

# OUTLOOK



**News and Views from around the Parish**

**April 2019**

**Issue 290**

Please note that the opinions expressed within this publication are not those of the Parish Church, editors or anyone other than the authors of the articles.

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Neighbourhood Team Leader:	Sergeant Jo Williams	101
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Morval Parish website	<a href="http://www.morvalwidegates.weebly.com">www.morvalwidegates.weebly.com</a>	
Trenode School website	<a href="http://www.trenode.cornwall.sch.uk">www.trenode.cornwall.sch.uk</a>	
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## **Diary Dates** (WRR=Widegates Reading Room)

### **April**

Mon 1: Nomansland AGM 7pm

Fri 5: Easter Bingo, doors open 6.30pm, eyes down 7.30pm, WRR

Tue 12: Easter Bingo Doors open 7pm, eyes down 8pm,  
Nomansland Village Hall

Fri 19: Primrose Day Good Friday Coffee morning, 10-12,  
47 Morview Road, Widegates

Sat 27: Baked Potato Lunch, 12 - 1.30pm, WRR

### **Into the future**

May – WRR Quiz – (exact date to be confirmed)

Sun Sept 1: Fayre on Village Green

**URGENT MESSAGE** - Please note that the Defibrillator that is located on the side of the Reading Room and Widegates Village Hall is no longer operational and cannot be used.

## **Ladies at Leisure**

It was sunshine all the way in February for the Ladies at Leisure trip to Street. Retail therapy, lunch, chat and laughter along with good company who could ask for anything more? Unfortunately, the weather has not been that kind since, but it has not stopped plans being made for future months, such as a boat trip at Fowey, Plymouth theatre, journey on the steam railway. So please join us on our social outings, more information from: Barbara 01503 241169, Helen 01503 241148 or Jane 01503 240393.

The ladies of Crafty Chat are now resplendent in their jewellery made during the February evenings. March is the month for testing our canal boat painting techniques, but on smaller objects first! More crafts to come in the months ahead, for £2.00 per session plus material costs you can't afford to miss these friendly evenings, 7 p.m. Widegates Village Hall, second Tuesday and last Thursday of each month. More information from Glenys 01503 241252

## **Bristol Residential, 11th-13th March 2019**

Pupils from Trenode Primary Academy have just returned from a 3-day visit to Bristol. With a small group from Blisland and Pelynt Primary Academies, they stayed at the YHA hostel in Bristol, and visited several attractions in the area. Bristol Zoo was the first stop, where the children were amazed by the beautiful lions, and took part in a workshop about life in polar regions. They even stroked a polar bear (not a live one) and a chinchilla!

The next day, they visited the 'We are Curious' science museum, and were entertained and amazed by the planetarium show, which took them on a holiday of a lifetime around our solar system. After that, they crossed the river to board the SS Great Britain, Brunel's enormous ship which used to ferry passengers across the Atlantic. Below decks, they experienced life as a wealthy passenger in the sumptuous first-class dining room, clattering further down the crowded decks to the steerage provision for poorer travellers. The cabins were cramped and smelly; everyone could believe that many passengers became sea-sick during the long journey to New York!

That evening, all the children thoroughly enjoyed a meal at Zsa zsa Bazaar – a very large, multi-cultural restaurant. The 'Mr Whippy' machine was a big success, although everybody tried some savoury foods from around the world too!

The final day was spent in the attractive city of Bath, visiting the Roman Baths. Everybody enjoyed listening to poet Michael Rosen's audio commentary as they toured the attraction. In the afternoon, they took part in a workshop about Roman Life, dressing up in togas and a tunic, called a stola. They returned home tired, full of interesting information to enthusiastically share with their families!

## **Open Gardens for St Luke's Hospice**

On the afternoon of Sunday 28<sup>th</sup> April, the beautiful gardens at Churchtown, plus the historic walled garden and vicarage garden will be open from 12.00 to 4.00 in aid of St Luke's Hospice in Plymouth. Entry to the gardens £5. In addition, refreshments will be available in the Old Vicarage and St Wenna's Church, with profits shared between St Luke's and St Wenna's.

