

PARISH NEWS

FOR THE BENEFICE OF:
CHILLATON, CORYTON,
DUNTERTON, LAMERTON, MARYSTOWE,
MILTON ABBOT AND
SYDENHAM DAMEREL.



DECEMBER 2024
& JANUARY 2025

PRICE: £1

CURATE: Rev Philip Parker 01566 783498

The Rectory, Lewdown, Okehampton, Devon, EX20 4DN.

Email: curate@southtamar.church

CHURCHWARDENS

Lamerton:	Mike Jefferies	614178
	Ian Minshull	810027
Milton Abbot:	Liz Padmore	870642
Marystowe:	Joy McSmythurs	860630
Coryton:	Giles Vicat	860254
	Josie Whitfield	860189
Sydenham Damerel Chapel Warden	Mike Forster	870752
Chair of Friends of Dunterton Church	John Spensley	07711 995735

PCC SECRETARIES

Lamerton:	Barbara Meikle	617229
Sydenham Damerel:	(Barbara Meikle)	617229
Milton Abbot + Dunterton:	Liz Padmore	870642
Marystowe:	Guy Talbot	860314
Coryton:	Josie Whitfield	860189
Dunterton:	Christine Youds	07545 132365

CHURCH TREASURERS

Lamerton:	Mike Jefferies	Church Avenue House, Lamerton	614178
Sydenham Damerel:	Paul Giles		07702 304143
Milton Abbot:	Pat Lovell	2 Fern Meadow, Tavistock	618452
Dunterton:	John Spensley		07711 995735
Marystowe:	Guy Talbot		860314
Coryton:	Niel O'Neill		860263

UNITED BENEFICE APPOINTMENTS

Benefice Safeguarding

Representative	Julie Hibbert	618221
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Vicar's Assigned Administrator	Guy Talbot	860314
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MAGAZINE	Amy Harrowell	860181
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Editor: E-mail: Southtamarparishmag@gmail.com

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		E-mail: mike.jefferies5@btinternet.com	

CHURCH WEB SITE	www.southtamar.church	Email: vicar@southtamar.church
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PARISH COUNCILS	Chairman	Tel.	Email
Milton Abbot group parish:	Mark Ambrose	870603	
	Clerk Shane Honey		clerk@magpc.co.uk
Lamerton:	Ann Cole		
	Clerk Caroline Oxenham	481415	clerk@lamertonparishcouncil.gov.uk

PRIMARY SCHOOLS

Lamerton C of E	Head Teacher: Melody Sterry	613561
Milton Abbot	Head Teacher: Debbie Buckingham	870273

Diary Dates

Event	December 2024	January 2025
Coffee Mornings		
Coffee and Company, Priest's Room, Lamerton 10 - 12pm	13	10, 24
Sydenham Damerel from 10.30am	5	2
Lamerton coffee mornings, Community Centre, 10.30 - 12pm	7, 14	4, 18
Church and other events		
Tavistock AFC Christmas Tractor Run Langsford Park, Tavistock from 4pm	13	
Marystowe Christmas evening 5:30pm	14	
Mount Kelly Coral Society Christmas Concert, Methodist Church, PL19 8DX 7:30pm	14	
Carols Around the Christmas Tree, Marystowe 5:30pm	24	
Lamerton & Sydenham Damerel PCC meeting, Priests Room, Lamerton 7pm		28

St. Constantine's Milton Abbot Services ~ Special Notice

We have taken the decision to move our services during January and February into the Priest's Room at Lamerton, where we will be warm and cosy.
Hopefully it will not be too long before we are able to welcome you back into a warm church in Milton Abbot but, in the meantime, if you have any queries or would like a lift to Lamerton for our services please do give me a ring (01822 870642).
The format of the services and times will remain unchanged.

Liz Padmore

**Magazine deadline for February/March 2025 edition is
end of day: **Saturday 18th January 2025****

Thank you for your timely submissions - they are gratefully appreciated.

Rev'd Phill Parker, The Rectory, Lewdown, Okehampton, Devon, EX20 4DN.

Tel: 01566 783498 **Email:** curate@southtamar.church



Dear Friends,

When Mary and Joseph reached Bethlehem for that first Christmas, they were met with closed doors and exclamations of "No room at the inn!" .

At first glance, this just seems logical since there was a census being taken and all sorts of people were trying to find somewhere to stay.

What is easy to miss though, is that Joseph was coming to Bethlehem with Mary as this was his family home.

There would have been uncles, aunts, cousins, possibly even siblings in the town who should have thrown open their door to their family member when he and his betrothed came knocking.

That nobody welcomed them in, speaks volumes of the stigma and judgement cast upon the young couple, just because Mary had become pregnant outside of wedlock.

In our churches this Christmas, we need to remember the way that Mary and Joseph were treated, and ensure that we are throwing our doors open, rather than closing them to any visitor.

The welcome that we offer must be warm, sincere and for everyone.

I am pleased to say that, as I write this letter, I already see so many in our churches working hard to achieve this.

Despite being in a vacancy at present, there is very little that will have disappeared from our Advent and Christmas celebrations that we have been used to in previous years.

Indeed, I am delighted to say that some churches are actually trying different or even new things, such as Coryton holding a Christingle service for the first time, with the hope of welcoming more families into the church this Christmas.

This Christmas, I am particularly drawn to the words of the angels to the shepherds:

"Do not be afraid; for see—I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Saviour, who is the Messiah, the Lord." (Luke 2:10-11)

We proclaim a message of joy to the world and we need to live in that joyful reassurance that the Lord has come. There is no need to be afraid, in vacancy or otherwise, for we can trust in the Lord to be faithful to us, just as He was faithful to his promises of old when the infant Christ was born in that stable, 2,000 years ago.

