Email vicar@southtamar.church*



My Dear friends in Christ,

As I sat down to write this article, I opened a web page and guess who I found to be on the front page of Google. Right at the top of the page, there was a little cartoon, called a Google Doodle, of a singer and lyricist, because Wednesday the 20th May was his birthday. Who is this writer and performer you may ask who has his birthday on May 20<sup>th</sup>, it is Israel Ka'ano'i Kamakawiwo'ole, known to his friends as IZ.

At the end of every Live Streamed service, I play a piece of music "Over the Rainbow/What a wonderful world" and show pictures of our congregation. I do this so that we can all look at the faces of our friends and family, to remember happier times when we were all together and to remember that we are not alone in our present suffering. It also reminds all of us that 'The Church' is not made from stone and mortar but made from flesh and bones.

The song was recorded in 1988 in one take at 3:00 am in the morning, it went on to be a global hit. IZ very sadly died when he was only 38, on the day of his funeral the Hawaiian flag flew at half-staff as his body lay at the state capital building in Honolulu. (only the third person to ever be given this honour). In 1996 he was Baptised and spoke openly of his Christian beliefs.

One of the verses says:

*The colours of the rainbow so pretty in the sky  
 Are also on the faces of people passing by  
 I see friends shaking hands  
 Singing, "How do you do?"  
 They really sing, "I...I love you"*

Every Thursday, after we have clapped to show our love and support for the NHS and Social Care workers,

I play this song – very loudly from the Vicarage front doors, so that the whole village can hear.

What unites our Thursday evenings and our Church services is a rainbow. In Genesis, God put a rainbow in the sky as the sign of His promise that He would never again destroy the earth with a flood. To Christians, a rainbow will always be a symbol of hope. It is also a picture of God's beauty and holiness. So the rainbow is not merely a symbol. It's not simply part of an ancient story. It is a living example of God's faithfulness. It is an assurance that God has not forgotten us and that he continues to work in this world.

Even though we can't shake hands, hold one another or physically be with our loved ones, we can look at the pictures of our friends and family smiling at the end of the service. We can ask them 'how do you do' and in their smiles, we will see them saying to us "I love you".

May you all stay safe, stay well, stay connected and stay firm in your faith.

Amen

*Fr. Andy*

P.S I received an e-mail letting me know that as from Thursday 21<sup>st</sup> May, even Jesus will now be working from home 😊



# St. Mary's Church, Sydenham Damerel

Well, this has to be an historic magazine! I wonder if anyone can remember another like this or if there ever has been one.

We in Sydenham Damerel have managed comparatively well compared to those in London and other large cities and towns. We all feel blessed to have large gardens to exercise or relax in and we have been able to walk the surrounding country lanes without any risk related to social distancing as you rarely see anyone! Here is our latest aerial photograph (a wonderful shot kindly taken for us by Nick Maclachlan from his drone) showing our own little corner of heaven in its very best light.



Our small community has been brought together by the [Sydenham Damerel Covid Chronicle](#) which is a small on-line newsletter produced weekly and circulated to nearly sixty people in the village and surrounding properties. The Chronicle grew from the idea of a local community support team



known as the *Covid Chums* to support each other with collecting shopping, prescriptions, or by just providing someone to talk to. People have been encouraged to write a paragraph or two on their reminiscences or their life during lockdown. These articles have been amusing, uplifting, informative, sometimes moving or sad and always interesting to us all. The Chronicle has been a catalyst for joining our community together and is filled with warmth and understanding. In addition to the *Life-Under-Lockdown* articles we have had enormous creativity and inclusion from all our residents with quizzes, art, poetry, jokes, a garden plant and seed exchange scheme, a magnificent photographic competition and the best ever treasure hunt.

On Thursday evenings, to show our support for front line workers, the whole village comes out to produce a wonderful cacophony of clapping, bells, saucepan banging and even a post horn. There is always much laughter and real joy whilst we never forget those who are working so hard at risk to their own lives to help save ours.

We have had birthdays, anniversaries and sadly one death in the village but our village keeps calm and carries on with indomitable spirit and an overriding knowledge that the support is here, willingly offered and gratefully received.

The Coronavirus is one of the worst things that any of us have experienced in our lifetimes and hopefully will soon be just another memory. We will get through it and on the positive side, our beautiful and beloved Sydenham Damerel is a stronger place as a result.

Keep safe all  
*Margaret*



We will be Live Streaming a service every Sunday and Wednesday at  
11:00 am.

<http://www.southtamar.church/live-services/>

If you would like to join our "Church" please do watch and send a picture of yourself, so that we can include you at the end of the service.