More information: [www.stlukes-hospice.org.uk/open-gardens/](http://www.stlukes-hospice.org.uk/open-gardens/)

## **Reading Room and Village Hall.**

The AGM was held on the 11th March 2018 when

Mrs Ann Chudleigh was elected Chair,

Mrs Samantha Pengelly: Vice –Chair,

Mrs Caroline Pengelly Treasurer,

Mrs Susan Aunger Secretary.

Committee Members: Marie Bersey, Karen Pengelly, Joy Pengelly and Mike Willmott.

The Committee thanks Mrs Christine Davy for all her hard work as Treasurer as her term of office comes to an end. We also thank Mrs Caroline Pengelly for her work undertaken as Secretary. No rest for Caroline though as she now takes on the role of Treasurer. The whole committee works very hard, each member bringing their own expertise. The Chair thanked them all for their hard work and commitment.

The end of year accounts shows a loss which is a major concern so the Committee will be reviewing all costs over the coming months.

The Reading Room is entirely funded by fundraising events, donations and Hall Hire.

There are many Charity events held at the hall, but everyone seems to forget that the Reading Room itself is also a Charity so donations are always appreciated.

Hiring the hall is a large part of the income so why not save your carpets and have your get togethers at the hall. I don't think they do Tupperware parties any more, but maybe you could hold the equivalent events at the hall. The Hall charges have not increased this year, so it is still only £6.00 an hour.

The Committee looks forward to meeting you at our fundraising events and hope you can support them if it only by buying a raffle ticket or donating a raffle prize.

The events are advertised in the Outlook magazine and also on our Face book page, ably administered by Sam Pengelly.

Our visiting curate, Rev'd Gary Eve, writes about ...

## **The Model Prayer**

Lent is traditionally a time of self-examination but let us look away from ourselves for a while and instead look at something else. Many of us above a certain age grew up with the Lord's Prayer almost as part of our DNA, whether we were believers or not. Jesus gave this prayer to his disciples not to pray by rote but with the words 'in this manner pray' (Matthew 6:9). So how do we use this prayer? Do we just say it as some sort of magical formula, or do we pray it through reflectively, or can we use it as a model maybe?

Here it is in the more traditional form;

*Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever.  
Amen.*

When we stop to think about it, we can see that this is actually an outrageous prayer, the very first few words of the prayer are actually outrageous. Consider for a moment how our brothers and sisters in the Roman Catholic tradition are encouraged to pray. They ask the saints and/or Mary to be their intercessors with God because they understand that they are unworthy to call on the great God of all creation who dwells in Heaven, so they look for a more lowly mediator.

But Jesus instructs us to speak directly to God, however the real outrage is how we are to address God, as Father. The actual word used by Jesus is a little closer to Daddy than Father, but then this is the relationship Jesus has had with his Father since the very beginning of time.

In the Sermon on the Mount, Jesus teaches us that we are to live our lives so that our rewards come from our Father in heaven, and not from men (*Matthew 6:1*). We are to live in such a way that it gives glory to the Father (*Matthew 5:20*), and to be perfect as our heavenly Father is perfect (*Matthew 5:48*).

Jesus characterises the whole Christian life as a relationship with our Father in heaven, and so it is no surprise that we should address him as our Father.

But we should not rush past this without considering what it cost him and is likely to cost us. It cost Jesus his life, which He offered up as a substitute for our wicked ones, to reconcile us with the Father and to put us back into a relationship with Him, by adoption.

Also, it is useful for us, in this individualistic age, to notice that Jesus taught each one to pray Our Father, not My Father. Yet this is a prayer for the bedroom as much as for church, but at the same time it is still a corporate prayer. As the Father's adoptive children, we share spiritual intimacy not only with him, but also with each other.

So now the burdens of one person become the burdens of all, and so we are to pray not only for ourselves but for God's people everywhere. Whilst the Lord's Prayer can often be mistaken for a very private affair, it has in its view the very broadest of horizons.

So, now having considered the first two words of the prayer may I encourage you to complete the rest of the prayer. All the while remembering that Jesus does not limit the prayer in any way. We are to pray that God is honoured in our words and in our lives.

But we more than that, He is to be honoured in the world. The triumph of God's name throughout the world is to be our prayer. He is our Father in heaven, and he cares for us and He is our Father, but we too must care for Him, His name and His honour.

