

# Saltash Area Newsletter

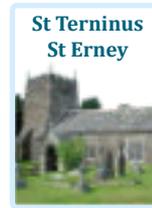
March 2024



St Michael Landrake



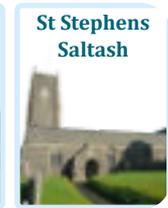
St Mary Botus Fleming



St Terninus St Erney



SS Nicholas & Faith, Saltash



St Stephens Saltash

A holy place in Saltash, a holy place for Saltash, and a place to encounter the holiness of God in Jesus Christ our Lord. [www.saltashteamministry.org](http://www.saltashteamministry.org)

## HOW is your Lent going?

Have you given up anything? I am betting – hypothetically, since I have given up gambling – at least one of the following top ten answers to a recent poll asking people of all faiths and none what they were giving up for Lent is on your list: Complaining; Chocolate; Fizzy drinks; Worrying; Coffee; Alcohol; Fast Food; Television; Mobile phone and Online shopping.

As well as summing up an average day in my life, that is a standard top ten. However, trends influence choices: for instance, in 2013, giving up twerking soared in popularity.

Given that you do not see much twerking nowadays in the Saltash hub, you can reasonably assume that the 2013 abstinence led to a prolonged shirking of twerking. That, or people realised how silly it looked when performed by all but the most blessed few practitioners.

Forgoing the joys of wobbling your nether regions to music barely compares to the hardships voluntarily suffered by Western Christians in medieval times.

According to Thomas Aquinas, they restricted themselves to a diet of bread and vegetables during the 40 days of Lent as Tommy A equated giving up animal flesh with Jesus giving up his flesh for us. Nothing was to be eaten until 3pm every day, the time corresponding to Jesus' death on the cross.

As for drink, water was allowed and so were watered-down beer and wine. Because of sanitary concerns. Okaaaaay...

There is no biblical imperative to observe Lent. However, Christians – and, increasingly, the secular world – have been giving up this, that and the other for at least 1,700 years. The earliest mention in the history of the Church comes from the council of Nicaea in 325 AD.

By the time the Council met, the Church had already designated Easter Sunday to celebrate Christ's resurrection (no mention of whether twerking was a suitable form of celebration). This was followed by the introduction of three day's preparation commemorating Christ's passion and death – the Holy Week part of Lent today.

## Coming Up

### Tuesday 5 March

10am to Noon  
St Stephen's Church  
Children's Society  
Box Opening

### Monday 11 March

7pm, The Ploughboy Inn  
MOSSAF

### Tuesday 12 March

2pm, St Stephen's Church  
Mother's Union

### Friday 15 March

12.30pm S.T.A.R.T.  
Community Kitchen then  
a talk on Railway Bridges

### Saturday 16 March

3-5pm, St Stephen's Church  
Messy Church

### Saturday 23 March

10am to 1pm  
St Stephen's Church  
Hot Cross Buns & Easter Fun

### Saturday 30 March

10am to Noon  
SSNF Church Rooms  
Hot Cross Buns,  
Cake & Coffee

## HOLY WEEK AND EASTER DAY SERVICES

### Holy Wednesday, 27 March

10.00am Holy Communion, St Stephen's

### Maundy Thursday, 28 March

7.30pm Holy Communion,  
SS Nicholas & Faith

### Good Friday, 29 March

10.00am Walk of Witness, SCT

3.00pm Good Friday Liturgy, St Stephen's

### Easter Sunday, 31 March

7.00am Sunrise Service, Celtic Cross (tbc)

9.30am Holy Communion, St Michael's

9.30am Holy Communion, St Stephen's

11.15am Holy Communion,  
SS Nicholas & Faith

11.15am Holy Communion, St Mary's



Rev'd Laura Bushell Hawke, our new Priest-in-Charge, will be licensed at 4.30pm on Sat 9 March in St Michael's, Landrake. Refreshments afterwards. All welcome.

