

Saltash Team Newsletter

Message from Rev Cathy Sigrist, Priest-in-Charge

“Discovering God’s Kingdom, Growing the Church”

Dear Friends

Going to church could save your life!

As we head for our summer holidays and hopefully warm and sunny days, I would like to leave you with some good news and also some food for thought. The good news, according to a recent research report, is that if you are a woman and go to church just once a week, you are 25% less likely to die early. The study claims that going to church is not only good for the soul, it can also stop you dying young! (At this time they haven’t carried out the research amongst men but it may well be the same for you!)

The study looked at nearly 75,000 church-goers over a 20-year-period. Those who attended a church service more than once a week are 33% less likely to die early and those women who worship once a week are 25% less likely to die early. The main factors behind the results are believed to be the sense of optimism and community that are experienced by going to church.

Dr Tyler VanderWeele, a professor of epidemiology (the branch of medicine which deals with the incidence, distribution, and possible control of diseases and other factors relating to health) of Harvard's school of public health, examined attendance at religious services and subsequent death in women. The research was assessed using questionnaires from between 1992 and 2012 and the researchers used data from the Nurses' Health Study in the analysis published in JAMA Internal Medicine.

'Our results suggest that there may be something important about religious service attendance beyond solitary spirituality,' Professor VanderWeele said. 'Part of the benefit seems to be that attending religious services increases social support, discourages smoking, decreases depression, and helps people develop a more optimistic or hopeful outlook on life.' The study, also found that those attending a church service just once a week, was also associated with a lower risk of death for women from all causes, including cardiovascular disease and cancer.

The fact is that attending a weekly church service can reduce your chances of dying early by 25% - that really is good news! So as well as receiving food for the soul, it seems that those attending also benefit from a sense of optimism and community that can help to combat the effects of stress, loneliness and depression, resulting in longer life.

Some 2,000 years ago, Jesus said: “I have come that they may have life, and that they may have it more abundantly.” (John 10:10) and now it looks as though we have the proof!

Yours in Christ

Cathy

Message from the Team Vicar

Dear friends,

Most of you will by now be aware I'm sure, of the announcement made in both churches on Sunday 14th May, that I will be retiring as Team Vicar of the Saltash Team Ministry at the end of July 2017.

This decision, although made after much prayerful thought and consideration and discussion, was not an easy one, but made in relation to the serious health problems I have experienced over the past year or so which consequently resulted in my having a stroke in November 2016. Not something I wish to repeat.

The time has come to put my future health and wellbeing higher on the personal agenda, difficult as that is, having spent my whole life in public service- NHS and Ministry.

It has been a privilege to have been Team Vicar here in Saltash for the past 5 years and a priest for these parishes for 11 years plus of my 21 years of ordained ministry thus far.

I very much hope that in the future I will have opportunity to minister occasionally with a PTO (permission to officiate) issued by the Bishop.

My final service will be on Sunday 9th July (more information in due course) With my grateful thanks, for your prayerful support and fellowship, over the years and most particularly during this somewhat difficult time of making what are major life changes.

With my love, prayers and God's blessing,
Yours in Christ

Revd Josie / Jo

Do you enjoy singing?

A wonderful opportunity will be taking place at St Stephen-by-Saltash-Church. On Friday 7th July starting at 6:30pm the Callington Gospel Choir will be leading a singing workshop followed by a pasty tea and social interaction. If you are interested please come along to join the Mixed Blessing singing group from St Stephen-by-Saltash-Church.

We will need to know numbers before the event so the correct amount of pasties can be ordered. The Callington Gospel do not charge for this fantastic experience so we are asking for a contribution of £2.50 so help pay for pasties, drinks and to enable us to give a donation to the Gospel choir.

Contact Darren Jane for details

Communication of Changes to the Choir Management

I am stepping down as Choir Master/ Choir Director and the post is now being excellently filled by Sue Davies, an accomplished musician and accompanist. I am sure she will bring her knowledge to our choral tradition so it continues. I would like to record my thanks to the choir for allowing me the privilege of working with them. All complaints, (hopefully none!) praise and suggestions for anthems (we sometimes get special requests for anniversaries or other notable events) should now be directed in the first instance to Margaret Evans our Head Chorister.

I understand that most choir practices will now be held at Brian and Sue's house which is lovely and warm with comfortable seating! However any questions on location should be directed to Margaret, Sue or Brian. It would be lovely if we were able to enrol a few more choir members to fill the gaps left by my Dad, Cyril, Ernie, and Doreen who all gave so much to our church music.