With every Blessing this Christmas

Rev'd Phill

Friends of St Eustachius'

CHRISTMAS TREE FESTIVAL 2024

Tavistock Parish Church

29 November - Opening Ceremony 14:30

30 November - 8 December 10:00 – 16:30

(The Festival will open at 11:00 after the services on Sundays and Wednesday)

6 December - Dickensian Evening open until 21:00

Live music and refreshments – Admission £1 (children free)



Communications During the Vacancy

Your primary points of contact during our vacancy are our Churchwardens and Chapel Wardens. To email them, follow the link to the relevant church from this page on our website:

<https://www.southtamar.church/welcome/>

If the wardens are unable to assist you, please contact:

Rev'd Phill Parker (Curate) - curate@southtamar.church - 01566 783498

or;

Rev'd Andrew Thomas (Rural Dean) - rectorwestdartmoor@gmail.com - 01822 854804

To speak to someone about a Baptism, Wedding or Funeral during the vacancy, please use the relevant email address found below:

baptisms@southtamar.church

weddings@southtamar.church

funerals@southtamar.church



BIBLE READINGS (Year C)

6

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

DATE	1st READING	2nd READING	GOSPEL	PSALM
Sunday 1st December First Sunday of Advent - Purple	Jeremiah 33:14-16	I Thessaloni ans 3:9-end	Luke 21:25-36	Psalms 25:1-9
Sunday 8th December Second Sunday of Advent - Purple	Malachi 3:1-4	Philippians 1:3-11	Luke 3:1-6	Psalms 75
Sunday 15th December Third Sunday of Advent - Purple	Zephaniah 3:14-end	Philippians 4:4-7	Luke 3:7-18	Psalms 146:4-end
Sunday 22nd December Fourth Sunday of Advent - Purple	Micah 5:2-5a	Hebrews 10:5-10	Luke 1:39-55	Psalms 80:1-8
Tuesday 24th December Christmas Eve - Gold/White	Isaiah 9:2-7	Titus 2:11-14	Luke 2:1-14 [15 -20]	Psalms 96
Wednesday 25th December Christmas Day - Gold/White	Isaiah 52:7-10	Hebrews 1:1-4 [5-12]	John 1:1-14	Psalms 98
Sun 29th December First Sunday of Christmas - White	I Samuel 2:18-20, 26	Colossians 3:12-17	Luke 2:41-end	Psalms 148

BIBLE READINGS (Year C)				
<i>Please use the readings published in the Parish Magazine and your own Bibles.</i>				
DATE	1st READING	2nd READING	GOSPEL	PSALM
Sunday 5th January Epiphany Sunday - Gold/ White	Isaiah 60:1-6	Ephesians 3:1-12	Matthew 2:1-12	Psalm 72:[1-9] 10 -15
Sunday 12th January Baptism of Christ (or Plough Sunday) - Gold/White	Isaiah 43:1-7	Acts 8:14-17	Luke 3:15-17, 21 -22	Psalm 29
Sunday 19th January Second Sunday of Epiphany - White	Isaiah 62:1-5	I Corinthian s 12:1-11	John 2:1-11	Psalm 36:5-10
Sunday 26th January Third Sunday of Epiphany - White	Nehemiah 8:1-3, 5-6, 8-10	I Corinthian s 12:12-31a	Luke 4:14-21	Psalm 19

December and January 2025 church services are on the back cover.

CHRISTMAS SERVICES 2024

MILTON ABBOT with DUNTERTON, LAMERTON
with SYDENHAM DAMEREL, MARYSTOWE, and
CORYTON



Friday 29th November	6pm	Advent Carols at Theale (PL19 0LH)
Sunday 1st December	4pm	Lamerton - Christingle Service
Sunday 8th December	4pm	Milton Abbot - 9 Lessons & Carols
Sunday 15th December	6.30pm	Lamerton - Carol Service
Sunday 22nd December	6pm	Coryton - Make your own Christingles
	6.30pm	Coryton - Christingle Carol Service
	6.30pm	Sydenham Damerel - Carol Service
Tuesday 24th December	5.30pm	Marystowe - Carols Around the Tree
	6.30pm	Marystowe - Christmas Communion
	11.30pm	Lamerton - Midnight Mass
Wednesday 25th December	9.30am	Dunterton - Christmas Communion
	9.30am	Sydenham Damerel - Christmas Communion
	11.15am	Coryton - Christmas Service

All Saint's Church, Dunterton

Services – We were very pleased that our services on 6th October and 3rd November were able to take place led by our Licenced Lay Minister, Richard Searight.

Thank you, Richard we are very grateful, and enjoyed the services. Our last service of the year is the Christmas Day Communion service (at 09.30am), and we are delighted that this will be led by the Venerable Jane Bakker, Archdeacon of Plymouth.

Please be sure to come and join us – the more the merrier!



Dunterton Church Calendar

Congratulations to Max Shirley on his winning photograph of the church (featured on the front cover as shown above), and to all the many local people who submitted fabulous photographs for our Church Calendar competition. We were able to incorporate 18 of the submitted photos into the Calendar - thanks also go to ABC Services in Tavistock for the great production. The Calendars can now be purchased for £8 if collected,

and £10 if posted, from Milton Abbot Church's online shop

(<https://milton-abbot-church-pcc.sumupstore.com/>), at our Crowdfunder page

(<https://crowdfunder.co.uk/p/dunterton-church-calendar>) or by emailing

christine.youds@btinternet.com. Supply is limited so don't delay!

River Walk, October 2024

We were so disappointed to have to cancel this year's River Walk at short notice. This was due to the expected disruption from Storm Ashley which coincided with high tides.

In the end Ashley was not as bad as forecast, but cancellation was the right decision - we will never compromise safety despite the importance of this event to our annual fund-raising.

The good news is that you can add next year's date to your diary now – **Sunday 19th October**.

Fingers crossed for good weather next year!

The Friends of Dunterton Church had arranged a little community gathering for the evening of the River Walk which went ahead as planned, and went some way to soften the pain of the cancellation. Many thanks to our hosts and caterers for a very special evening.