## BIBLE READINGS (Year A)

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

DATE	1 <sup>ST</sup> READING	2 <sup>ND</sup> READING	GOSPEL
Sunday 31st May <i>Day of Pentecost (Red)</i>	Acts 2.1 - 21	1 Corinthians 12.3b - 13	John 20.19 - 23
Sunday 7th June <i>Trinity Sunday (white)</i>	Isaiah 40.12 - 17, 27 to end	2 Corinthians 13.11 to end	Matthew 28.16 - 20
Sunday 14th June <i>1st Sunday after Trinity (Green)</i>	Exodus 19.2 - 8a	Romans 5.1 - 8	Matthew 9.35 - 10.8
Sunday 21st June <i>2nd Sunday after Trinity (Green)</i>	Jeremiah 20.7 - 13	Romans 6.1b - 11	Matthew 10.24 - 39
Sunday 28th June <i>3rd Sunday after Trinity (Green)</i>	Jeremiah 28.5 - 9	Romans 6.12 - end	Matthew 10.40 - end
Sunday 5th July <i>4th Sunday after Trinity (Green)</i>	Zechariah 9.9 - 12	Romans 7.15 - 25a	Matthew 11.16 - 19, 25 - end



## BIBLE READINGS (Year A) continued

DATE	1 <sup>ST</sup> READING	2 <sup>ND</sup> READING	GOSPEL
Sunday 12th July  <i>5th Sunday after Trinity (Green)</i>	Isaiah 55.10 - 13	Romans 8.1 - 11	Matthew 13.1 - 9, 18 - 23
Sunday 19th July  <i>6th Sunday after Trinity (Green)</i>	Isaiah 44.6 - 8	Romans 8.12 - 25	Matthew 13.24 - 30, 36 - 43
Sunday 26th July  <i>7th Sunday after Trinity (Green)</i>	1 Kings 3.5 - 12	Romans 8.26 - end	Matthew 13.31 - 33, 44 - 52

**BCP – Book of Common Prayer**

**CW – Common Worship (Modern)**

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'***.

### ***Light at the end of the tunnel?***

It seems likely that permission will be given by the government and the national church for church buildings to be re-opened in a phased approach over the coming months.

The Diocese of Exeter has issued a document to help clergy and PCCs to think through the decisions and actions needed to do this in a practical and safe way. In particular, Bishop Robert is dedicated to:

<b>Prayer</b>	<b>re-opening churches for prayer and worship</b>
<b>Grow</b>	<b>deepen church life, both as individuals and community wide</b>
<b>Serve</b>	<b>ways in which the church can serve everyone.</b>

Please keep an eye on the South Tamar Mission Community website  
<http://www.southtamar.church/>  
 for developments.

## Old Testament book of Daniel

This book is classified as a major prophetic one and, among the 6 books of that category, is unique as it contains several eschatological references relating to 'the last times', the main account of which is recorded in Revelations, the final book of the New Testament.

Daniel was taken into exile in Babylon while still a boy. He triumphed by sheer courage and faithfulness to God. The most well-known accounts are, I would say, the escape from the fiery furnace in chapter 3 and Daniel's escape from the lions in chapter 6.

However his prayer (Ch9 v 6-19) for the people of Judah sets out clearly the situation that they are in because of their failure to listen to the prophets who spoke in God's name, and so triggered the destruction of Jerusalem and the 70 years Babylonian exile.

Daniel lived during the sixth century BC and his visions of future conflict detailed in chapters 10 and 11 and the end times in chapter 12 indicate that the book reached its final form at the very end of the Old Testament period, about 165 BC. The vision of the four empires (Ch 10), culminating in the time of Antiochus Epiphanies (v 21-39) and his oppressive reign is also seen in the apocrypha books of Maccabees.

These 2 books also provide the setting in which the latter part of the Old Testament book of Daniel was written. Like the book of Revelations, Daniel is difficult to fully understand, but the stories of Daniel shows the need to stay true to God. Daniel's courage, I would say, is an inspiration and guidance for our present time as well as for past difficult times.

Ian Silcox



## All Saints, Dunterton

*Dunterton events for 2020, subject to the reintroduction of public worship*

*Sunday 7th June*

**10:00am** BCP Matins

*Sunday 2nd August*

**11:00am** BCP Holy Communion.

**United Benefice Service** 'Plant Swap' day with Bring & Share lunch. Tower visits will be available

*Sunday 1st November*

**10.00am** BCP Matins

with Remembrance and All Saints celebration.

*Sunday 18th October.*

**Tamar River walk**

This is the planned date for this year but will only take place if the Coronavirus restrictions are lifted and other conditions allow.

