



## **Upper Fal Parishes**

### **Weekly Bulletin w/c 29th September 2025**

Ow sos ger,

#### **Roof Breakers!**

In many churches across this land there are local champions who advocate for equal access to services called roofbreakers. You may think this is a strange term, but it picks up on the actions of 4 friends of someone who needed help from Jesus. In essence the building was chock full of barriers and the person concerned couldn't get in to experience the Lord. So, the friends bundled this person and took them up on the roof, tore a hole through and then lowered the person down in front of Jesus. The result was this person was able to meet with Jesus and experience healing, love and restoration to the community. This was groundbreaking news (not the fact the roof now had a hole in it!).

As we look around our churches it is helpful to think about what kind of access do people experience in this building. To ask questions like will people coming into this church see a bible, are there any tracks that can be taken away, will there be hospitality available, could they help themselves? But there are also physical barriers that can get in the way, such as locked doors, poor lighting, lack of heating, steps or uneven floors, sadly we do not have the problem that our buildings are too full! If someone were to pop into the church building who would be around to listen and to hear the needs of the visitor? Will members of the local congregation pop in and see if they can be of support and pray with them if desired?

Accessibility is a big issue across our churches, not least as congregations grow older in years, experience physical ailments, but there are also those who must rely on the support of others for travel, for communication, to belong and participate within the community or church family. And of course, there are those who are younger in years, how will they discover God if when they come to church all they hear is tutt tutt?

This week as you pop in and out of church, take a moment or two to revisit the story of the roof breakers (Mark 2:4) read the verses just before and just after, open your heart to Jesus, might Jesus be inviting you to become a roofbreaker within

your church family? Could you be a champion and support someone making their journey to Jesus?

Let us pray,

This prayer has been written by Sarah Best who has Down's syndrome and severe hearing loss. She is also Chief candle snuffer at her church and takes turns to read the lesson.

### **Made In God's Image**

Thank you God for people –  
who are tall or small,  
who are fast or slow,  
who like exercise or just like sitting,  
who like different styles of music,  
who have different hobbies,  
who want to learn, and others who explain,  
who we get along with, and others who we don't.

Everyone is made in your image  
and we are all different.

Everything you make is good including us.

Help us to get along with each other and look for the good in everyone just like you do. Amen

Gras ha kres,  
Caroline

### **SAT 4th October Generosity Fika**

Opening our hearts and experiencing love through generosity of spirit is the theme for the generosity Fika on Saturday. I look forward to seeing all our PCC's as they come together to consider what generosity might look like across the Upper Fal Parishes, I am hoping that each church is bringing at least 3 cakes, please let your church warden know if you are bringing a cake or let Eleanor know (events@probus.church). Fika is the Swedish term for tea and cake! the idea being that there will be at least 7 different cakes to choose from...ALL ARE WELCOME 2-4.30 at SsProbus and Grace Church. We look forward to seeing you there, Revd Caroline and Christine Salaman

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### **This Week's Services**

#### **Thursday 2nd October**

Probus 12:00 Holy Communion Brian

#### **Sunday 21st September**

Probus	9:30	Connect	Sara
St Erme	9:30	Holy Communion and Harvest & Lunch	Linda
St Nun's	10:30	Parish Communion	Caroline
Ladock	11:00	Holy Communion	Linda
Tresillian	11:15	Morning Prayer	Billa

### **Readings for this week**

Lamentations 1: 1-6

Luke 17: 5-10

### **Collect for 16th Sunday after Trinity**

Lord of creation,  
whose glory is around and within us:  
open our eyes to your wonders,  
that we may serve you with reverence  
and know your peace at our lives' end,  
through Jesus Christ our Lord.

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### **Next Week's Services**

#### **Sunday 12th October**

Probus	9.30	Holy Communion	Caroline
St Erme	9.30	Holy Communion	Linda
Ladock	11.00	Holy Communion	Linda
St Crida	11.00	Holy Communion and Harvest	Sherry
Tresillian	11.15	Holy Communion	Caroline
Probus	19.00	TEAM healing service	Caroline

## **Next Week's Readings**

Jeremiah 29:1, & 4-7

Luke 17: 11-19

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## **Probus Community Hub**

### **Mondays**

Pain Cafe 10am - 12pm

Refreshments 10am -12pm

Community Larder 4pm - 4:30pm

### **Tuesdays**

Coffee and Chat 10:30am - 12pm

### **Wednesdays**

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

Refreshments 10am - 12pm

Community Larder 2:30pm - 3:30pm

### **Fridays**

Community Larder 9am - 10am

Refreshments 10am - 12pm

### **Saturdays**

Community Larder 9:30am - 10:30am

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

Thanks

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## **Ss Probus and Grace Church**

I am currently looking to set up a small team of people who would be willing to open and close the church each day of the week. In the past Steve as Church warden has overseen this, however, now that he has retired from this position we need to think again about how we can manage to keep the church open. The church is widely used by everyone in the community for personal prayer, community group sessions, as well as toddler group, community larder and other things from time to time.