SERVICES AT DUNTERTON CHURCH – DATE & TIME

Wednesday December 25th at 09.30 a.m.
Christmas Communion

To be led by the Venerable Jane Bakker,
Archdeacon of Plymouth.



St. Mary's Church, **Sydenham Damerel**

Since the clocks changed it has been quite a busy time in Sydenham Damerel – perhaps we are all night owls!

We had to delay the Harvest Festival service, but it was a lovely and well-attended service as part of Songs of Praise. The church

looked so pretty as our amazing volunteers had once again risen to the challenge and decorated the church with a beautiful autumnal theme.

There was also a Harvest Festival Foodbank Collection which saw quite a few bags of toiletries and food delivered to the Tavistock Foodbank.

We held our annual Act of Remembrance in the Churchyard.

As ever, it was a moving and sombre community experience. The bell was muffled, Peter Hurdwell played a very emotive Last Post, John Bertram read a very moving verse, and Alan, as an ex-serviceman, laid our wreath.

A collection was taken which raised £100 for the Royal British Legion.

Those of us who are night owls have been rewarded by sightings of the Perseid meteor shower and, most extraordinarily, the Aurora Borealis. Never did I imagine that I would be able to stand in my garden, in my pyjamas and wellies, and enjoy this extraordinary sight. Simply breath-taking.

The evening activities have continued... the Sydenham Damerel Blowers played a fundraising concert in St Peter's in Lamerton on behalf of St Peter's and the 'Heating and Seating' fund in St. Mary's. It was a brilliant evening full of talented musicians, providing wonderful music, lots of fun, flag-waving, and lovely refreshments. They raised a magnificent £660 – a huge thanks to everyone involved.

There was more gadding about at the Barn dance, generously hosted by Giselle and Jim. It was a fabulous evening of music, dance and fun with Red Shed playing magnificently. Another £400 was raised for the 'Heating and Seating' fund! John and company are doing sterling work, being determined to fight their way through all the bureaucracy to make St Mary's a warmer and more comfortable space for both worship and community events.

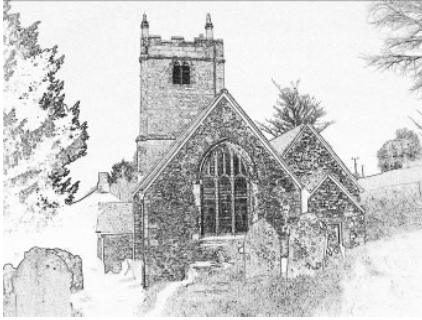
Speaking of community events, there are more to come...

The tree elves and fairies will be working hard to put up the village Christmas tree, Huge thanks to Sophie and Onshell for their generosity. We are gathering for some festive carols and the big illumination at the beginning of December.

The VERY competitive Christmas Quiz takes place on December 6th in Saint Mary's. It's so competitive that teams booked in October! I tried to book a place for my team in November and there was no room at the inn!

Although we live in such a small community, people often, very quietly, do extraordinary things that can go unnoticed. An example is Michael Cassidy, a highly respected architect involved in, amongst others, the design of the Bayan Palace in Kuwait; a grand building celebrating both form and function. Age and experience influenced Michael's philosophy and now he advocates the need for buildings to be able to adapt to the modern world and be sustainable. Michael has successfully completed his PhD at Plymouth University, arguing that architecturally, design should encompass the quality of the space rather than the quantity. Congratulations, Dr Michael – the village is very proud of you!

Finally, however you celebrate, we would like to wish you all a peaceful and happy festive season.



St. Andrew's, Coryton

Looking Back

It feels like more than just a month ago when we celebrated Harvest Festival. The service was again well attended by many from the Coryton community as well as a few visitors. Displayed on the altar was a beautiful homemade Harvest Loaf – with many thanks to Jane. A total of £160 was raised for the Tavistock Food Bank as well as donations of food and fresh produce.



On Remembrance Sunday this year, the Act of Remembrance followed by a Service of the Word was held in Marystowe. Two of the stories on display in the church featured former Coryton residents. One was Private Mons F.W. Weight (left) who is buried in the War Grave near the main entrance to the church. His niece and her daughters attended the service this year. The other Coryton people featured were the brothers Thomas and Richard John Henry (Harry) Cole (right with their parents and siblings) who lived in Coryton Mill. Both fought in the Second World War and survived despite sustaining serious injuries.



Looking forward to something new at Coryton ...

Our Christmas services are just around the corner: Advent Evensong at 6.30pm on 8th December, a Christingle/Carol Service starting at 6pm on 22nd December and a Celebration of Christmas on 25th December at 11.15am. Christingle is a joyful celebration bringing communities together to share the light of Jesus and spread a message of hope. Christingles are oranges wrapped in red tape, decorated with dried fruit or sweets, with a candle on the top which is lit during the ceremony. The Carol Service which follows will feature at least one reading for children.



Josie Whitfield

St. Mary's Church, Marystowe



As many of you know, I am perpetually late!

I should have written my article before the 11th November, but, quite predicably, here I am typing away.

I have just come back to my desk from gathering around the War graves in the Churchyard to observe the 2 minute silence.

Our Act of Remembrance each year is combined with Coryton and there is a separate item in the Parish Magazine describing a weekend of respect, remembrance and reflections; our 3 R's alongside the traditional educational 3 R's of the pupils at Lewtrenchard School, who were involved in our display.

I do want to thank James Hitchcock, our Churchyard Sexton, who assumed the role of Standard bearer; he is only the 3rd person to fulfil the role.

As well as Remembrance, we have had two other special services at Marystowe in the last two months.

In October we had our Harvest Festival, and many thanks go to everyone who helped to make the Church look so beautiful.

We also had a service in November led by The Venerable Nick Shutt who reminded us that, although we are a small congregation, we must remember that a tangerine is not a small orange, which gave us something positive to reflect upon.

We have wonderful support from our Parish.

