GRAMPOUND WITH CREED - LADOCK - ST ERME - ST MICHAEL PENKIVEL - TRESILLIAN & LAMORRAN WITH MERTHER - PROBUS

UPPER FAL
PARISHES

Weekly Benefice Bulletin

Sunday 18th January 2026

Week of Christian Unity

Message from the Rector

Connected to Christ

"*I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.*" John 15:5

Ow sos ger,

Having taken a bit of time away from the office over Christmas, I found myself rejoicing in the goodness of God. I am truly thankful for His bringing me here, I feel that I have been obedient to that sense of call, there was a cost to me personally, in leaving behind the community that has been shaping my faith and encouraging me in discipleship over the past several years. But it is with joy that I look forward to forming and forging those relationships with people and places across the Upper Fal Parishes. Indeed, that process has already begun as we have started to get to know each other.

God is so constant and reliable and yet God will also surprise us from time to time. One such delight was having some prophetic words spoken to me which have been echoed several times and by different people. These words were from Jeremiah 6v16.

This is what the Lord says:

"Stand at the crossroads and look;
ask for the ancient paths,
ask where the good way is, and walk in it,
and you will find rest for your souls.

The verse goes on to say "But you said, 'We will not walk in it." Each person that carried this message to me expressively said this last part wasn't part of the message at this time. But I think there is something that I, and perhaps you, might need to be mindful of. There are scenario's that I struggle with, it's the way in which my life experience, my confidence, my trust in God all come together and either help me to overcome the trial or tribulation or to run a mile! One of those areas has been the recommendation that as a Christian leader I should have a 'rule of life'. This has always tapped into my fear of getting things wrong - if there's a rule about it, I feel that I will always be challenging or breaking the rule so I would rather run a mile!

But through time I have learnt to develop a rhythm of life which then supports me through public ministry but also in my private life too. This is not something that is only suggested for ordained clergy but for all Christians. And this is something I have been learning about as I look to the ancient paths.

My searching has led me to discover that God has also called others to search for the ancient paths. And as this is a prophetic word that has been repeated across the Upper Fal Parishes, I am sharing it with you all. As part of my reading I have been exploring the Monastic practices of old -don't worry I'm not going to ask you to get up and pray at 2am each day...unless of course, God wakes you and you feel a burden on your heart to do so!

Monasteries typically are arranged around sacred spaces, they accommodate all of life and allow for individuals to experience the proximity of God in each place, each relationship, and in each time. For my inspiration in sharing this with you, I am leaning into George Lings and his book called Seven Sacred Spaces. Please do chat with me over the next few months as I hope that together we will search out those ancient ways and wonder how they might fit with our lives today.

Gras ha kres,
Caroline

This week's services

Sunday 18th January
Week of Christian Unity

Probus	9.30	Praise & Worship	Sara
St Erme	9.30	Holy Communion	Caroline
St Nun's	10.30	Parish Praise	William
Ladock	11.00	Holy Communion	Linda
Tresillian	15.00	Holy Communion Team	Linda

Readings this week

Psalms 40:1-12
1 Cor 1: 1-9
John 1: 29-42

Collect for Sunday

Almighty God,
in Christ you make all things new:
transform the poverty of our nature by the riches of your grace,
and in the renewal of our lives
make known your heavenly glory;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen

Next week's services

Sunday 25th January
The Conversion of Paul

Probus	9.30	Holy Communion	Linda
St Erme	9.30	Morning Prayer	Caroline
Ladock	11.00	Holy Communion	Caroline
St Crida	11.00	Matins	Pat
Tresillian	11.15	Holy Communion	Linda
Probus	16.00	Café Church	Scott / Liz
Ladock	18.00	BCP Evensong	Linda

Readings

Psalms 67
Acts 9: 1-22
Matthew 19: 27-30

Home Groups

Our midweek home groups are a real blessing to be part of, a place where we share life, faith, and friendship. It's often the first to hear when someone needs prayer or has good news to share.

We hope these groups will continue to grow and welcome new members as we journey together in faith.

For details about the different midweek home groups you can join, please contact the home group leaders.

Grampound with Creed meets on Thursday evenings (weekly) with William & Ruth Trinnick (various locations)

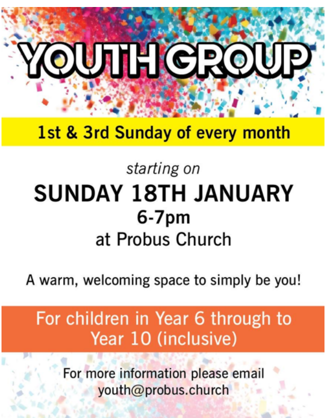
Probus meets on Tuesday evenings (fortnightly) with Scott and Sue Hall

Probus will be meeting Thursday evenings (fortnightly) with Liz and Chris Marshman. Please contact Liz on 07525 456434.