## MARCH SERVICES

### Sunday 3 March

**St Stephen-by-Saltash**

9.30am Family Service

**St Michael, Landrake**

9.30am Family Service

**St Nicholas & St Faith, Saltash**

11.15am Holy Communion

**St Mary, Botus Fleming**

11.15am Family Service

6.30pm Sung Evensong

**St Erney, Landrake**

11.15am Matins

### Mothering Sunday 10 March

**St Stephen-by-Saltash**

9.30am Holy Communion

**St Michael, Landrake**

9.30am Holy Communion

**St Nicholas & St Faith, Saltash**

11.15am Holy Communion

**St Mary, Botus Fleming**

11.15am Holy Communion

### Sunday 17 March

**St Stephen-by-Saltash**

9.30am Holy Communion

6.30pm Evensong

**St Michael, Landrake**

9.30am Holy Communion

**St Nicholas & St Faith, Saltash**

11.15am Holy Communion

**St Mary, Botus Fleming**

11.15am Family Service

**St Erney, Landrake**

11.15am Holy Communion

### Palm Sunday 24 March

**St Stephen-by-Saltash**

9.30am Holy Communion

**St Michael, Landrake**

9.30am Holy Communion

**St Nicholas & St Faith, Saltash**

11.15am Holy Communion

**St Mary, Botus Fleming**

11.15am Holy Communion

### Every Wednesday

**St Stephen-by-Saltash**

10am Morning Service

For services in Holy Week  
and on Easter Day  
see page 1



The length of time was adopted in imitation of the 40 days that Jesus spent in the desert at the beginning of his public ministry:

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. *He fasted 40 days and 40 nights and afterwards he was famished.* (Matthew 4:1-2)

For Christians, 40 is a number closely associated with important events. The flood lasted 40 days and nights; Moses spent 40 days and nights awaiting the Ten Commandments from God; the Israelites were 40 years in the wilderness; and Cliff Richard reached the Top Forty 124 times.

Like the medieval beer and wine, the observation of Lent has become diluted. By the 1400s, the 3pm bread-and-watershed had crept forward, with a second meal allowed later to keep up strength for work (this was before the Mars Bar helped people work, rest and play).

The Protestant Reformation inevitably shook things up. Some Protestants charged Lent to be unscriptural with more than a whiff of righteousness. John Calvin argued that Jesus did not teach specific times to abstain and so condemned Lent as, *“merely false zeal, replete with superstition, which set up a fast under the title and pretext of imitating Christ ...”*

In the 17th century, John Owen, the English Puritan Nonconformist, criticised the Roman church for mortifying the flesh, the self-denial of giving something up, and that Lent called people more to “mortification” for its own sake, to count as righteousness, than to belief in the all-sufficient work of a Saviour. *“The truth is they neither know what it is to believe nor what mortification itself intends ... Such*

*men know neither the Scriptures nor the power of God.”*

Criticism of Lent increased down the centuries, evangelist Charles Spurgeon coming up with this zinger in 1885: *“It is as much our duty to reject the traditions of men, as to observe the ordinances of the Lord. We ask concerning every rite and rubric, ‘Is this a law of the God of Jacob?’ and if it be not clearly so, it is of no authority with us, who walk in Christian liberty.”*

By 1966, the Roman Catholics had reduced Lenten practice to two requirements, laid out in Pope Paul VI’s Paenitemini:

- i. No meat on Fridays
- ii. One meal only on Ash Wednesday and Good Friday\*  
(\*two snacks also allowed, including Mars Bars.)

Which brings us to the somewhat bizarre position we have today: some faithful and devoted Christians ignoring abstinence during Lent; many non-Christians adopting the practice to experience what vox.com describes as: *“another opportunity for a kind of spiritual wellness ‘cleanse’ ... a second chance at kickstarting those neglected New Year’s resolutions.”*

It seems to me that Lenten observance is good, to remember Jesus, his sacrifice and resurrection.