I will be continuing as church organist and playing the hymns and other music during the service (apart from the anthem sung by the choir) and doing my best to ensure that our wonderful Allen Organ is played to the best of my ability so the congregation can hear what a superb instrument it is. Any complaints about organ music – too loud, too soft, too modern, too ancient should be directed to me along with any special requests for anniversaries, birthdays etc.

Thank you.

Christopher Cook

Organist and Fellow of the Academy of St Cecilia

The Church Times has a new series for PCCs in the *Church Times*.

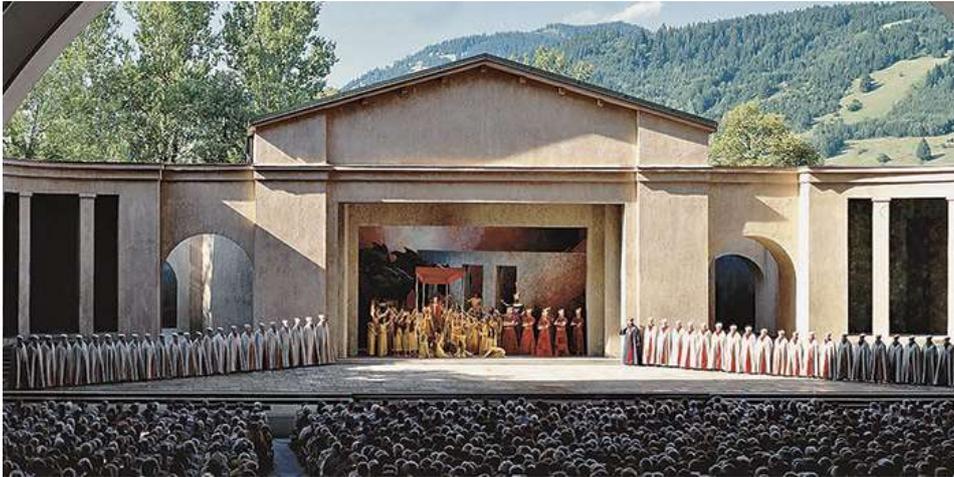
If you're on a PCC you'll find the series useful. Those who don't yet subscribe to the *Church Times* can take advantage of the new introductory offer, exclusively for PCC members: £25 for a six-month trial plus a free copy of The PCC Member's Essential Guide. This offer ends on 30 June 2017. It is available online at www.churchtimes.co.uk/pcc.

New Encounters in Theology – Wednesdays 7-9pm from September

New Encounters in Theology is for you if you want to deepen your understanding and knowledge of Christianity in order to better serve your church. New Encounters in Theology is for you if you want to learn and to use the tools that academic theology has developed to think critically about the Bible, and about the many ways Christian thinkers have used to try and understand God's ways with the world.

South West Training Ministry Course (SWMTC) make spaces on these sessions, held at Marjons in Plymouth, for members of the public so you can hear how the latest candidates for ministry are thinking and approaching their task. The topic in the autumn term is 'Introduction to the Old Testament' and in the New Year the topic is 'Introduction to the New Testament'. For a small fee you can simply sit and take part in the sessions, or you can register on the course and earn credits with Durham University. For more details tel (01392) 272544 or email admin@swmtc.org.uk

Oberammergau Passion Play 2020 The Passion of Christ



The Oberammergau Passion Play is traditionally held every ten years in the small village in Germany, and is due to be performed again throughout the summer of 2020.

In 1633 when the small Bavarian village of Oberammergau was in the grip of the plague, its inhabitants vowed that if they were spared, they would in future perform every ten years a Passion Play depicting Christ's bitter suffering. In 1634 the villagers fulfilled their solemn promise for the first time. For hundreds of years since then, despite dangers and threats, they have loyally kept their vow. Pilgrims from all over the world are captivated by the Play, which is not only a testimony of religious faith but also an outstanding cultural event.

If there are enough people interested, then I am happy to organise a group booking. There are a number of additional holiday visits that can be added onto Oberammergau – for example,
The Austrian Tyrol (Söll or Mayrhofen)
St Anton and the Austrian Tyrol
The Alpine Quartet (Feldkirch)
Salzburg, the Austrian Lakes and Sound of Music
Lake Garda and the Dolomites
Lake Maggiore and the Lakeland Quartet
The Swiss Alps and Bernina Express
Boppard and the Rhine Gorge
The Black Forest

Over the next couple of months I will put together some more information to help you to decide if this is something that you would like to experience and to find out what interest, if any, there is in a group of us visiting the Passion Play in 2020. It really is an experience of a lifetime.

Yours in Christ
Cathy

Messy Church

Thanks to all who helped at our Easter Session. The children learnt about the Easter Story. They made crosses and Easter Cards, and even models of the Tomb from biscuits and icing. They also decorated a prayer tree and the garden of love on the noticeboard. These crafts re-in force what they have learnt and hold the children's interest to make church something to celebrate and enjoy.