Tresillian - We are hoping to begin a daytime group in Tresillian, more news to follow, but if you would like to offer your home please let Rev. Caroline know.

Children & Young People's Groups

Probus - **Little Lights:** Thursday 22nd January, 9:30am - 11:30am



YOUTH GROUP

1st & 3rd Sunday of every month

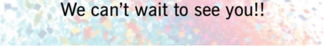
starting on

SUNDAY 18TH JANUARY
6-7pm
at Probus Church

A warm, welcoming space to simply be you!

For children in Year 6 through to Year 10 (inclusive)

For more information please email
youth@probus.church


We can't wait to see you!!

Benefice notices

TR2 Community Hub

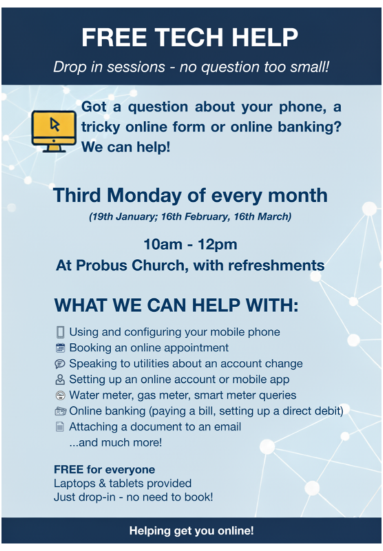
Monday 18th January
Digital Support: 10am- 12pm
Coffee Morning: 10am -12pm
Community Larder: 4pm - 4:30pm
Tuesday 19th January
Coffee Morning: 10.30am -12pm

Wednesday 20th January
Coffee Morning: 10am -12pm
Community Larder: 2.30pm - 3:30pm
Probus Community Support & Information Service: 2pm - 4pm

Friday 22nd January
Coffee Morning: 9am - 11am
Community Larder: 9am - 10am

Saturday 23rd January
Community Larder: 9:30am - 10:30am
Coffee Morning: 9:30pm - 10:30pm

Digital Hub



FREE TECH HELP

Drop in sessions - no question too small!

Got a question about your phone, a tricky online form or online banking? We can help!

Third Monday of every month
(19th January; 16th February, 16th March)

10am - 12pm
At Probus Church, with refreshments

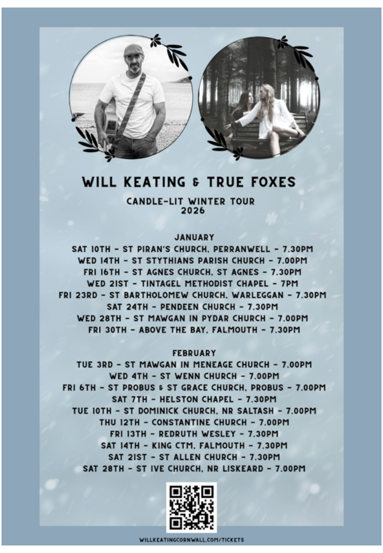
WHAT WE CAN HELP WITH:
- Using and configuring your mobile phone
- Booking an online appointment
- Speaking to utilities about an account change
- Setting up an online account or mobile app
- Water meter, gas meter, smart meter queries
- Online banking (paying a bill, setting up a direct debit)
- Attaching a document to an email

...and much more!

FREE for everyone
Laptops & tablets provided
Just drop-in - no need to book!

Helping get you online!

Will Keating and True Foxes @ Probus



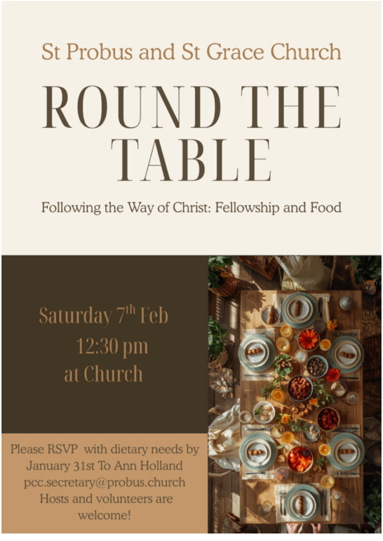
WILL KEATING & TRUE FOXES
CANDLE-LIT WINTER TOUR
2026

JANUARY
SAT 10TH - ST PIRAN'S CHURCH, PERRANWELL - 7.30PM
WED 14TH - ST STYTHIANS PARISH CHURCH - 7.00PM
FRI 16TH - ST AGNES CHURCH, ST AGNES - 7.30PM
WED 21ST - TINTAGEL METHODIST CHAPEL - 7PM
FRI 23RD - ST BARTHOLOMEW CHURCH, WARLEGGAN - 7.30PM
SAT 24TH - PENDEEN CHURCH - 7.30PM
WED 28TH - ST MAWGAN IN PYDAR CHURCH - 7.00PM
FRI 30TH - ABOVE THE BAY, FALMOUTH - 7.30PM