Lent can naturally draw people closer to God, with the experience of sacrificing something that seems significant, but really is not, seen in the light of Jesus’ ultimate sacrifice on the cross.

At the very least, changes of habit and perspective can allow time and space to contemplate Jesus’ life, death and resurrection in patient anticipation of that glorious first Easter morning.

Rick



# Mothers' Day Quiz

1. Mother's Day is the biggest event in the UK's cut flower and indoor plant industry. At this time of year the UK's sales of cut flowers and indoor plants increase by what average on a normal day's trading?  
a) 10% b) 32% c) 40%
2. How much money is spent on Mothers' Day cards in the UK? a) £15 million b) £45 million c) £65 million
3. How many cards are sent for Mothers' Day in the UK?  
a) 10 million b) 30 million c) 45 million
4. On which Sunday in Lent is Mothering Sunday celebrated? a) tenth b) sixth c) fourth
5. What food is most associated with Mothering Sunday?  
a) Sunday Roast b) Eggs c) Simnel Cake
6. In Ancient Greece, what god was celebrated on Mothering Sunday? a) Artemis b) Hestia c) Rhea
7. In the United States of America, who is credited as starting Mothers' Sunday?  
a) Eleanor Roosevelt b) Anna Jarvis c) Betty Wilder
8. In which Indian city did Mother Theresa found her missionary? a) Mumbai b) Varanasi c) Kolkata (formerly Calcutta)

Answers on p7

## Recent Events

### Gardening at St Mary, Botus Fleming

Amanda and Wayne were the motivators for the spring clean around the church and church hall. 26 volunteers from the village turned up to remove overhanging growth adversely affecting the church fabric and tidying up the church hall environs. Very welcome refreshments were then served in the hall.



### Food Market and Table Top Sale



Thank you to all who helped and supported St Stephen's recent Food Market and Table Top sale.

The event raised an impressive £841.97.



## A Rocha Easy Eco-Tips for March

Celebrate Spring. Immerse yourself in the sights and sounds of the season – breathe in the fragrance of blossoms, observe budding catkins, note different bird songs, spot footprints, or use the Pl@ntNet app to identify spring flowers.

Nature can boost our happiness, so spend time in your garden, on your balcony, and in local green spaces. Dedicate quality time to appreciate creation's beauty, and thank God for the hope that spring can bring with our Lent resources at [arocha.org.uk/connect-with-gods-creation-over-lent/](http://arocha.org.uk/connect-with-gods-creation-over-lent/)



Please donate food at Waitrose, Lidl or the Co-op and/or donate money via the Foodbank website:  
[saltash.foodbank.org.uk/give-help/donate-money](http://saltash.foodbank.org.uk/give-help/donate-money)

Our latest needs:

- UHT Milk & Milk Powder
- UHT Fruit Juice & Squash
- Tinned Tomatoes
- Tinned Custard
- Sugar (500g)
- Tinned Meat
- Tinned Fish
- Deodorants
- Shampoo & Conditioner
- Coffee

## Recent Events continued

### S.T.A.R.T



The group, numbering ten, gathered at Carkeel Garden Centre for lunch before proceeding to Wesley for our afternoon talk by Dr Phil Jordan, a Methodist member, who hailed from Newcastle and eventually worked for the MOD on submarines in Devonport Dockyard. He has lived in Saltash for some twenty years and one of his hobbies is bee-keeping and took this as the subject for his very interesting talk.

About 10,000 years ago humans began keeping bees; evidence from Bronze Age ancient Egypt in the form of inscriptions show how they were kept; even using smoke to subdue the bees. The antibacterial content of honey means that it keeps for years and honey 3,000 years old found in an Egyptian tomb was still edible.

The Honey Bee is under attack from various diseases, and they also die from pesticides, drought, habitat destruction and global warming. A new problem is the Asian Hornet that arrived in France in 2004, spread rapidly, and by 2016 was found in UK. This is a highly aggressive predator of bees and other pollinators. Recent developments in miniature cameras mean that researchers can now fit them to bees and obtain much information on their movements.