*Friday 25th December*

**9.30am** BCP Christmas Communion

***Gerald Napier***

## ST CONSTANTINE, MILTON ABBOT

First and foremost, may we offer our thanks to Andy for everything he is doing during the Coronavirus pandemic to help us all stay in contact and stay sane. The streamed services are lovely and give us all something to build these difficult weeks around, particularly for those of us who are living alone and self-isolating. And in addition, Andy ran an on-line quiz on VE Day which was good fun and probably brought home to some of us which bits of our knowledge are somewhat lacking; it was great to see those who partook – and interesting to watch the level of liquid in everyone's glasses gradually sinking as the evening wore on! Thank you, Andy, and also thanks to Sarah for the questions.

Understandably in these strange and difficult times we have had to cancel our Open Day at Hotel Endsleigh in May and the Summer Musical Evening at Coombe Trenchard in June, and events we had been planning for in the future are very much in the balance.

Stay safe, everyone – and let's hope we can all get together again soon even if only socially distanced!

## DO UNTO OTHERS

You will no doubt notice that there are no church services listed in this magazine. Instead on the back two pages are some slips you could consider putting through your neighbours and friends doors to offer any help they may need from phone calls, shopping, taking post to walking pets

## Coronavirus and event cancellations

Everyone is very aware of the current situation and will be unsurprised that the following events have now been formally cancelled:

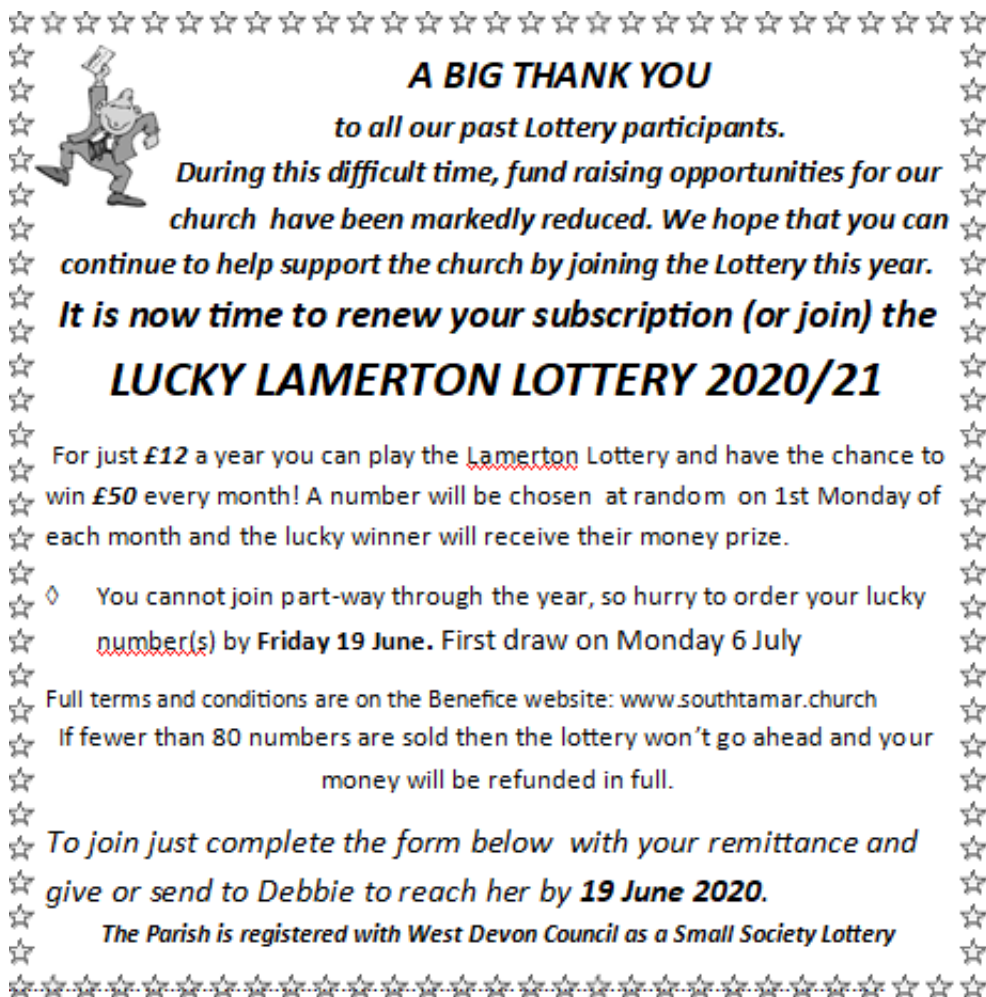
- ◆ Annual Fete and Duck Race, Lamerton 7th June
- ◆ Combe Trenchard Musical Evening 25 June
- ◆ WI Produce Show, Lamerton 8 August
- ◆ All Milton Abbot and Lamerton coffee mornings, until further notice.

