

# Parish News

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



***Life goes on as normal for some!***

***Dartmoor ponies, by Anita Townsend***



South Tamar  
Mission Community

**August and  
September 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 Vigers 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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**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  
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**Marystowe:** Guy Talbot 860314  
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### UNITED BENEFICE APPOINTMENTS

**Benefice Safeguarding Representative** Julie Hibbert 618221

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

### MAGAZINE

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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@lamertonparishcouncil.gov.uk	
	Clerk Steve Cox	258549		
<b>Sydenham Damerel:</b>	Barry Isaacs	870269	clerk@sydenham-damerel.org.uk	
	Clerk Mike Forster	870752		

### PRIMARY SCHOOLS

**Lamerton C of E** Head Teacher: Melody Sterry Tel. 613561  
**Milton Abbot** 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

tel: 01822 870298

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



Dear Friends,

At the end of every service which we have live-streamed on our website, and latterly on our telephone service, I have said this prayer:

My prayer for you all will be  
 That you stay safe, stay well,  
 stay connected  
 and stay firm in your faith. Amen.

Our last service in church before the lockdown was on the 22<sup>nd</sup> of March. Our first service back in church was on Sunday 19<sup>th</sup> July. This gap was for 3 months and 27 days, or 17 weeks, or 119 days, or 2856 hours or 171,360 minutes. However we measure this time, in months or seconds, it has felt like a lifetime.

During this lockdown, I have tried to keep us all connected as a praying community through our online services on Sundays and Wednesdays. Times when I hope that you have all felt connected to one another, allowing us all to feel a little firmer in our faith.

But, even though we have now returned to church, I will still record our Sunday service and stream it from our website from 3 pm every Sunday; along with our midweek service on a Wednesday from 11:00 am. These services will also be on our telephone service. Many of you have kindly said how much you value these online services, this has been a great encouragement to me, thank you.

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

01822 730132

For many, it has been a desperately trying and difficult. Some have been dreadfully poorly, some have recovered, some received a very difficult diagnosis and sadly some have passed away. Whilst we have not lost anyone to Co-vid 19, many have passed away due to being unable to receive the care which they normally would have. Funerals have been doubly difficult, as those who mourn have been unable to do so in the manner they would have wished.

*Jesus said "I am with you always, to the end of the age" (Matthew 28.20)*

I am conscious that many people, during this time of lockdown, have felt isolated and cut off from their usual communities, including our church communities. Some I know have felt as if they were alone, as if Jesus had deserted them, as if all had forgotten them. I have been truly humbled by the way in which everyone has come together to help each other during this pandemic. My Grandparents used to talk of the 'Blitz Spirit', I never imagined that I would see the same resilience, love, grit, compassion and determination in my lifetime.

It is something I feel truly blessed to have been part of, yet at the same time, wish that I had never had to bear witness to the suffering and pain of so many.

Some have said to me that the Church has been absent during this time. However, I feel that our Churches have moved out of their buildings and served those in our communities, with acts of kindness and love too numerous to mention – I am just so proud to be your Vicar! You asked those around you *'How can I help'*, *'Can we pray for you'* and *'What do you need'*. As Jesus said in *John 13:35*,

*'By this everyone will know that you are my disciples, if you love one another.'*

Across our 6 churches, there has been a profound desire to work together, to keep in contact with each other and to encourage one another. We may have many difficult discussions over the next year, we will face them together, with the same spirit which has carried us all through this lockdown.

As our churches begin to slowly open, many of us are talking about what our *'new normal'* will be. I think we are all beginning to realise that we may never return to *'normal'* for some considerable time, as new restrictions and demands are placed upon our everyday life to keep ourselves and our loved ones safe.

So, as we return to church, I realise that many of you will not be ready yet to return, either because you are feeling vulnerable, or that you are shielding at home. Please only return to church when you feel it is safe to do so, when you are ready, I will be waiting to welcome you back!

For God has said, *'I will not leave you or forsake you'* so we can confidently say, *'The Lord is my helper; I will not fear'*.

*(Hebrews 13:5-6)*

Lastly, I want to thank all of those who have done so much to make this time a little more bearable for those in our communities. From our Churchwardens, secretaries, Treasurers, PCC members, members of our Pastoral Care Team, magazine editors, database compilers, doorstep talkers, food parcel deliverers, late-night call makers, Booksellers, Readers, cake makers, gift-givers, money donators, foodbank helpers, key workers, caregivers, prayers and all those who have done so much.