To see the forty children and thirty grown ups joining in a service in our church, makes all the hard work worthwhile.

In May we remembered the Ascension and Pentecost. - there was lots to celebrate, the coming of the Holy Spirit with wind and fire.

The next session is on Saturday 17th June at 3pm where we look at services held in our church such as Baptism, Marriage and remembering people.

Mothers' Union

At our AGM in April, Sandra McKee was re-elected Leader/Secretary and Margaret Gwynn as Treasurer. The following were elected to the committee- Lesley Batham, Lorna Courtney, Pauline Hack, Margaret Greet, Flo Mildren, and Sylvia Maddock. We have 18 members who meet every second Tuesday in the month to share prayer, ideas and to socialise.

In May, we listened to a talk from Mike Scott who told us about the U3A group in Saltash. The University of the third age is not a University and does not award a qualification, but does provide a meeting place for like minded people to study all manner of subjects. The group is open to anyone who is in their third age - ie not in school and not in full time employment. There is a large membership in Saltash, including some members of Mothers Union. We thank Mike for his informative talk and hope that he enjoyed the tea and cake.

In June we are meeting at 2 pm in church to share needle crafts with each other. It should be fun for the experienced and the not so able (or completely inept). Many garments are provided for premature babies and disadvantaged children by M.U. members throughout the country.

To support the M.U. Summer appeal "The Summer of Hope", we are planning a special lunch party, to be held in June which we hope the congregation will join in. Details to follow!!

Spiritual Direction

Spiritual Direction, also known as Spiritual Accompaniment, is an ancient ministry. It is the practice of sharing our faith journey with someone who is specifically trained in that ministry (and who abides by an agreed code of practice). A Spiritual Director will, in a prayerful atmosphere, help you to reflect on your life and experience, and to explore how you might become more open to the movement of God's Spirit. This has been happening since the earliest days of Christianity, when people first realised their need to find someone to accompany them on their journey with God.

Anyone can seek Spiritual Direction. To ask for a Spiritual Director, either email epiphanynetworkcornwall@gmail.com or ring Rev'd Derek Collins 01872 865136

Bishop Cornish Worship

On Thursday mornings, Bishop Cornish School hold worship that is open to everyone in the community. The service starts at 9.10am. Once a term Rev Cathy presides at a Eucharist service in the school.

St Nicholas and St Faith Social Committee

Saturday 17th June Christian Aid - Potatoes and Puds 12 – 2 p.m. Various fillings plus a pudding £6

Saturday July 8th - Hawaiian Evening. 7 p.m. Tickets £10 which includes food, please bring own drink, and please come dressed accordingly. In order to help with catering can you please let Mrs Leslie Stevens know if you are coming by Sunday 25th June. Telephone 842521

July and August - exhibition in Church - 'Saltash Past and Present'. Photographs and memorabilia needed, if you can help we will be setting up in Church on Friday 3rd July, and the Church will be open on Wednesday and Friday afternoons from 2 – 4 p.m.

August 5th 12th 19th & 26th All Day Breakfasts 10 am – 2 pm Last Orders 1.30 pm

Thursday 28th September 7.30 p.m. - Christmas Tree launch with Cheese and Wine in the Church Rooms.

October date to be confirmed Pig Racing

Advance Notice 2018

In May 'Here Comes Summer'

St. Pirans Evening 3rd March Please look out for further details

ST. STEPHEN'S CHURCH SOCIAL COMMITTEE

Although our Easter Fair seems a long time ago already, a memory a lot of us hold dear, was how great it was to see so many Children in our Church for our Hot Cross Buns and Easter Fun event. Thanks to everybody who helped and supported in anyway, especially all those great Easter Egg donations. The event raised £914.06. Thanks also to the team of helpers braving the very cold spot we were located in at Saltash Mayfair and helped us make sales of £500.00.

An Evening with Pete Goss – Friday 9th June **Tickets £5 each – Doors open 6.45pm for 7.30pm Start**

We are delighted to welcome Sailor and Adventurer Pete Goss for an evening of tales and questions. Pete rescued fellow competitor Raphael Dinelli, in hurricane force winds, which scuppered his own chances of winning the race. He was awarded the MBE for his unselfish and extreme sportsman like action, in the 1996/97 Vendee Globe non-stop single-handed round the world yacht race. We look forward to hearing this story and his Australian Adventure on board the Spirit of Mystery amongst others.