### *Lucky Lamerton Lottery*

Winning number for April 2020 draw - 12

Winning number for May 2020 draw - 7





## **A BIG THANK YOU**

*to all our past Lottery participants.*

*During this difficult time, fund raising opportunities for our church have been markedly reduced. We hope that you can continue to help support the church by joining the Lottery this year.*

***It is now time to renew your subscription (or join) the***

## ***LUCKY LAMERTON LOTTERY 2020/21***

For just **£12** a year you can play the Lamerton Lottery and have the chance to win **£50** every month! A number will be chosen at random on 1st Monday of each month and the lucky winner will receive their money prize.

◇ You cannot join part-way through the year, so hurry to order your lucky number(s) by **Friday 19 June**. First draw on Monday 6 July

Full terms and conditions are on the Benefice website: [www.southtamar.church](http://www.southtamar.church)

If fewer than 80 numbers are sold then the lottery won't go ahead and your money will be refunded in full.

***To join just complete the form below with your remittance and give or send to Debbie to reach her by 19 June 2020.***

***The Parish is registered with West Devon Council as a Small Society Lottery***

Name.....

**Lucky Lamerton  
Lottery**



Address.....

Contact details Tel..... Email.....

I would like ..... numbers @ £12 each and enclose a cheque/cash for £.....

Cheques payable to St Peter's Church, Lamerton (no cash in post please) and deliver your remittance to:-

Debbie Greenfield  
2 Hillside Cottages  
Lamerton PL19 8RP

Or pay by BACS - details  
from Debbie!



## A CHILD'S FOOTSTEPS TO FAITH

### Global Warming — a Different Kind

Hardly any subject gets more press coverage, or sparks more debate, than global warming. It is being blamed for higher temperatures, storms, rising sea levels, droughts, and virtually any other phenomenon which we can't explain. There are some who believe that if a solution is not found, the world is doomed. There are others who think global warming is just a natural trend which will correct itself in time. Here, however, is global warming of a different kind and perhaps you can do your part to increase it.



Back in 1969, a composer by the name of Kurt Kaiser wrote a song entitled "Pass It On." Here is part of the lyrics of that song:



#### Pass It On

It only takes a spark,  
To get a fire going.  
And soon all those around  
Can warm up in it's glowing.

That's how it is with God's love  
Once you've experienced it;

You spread his love to everyone,  
You want to pass it on.

There is no doubt that our Lord approved of this form of global warming. Before he returned to heaven, he gave this admonition to his disciples, "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

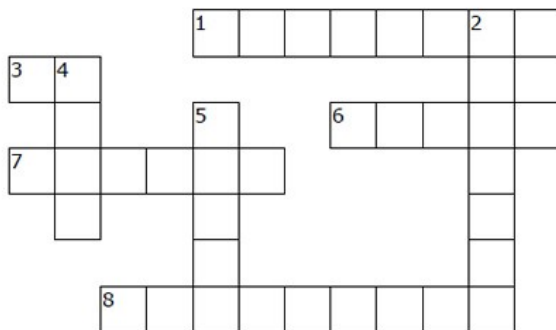
We all have the Good News that the world needs. Let's "Pass It On."

Father, we have been given the task of making disciples of all nations. Help us to be faithful in sharing your love and teaching others to keep your commandments. In Jesus' name we pray. Amen.

## The Great Commission

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." Matthew 28:19-20 (NIV)

Based on Matthew 28:18-20



### ACROSS

1. Giving instructions to a group of students
3. The opposite of stop
6. The planet on which we live
7. The place where God lives
8. Followers of Jesus

### DOWN

2. Groups of people living in a certain area; countries
4. To follow the commands, rules, or guidance
5. The Son of God

EARTH  
JESUS

TEACHING  
DISCIPLES

GO  
OBEY

HEAVEN  
NATIONS





## **C2 Safeguarding Training - suspension**



### **Notice from Exeter Diocese Safeguarding Team**

Safeguarding Training Requirements Update Guidance During Covid-19 Isolation Period (as of 18/03/2020) Following consultation with the National Safeguarding Team (NST), we have been advised of the updated position on Safeguarding Training requirements in light of the current isolation and social distancing advice to tackle the Covid-19 virus. Where a church officer required only Basic Awareness (C0) or Foundation (C1) training, these options remain available through the online national portal and should be completed as normal through this method, accessed here: <https://safeguardingtraining.cofeportal.org/>

Where clergy or those in leadership roles required the Leadership (C2/ C3) training, this was only available face-to-face and so has had to be suspended for the time being.