FEBRUARY
TUE 3RD - ST MAWGAN IN MENEAGE CHURCH - 7.00PM
WED 4TH - ST WENN CHURCH - 7.00PM
FRI 6TH - ST PROBUS & ST GRACE CHURCH, PROBUS - 7.00PM
SAT 7TH - HELSTON CHAPEL - 7.30PM
TUE 10TH - ST DOMINICK CHURCH, NR SALTASH - 7.00PM
THU 12TH - CONSTANTINE CHURCH - 7.00PM
FRI 13TH - REDRUTH WESLEY - 7.30PM
SAT 14TH - KING CTM, FALMOUTH - 7.30PM
SAT 21ST - ST ALLEN CHURCH - 7.30PM
SAT 28TH - ST IVE CHURCH, NR LISKEARD - 7.00PM

WILLKEATINGCORNWALL.COM/TICKETS

To book tickets for Will Keating and the True Foxes at St Probus & St Grace Church on Friday 6th February at 7.00pm please email us here, as tickets sold via us ensures more goes to the church and the artists.



St Probus and St Grace Church

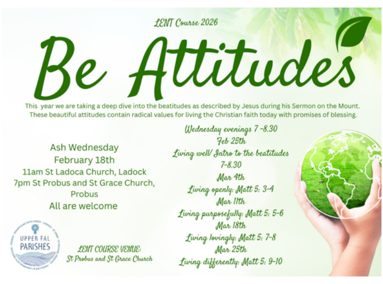
ROUND THE TABLE

Following the Way of Christ: Fellowship and Food

Saturday 7th Feb
12:30 pm
at Church

Please RSVP with dietary needs by January 31st To Ann Holland pcc.secretary@probus.church Hosts and volunteers are welcome!

Be Attitudes - Lent Course



LENT Course 2026

Be Attitudes

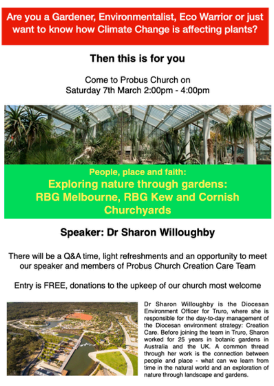
This year we are taking a deep dive into the beatitudes as described by Jesus during his Sermon on the Mount. These beautiful attitudes contain radical values for living the Christian faith today with promises of blessing.

Ash Wednesday
February 18th
11am St Ladoca Church, Ladock
7pm St Probus and St Grace Church, Probus
All are welcome

Wednesday evenings 7 -8.30
Feb 25th
Living well/ Intro to the beatitudes
7-8.30
Mar 4th
Living openly: Matt 5: 3-4
Mar 11th
Living purposefully: Matt 5: 5-6
Mar 18th
Living lovingly: Matt 5: 7-8
Mar 25th
Living differently: Matt 5: 9-10

LENT COURSE VENUE:
St Probus and St Grace Church

Dr Sharon Willoughby @ Probus



Are you a Gardener, Environmentalist, Eco Warrior or just want to know how Climate Change is affecting plants?

Then this is for you

Come to Probus Church on
Saturday 7th March 2:00pm - 4:00pm

People, place and faith:
Exploring nature through gardens: RBG Melbourne, RBG Kew and Cornish Churchyards

Speaker: Dr Sharon Willoughby

There will be a Q&A time, light refreshments and an opportunity to meet our speaker and members of Probus Church Creation Care Team

Entry is FREE, donations to the upkeep of our church most welcome

Dr Sharon Willoughby is the Diocesan Environment Officer for Truro, where she is responsible for the day-to-day management of the Diocesan environment strategy: Creation Care. Before joining the team in Truro, Sharon worked for 25 years in botanic gardens in Australia and the UK. A common thread through her work is the connection between people and place - what can we learn from time in the natural world and an exploration of nature through landscape and gardens.

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

---

Newsletter Submissions

Please send your items **by 5pm on Tuesday 20th January at the latest** to Matthew at **bulletin@probus.church** and make sure the subject line clearly indicates that it is a newsletter submission. **Thank you.**

Copyright © 2026 Upper Fal Parishes, All rights reserved.