It may not always be in the congregation, but our Churchyard working parties, and the Halloween Quiz at the Virgin Arms (the Schoolroom next to the Church which is Chillaton and Marystowe's Pop Up pub) are fine examples of how our wonderful community is working together.

11 November is the first anniversary of our Churchyard working parties as organised by James. The churchyard is quickly becoming a wonderful haven of tranquillity, but also laughter and comradeship as the workers share bacon butties!



Looking forward we have a busy December.

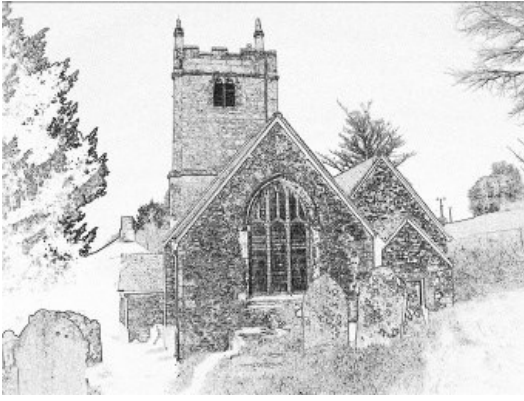
On Saturday 14th December at 5.30pm we have our Christmas Evening of Entertainment, followed by a Christmas Fair and BBQ at the Virgin Arms.

Please do come along and support as we are raising funds for Marystowe Church and Churchyard and also The Children's Society.

Our services in December are as set out herein, and a special mention to everyone in Marystowe and Chillaton that the Carol Service at Coryton will be a Christingle service for families and children.

Please do come along to Coryton on 22 December at 6pm and if any children would like to take part by helping to make Christingles, or doing a reading then we would be delighted for the help.

Joy McSmythurs



St. Constantine's Church, **Milton Abbot**

Thank you to everyone who supported our Christmas Crafts morning on 16th November.

Pat worked incredibly hard to set this one up and her efforts were rewarded as we made £800 on the day; thank you, Pat, and thank you to Angie, John,. Sheena, Ian and everyone else who helped to make the day such

a success.

I should also thank the congregation at Lamerton's service the following day for helping to finish off the remaining cake!

Many thanks to everyone who turned out to help on our churchyard clear-up morning on 21st September; a good amount of ivy, brambles etc was cleared away, and the weather was kind to us as well.

Many thanks also to Angie and John Williamson for clearing out the ground level gulleys, caring for the Memorial Garden and pruning the two ornamental cherry trees.

We had a visit from a band of bellringers from Eggbuckland on 5th November who very much enjoyed ringing our bells – and their efforts were also enjoyed by the village.

We joined with staff and children from Milton Abbot School for an Act of Remembrance at the War Memorial on Armistice Day, 11th November, to lay our wreath and to remember those who died for our freedom.

Pat's stall spent two days at Buckland Abbey over Remembrance Weekend and will also be at our own Christmas Crafts morning on 16th November, then at Marystowe on 23rd November, Lamerton Fair on 30th November, Milton Abbot School on 5th December, Windmill School in Launceston on 6th December, and Lamerton Coffee Morning on 7th December.

On Sunday 8th December at 4.00pm we will be having a Service of Nine Lessons

and Carols in Milton Abbot Church; we very much hope you will be able to join us then, and also for our service of Holy Communion on Sunday 22nd December at 11.00am.



Best wishes to one and all for a very happy Christmas and a peaceful New Year.

Liz Padmore



St. Peter's Church, Lamerton

Well another great musical evening with the Sydenham Blowers.

They gave us a super selection of musical treats. Fionnuala's harp playing was such a peaceful contrast - really beautiful.



It was very successful financially with £660 being raised to be split between St Peter's and St Mary's. Our ladies again provided a delicious feast for the interval.

Very many thanks to all who helped make the evening such a success.

Our Remembrance Service was well attended and Mike did a sterling job of taking the service.

Will we see him soon training to be a LLM?

And thanks to Peter for his Last Post and Reveille.

The Legion decided to split the collection with the church - many thanks.

There has been loads of activity behind the scenes preparing the Parish Profiles. This is so that we can advertise for a replacement Vicar to replace Andy.

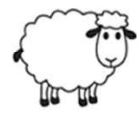
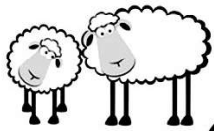
We must say a huge thank you to Joy and Phill for doing the thankless job of pulling it all together - not an easy task trying to please everyone.

We look forward to seeing many of you at our Advent Carols at Theale.

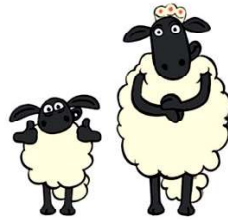
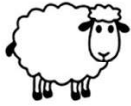
This will be your first taste of Christmas cheer complete with mulled wine and mince pies.

Your Church Wardens will be delighted to welcome to our Christmas services and wish you a happy and peaceful Christmas.





Advent Carols at Theale



*You are welcome to join us for
the start of our Christmas celebrations
with*

*Carols and Readings
Mince Pies and Mulled Wine*



Friday 29th November at 6.00pm



*Please contact Angela on 810027 if you are coming,
car share where possible and wear warm clothing.*



Safeguarding News



Now that Rev Andy has left our benefice, please address any of your safeguarding concerns to your **safeguarding representative** or **Rev Phill Parker**, our curate.

Call for all of those PCC Members, Open the Book volunteers and Pastoral Care visitors, who do not have a DBS check in place already, to contact their Safeguarding Rep to arrange this.

Checks must be renewed every 3 years.