Did you know that some flowers and grasses, such as peppermint, marigolds or lemongrass (the latter is processed for citronella) are unattractive to bees and can be used as bee barriers.

Our next meeting is on 15 March with lunch at The Community Kitchen followed by a talk on Railway Bridges so come and join us.

### Beetle Drive

The beetle drive at Landrake was great fun and we made £160 profit.

## An Easter Prayer

God, give us eyes to see  
the beauty of the Spring,  
And to behold Your majesty  
in every living thing.

And may we see in lacy leaves  
and every budding flower  
The Hand that rules the universe  
with gentleness and power.

And may this Easter grandeur  
that Spring lavishly imparts  
Awaken faded flowers of faith  
Lying dormant in our hearts.

And give us ears to hear, dear God  
the Springtime song of birds  
With messages more meaningful  
than man's often empty words.

Telling harried human beings  
who are lost in dark despair  
'Be like us and do not worry  
for God has you in his care.

By Helen Steiner Rice

## Michael McKee



Sadly, we have to report the sudden death of Michael McKee, a former member of St Stephens PCC and a regular server in the Church. Mike passed away on Friday 9 February. There will be a service to remember Mike at a date to be confirmed.

# Jill Berry - 1932-2023



Jill grew up in Plymstock, trained as a nurse at St Thomas' in London, but due to an unfortunate accident and osteomyelitis, which caused her back issues for the rest of her life, she moved home to Plymstock, where she became a draughtswoman for GWR. She moved to Saltash as a young naval wife in 1969 and raised her three children, Jim, David and Helen, in Wearde Road, instilling in them a love of reading and a thirst for knowledge. Jill volunteered for many years at Kenwanne Youth Centre and her home became an extension of the 'club', regularly full of teenagers.

Jim's music career started at Kenwanne and Jill always supported at gigs. She also volunteered at Saltash Handicapped & Disabled Organisation (SHADO) and was known all over Saltash due to the many jobs she had, such as barmaid, cleaner, and shop assistant.

Jill was a very active member at St Stephen's, attending Sunday service and Wednesday morning communion, she wrote intercessory prayers, served tea and coffee at events, played guitar in the music group, and volunteered for Messy Church and Open the Book. She was secretary of the Mother's Union, pastoral visitor and wrote letters for ACAT. Jill donated regularly to many charities and could never turn down a friend request on Facebook!

Lately, due to loss of hearing and mobility and several falls, including one at Truro Cathedral which damaged her hand, she could no longer write and also became housebound. Despite numerous hospital visits, she always bounced back and continued to live independently. Last New Year's Eve, Jill passed away suddenly while settling down for her usual evening routine.

Jill was one of those rare characters, always lively, generous and charitable in nature, and fondly remembered by those whose lives she touched.

*Helen Creber*

## Recent Events continued

### Australian Evening

Our first event of 2024 was an Australian Beach themed evening. We hope that you enjoyed it, and thanks must go to Darren for putting a CD together for us.

### Messy Church



February's Messy Church was all about Jonah and the Whale. Everyone listened to the very colourful, illustrated story of Jonah and the Whale, read by Jill.

We had 32 adults and children with several new faces attending. Everyone had great fun making model

boats, tin-foil whale pictures, drawing Jonah on a whale's tongue and being able to pull Jonah out of the whale's mouth, decorating a cup to make a whale and using a balloon filled with rice (Jonah!) to try and get Jonah into

the cup and decorating old CDs to make fish and other underwater creatures for the board.

We all enjoyed a lovely tea, with hardly any food left! The next Messy Church on Saturday 16 March will be Easter themed.

Thank you to everyone who helped.



# What's On

## Children's Society Box Opening

St Stephen's Church  
Tuesday 5 March  
10am to Noon



If you don't have a box, please come along for coffee, cake and the bring and buy table. All money raised will go to the Children's Society.