With every Blessing,  
Fr. Andy



## St. Mary's Church, Sydenham Damerel

We have all been so careful in Sydenham Damerel during the lockdown to be socially distanced but we have certainly had our moments! We have made the loudest noise on Thursday evenings using almost everything but the kitchen sink (actually I think one or two might have even used kitchen sinks) to congratulate and thank the NHS and carers in general for their sterling efforts. We also celebrated the start of the NHS in 1948 with a socially distanced 1940's theme party at our now famous telephone box stage (eat your heart out Glasto Pyramid!).





## 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 2nd August  <i>8th Sunday after Trinity (Green)</i>	Isaiah 55.1-5	Romans 9.1-5	Matthew 14.13 - 21
Sunday 9th August  <i>9th Sunday after Trinity (Green)</i>	1 Kings 19.9 - 18	Romans 10.5 - 15	Matthew 14.22 - 33
Sunday 16th August  <i>10th Sunday after Trinity (Green)</i>	Isaiah 56.1, 6 - 8	Romans 11.1 - 2a, 29 - 32	Matthew 15. (10 - 20) 21 - 28
Sunday 23rd August  <i>11th Sunday after Trinity (Green)</i>	Isaiah 51.1 - 6	Romans 12.1 - 8	Matthew 16.13 - 20
Sunday 30th August  <i>12th Sunday after Trinity (Green)</i>	Jeremiah 15.15 - 21	Romans 12.9 - end	Matthew 16.21 - end
Sunday 6th September  <i>13th Sunday after Trinity (Green)</i>	Ezekiel 33.7 - 11	Romans 13.8 - end	Matthew 18.15 - 20



## BIBLE READINGS (Year A) continued

DATE	1 <sup>ST</sup> READING	2 <sup>ND</sup> READING	GOSPEL
Sunday 13th September  <i>14th Sunday after Trinity (Green)</i>	Genesis 50.15 - 21	Romans 14.1 - 12	Matthew 18.21 - 35
Sunday 20th September  <i>15th Sunday after Trinity (Green)</i>	Jonah 3.10 - end of 4	Philippians 1.21 - end	Matthew 20.1 - 16
Sunday 27th September  <i>16th Sunday after Trinity (Green)</i>	Ezekiel 18.1 - 4, 25 - end	Philippians 2.1 - 13	Matthew 21.23 - 32

**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'*.

### ***Return of PCC Meetings***

We are planning to hold a PCC meeting for each parish during August/September using "Zoom".

Currently the following is confirmed:

Lamerton PCC 25<sup>th</sup> August 7:00pm.

## The Old Testament Book of Jonah



The book of Jonah is unlike other prophetic books of the bible in that it is about a reluctant prophet, who tried to disobey God's command. Jonah is dated in 2 Kings 14.25 as the 15<sup>th</sup> year when Jeroboam 11 was king of Israel i.e. 769 BC. At this time the Assyrians were a powerful enemy of Israel and eventually conquered the nation some 40 years later.

Jonah is called by God to prophesy in the Assyrian capital Nineveh but he tries to avoid doing so by escaping the country - hence the strange account of his being swallowed by a whale for 3 days before being brought back, as recorded in chapter 2.

Jonah's prophecy that the city would be destroyed in 40 days proved to be false (3.4). The Ninevites fasted and repented of their evil ways and thus received God's compassion and forgiveness and their city was not destroyed.

Jonah was angry about God saving the city but with the example of a vine that withered in the heat, (having served to shelter him), God explained that the saving of one hundred and twenty thousand people was more important than one vine 4.10-11

The message of this book was that, although Jonah resisted God's call, God's mercy was not confined to Israel but reached out to that nation's enemies too. Its main point is that salvation is ultimately for the whole world. Israel's special calling is not solely for their own sake but - as we know through the sacrifice of Christ - is available for the whole of repentant mankind.

*Ian Silcox*

PS although a 'Jonah' is said today as one who brings bad luck in our biblical account his prophecy of destruction proved to be false



## All Saints, Dunterton

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

*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***



The Amateur Dramatic Society, Red Spider, based in Lewdown/Lewtrenchard in West Devon have come up with a novel way to occupy your time during the Coronavirus Lockdown.