Lamerton: Julie Hibbert; 01822 618221;
julie.hibbert3@btinternet.com

Sydenham Damerel: Janet Giles; JLGiles89@yahoo.co.uk

Milton Abbot/Dunterton: Derek Youds; dyods@aol.com

Coryton: Jane Vicat; 01822 860254; janevicat@gmail.com

Marystowe: Anita Townsend; 01822 860123;

Mongoosemoondaisy12@gmail.com

***If you are concerned for the immediate safety of
someone, dial 999***



A CHILD'S FOOTSTEPS TO FAITH

The Gift of Love

In a very popular movie called "The Sound of Music", there is a song called "My Favourite Things." Some of you may have seen the movie and you may know that song. If so, you will remember that the character named Maria sings about her "favourite things." One of the things that she mentions in that song is "brown paper packages tied up with string."

On Christmas morning, we will wake up to find a lot of packages under the tree. Packages wrapped in brightly coloured paper and tied up with pretty ribbons and bows. What if there was one package under the tree wrapped in plain brown paper tied up with string -- and what if that package had your name on it? Would that be the package you would choose to open first? I don't think so! After all, a gift is supposed to come in a beautiful package, isn't it?



You know, perhaps that is why a lot of people have missed out on the gift that God sent to them. You see, God's Gift didn't come in a beautifully wrapped package. God sent Jesus, His only Son, as His gift to us. His mother was a young virgin... his earthly father was a poor carpenter... he was born in a stable. Not a very pretty package, is it? But do you know what? It was the greatest gift the world has ever known. It was the gift of salvation and it had your name on it... and the names of your family ... and the names of your friends... in fact, everyone's name!

The Bible tells us that when Mary found out that she had been chosen to be the one to deliver God's gift to the world, she was filled with joy. She hurried to the home of Elizabeth to share the good news. When Elizabeth heard the news, she exclaimed in a loud voice, "Blessed are you among women, and blessed is the child you will bear! You are blessed because you believed that the Lord would do what he said."

Well, the Lord has fulfilled his promises to us too. He has sent us the gift of His love, but some people are so busy unwrapping the



beautifully wrapped packages that this world offers that they have missed out on the greatest gift. Maybe it is because it came wrapped in brown paper tied up with string.

Dear Father, we are thankful that you loved us so much that you sent your only Son to be our Saviour. In Jesus' name we pray. Amen.

The Gift of Love

"Blessed is she who has believed that the Lord would fulfill his promises to her!"
Luke 1:45 (NIV)



Complete the activity.

The words below have been written in code. Use the hints in the decoder at the top of the page to help break the code (the letters on top are the correct answers, the letters on the bottom are the code). Write the correct word on the line provided beside each code word.

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

1. 5-12-9-26-1-2-5-20-8 _____
2. 13-1-18-25 _____
3. 12-5-1-16-5-4 _____
4. 2-1-2-25 _____
5. 2-12-5-19-19-5-4 _____
6. 16-18-15-13-9-19-5-19 _____
7. 10-15-25 _____
8. 13-15-20-8-5-18 _____
9. 23-15-13-5-14 _____
10. 6-21-12-6-9-12-12 _____

ELIZABETH
PROMISES

MARY
JOY

LEAPED
MOTHER

BABY
WOMEN

BLESSED
FULFILL

A Story on the Theme of Courage

From Weakness to Strength

A 10-year-old boy decided to study judo despite the fact that he had lost his left arm in a devastating car accident.

The boy began lessons with an old Japanese judo master. The boy was doing well, so he couldn't understand why, after three months of training the master had taught him only one move. "Sensei," (Teacher in Japanese) the boy finally said, "Shouldn't I be learning more moves?" "This is the only move you know, but this is the only move you'll ever need to know," the sensei replied.

Not quite understanding, but believing in his teacher, the boy kept training. Several months later, the sensei took the boy to his first tournament. Surprising himself, the boy easily won his first two matches. The third match proved to be more difficult, but after some time, his opponent became impatient and charged; the boy deftly used his one move to win the match. Still amazed by his success, the boy was now in the finals.



This time, his opponent was bigger, stronger, and more experienced. For a while, the boy appeared to be overmatched. Concerned that the boy might get hurt, the referee called a time-out. He was about to stop the match when the sensei intervened. "No," the sensei insisted, "Let him continue." Soon after the match resumed, his opponent made a critical mistake: he dropped his guard. Instantly, the boy used his move to pin him. The boy had won the match and the tournament.

He was the champion. On the way home, the boy and the sensei reviewed every move in each and every match. Then the boy summoned the courage to ask what was really on his mind.

"Sensei, how did I win the tournament with only one move?"

"You won for two reasons," the sensei answered. "First, you've almost mastered one of the most difficult throws in all of judo. And second, the only known defence for that move is for your opponent to grab your left arm."

The boy's biggest weakness had become his biggest strength.

Moral: Sometimes we feel that we have certain weaknesses and we blame God, the circumstances or ourselves but we never know if our weaknesses can become our strengths one day. Each of us is special and important, so never think you have any weakness, never think of pride or pain, just live your life to its fullest and extract the best out of it!

Friday 13th December Tavistock AFC Christmas Tractor Run



If your Tractor has lights (and its legal), we would love to see you on Friday the 13th December at Langsford Park, Tavistock for our annual Christmas Tractor Run.

Entry is £10 per Tractor.

Tractor's leave at 7pm for an hour and half run around the streets of Tavistock.

Tractors can arrive from 4pm.

BBQ, Teas & Coffees on site.

Trophy for best decorated Tractor.



COULD THIS BE YOU?

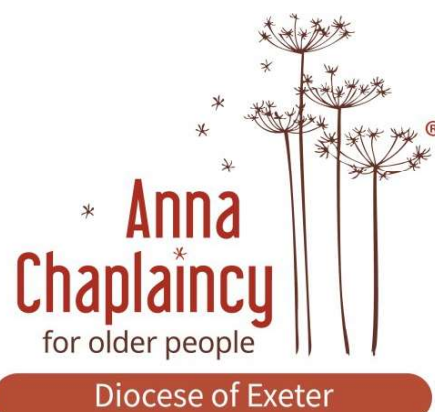
At the recent meeting of the Benefice Pastoral Care Team on the 24th June, it was agreed that we should run a locally based Anna Friends Training Course in October. With Rev. Andy leaving and Rev. Phill holding the fort with support from Tim Thompson and Richard Searight, there was a recognition that many of our older folk, who can no longer physically attend our church services, should be supported as much as possible by our local lay people. Anna Friends work alongside Anna Chaplains (Annie Jefferies and Josie Whitfield) to offer varying degrees of spiritual support. This might be personal visits to people's home, telephone support or taking worship services in care homes.