## **WORRIED ABOUT A CHILD OR VULNERABLE ADULT?**



Please speak to your Benefice Safeguarding Representative if you have any concerns for the well-being of a child or adult, or about the behaviour of someone towards a child or adult.

**Your Benefice Safeguarding Representative is:**

**Julie Hibbert**

Contact: **01822 618221;**

Email: [safeguarding@southtamar.church](mailto:safeguarding@southtamar.church)

Or contact: **Rev Andy Atkins: 01822 870298;**

Email: [vicar@southtamar.church](mailto:vicar@southtamar.church)

*If you cannot reach your Benefice Safeguarding Representative, please contact the Diocesan Safeguarding Team: Charlie Pitman, Safeguarding Adviser 01392 345909, Email: [charles.pitman@exeter.anglican.org](mailto:charles.pitman@exeter.anglican.org)*



prayer



growth



serve with joy

## A Story on the Theme of Respect

### Choose Your Words Wisely



Once upon a time, an old man spread rumours that his neighbour was a thief. As a result, the young man was arrested. Days later the young man was proven innocent. After being released, the young man felt humiliated and embarrassed as he walked to his home. He sued the old man for wrongly accusing him.

In court, the old man told the Judge, "They were just comments, they didn't harm anyone.." The judge, before passing sentence on the case, told the old man, "Write all the things you said about the young man on a piece of paper. Cut them up and on the way home, throw the pieces of paper out. Tomorrow, come back to court to hear the sentence".



The next day, the judge told the old man, "Before receiving the sentence, you will have to go out and gather all the pieces of paper that you threw out yesterday". The old man said, "I can't do that! The wind will have spread them and I won't know where to find them".

The judge then replied, "The same way, simple comments may destroy the honour of a man to such an extent that one is not able to fix it". The old man realized his mistake and asked for forgiveness.

**Moral:** Do not accuse or blame anyone without knowing the facts or the truth of the matter. Your words may ruin

someone's reputation without any fault of theirs.



## GARDEN NOTES BY DOUG

Well, I hope you are lucky enough to have a watering can and, even better, water to put in it. Doug's rain butts are empty – which helped enable a good deep-clean ready for the coming monsoon. It *has* been amazing weather in this rather strange time. Many have headed out into their gardens to undertake projects and to get things straight.

Many lawns will have been surprised to have had their hair cut more frequently than their owner's.

May was touted as 'No Mow May' by the charity Plantlife ([plantlife.org.uk](http://plantlife.org.uk)) with the aim of encouraging wild flowers and insects and increasing the nectar available to honeybees. Of course, if you don't mow your lawn you may think it looks a mess (or maybe the neighbours will think you're lazy). A good approach is to mow only a part of the lawn and maybe not the same part each year. If you mow a strip around the perimeter, say, or a wavy path through the middle it can look neat and attractive. Whether you go for straight lines or curves may depend on the layout of your garden. The part you leave will get some wild flowers eventually or you can plant some plugs or seed.



This approach is rather far removed from that of regularly spraying the grass with lawn weed-killer and fretting about the stripes.



Again, it may depend on whether you have a very formal, neatly clipped garden, or something more relaxed. The trend does seem to be away from the straight and formal to something more 'natural'. Some garden lawn treatments include a weed-killer such as clopyralid. This kills broadleaf growth but not grasses. However, it doesn't break down that easily. It can take many months, or even a year or two, to completely go. If you look carefully at the instruction label you may see that you shouldn't put the grass clippings on the compost heap or in the council green waste. Even small traces can affect the growth of seedlings so you don't want it to find its way into your seed tray; either via your compost heap, or from the seed compost you buy from the garden centre (which

may have some of that council green waste in it). Maybe it's better to support the wildlife?

With luck, your courgettes, cucumbers, tomatoes and beetroot will be romping away and your lettuce will be in your salads. Enjoy! It'll all get better soon. Good luck!

**Doug**

## Nature Notes by Bluebell 2020 June-July



April and May 2020 will probably never be forgotten. Lock-down has made the countryside so still and quiet. Bluebell, overlooking sunlit green woods and valleys, hears only bird-song and the cry of lambs in the morning and evening. Hardly any noise of engines. The beautiful bluebells are giving way to tall foxglove spires, little bees drifting through them in the woodland glades.