They are calling on any aspiring playwrights to put pen to paper and try their hand at composing a One Act Play lasting approximately 20 – 40 minutes. There are two categories for entrants – above the age of 18 or for those 18 years and younger. Scripts should be ideally for a cast of between 2 and 6 performers.

The short listed winning 3 plays will be performed by the Red Spider Company but no royalties will be paid – this is just for the entertainment of the authors, the company and public.

Red Spider will shortlist the entries and the top 3 will be performed locally and judged by an independent panel appointed by the RSC. The judges' decision will be final and based on concept, dramatic action, characterisation and dialogue.

Full competition details can be obtained from Amanda Greenhalgh on 01566 784218 or Martin Perry on 01409 221376

Entries must be submitted by 31<sup>st</sup> January 2021 and performances will take place in the late Spring/early Summer of 2021.



## FARMING LIFE, BY HAYSEED

“The ideal season in your field provides a full and wholesome yield” That’s an old saying that came out of an old Victorian book about farming in the 1850’s. Agriculture today is light years ahead of farming in those days but that old saying is as true today as it was then.

What an awful start we had at the beginning of the year when it did not stop raining!!! It did stop in the middle of March to enable the sowing of cereals and other crops. Then we had a heatwave until the beginning of June. There I go, talking about the weather – 90% of people talk about the weather, so I can be excused. But it is important to us farmers to have the ideal seasons! Grass had grown quite well with plenty of moisture and then came some long days of heat. That’s alright for grass that is being made into silage or hay but grassland that is grazed especially by dairy cows needs to be fresh every day and the continuous dry weather made that difficult. Dairy farmers need all the help they can get and cows will only milk well if they can experience that. The beef suckler cows and their calves all have enough and are performing well now. The suckled calves have put on a good daily liveweight gain and will be around 400 kilos (8 cwt) when they will be weaned off their mothers.

Sheep flocks have experienced all sorts. The dry May could be looked upon as bad for some ewes and their lambs, but dry weather was ideal for shearing. A sheep’s fleece will shear off a lot easier if it is dry from the sun. Sun on a fleece will raise the “yoke” of the sheep’s fleece. It can only be described as a form of very light stickiness that is apparent on the bottom of the wool where it is attached to the sheep. Hayseed doesn’t know much about the theoretical side of it all, all I know is that sheep shear a lot easier in that condition. By the time you read this some lambs will have been weaned , some will be kept on for breeding with many others going onto the fat market.

Well, second cut grass silage and hopefully some nice hay will have been done by the time you read this. Some farmers will be looking forward to harvesting their corn and whole crops and later on the maize crop will be ready for harvesting. Globally things are still very concerning with the coronavirus etc.. All I know is that farming remains the same and that I am certain will always remain.

‘Til next time

**Hayseed**

## MILTON ABBOT VIRTUAL SUMMER FAIR

Visit our Facebook page and join in the fun!  
or email sarahatkins9@gmail.com

[www.facebook.com/southtamar.church](http://www.facebook.com/southtamar.church)

fair running from 20 July to 1st August

Afternoon tea deliveries (or collect) on 1st Aug. (order by 28 July please)  
£8 each or £2 for two



Guess how many sweets in the jar

Guess the weight of the cake

Lottery squares

Name that bear

Chocolate Tombola

On-line auction

Raffle



**Zoom - Bingo**  
**Saturday 1st August**  
**6pm**  
**and raffle winners' draw**

All details will be on the church Facebook page "South Tamar Church. We will have a link for you to pay for your purchases and all the games will also be on there for you to join in with. Please support us to make this a fun and community involved activity. Even in these strange times we can still all come together and raise money for our beloved church. Please contact me for a zoom link via email for the evenings game of Bingo and to watch the draw.

*In aid of Milton Abbot Church and their Bell Fund.*



## A CHILD'S FOOTSTEPS TO FAITH

### Walking on Water

Has there ever been a time in your life when you needed someone to give you a helping hand? How about when you first began to try to tie your own shoes, did you need someone to help you? It was probably your mother, wasn't it? She worked patiently with you until you were able to do it all by yourself. When you began to learn to read, did you just pick up a book and start reading? Of course not, someone—probably a teacher—helped you learn.

