



Upper Fal Parishes

Weekly Bulletin w/c 1st September 2025

Ow sos ger,

We are now entering the season of a new year at school, let us pray for our children as they go to school for the first time in their new year and perhaps new school, new class, and with new friends to make.

Let us pray for the teaching and ancillary staff as they settle into a new season of work and take care of the youngsters in their care. We give thanks for the work that they do, the care that they take, and the passion for learning that they share!

As the term begins I shall be going into schools and leading a short service called 'blessing our backpacks', it is when the children and staff take a moment to pause, to give thanks and take stock of the work that is being asked of them.

Each person concerned will have work to commit over the coming year, they will have homework, as well as extracurricular activities that will further enhance their learning opportunities such as sports, music or choir, maths challenges, public speaking competition's, there are so many opportunities to take advantage of. And so each person brings an item that represents their work be it a school bag, a diary or a phone and we ask Our Father's blessing on the year.

Please can I ask you to pray for the children of your village, and if you know the school that they go to you could see online the names of the head teacher, and classroom teachers, and pray regularly for them.

Please also pray for the various outreach activities taking place across the Upper Fal Parishes.

Gras ha kres,

Caroline

This Week's Services

Thursday 4th September

Probus - 12 noon - Holy Communion with Canon Sherry

Sunday 7th September

Probus	9.30	Connect (Breakfast from 8:45am)	Anthony
St Erme	9.30	HC	Linda
St Nun's	10.30	Parish HC	Brian
Ladock	11.00	HC	Linda
Tresillian	11.15	MP	Caroline

Readings for this week

Psalms 14

Jeremiah 4: 11-12, 22-28

Luke 15: 1-10

Collect for 12th Sunday after Trinity

God of constant mercy,
who sent your Son to save us:
remind us of your goodness,
increase your grace within us,
that our thankfulness may grow,
through Jesus Christ our Lord.

Next Week's Services

Sunday 14th September

Probus	9:30	Holy Communion	TBC
St Erme	9:30	Holy Communion	Linda
Ladock	11:00	Ecumenical Service	Jane Wilcox
St Crida	11:00	Holy Communion	Sherry
Tresillian.	11:15	Holy Communion	Linda

Next Week's Readings

Psalms 14

Jeremiah 4: 11-12, 22-28

Luke 15: 1-10

Probus Community Hub

Monday 1st September

Pain Cafe 10am - 12pm

Refreshments 10am -12pm

Community Larder 4pm - 4:30pm

Tuesday 2nd September

Coffee and Chat 10:30am - 12pm

Wednesday 3rd September

Move More - Falls prevention course for the over 65s 10:30am - 11:30am

Refreshments 10am - 12pm

Community Larder 2:30pm - 3:30pm

Friday 5th September

Community Larder 9am - 10am

Refreshments 10am - 12pm

Saturday 6th September

Community Larder 9:30am - 10:30am

Bulletin - please note all items for the following week's bulletin to be sent to bulletin@probus.church by 5pm on a Monday

Thanks

Generosity and Stewardship Matters

Financially Supporting your church

The Parish Giving Scheme is our preferred method of receiving regular giving within the churches of Probus, Ladock and Grampound. If you haven't already transferred from other forms of giving then do check out how it works through the link [here](#) or by contacting your treasurer.

Please do consider whether this is a good time to review your regular giving at the church, or perhaps you would like to plan for a future donation and leave a gift in your will. The Church of England has produced guidance on legacy giving which you can find [here](#)



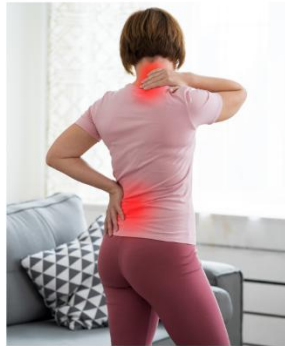
Pain Cafés

CONNECTED
By Pain

Imagine If we could work together to help people living with chronic pain to feel more connected, less isolated, and more empowered to manage their pain. Pain Cafés are friendly, welcoming spaces where people can develop confidence to talk openly about their health, feel supported by their peers, and develop techniques to manage their pain and wellbeing.

By attending Pain Cafés, participants feel heard, respected and validated, and a part of a community. Through our 'skills not pills approach',

participants change their behaviour mindsets, and learn new skills to manage their pain. Participants of Pain Cafés experience less isolation, decreased use of medication, and reduced number of doctors' visits.



"A cheerful, uplifting atmosphere.
Emphasis on the positives: the can-do and not the can't do. No pressure to do anything, take everything at your own pace"

"Being with people with similar problems really does help. The group is friendly and welcoming, listening to others who have experienced similar problems to me is excellent - you are not the only one with that particular pain"



**PROBUS PAIN CAFE : FIRST MONDAY OF EACH MONTH
PROBUS PARISH CHURCH 10-12**

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