All six of our churches have parishioners in their later years and when falls or illness make people housebound, we should have a flexible team who can visit these people at home. It would therefore be ideal to have one or two people from each church who might consider doing the Anna Friends course which is done over three training sessions of two hours each.

The course will cover:-

- what it means to be a good and focused listener
- the ageing process , grief and loss
- what is dementia and how can we meaningfully engage with individuals and their families
- how to select helpful Bible readings
- writing simple prayers
- offering people Holy Communion at home

The course will run in October, dates to be agreed depending on what is convenient to those wishing to attend. For more details contact Annie (614178) or Josie (07989 666427).



LAMERTON WI

Tuesday December 3rd 2024, 2:00pm

WI Christmas Party

Competition: Nut Cracker, Raffle & Tea.

Tuesday January 7th 2025, 2.00pm

Resolutions

Competition: Fountain Pen, Raffle & Tea.

All meetings held at Lamerton Village Hall

New members welcome



**Coffee @ St. Mary's
Sydenham Damerel**
First Saturday of every month
10.30am onwards
All welcome.

COFFEE & COMPANY



Come and join us for a coffee, some cake, and
chit chat or a board game.

**Every other Friday, 10am-12pm, at the Priest
Room (Chapel) by St Peter's Church,
Lamerton.**

Everyone welcome!

After the success of the Warm Hub, several people wished
to carry on meeting and wanted more people to come
along too, so we have relaunched as Coffee & Company.

Coffee & Company will be on the alternate week to the
village coffee morning that takes place on a Saturday every
other week, but do check the church calendar regularly as it
doesn't always follow an exact alternating pattern:

www.southtamar.church/calendar/

We would love you to join us.

Mid-week Holy Communion



**Every Wednesday morning at 10 am
in the Priests room at Lamerton**

The service is a quiet,
reflective said service of Holy
Communion. The perfect
opportunity to re-charge your
spiritual batteries.



**With Tea, coffee and
cake afterwards.**



GARDEN NOTES BY DOUG

Spordwons! You'll see them soon in your nedrag.

Maybe some lidoffad too?

If you think I've gone a bit bonkers you could be right.

Many years ago I knew a lovely American girl student who had the strange ability to say words backwards. It works well with some but not

with all.

If you have a computer or smart speaker you may ask Siri? Well, Siri is, of course, Iris!

Typing some words backwards on a computer is a challenge because of the spellchecker - sailhad becomes sailed while you're not watching. It should be dahlias of course!

I hope by now you've planted your pilut bulbs and moved anything tender either indoors or to somewhere safe.

It's also a good idea - as Monty said - to put something under pots to lift them up a little bit so the lios doesn't get water logged.



It has been a lovely year for brilliantly coloured leaves on trees.

By now nearly all will have fallen. Some say you should pick them all up, some say to leave them to rot and act as a haven for wildlife. It probably depends on your garden layout, if you have a lawn and whether you have time to make leaf-mould. I'll certainly leave the ones on bare soil, but then they'll be blown around in the wind back onto the grass.

Now is a good time to plant fruit trees or bushes. Buy bare-root and choose a time when the soil isn't frozen or waterlogged.

It's also a very good time to start thinking about the coming spring and what you want from you garden next year. A

new flower bed? A hedge? A small raised vegetable bed? Maybe you want a new

edaps or krof for Christmas? Or, maybe, you should get some seeds to grow some flowers to dry. Helichrysums are easy and very colourful.

You could be inspired by the dried flower garland at the NT Cotehele; open 23

November to 5 January. The photograph shows the building of it in progress; only about half done and that's only a small section of it. Worth a visit.

Anyway, enjoy your nedrag and hope for less guls egamad next year!



MOUNT
KELLY
CHORAL SOCIETY

Concert

Mozart Coronation Mass Handel Messiah highlights

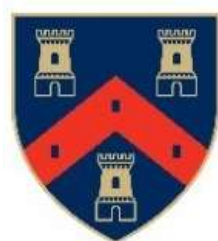
Saturday 14 December 2024 at 19:30

Methodist Church, Chapel Street, Tavistock, PL19 8DX

Divertimento Ensemble, Soprano: Bianca Phillips,
Alto: India Lord, Tenor: Harry Tabb, Bass: Marcus Coleridge
Director: Dan Robson



Tickets £15 on the door, £14 in advance from Book Stop or
www.ticketsource.co.uk/mount-kelly-choral-society
Free for U18s



Mount Kelly Choral Society Christmas Concert

Mozart "Coronation" Mass, and highlights from Handel's Messiah

Divertimento Ensemble

Soloists: Bianca Phillips (soprano); India Lord (alto); Harry Tabb (tenor);
Marcus Coleridge (bass)

Director: Dan Robson

Saturday 14th December 19.30

Tavistock Methodist Church

Scored for soloists and a mixed choir with orchestra, the Mass in C (K.317) is one of Mozart's most popular and enduring works. Written in 1779, probably commissioned by the Archbishop of Salzburg for performance on Easter Sunday, its nickname derives from its first documented performance at the coronation of Holy Roman Emperor Francis I in 1792 (though it may also have been performed at the coronation of Leopold II the previous year). Celebratory in nature, the Mass would have been perfectly fitting for either a coronation or an Easter Day service.

Tickets £14 in advance from TicketSource (www.ticketsource.co.uk/mount-kelly-choral-society) or Bookstop in Tavistock; £15 on the door. Under-18s free.