Blessings,      Gary

# More suggested Homespun Remedies

from Peter Cawthorne

## HEADACHES

Massage bridge of nose between eyes for a sinus headache. Massage behind ears with Olbas for pressure headache. Eau-de-Cologne (mint family) will soothe a headache by dabbing the cologne on temples. Inhaling Olbas oil on a tissue will help sinus or pressure headaches.



## HERBS

Herbs have been used for centuries for their healing properties and were often named after the complaints they were deemed to cure.

Heartsease – for heart problems

Liverwort – for liver

Eyebright – Eye trouble

Pilewort – Piles (Yellow Poppy)

Bladderworth – Bladder

and many more of course.....

Many years ago, herbs were gathered by the 'Wiseman' or 'Woman' in the village and then prepared as a concoction or ointment to help the sick, long before doctors came on the scene. Some common or garden plants were used such as DANDELION known as 'pee-a-bed' effective as a diuretic. The leaves and roots were used to disperse acid deposits in the joints which caused arthritis; the roots were used to treat warts.





Culpeper the leading herbalist in the 17th century refers to the stinging nettle under the dominion of Mars:- nettle tops eaten in the spring consume the phlegmatic superfluous in the body of man, that the coldness and moistness of winter left behind. He advised the boiling of roots and leaves (or the juice) mixed with honey for the treatment of sore throats, shortness of breath, wheezing and inflammation. Nettle tea for haemorrhoids etc.



*As with all medical advice, if you have any concerns regarding medical matters, have a chat with your doctor first – the Editors*

## **Never take our toilets for granted**

Many of us are all too aware of the discomfort, inconvenience (excuse the pun) and anxiety caused by the lack of toilet facilities when and where we need them. This is a problem for many smaller churches and was indeed the case at St Wenna's until September last year.

Thanks largely to a Viridor grant, we now have a dry composting toilet, housed in a very nice wooden cabin, and this has made a huge difference to what we can do and how many of us feel. We can now hold events and special services without the expense of a 'portaloo' or the embarrassment of having nothing at all.

Because we are so pleased with this improvement, the PCC decided to share our good fortune by making a donation to the 'Toilet Twinning' charity, which funds toilet facilities in poor parts of the world. The toilet at St Wenna's is now twinned with a single brick-built toilet which serves a small community of around twenty dwellings in Pakistan.

A photograph, giving the exact position of the tiny building, is displayed in church. It makes us appreciate how fortunate we are and that we should never take our comfort and wellbeing for granted.

## **Liskeard Area Memory Café**

We met on Friday 1st March for the first time this year having cancelled the previous Café in February because of the weather. Robin Roper came with his accordion and Pauline bought a very good cake made by her daughter-in-law to celebrate our 9 years. The 12th March we were at the Eliot Hotel for our AGM followed by a cream tea and then on Friday 15th lunch at the Highwayman.



So, a very busy week.

The next Café is on April 5th at the Methodist Church in Liskeard 2-4pm when Kay Shepherd will be coming for flower arranging, always very popular. The Café provides some respite for carers who can relax in a friendly atmosphere and get advice from experienced volunteers.

For more information Sally – 01579 321600

## **Easter Lilies in Church**

We will be arranging lilies in church again this year. If you wish to donate towards the cost of the lilies in memory of a loved one, please can you give your donation to Val Olver (☎: 262808), as soon as you can, and definitely before 6<sup>th</sup> April.

Lilies are notorious for taking a long time to open, so they are purchased 14 days before Easter Saturday. Easter is late this year, so we will be setting up on 20<sup>th</sup> April 2019.

If you wish to join us to arrange the lilies, please let Sue Auger know (☎241063).

<b>Note: May Outlook's copy deadline is Saturday 13<sup>th</sup> April</b>
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## **Church Services at St Wenna`s**