Today's Bible lesson is about a time when the disciples of Jesus needed a helping hand — one disciple in particular whose name was Simon Peter.

It had been a long, hard day for Jesus and his disciples. After the disciples had helped Jesus feed more than five thousand people with only five loaves of bread and two small fish, Jesus told them to get into their boat and go on ahead of him to the other side of the lake. Jesus then went up on a mountainside to be alone and to pray.

Later that evening, the disciples were quite far out on the lake when the wind began to blow and the waves began to bounce their boat around on the water.

Shortly before dawn, Jesus went out to the disciples, walking on the water. When the disciples saw him, they were terrified. "It's a ghost," they cried.

Jesus immediately spoke to them: "Don't be afraid! Take courage. I am here!"



Peter spoke up, "Lord, if it is really you, tell me to come to you, walking on the water."

"Yes, come," Jesus answered.

So, Peter climbed out of the boat and started walking on the water

toward Jesus. But when he started looking around and saw the waves being blown about by the wind, he was afraid and began to sink. "Lord, save me!" he cried. Jesus reached out his hand and caught Peter. "Why did you doubt?" Jesus asked.

So, you see, even a grown-up fisherman like Simon Peter needed a hand from Jesus when it came to walking on the water. We may face some pretty rough times in our life, but as long as we keep our eyes on Jesus, he will always be there to give us a hand.

Father, help us to remember that you are always there when we need a helping hand. In Jesus' name we pray. Amen.

## Jesus Walks on the Water

During the fourth watch of the night Jesus went out to them, walking on the lake. Matthew 14:25 (NIV)

Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words.



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
H	V	S	L	F	P	X	Z	A	I	N	W	C	R	D	U	Q	J	M	Y	O	K	G	T	E	B

1. 26-21-9-24 \_\_\_\_\_
2. 12-10-11-15 \_\_\_\_\_
3. 12-9-24-25-14 \_\_\_\_\_
4. 5-9-10-24-1 \_\_\_\_\_
5. 9-5-14-9-10-15 \_\_\_\_\_
6. 3-10-11-22 \_\_\_\_\_
7. 12-9-2-25-3 \_\_\_\_\_
8. 5-25-9-14 \_\_\_\_\_
9. 12-9-4-22-10-11-23 \_\_\_\_\_
10. 4-9-22-25 \_\_\_\_\_

BOAT  
LAKE

WIND  
WALKING

SINK  
FEAR

WATER  
AFRAID

FAITH  
WAVES



South Tamar  
Mission Community

## C2 Safeguarding Training



### **Safeguarding training requirements guidance during Covid-19 restrictions**

Basic Awareness (C0) and Foundation (C1) training options remain available through the online national portal and should be completed as normal through this method, accessed here:

<https://safeguardingtraining.cofeportal.org/>

Churchwardens and those leading activities involving children and /or vulnerable adults can now complete C2 training via Zoom.

Please apply to your Safeguarding Rep, Julie Hibbert (01822 618221, [julie.hibbert3@btinternet](mailto:julie.hibbert3@btinternet) for more information.



South Tamar  
Mission Community

## 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)*



Pray



Grow



Serve with joy





Calling all bookworms...

## Marystowe second-hand Books

Marystowe Church has over 300 second hand books that were, until lock down, available at the Church.

We have now catalogued the books and are offering a free delivery service because the Church is closed.

The books are listed under Fact, Children, or Fiction; we have listed the fiction by Comedy, Crime, General (usually meaning we couldn't work out a genre!), Historic Saga, Romance, Sci Fi or Thriller. Wherever possible we have also tried to add a brief description of the story.

*The July 2020 catalogue is available on the Chillaton Village website and South Tamar Mission website. The catalogue will be updated monthly.*

As before books are 50p each. But as we are delivering the books we are asking for a minimum donation of £1 for up to two books, or five for a minimum of £2. All proceeds will go to the Church in Marystowe: deliveries, collection and sorting is carried out by volunteers at no cost.

The catalogue does highlight some books that are in really good condition, or collectable for another reason where we would have put a higher suggested donation, these books are ideal for gifts or long-term treasures in your bookcase.