Lamerton Art Group

We are looking for new members!

We are a small friendly group of artists who support and help one another. We have the occasional inspiration of a demonstration or talk by a professional artist.

We meet on Thursday mornings between 10am and 1pm at the Lamerton Community Centre.

Do come and join us.

Please contact: **Elaine Price**, email: elainejprice@hotmail.co.uk

Lamerton Hall



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Hot Drinks
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Mornings 10.30 -12.00



Sat 03 Aug
Sat 17 Aug
Sat 31 Aug
Sat 14 Sep
Sat 28 Sep
Sat 12 Oct
Sat 26 Oct
Sat 09 Nov
Sat 23 Nov
Sat 07 Dec
Sat 14 Dec

Raising funds for Lamerton Hall Charity No 900404 and St Peter's Church

Coryton and Marystowe

Christmas Christingle

22nd December at 6pm at St. Andrew's, Coryton



**Christingle is a wonderful, traditional candlelit
service of Christmas readings and
Carols for all ages.**

All proceeds for Coryton Church and The Children's Society

This service will be the Carol Service for Coryton this year.

REMEMBRANCE 2024 Marystowe, Coryton and the children of Lewtrenchard School



Remembrance Sunday services alternate between Coryton and Marystowe churches and this year was Marystowe's turn to host the event.

Marystowe's Church Warden, Joy McSmythurs who is a foundation governor at Lewtrenchard C of E School, came up with the idea of a Pop Up Prayer space at the school to teach the children about the concept of

'Remembrance', why it is important to remember and the history of the poppy as a symbol of remembrance.

Members of both parishes and parents of some of the school children donated pictures, stories and memorabilia related to local people who served in the two world wars to try to bring the history to life. During the week leading up to Remembrance Sunday, Joy and a band of helpers spent every lunch hour at the school, talking to the children about the various displays. The children were encouraged to colour poppies and 'connect the dots' to make pictures of soldiers.



They added their name and age to their artwork as well as a few words about what they had learned. It was wonderful to see the children really engaged with this project, from trying on a WW II gas mask to doing brass rubbings of war medals. To hear 6 or 7 year-olds talking about their great grandparents was very special.



On Remembrance Saturday the displays and the children's artwork were moved to Marystowe where they were used to decorate the church. One of the children came along to help and several families visited the church in the afternoon.



On Remembrance Sunday, Richard Searight LLM led a congregation of close to 100 in an Act of Remembrance, with the names of the war dead of both Marystowe and Coryton read out. Luna, who attends Lewtrenchard School, read out the traditional words leading to the response 'We will remember them'. Wreaths were laid on behalf of both parishes.



One of the readings was a poem about a local lad, Tom Eggins, who died in WW I. He had attended Marystowe church where he was a chorister and later a bell ringer. The poem was written by Alan Hayden who was inspired by the plaque of Tom in Marystowe church.

A magnificent total of £366.92 was raised for the Royal British Legion.

Marystowe have set the bar very high for us at Coryton next year when we host Marystowe and observe the 80th anniversaries of both VE and VJ days.

With many thanks to all who helped with the displays, at the school and in Marystowe church on the weekend.

Josie Whitfield

Milton Abbot Players ~ Bunkered:

The Review



Due to the lack of availability of the Village Hall in Milton Abbot we have missed the first event of the Christmas period for the past two years (is that all it is?) it seems longer.

But this year MAPS (Milton Abbot Players) decided it was unfair to the theatre going public in ONOTW (our neck of the woods) to make them wait any longer, so they decided to go “on the road” and started off by travelling the 4 miles to the Lamerton Village Hall! And the audience was packed – anticipation, expectation, adulation; well possibly.

For those amongst us (myself included) who thought this was going to be about Golf, we were a little disappointed (at first) to find it was about an underground bunker!

So to the plot.

After the Second World War Naval Intelligence (is that a contradiction in terms) bunkers where our loyal local defenders were based, were gradually closed down and those in employment there had to look elsewhere for employment (Fired!)

All except one. And dutifully they continued attending work (if they could find any) as they continued to be paid.

Being good naval employees (who did not want to rock the boat – ha ha!) they kept being ready for any work that came their way, but of course none did.

This went on for many, many years.

Until..... when an anarchist relative Mike (played excellently by Mike Forster) of Joan (played by Sue Forster) was asked to sort out some problems with IT equipment he inadvertently sent a communication which made the Armed Forces aware that the deserted bunker was not deserted at all, so they sent in an a Marine platoon to find out more!

Peter (Tony Isbell) and Mags (Norma Massey) were obviously concerned that the gravy train may be coming to an end.

So when the Captain? of the platoon broke in , the disasters happened.

Conor the Captain? (played also excellently by Patrick Medd) had a nervous breakdown and his very able assistant Taylor (marvellous Sue Lambert) not somebody to bump into on a dark night, just made everything worse.

Bill (Robin Clowes) seemed unaware of anything and it was only when Commodore Shelton (Shona Dickinson) arrived that anything positive happened.

The sight of Shona marching around the stage barking out commands was not to be missed – maybe her role in life (well done)?

I have assumed the prompts will wish to remain anonymous but after 2 or 3 years they needed the practice.

Overall, it was great to have them back, and I have already booked my seat for next year. Where else could I get an ice-cream on a Thursday evening for £1!



News! **from the Milton Abbot Players**

The Milton Abbot Players would like to express grateful thanks to everyone who supported and helped to put the show on the road.

As the Milton Abbot Hall was out of action, Lamerton kindly allowed the play to be staged there (although it was with fond sentiments, the cast was able to practice in Milton Abbot Hall).

This year we welcomed many new members to the crew and cast, making the Milton Abbot Players grow and prosper.

This is something that has to continue, so please if you would like to join, you would be made most welcome.

Please contact 07885 238339 Claudine Sparks.

See below picture of the Milton Abbot Players in action, with their latest play 'Bunkered'.