Pollution has lessened, **for the time being**, but bees are in trouble. There are nearly 300 species of bees in the UK, including honey bees, and lots of solitary bees and bumble bees, some with short tongues and some with long tongues, designed to take nectar from different shaped flowers, and thousands more species of bee all over the world. They have been here since before the dinosaurs. Bluebell is watching a nest of wild bees in a hole in an old ash tree in her garden. Bees need protection now. *The Bee Bible 50 Ways to Keep Bees Buzzing*; Sally Coulthard; Head of Zeus 2019



They must have been some of the first creatures the Lord God put in the Garden of Eden!

The dawn chorus was much louder fifty years ago. We have lost forty million of our birds since 1970 according to the RSPB. More and more birds are endangered, including: skylark, cuckoo, starling, house sparrow, song thrush, wood-warbler, yellowhammer, fieldfare, curlew, woodcock, nightingale, turtle dove; and more than half our swifts have vanished in the last 20 years.

At last the swallows have returned to Bluebell's homestead, (a month later than usual), and the swifts. Greater spotted woodpeckers have raised three young, now flying (22<sup>nd</sup> May), jubilation!



Many, suffering grief and fear in the time of Corona Virus are turning for solace to Nature, to see the glorious beauty of Creation, and the promise God gave in the rainbow to Noah, and to us, that He will be with us always.

Bluebell tries to fix in her memory one of these beautiful woodland paths, full of bluebells, scented, humming with bees, melodious with birdsong, thrush, blackbird, lark, black-cap and robin echoing to heaven, and the path up to the bluebells, through rhododendrons and cow-parsley and pink campion, to bring before her mind's eye in sad or solitary times, as a comfort like Wordsworth's daffodils, recollected in tranquillity or if necessary in waking at night.

### **POLE POSITION**

It may not have escaped your attention that the flag at the top of St. Peter's Church in Lamerton changes rather regularly. Some flags are flown for specific events, Saints days or occasions but in particular the Union Flag is flown on the following days in the coming months

<b>2nd June</b>	<b>Coronation Day</b>
<b>10th June</b>	<b>Duke of Edinburgh's birthday</b>
<b>13th June</b>	<b>The Queen's official birthday</b>
<b>21st June</b>	<b>Duke of Cambridge's birthday</b>
<b>27th June</b>	<b>Armed Forces Day</b>
<b>17th July</b>	<b>Duchess of Cornwall's birthday</b>

*(I think someone else very close to the Chief Bunting Tosser's wife could be included in the birthday flags too. Ed.)*

If you do spot a flag and want more information about it and why it was flying then feel free to email [parishnewsmag@gmail.com](mailto:parishnewsmag@gmail.com) and it will be passed on to the Chief Bunting Tosser

### **The Pastoral Care Team within our Benefice**

At this particularly challenging time, the pastoral care team is there for you - to offer time, company and a listening ear in times of loneliness, bereavement or health problems. We can also offer prayer.

If you would like to see a pastoral care visitor or discuss this in more detail please contact

Rev Andy Atkins: 01822 870298  
email: [vicar@southtamar.church](mailto:vicar@southtamar.church)

### **ADVERTISING**

**Contact: Mike Jefferies on 01822 614178**

**E-mail:** [mike.jefferies5@btinternet.com](mailto:mike.jefferies5@btinternet.com) to discuss your advertising needs

Advertising for 'one-off' local charities and events is free.

1/8 page: £18 per year, 1/4 page: £36 per year, 1/2 page: £72 per year  
Full page: £144 per year

## WHAT REMAINS OPEN EVEN WHEN IT IS CLOSED?

Dear Father Andy,

My name is Harry and I am a Springer Spaniel in your congregation and live opposite the Church in Marystowe. I am only just one year old and it is difficult to keep focused on one thing at a time or concentrate for more than a few minutes, but I think my riddle is really clever...

### WHAT REMAINS OPEN EVEN WHEN IT IS CLOSED?

What seems a long time ago, I was sitting with my Mum when Auntie Deborah (Asbridge) called. I snuggled up because when Mum is on the phone this is a sign for a good cuddle while a mug of coffee or glass of wine are drunk with lots of giggling!

This time though Mum seemed a little quiet and we went out immediately afterwards and across to the Church. We were going to lock up. We emptied the flowers from the Memorial Vase, looked around to check everything was safe and we walked out, dropped the latch and put up the closed sign.

It was a good thing I was around because Mum was tearful, worried about the loss of the sanctuary and peace that the Church gives as a place, and also the comradeship, support and fun through meeting in the building.

We do go over to the Church once a week to walk around inside and outside to check all is OK and ready to open as soon as it is allowed.

BUT it is no longer such an unhappy experience because although the Church is shut it is open...