If you have any books you would like to donate then please do contact us and we can arrange collection. We also welcome back any of our books you have read to re-circulate although we do not give refunds!

### SAFETY NOTICE

Please note the books are kept in the Church (which is currently always locked) and, at present, are only handled by Joy and Andy McSmythurs. All books are quarantined for a minimum of 72 hours before being added to the stock.

Contact: Joy McSmythurs 01822 860630 or  
[joy.mcsmythurs@btinternet.com](mailto:joy.mcsmythurs@btinternet.com)



## GARDEN NOTES BY DOUG

I hope you might be busy lifting shallots and garlic, picking some fruit and that you're not overwhelmed by courgettes. Just for a change in this strange world here are a few of Doug's favourite things .....



Doug is just showing off because he is disappointed that WI Show is not on this year!

*Doug's wife*

## Nature Notes by Bluebell Aug + Sept 2020



In what will be remembered as the Summer of Covid -19 we are hugely blessed to have our own Eden on our doorstep, the beautiful, sometimes fiercesome wilderness Forest of Dartmoor.

On the western edge of the Moor, Bluebell watched wild ponies come to drink from a gin-clear stream, the infant East Dart, below a little stone clapper bridge, near Bellever Forrest. High above in the blue summer sky Bluebell listened to a skylark, heard buzzards mewing and a raven cry. Birdsong by the stream betrayed a startled blackbird and a pair of stone chats. They are easily seen, because their cry, like two pebbles clacked together, is distinctive, and so is their habit of singing from the top of the nearest eminence, a fence post or the top branch of a gorse bush. They fly up into the air, then land nearby on another high point.

Amongst the bracken and gorse, little sheep-nibbled flowers grow in the bog and turf. Shaggy, long-horned highland cattle are there with the sheep and growing lambs, and ponies with their foals.

On the woodland edge the lovely Tutsan grows, a species of St John's-wort, a bushy plant with a procession of bright yellow flowers from June to September, which give way to shiny berries, green at first, then red then black. Florists love them. The name derives from the French *toute-saine*, meaning roughly, 'all heal.' Another name for the plant is 'Bible leaf', as the leaves have a pleasant smell when dry, and were used, in the West Country, as book marks, especially for Bibles. (Bluebell is going to try that!) *Flora Britannica; Richard Mabey.*



Birds of summer are quintessentially the swallows and swifts. Usually swallows nest and rear young in Bluebell's porch, but none did last year, and this year only one solitary swallow sleeps in the mud cup-shaped nest each night. At least there is one, but all alone, poor thing.

The swifts have spent summer here though, and reared young. Now at the end of July, about twenty of them do screaming parties at top speed around the house at dusk and dawn.

Harry Barton, Devon Wildlife Trust's Chief Executive, says, "Covid-19 is Nature sending us a clear warning shot.....The real threat is that as soon as lockdown ends we go straight back to business as usual." We must cherish our Eden, and save it. He suggests we aim to have at least **30% of Devon covered in wildlife rich habitat, achieve carbon neutrality, and get far more people engaged in wildlife.** *Wild Devon Summer 2020.*





### **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

### **ADVERTISING**

**Contact:** Mike Jefferies on 01822 614178  
**E-mail:** 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

## A Story on the Theme of Truthfulness

### The great palace of lies

Once upon a time all the spirits set about building two palaces; a palace of truth, and a palace of lies. Every time a child told the truth, a brick was created for the palace of truth. The spirits of truth would then take it and add it to the growing walls.

In just the same way was the palace of lies built. Each brick was created when a child told a lie. Both palaces were impressive - the best in the world - and each group of spirits worked hard to try to make sure that their own palace was the best. So much so that the lying spirits, who were much more tricky and deceitful, sent a group of spirits to the world to get children to tell more and more lies. These spirits were successful, and started getting many more bricks. As a result, their palace became bigger and more spectacular.

But one day, something strange happened in the palace of lies. One of the bricks turned into a cardboard box. A little later another brick turned into sand, and then another turned into glass, and smashed. And so, little by little, it became clear that whenever a lie was discovered, the brick that it had created changed its form, was crushed, and finally disappeared. In this way, the palace of lies became weaker and weaker, and in the end it completely fell to pieces.