Lamerton Handbell Ringers



Lamerton Handbell Ringers held their 51st Handbell Festival in the Parish Hall on 12th October, 2024.

6 teams took part this year - 'Clapper Chaos' from Poole Dorset, The Smith Family from Cheriton Bishop, Tor Bells from Okehampton, The Pillaton Ringers from near Saltash, The Phoenix Ringers from Newton Abbot and The Lamerton Team.

We were treated to some wonderful tune and Peal ringing which gave the judges a tough task!!!

Trophies were awarded to Clapper Chaos, Tor Bells and The Smith Family.

The Phoenix Ringers, last years winners of The Dawe Cup, finished the Festival with fine performances including 'Last of the Summer

The judges were Fergus Stracey and Allen Benstead with Rev'd Phill Parker presenting the awards.

Each year the Lamerton Team supports a charity. This year the profit and donations from the Festival totalling £200 has been given to Plymouth & West Devon Talking Newspaper for the Blind based in Tavistock.



Lamerton Ringers now settle down to regular practising again looking forward to ringing carols in Theale Barn on 29th November, entertaining the residents of Venn House and Camplehayne Home on 11th December and Lamerton Church Carol Service on Sun. 15th December at 6.30pm

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SATURDAY 14TH DECEMBER

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Christmas Books and Jigsaw Puzzles



The Bell Tower bookshop at Marystowe is always open and with hundreds of books and puzzles you can be sure to find a gift for a tricky relative, an emergency present for the uninvited guest or – most importantly – a well-deserved treat for yourself.

Do join us for coffee on 3rd December when we will be around to help pick just the right read.

Joy and Corrie



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Your Benefice Safeguarding Representative is:

Julie Hibbert

Contact: **01822 618221;**

Email: safeguarding@southtamar.church

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

Email: 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



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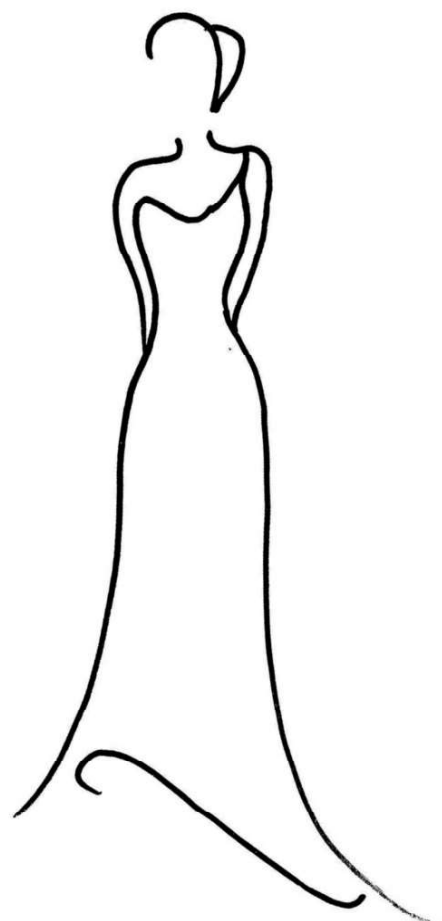
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Church Services - January 2025

<u>Church Services - January 2025</u>						
	St Mary's, Sydenham Damerel	St Peter's, Lamerton	All Saints, Dunterton	St Constant- ine, Milton Abbot	St Mary the Virgin, Marystowe	St Andrew's, Coryton
Sunday 5th January Epiphany Sunday - Gold/White		6:30pm Songs of Praise			9:30am HC/CW	
Wed 8th Jan	10:00am Holy Communion - St Peter's Lamerton.					
Sunday 12th January First Sunday of Epiphany (or Plough Sunday) - Gold/ White	10:30am HC/CW	4:00pm Sunday Praise - Milton Abbot's service will be held in the Priest's Room at Lamerton				6:30pm BCP Evensong
Wed 15th Jan	10:00am Holy Communion - St Peter's Lamerton.					
Sunday 19th January Second Sunday of Epiphany - White		11:00am HC/CW			9:30am Morning Praise	
Wed 22nd Jan	10:00am Holy Communion - St Peter's Lamerton.					
Sunday 26th January Third Sunday of Epiphany - White	6:30pm Songs of Praise	11:00am Holy Communion - Milton Abbot's service will be held in the Priest's Room at Lamerton				6:30pm HC/CW
Wed 29th Jan	10:00am Morning Prayer - St Peter's Lamerton.					

Church Services - December 2024

44

	Sydenham Damerel	Lamerton	Dunterton	Milton Abbot	Marystowe	Coryton
Fri 29th Nov	6:00pm Advent Carols at Theale.					
Sunday 1st December First Sunday of Advent - Purple		4:00pm Christingle			9:30am HC/CW	
Wed 4th Dec	10:00am Holy Communion - St Peter's Lamerton.					
Sunday 8th December Second Sunday of Advent - Purple	10:30am HC/CW			4:00pm 9 Lessons & Carols		6:30pm BCP Evensong
Wed 11th Dec	10:00am Holy Communion - St Peter's Lamerton.					
Sunday 15th December Third Sunday of Advent - Purple		6:30pm Carol Service				
Wed 18th Dec	10:00am Holy Communion - St Peter's Lamerton.					
Sunday 22nd December Fourth Sunday of Advent - Purple	6:30pm Carol Service			11:00am HC/CW		6pm / 6:30pm Making Christingles / Service
Tuesday 24th December Christmas Eve - Gold/ White		11:30pm Midnight Mass			5:30pm / 6:30pm Carols around the Tree / Christmas Communion	
Wednesday 25th December Christmas Day - Gold/ White	9:30am Christmas Communion		9:30am Christmas Communion			11:15am Christmas Service
Sunday 29th December First Sunday of Christmas - White	11:00am - Lamerton United Benefice Service - HC/CW (led by the Ven. Jane Bakker)					

****For Christmas Services, please see page 8****