## MOSSAF

Ploughboy Inn  
Monday 11 March, 7pm

MOSSAF (Men Of St Stephen's and friends)

return with an evening at the Ploughboy Inn, where we can socialise and catch up with each other and maybe even enjoy a game of pool or darts.

Subs of £7 for the year are now due please and can be paid at our first meeting or in advance to Roger Rowse or Steve Hookway.

New members are always very welcome. For more information on MOSSAF, please speak to Steve Hookway on ☎ 07855 600241 or email [stevenhookway@hotmail.com](mailto:stevenhookway@hotmail.com)

We are all very saddened to hear of the sudden death of our dear friend Mike McKee, who was present at our first ever meeting and attended nearly every meeting. He will be sorely missed.

Our thoughts and prayers are very much with his wife Sandra and family at this time.



## Hot Cross Buns and Easter Fun

St Stephen's Church  
Saturday 23 March  
10am to 1pm



Craft, gift and food stalls, our own fundraising stalls, bumper Easter draw, Easter egg tombola, Simnel cake raffle, guess the Easter bunny's name, treasure hunt, children's crafts, savoury stall and so much more! Refreshments will be available throughout, including bacon rolls, homemade soups, hot cross buns and Easter brownies.

Traders include: Chalky Boardz, Cloabellcrafts, Eat Me Treats, Julie Turner Cakes, Loco about Cocoa, Luminosity Art, Magic Tree, Nicky Glow Beads, Scatty Bun, Scottish Tablet & Fudge Ltd, Tamar Valley Honey, The Little Craft Conservatory and Trehill Farm Produce. **Free Entry.**

## Hot Cross Buns, Cake and Coffee

SSNF Church Rooms  
Saturday 30 March  
10am to Noon



Coffee with cake and hot cross buns. £3 includes unlimited tea or coffee.

## Commemoration of a Saltash and Cornish Hero



Only eight Cornishmen have been awarded the Victoria Cross, our Country's highest military award for valour. In 1860 **William Odgers**, a Leading Seaman, was so decorated in the N.Z./Maori Land Wars. He was one of the first to win a V.C., one of the first other rankers to do so, and his was the first to be awarded for that campaign.

William was a resident of Saltash. On 20th December 2023, the 150th anniversary of his death, a St. Stephen's parishioner, Barry Brooking, himself a decorated Naval Officer christened in our Church, arranged and led a gravestone tribute. Rev. Di Burrows conducted the blessing, attended by a Deputy Lieutenant representing H.M. The King and Mayors of Saltash and Falmouth and the R.N.A. and a relative of William. The Last Shanty was sung.

On a cold, damp day those who attended were grateful for refreshments provided by the Wills' family, Mary, Raymond and Helen.

Daily Lent Reflections from  
the Church on England via  
mobile app or email:

<https://t.ly/6GW01>

Watch  
Pray

## Heat the Person, not the Space



During December and January, St Stephen's had a heat the person, not the space kit on loan from Truro. We had heated seat cushions, a heated gilet and hand warmers. It was too cold to take off a coat to put the gilet on, but Helen tried it in the office and found it to be a lovely source of warmth on some very cold days. The hand warmers were the most popular.

The kit was passed onto St Nicholas & St Faith for them to trial.

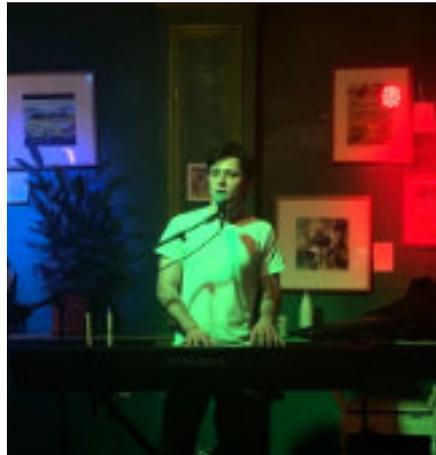


## What's On continued

**Tom Hannigan  
Live in Concert**

**St Stephen's Church  
Friday 5 April, 7pm**

We are very excited that Tom Hannigan, a musician and singer-songwriter, from Saltash, will be appearing at our Church.