I can now go to Church with Mum...I sit with her on a Wednesday and Sunday morning when she logs onto the computer (a small problem is the introduction of hymns into the service as her singing is awful and I have to put my paws over my ears) and she really loves seeing her friends and your service gives the same sense of peace that she gets from going across the road.

So on behalf of my Mum

Thank you

Harry



## Where to get help for domestic abuse issues

<p><b>Immediate risk of harm</b>  <b>Call 999</b>  For emergency police and medical help</p>	<p><b>Samaritans</b>  08457 909090  For emotional support in a crisis</p>
<p><b>Domestic Abuse Devon Helpline</b>  0345 155 1074  For reporting abuse and obtaining  practical help/advice</p>	<p><b>Devon MASH Multi Agency Safeguarding Hub</b>  0345 155 1071  For reporting any incidents where  children are affected</p>
<p><b>National Domestic Violence Helpline</b>  0808 2000 247  24 hour freephone for women</p>	<p><b>National Men's Advice Line</b>  0808 801 0327  Office hours only, for men</p>
<p><b>Childline</b>  0800 1111  For children to report any concerns</p>	<p><b>NSPCC</b>  0808 800 5000  Protection of children—advice and help</p>
<p><b>In your community</b>  <b>Rev Andy Atkins</b>  01822 870298  Email: vicar@southtamar.church</p> <p><b>Julie Hibbert</b>  (Mission Community  Safeguarding rep.)  01822 618221  Email julie.hibbert3@btinternet.com</p>	<p><b>Diocesan Safeguarding Team</b>  Charlie Pitman, Diocesan Safeguarding Ad-  viser - 01392 345909 -  Charles.Pitman@exeter.anglican.org  Phill Parker, Assistant Diocesan Safeguarding  Adviser - 01392 294969 -  DBS@exeter.anglican.org</p> <p style="text-align: center;">  </p>
<p style="text-align: center;"><b>Citizens Advice, Tavistock</b>  Call Adviceline 03444 111 444  Or drop into Abbey Surgery Mon, Weds, Fri from 10am until 3pm.  For information and help on all practical relationship issues - including divorce, hous-  ing, debt, benefits, access to legal aid, child maintenance etc.</p>	



## Benefice Safeguarding - Focus on Domestic Abuse



### Not here in my village - surely?

The Office of National Statistics presents some frightening data for the UK. In Nov 2019 a report revealed 10% of men and 25% of women have experienced some form of domestic abuse since the age of 16. Put simply, one in four women and one in ten men in our community will have experience of this. It is in our backyard.

### What is domestic abuse?

The UK Government defines it as: 'Any incident or pattern of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 + who are, or have been, intimate partners or family members, regardless of gender or sexuality.' Domestic abuse is not confined to physical violence. It also includes psychological, sexual, financial, emotional and spiritual abuse and can occur in many guises.

**Anyone** can suffer at the hands of an abuser, who exercises power and control over their supposed 'loved one'. Also, children witnessing abuse are likely to be badly affected by such behaviour, but are not included in the above statistics. Domestic abusers are good at lying to hide their behaviour and the abused often hide their plight out of fear, shame or desire to protect children. Some victims don't even recognise that what they are putting-up with is abuse.

### What can I do?

It is hard to leave an abusive partner - for many reasons. Many victims take years to pluck up the courage to act. There are many organisations which offer confidential support to make this enormous life-change. Only some are listed in the table. The first step is to confide in someone. You can contact your vicar, Rev Andy, or Julie Hibbert (safeguarding representative) who will listen and support you in strict confidence - and offer a referral to an appropriate body if you wish. You do not have to be a church-goer. (The only caveat to maintaining confidence is if you report that a child is at risk. We have a duty to report this.)

***If you suspect your friend, family member, child or neighbour is being abused do tell someone.***

Any investigation by the Police or Devon Multi-agency Safeguarding Hub is done very sensitively and the source of information is never disclosed. Your fears may be unfounded, but you could avert a tragedy.

*Julie Hibbert*

*Email [julie.hibbert3@btinternet.com](mailto:julie.hibbert3@btinternet.com), 01822 618221*

## SEEDS OF HOPE

After all the wind & rain of winter, Dee, like most people, is looking forward to some Spring sunshine. Someone kindly gave her an old greenhouse several months ago, helpers put it together and lay a concrete floor.

Last spring Dee raised hundreds of tiny plants from seed, the process was very therapeutic as she enjoys peaceful hobbies close to home. However, the results for invested labour were altered by a family of rabbits who moved in from neighbouring fields. Dee will soon be sowing many different flower seeds along with some vegetables & offering many in return for donations. All money raised will be divided between the sister churches of Marystowe and Coryton together with the registered charity Christian Aid.