### **April 2019**

7th: Fifth in Lent

Eucharist 11am

Reader Lesley Brettell

Sidesperson Collin Brettell

14th: Palm Sunday

Family service 11am

Reader Hayley Moore

Sidesperson Ann Williams

19th: Good Friday

Meditation 2pm

Readers – many

Sidesperson – TBA

21st: Easter Day

Eucharist 11am

Reader Aurea Wilks

Sidesperson Anne Rice

28th: Easter 2

Morning Prayer 11am

Reader Bridget MacArthur

Sidesperson Ann Chudleigh

### **May 2019**

5th: Easter 3

Eucharist 11am

Reader Mary Howes

Sidesperson Ann Chudleigh

12th: Easter 4

Family Service 11am

Reader Lesley Brettell

Sidesperson Colin Brettell

19th: Easter 5

Eucharist 11am

Reader Anne Williams

Sidesperson Ann Rice

26th: Easter 6

Morning Prayer 11am

Reader Aurea Wilks

Sidesperson Bridget MacArthur

**Flower rota:** April 20: Easter Lilies (Sue Aunger), 27: Sue Aunger  
May: 4 & 11: Meriel Kitson, 18 & 25: Caroline Burgoyne

## **Help spring clean St Wenna`s!**

A small band of volunteers work tirelessly to keep our parish church in a presentable state, not only for regular weekly worship, but also for special services like weddings and funerals and occasional events. The church is a community amenity, so every so often, we invite everyone else to 'do their bit'. The next opportunity to flaunt your gardening, polishing or general handyperson skills is on Saturday 13<sup>th</sup> April, 10am to 2pm. It should be an enjoyable day, and lunch will be provided in the form of meat or cheese pasties and fruit. All welcome!

Find out more at: [morvalwidegates.weebly.com/morval-church.html](http://morvalwidegates.weebly.com/morval-church.html)

## Comic Relief in Widegates

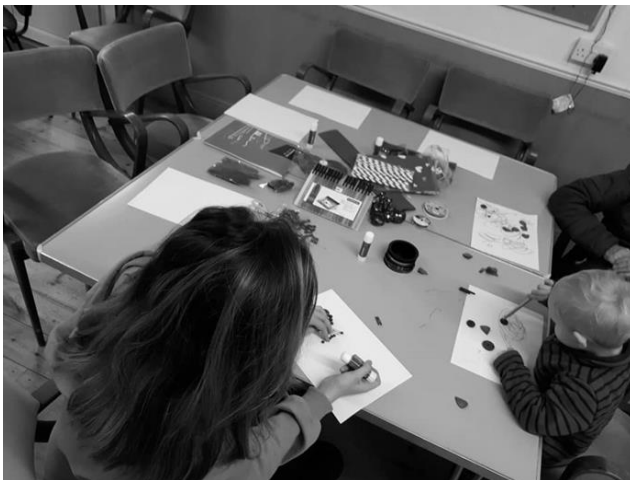
During the recent Comic Relief charity fundraiser, many people and communities across the UK got involved, and Widegates and Morval were no exceptions, with an excellent Comic Relief Coffee Morning held in Widegates Reading Room the day after the main televised event. There were cakes galore for people to have a slice with their coffee, and many other things, including 'guess the elephant's name' a lollipop tombola, and a children's activity table.



*(i) display of cakes*



*(ii) lollipop tombola*



*(iii) children's activity table*



*(iv) guess the elephant's name*

Huge thanks to Sam Pengelly and her organising team, and also to all who gave time and resources to assist in this really important community charity event for those less fortunate than we are.

For those of you who would have liked to attend and contribute but couldn't, the good news is you still can, by contacting Sam on 07773 062174 or by email: [sam\\_morton@hotmail.co.uk](mailto:sam_morton@hotmail.co.uk)

## Copley Arms – Hessenford

Come and join us at the Copley Arms pub/restaurant at Hessenford, a family-run business for the past 16 years. The Copley Arms offers a traditional Cornish stone setting with open fire, creating ambience and relaxation in a family welcome setting.

Our new chef Debbie has recently joined the team and is proving very popular with diners with her speciality dishes; Scallops, Mussels, Fish Goujons and many more varied choices to suit all tastes. Alongside Errol our head Chef and Paul our second chef, the kitchen continues to produce diner favourites at affordable prices.

Our Sunday menu includes the traditional Sunday roast that is simply delicious! Easter weekend is now being organised and will include a Special Easter Menu. We pride ourselves on the range of speciality beers we offer and should you choose to join our Facebook page you will see our daily menu specials and any other news.

Our advertisement in this magazine lists the many popular events that we have throughout the month, including a weekly Quiz, Open Mic, Karaoke and evenings featuring local musicians/bands, plus Murder Mystery dining evenings.

We hope to see you soon!



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**Sat 13th April**

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