Tom is currently making waves in the local music scene so grab your chance to catch him live this April.

Influenced by the likes of Billy Joel, Lewis Capaldi and Harry Styles, his music reflects a fusion of pop and classic influences, creating a sound that resonates with a diverse audience. With a passion for storytelling through music, Tom seamlessly blends lyrics with captivating melodies.

Tickets costing £5 each are on sale at: Piglets (Fore Street), Roger (01752 843766) and after Sunday Services or you can pay on the night. Profits from the concert will be for Church Funds.

A fantastic night is in store from this very talented local youngster.

Not to be missed!

## Toys Through the Ages at SSNF 8 July to 2 August

# WANTED

If anyone has any books, Lego, doll's prams, cars, teddy bears etc, that they could lend SSNF for their summer exhibition it would be much appreciated.

## Donations, Please



Can you help support St Stephen's Church forthcoming Easter Fair on Saturday 23 March, by kindly donating an Easter Egg for their Bumper Easter Egg Raffle?

If so, then please leave them in the box in our social area marked Raffle Prizes or contact Steve Hookway ([stevenhookway@hotmail.com](mailto:stevenhookway@hotmail.com) ☎ 07855 600241) to arrange collection or delivery.

Your support as ever is very much appreciated.

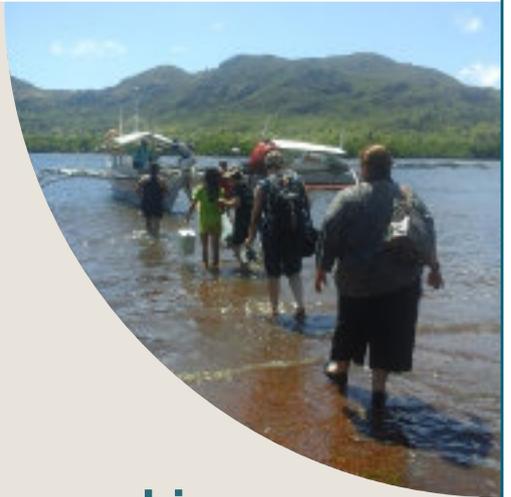
**Answers to Quiz on p 3:** 1. c) 40%  
2. b) £45 million 3. b) 30 million 4. c) fourth  
5. c) Simnel Cake 6. c) Mothering Sunday dates back as far as Ancient Greece, when Greeks used to hold an annual spring festival dedicated to the maternal Goddess Rhea, mother of Gods  
7. b) In the US, Anna Jarvis is credited as being the "mother" of modern day Mother's Day. When her own mother died, she set about campaigning for a day to honour mothers. In 1914, President Woodrow Wilson signed a proclamation designating the second Sunday in May as a national day to honour mothers. 8. c) Kolkata

Please email articles for the next issue to: [newsletter@saltashteamministry.org](mailto:newsletter@saltashteamministry.org) by 20 March.

# BIG WORLD FAIR

Learning and growing together with people across the globe

**SATURDAY 20th APRIL**  
**10am - 3.30pm**  
**TRURO CATHEDRAL**



**Everyone welcome!**

**Find out about organisations working internationally & locally, from Cornwall & beyond and how you, your community or your church can get involved**

**Fun activities for children to find out more about the world**

**Speakers from:**  
**Five Talents**  
**Christian Aid**  
**Edukid**  
**Tearfund**

**Performances including:**  
**Cornwall Youth Choir**  
**Ukrainian Harmony**  
**Isaac Salaman**

**Roseland Academy Samba Band**  
**+ Drumming workshop to join in!**



**More Info: [international.links@truro.anglican.org](mailto:international.links@truro.anglican.org)**