Tickets are on sale now following Wednesday and Sunday morning Services, or from Piglets Fore Street or contact Roger Rowse on 01752 843766 (email rogersaltash@gmail.com)

Summer Fair – Saturday 1st July

10.30 – 2.30pm

We have another great event planned for our annual Summer Fair. As usual weather permitting the event will take place outside but will continue inside if raining. With a great selection of stalls including Bric A Brac, Cakes, Plants, Cards, Books, Hoopla, Tombola, Raffle, Guess The Name, Bean Bag Challenge. .

While our Summer Fair takes places outside, we have a great selection of traders inside our church waiting for you with our Craft and Gift Fair.

Refreshments for events on 1st July

Our Church Marquee will be selling Hot n Cold Drinks and Cakes throughout the event and the same will be available inside our Church but also light lunches will also be available inside. Such as our Sandwich Bar (pick your own fillings). Pasties, Sausage Rolls and Toasted teacakes will also be on offer.

Bric A Brac – Wanted

If you have any unwanted Bric a Brac or 2nd hand books we can sale at our Summer Fair then please leave at the West End of our Church or speak to Gordon Richards or Steve Hookway to arrange collection/delivery.

Rock Choir – Friday 14th July

Doors open 6.45pm for 7.30pm Start

After last year's fantastic concert we welcome back The Rock Choir. Over 40 voices will again fill our Church with some great toe tapping tunes. Tickets cost £5 each and will be on sale from 14th June onwards, following Wednesday and Sunday morning Services, or at Piglets Fore Street or contact Roger Rowse on 01752 843766 (email rogersaltash@gmail.com)

Salisbury Coach Trip

Thursday 17th August - £16 per person

Leaving from outside St. Stephen's Church at 8am and arriving in Salisbury at Mid-day approx then departing home at 4pm and arriving back at approx. 8pm.

The magnificent City of Salisbury has it all; historic streets and alleyways, charming half-timbered buildings, traditional English eating houses and characterful shopping streets, not to mention the UK's finest Medieval Cathedral. To complement this there are regular street markets including Farmers Markets and Continental Markets.

Tickets are on sale now from Steve Hookway (Phone 07855 600241 – email stevhookway@hotmail.com)

Wanted

Do you have any empty plant pots or trays etc?
Then Claude Fourte would be happy to receive them.

Parkinson's UK

There is a fundraising walk at Port Eliot House and Gardens for the 11th June. Please contact Melissa Rimmell - Tel 0344 225 3732 Mobile 07815 606883

Hilda of Whitby

I was recently asked to research St Hilda and I thought you might like to know more about her too:

Hilda was a powerful 7th century English abbess who ruled a double monastery (women and men) for twenty years, advising bishops and nobles. Hilda died aged 66 in 680CE in Whitby. She is the patron saint of learning and St Hilda's College at Oxford University, a college for females, was named in her honour. She is often pictured with ammonites due to folk lore that she dealt with a plague of snakes by turning them to stone.

At this time England was becoming Christianised, the North was predominantly in the Celtic tradition while the South was in the Roman style, this is due to Augustine coming from Rome and setting up in Canterbury bringing the concept of an ordered Church with parishes and buildings. In contrast Columba had started in Iona and the Celtic Christian message had travelled south.

Hilda was noble by birth; her uncle was King Edwin of Northumbria. It is known that he was baptised in to the Christian faith on Easter Day 627CE, he married Ethelburga who was a Christian Princess from Kent, so presumably in the Roman tradition. Hilda was baptised at the same time as Edwin.

Later in life she answered a calling from Bishop Aidan to live as a nun in Northumbria. In 657CE she founded the monastery in Whitby. Hilda's Monastery was chosen by the King of Northumbria for an event in 664CE that set the course of Christianity in England. This demonstrates the high esteem that Hilda was held in and that her wisdom was sought. The Synod of Whitby was held to settle, amongst other things, the date of Easter and whether it should follow the Roman or Celtic tradition. Ultimately the Roman method was chosen, the Celtic monks returning to Iona, this marked the beginning of the end of Celtic theology and ultimately cast women into a subservient role in the church. It would be approximately another thousand years before another church of comparable importance allowed women at the altar except to clean.

It is thought Hilda had a fever for the last six years of her life, possibly 'a fever' is simply a phrase used for illness that could not be explained at that time. Regardless of her illness, she carried on and built another Abbey in the area before dying. On her deathbed it is said she urged her community "to preserve the gospel peace amongst themselves and towards all others." The place of her burial is unknown.

Today's church with its parishes and buildings has grown from these early days; the system implemented as a result of the Synod at Whitby is still seen nearly 1400 years later.

The deadline for the July 2017 edition is **22 June**
Please send your article to: saltashparishnewsletter@gmail.com
or pop it in to the Team Office.