At this, everyone, including the lying spirits, understood that you cannot use lies for anything. They are never what they appear to be, and so you never know what they will turn into.

## 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: right;">  </p>
<p><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

For advice on all aspects of Coronavirus visit

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)



**citizens advice**

Public site AdviserNet CABlink BMIS Cymraeg Sign out

Benefits Work Debt and money Consumer Housing Family Law and courts Immigration Health More from us

England

**Notice** You can check what to do if coronavirus affects your work, benefits or travel.

## Welcome to Citizens Advice

How can we help?

Search for advice

You can see what other people are searching for.

### Coronavirus advice

- Coronavirus – what it means for you
- Being furloughed if you can't work
- If you're self-employed
- If you're worried about working
- If you need to be off work to care for someone
- Check what benefits you can get
- If you can't pay your bills
- If you have problems with your rented home
- If you want a refund

## Your advert could be here!

Are you starting a new business?


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**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



**Orestocks Boarding Kennels**

Gulworthy, Tavistock Devon  
PL19 8JN

**The Friendly Caring KENNELS**  
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- \* Licensed and approved
- \* Reasonable and competitive rates
- \* 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
October and November 2020	15 September 2020	October 2020 onwards
December and January 2021	15 November 2020	December 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

REAL ALES

OPEN 12 noon - 3 pm  
7 pm - 11 pm

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FARMHOUSE CIDER

Made using local apples

Dry, Medium & Sweet Ciders - and GOLD LABEL Special

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- ◆ ***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.

**E N D S L E I G H G A R D E N S**

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COME FROM

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[www.tavistockphysioclinics.co.uk](http://www.tavistockphysioclinics.co.uk)

**Nigel F Bickle**

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EXTERIOR PAINTER**

Call today for a quotation

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

Established over 30 years

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[www.sweepdevon.com](http://www.sweepdevon.com)



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All our rooms have en-suite facilities and are furnished to a high standard with some having direct access to our large, sunny courtyard. We would be delighted to show you around Camplehaye and for you to meet and talk with our residents and staff.

**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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Get a clearer picture

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**Web: epascoeandson.com**

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DRILLING & HARVESTING, HEDGE TRIMMING,  
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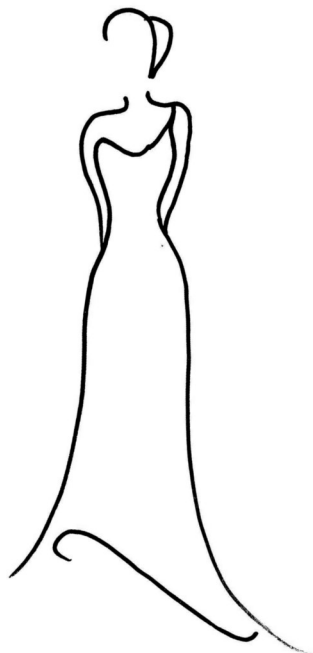
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Your local service for:

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**Citizens Advice**  
the charity for your community

***We have moved to***

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Stoves, etc serviced. Fully Insured.

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# HELLO!

If you are self-isolating, I can help.

**My name is**

.....

**I live locally at**

.....

**My phone number is**

.....

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

- |  |  |
|--|--|
| <input type="checkbox"/> Picking up shopping   | <input type="checkbox"/> Posting mail    |
| <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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.....

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|--|--|
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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.

## 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

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

# CHURCH SERVICES

## August 2020

Sunday 26 July	11am	Holy Communion	St Constantine, Milton Abbot
Sunday 2 Aug	11am	Holy Communion	St Peter's, Lamerton
Sunday 9 Aug	11am	Holy Communion	St Constantine, Milton Abbot
Sunday 16 Aug	11am	Holy Communion	St Peter's, Lamerton
Sunday 23 Aug	11am	Holy Communion	St Constantine, Milton Abbot
Sunday 30 Aug	11am	Holy Communion	St Peter's, Lamerton

### **Please wear a mask at the services**

We are currently still finalising the Service plan for September, once this has been done, I will ensure that it is passed to all congregations, along with being posted on our website and Facebook pages.

***Rev Andy***

Don't forget - you can access two services every week online on Wednesdays and Sundays.

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

and...if you don't use the internet, you can phone

**01822 730132**

to hear the services at any time to suit you