Responsibilities of the role would include

Opening up: unlocking the door, and turning on a couple of lights inside.

Locking up: ensuring that no one is inside, the toilet is locked, lights are off and doors are locked.

It would be helpful to have a small team of people who would be willing either to take a day each, or a regular day...and that you might be willing to cover each other for sickness or holidays.

Please contact me asap if you can help,  
Caroline

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### **PROBUS YOUTH CAFE**

**Calling all young people aged between 11-16 years!**

We would love to gather ideas about what a future 'youth cafe' in Probus could look like and we thought who better to ask than the brilliant young people in our local community.

The youth cafe would be held in Probus Church and will provide a safe, relaxed and fun space to gather fortnightly and connect with one another over food and drink with games and activities.

Our leadership team are super excited to meet you and your parents/carers at an informal drop in evening, with refreshments. The evening will provide an opportunity to answer your questions and most importantly, gather your ideas. We also invite adults along to the evening who may be interested in volunteering at the youth cafe and would like further information.

**When: Sunday 5th October 2025**  
**Time: Drop in between 6:30pm - 8:00pm**  
**Where: Probus Church**

We can't wait to see you there!

Rev. Caroline Husband  
Sara Schofield  
Helen Godwin  
Sara Edwardes  
Cliff Husband  
Helen Adams

All leaders have been safely recruited and DBS checked.  
For more information please email [youth@probus.church](mailto:youth@probus.church)

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## Other events



### Welcome to our Generosity FIKA!

As Christians we try to live generous lives, responding to our generous God and reaching out to our churches, local communities and the world in generosity.

On October 4th at Probus Church from 2-5pm we will be running a Generosity FIKA for the Upper Fal Parishes benefice to which all PCC members and anyone else who would like to attend are invited.

FIKA is a Swedish word meaning “a moment of quality time to savour with others, accompanied by hot beverage and cakes”

The generosity FIKA is a relaxed time to explore God's generosity to us, biblical generosity and generosity around the world. Through short films, reflections and discussion we can be inspired and encouraged to live more generous lives, helping us to cultivate the abundant and generous life God desires for us. Fikas can be an enormously effective way of developing a generous culture within your church. And there will be cake!!

You can read [HERE](#) a review by Revd. Douglas Wren of a FIKA which we ran on the Roseland.

I hope to see many of you at the generosity FIKA in October and look forward to sharing this time with you.

**Christine Salaman**

**Generous Giving Advisor**

ST PROBUS AND ST GRACE CHURCH

HOSTS

# Mevagissey Male Voice Choir

11th  
OCTOBER  
2025  
7:30PM



£8 ADULT  
£4 U16S

TICKETS FROM - [EVENTS@PROBUS.CHURCH](mailto:EVENTS@PROBUS.CHURCH)

## HARVEST SUPPER

TUESDAY 14TH OCTOBER  
6.30PM  
GRAMPOUND VILLAGE HALL

ENTRY BY TICKET ONLY  
£5.00 EACH

TICKETS AVAILABLE FROM  
GRAMPOUND VILLAGE STORE  
(CASH ONLY)

AUCTION PROCEEDS  
TO TRURO FOOD BANK

PLEASE BRING YOUR OWN PLATES, GLASSES  
AND CUTLERY, AS WELL AS YOUR OWN  
DRINKS





One minute they need you, the next you're the most embarrassing person alive!

This stage of their development is full of change, so *Tweens and Teens* has been designed to offer hope and help to mums, dads and carers, through the turbulence of the tween years and beyond.

On top of the raging hormones and mood swings, our children are pulling away and becoming their own person. So, how can we give them the freedom to grow without letting them wander into chaos?

At this event, we'll explore principles that will equip you to come alongside your child as they try and establish their identity, assert their independence and find their place in the world.

#### **You'll come away with...**

- A better understanding of what's going on in their brains
- Practical ways to stay connected with your child whilst letting them go
- Strategies to keep your child safe, both in the real world and online
- Ways to help your child establish their identity and develop independence
- Increased confidence in how you, and your child, can thrive during this crucial stage in their development
- Bonus content to watch at home to help you with even more specific issues

If interested you can [Book here](https://cff.org.uk/tweens)



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## **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](#)