Please contact Dee by email to request a list of plants available. Donations may be placed in an envelope and exchanged when plants are ready to leave home. Dee hopes your garden are not troubled by rabbits.

Contact Dee by email: [deray2003@gmail.com](mailto:deray2003@gmail.com)

## Your advert could be here!

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Advertising for 'one-off' local charities and events is free.

1/8 page: £18 per year, 1/4 page: £36 per year, 1/2 page: £72 per year  
Full page: £144 per year



Gulworthy, Tavistock Devon  
PL19 8JN

**The Friendly  
Caring KENNELS**  
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- \* Licensed and approved
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- \* Spacious and heated individual kennels
- \* Exercised twice daily in our own fields
- \* Viewing welcomed
- \* Individual diets catered for
- \* *VACCINATIONS ESSENTIAL*

## Parish News Deadlines

Issue covering the months of	Deadline for submissions	To advertise events taking place in
August & September 2020	15 July 2020	August 2020 onwards
October and November 2020	15 September 2020	October 2020 onwards

***Due to the lead time on printing the magazine the deadline will be set at the 15th for forthcoming editions to enable it to reach you in good time.***



Tel 01822 870214

## The Royal Inn

Horsebridge

Nr. Tavistock

15th Century Coaching Inn

HOME-COOKED FOOD

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Made using local apples

Dry, Medium & Sweet Ciders - and GOLD LABEL Special

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**FOR SERVICING AND BREAKDOWN OF OIL BOILERS**

- ◆ ***Competitive Rates***
- ◆ ***Friendly, helpful and efficient***
- ◆ ***Call now for a quote***

## EDITOR'S CONTACT DETAILS

Email: parishnewsmag@gmail.com

Tim Culverhouse, Lower Barton, Lamerton, Tavistock, PL19 8RR  
01822 616799

To enable me to include as much content as possible I would appreciate it if you could, when submitting adverts, content and event listings, send them through ideally in a word or editable format so that I can ensure the best fit within the magazine. If in doubt send them through in word and PDF.

In the main, events advertised in A6 landscape will be able to be placed on a half page. Adverts which are A5 portrait invariably either require a whole page or a quarter of a page which can be (for some) too small to read)...your assistance and contributions are, as always, much appreciated.



## ENDSLEIGH GARDENS

WHERE BEAUTIFUL TREES AND SHRUBS  
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# Harvey Benfield

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**Nigel F Bickle**

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## **R Mears & Sons** **Chimney Sweeps & Stove Installation**

Established over 30 years

Vac Brush. Full CCTV investigations.

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**Tel: 01822 612014/616583**

**[www.avenscarehomes.co.uk](http://www.avenscarehomes.co.uk)**

**[admin@camplehaye.co.uk](mailto:admin@camplehaye.co.uk)**

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**WesternWeb**  
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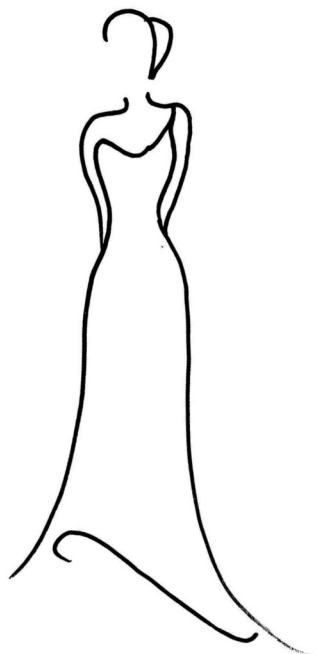
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**[www.westernweb.co.uk](http://www.westernweb.co.uk)**





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the charity for your community

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.....

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.....

**If you are self-isolating due to COVID-19 I can help with:**

- |  |  |
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| <input type="checkbox"/> A friendly phone call | <input type="checkbox"/> Urgent supplies |

Just call or text me and I'll do my best to help you (for free!)

Coronavirus is contagious. Please take every precaution to ensure you are spreading only kindness. Avoid physical contact (2m distance). Wash your hands regularly. Items should be left on your doorstep.

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## Tavistock Country Bus Service

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

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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

Tavistock Bedford Square	0945	Tavistock Bedford Square	13.30
Tavistock Hospital	0948	Tavistock Hospital	1332
Lamerton Blacksmith's	0954	Lamerton School	1339
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
Tavistock Bedford Square	1109	Tavistock Bedford Square	1446

### OAKLEY'S COACHES - 121 TAVISTOCK - MILTON ABBOT - TAVISTOCK FRIDAYS (except bank holidays)

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

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