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Weekly Benefice Bulletin

Sunday 2nd August 2026

Message from the Rector

Ow sos ger,

Where does the time go!

I cannot believe that we are at the end of July and the summer holidays are here.

At the end of term the youth group were invited to the Sanctuary for a BBQ as their final meeting. We have had 18 young people step through the doors since the group began in January with the current members keen for it to continue in September. They have asked if we would include a little programme to support the young people as they navigate the transition to secondary school and into their teenage years. The team that heads this up are Sara Schofield, Sara Edwards, Cliff Husband and myself -please do pray for this group and for their leaders. We have also been supported by LLM Scott and CW Matthew as well as parent helpers to whom we have been extremely thankful.

At the end of Little Lights, the stay and play group, 6 children were given an Usborne Children's bible suitable for bedtime reading, the children were so excited to have their own story books.

Our church schools - Grampound Road, Grampound with Creed and Ladock -also said goodbye to their year 6's. Each child received a Good News Bible and several also received an 'It's your move' resource designed to help children think about their experience of transitioning from primary to secondary school.

In amongst this there is, of course, many others saying goodbye, perhaps changing places of work, those retiring, those who are moving home and those who are mourning the death of a family member or friend. Transitions and how we learn to manage them are an important life skill - which may seem a strange thing to say, but it is important to recognise and reconcile ourselves to the cost of loss. As we go through life we learn how to say thank you, how to acknowledge the value and love we have received from another, perhaps at home but also in the workplace. We also learn to process our own feelings of doubt, fear, joy and courage as we step forward into life.

Across the Upper Fal Parishes we are also experiencing something of a transition as we work towards becoming one Benefice made up of 6 parishes. It's like the digits of a hand coming together and becoming a hand - each digit has it's own way of being but we are also part of something distinctive where we work collegiately and collaboratively together. Through the love of Christ and the fellowship of the Holy Spirit we can trust that God is bringing us into community together as his church in our own locations.

To help us think about this I have invited Rebecca Evans and AD Clive to come and spend some time with us. Please save the date **Saturday 17th October 10am-4pm**. We will be meeting at Tresillian Village Hall. This vision Day will include a service of Holy Communion demonstrating our commitment to belong to the community that Jesus calls us to. More details to follow.

One last thing, a reminder that we have been invited to Suffree Farm on Sunday from 12.30 (if it is raining we will convene at Probus church) for a bring your own picnic. To supplement your picnic there will also be a pasty and glass of wine. This is intended to be a gentle gathering, a chance to catch up or stroll around the garden. I do advise bringing your own chairs or picnic rug. You are also warmly welcome to bring your dog. I will be taking Flossie!

And finally, don't forget to invite neighbouring families to Duggie Dug Dug on 15th August, 2.00pm - 3.30pm for our science filled praise party -a great way to warm up for the Probus Fun Week Carnival later! Please sign up **here**. I look forward to seeing you there!

Gras ha kres,
Caroline

This week's services

Sunday 2nd August

Probus	9.30	Praise and Worship with Breakfast from 8.45am	Caroline
St Erme	9.30	Holy Communion	Pat
St Nun's	10.30	Parish Praise with Holy Communion	Brian
Ladock	11.00	Holy Communion	Pat
Tresillian	11.15	Morning Prayer	Caroline

Psalm 17: 1-7, 16
Romans 9: 1-5
Matthew14: 13-21

Thursday 6th August

Probus	12.00	Holy Communion	Pat

Next week's services

Sunday 9th August

Probus	9.30	Holy Communion	Sara / Brian
St Erme	9.30	Holy Communion	Caroline
Ladock	11.00	Holy Communion	Caroline
St Crida	11.15	BCP Communion	Pat
Tresillian	11.15	Holy Communion	Brian (TBC)
Probus	4.30	Assembly Bangers	Nay and team

Psalm 105: 1-6, 16-22, 45b
Romans 10:5-15
Matthew 14: 22-33

Children & Young People's Groups

Probus - **Youth Group:** Sunday 2nd August, 6.00pm - 7.00pm

Probus - **Little Lights:** Thursday 6th August, 9:30am - 11:30am

Benefice notices

Safeguarding Update

Safeguarding ourselves and those whom we meet

Caring for Others Safely

Our church welcomes everyone with kindness, dignity and respect.

Some people who come here may be facing homelessness, distress or difficult circumstances.

Please remember:

• Be welcoming and polite

• Do not put yourself at risk

• Share any concerns with a churchwarden or clergy

Keep Safe Boundaries:

• Do not offer money, accommodation, or personal support on your own

• Do not engage if someone is behaving aggressively or unpredictably

Safety First

• If you feel unsafe, step away immediately

• Emergency: Call 999

• Non-emergency concerns: Call 101

Helping Well

• We support people best by helping them access appropriate services, not by acting alone

Our aim:

• To be a place of welcome and compassion, while keeping everyone safe.

Many thanks

Caroline

Summer Feast with Another Way

Hello Upper Fal Parishes team!

My name's Mischa Jones, and I'm writing on behalf of Another Way - a church community based in Truro, and hosted by the Cathedral. We'd love to invite you and your community to our Summer Feast, taking place on Saturday 1 August, from 1.00pm–11.00pm, in the beautiful gardens of Epiphany House, Truro.

Our hope is simply to create a joyful day of hospitality, creativity and celebration as we mark the height of summer together. Hidden behind the trees on the edge of Truro, Epiphany House will be filled with live folk, jazz and world music, visual arts, creative workshops, family activities, delicious food from (h)Ost, drinks from Verdant Brewery, and plenty of space to relax, meet new people and enjoy the gardens.

Whether people come for an hour or stay all afternoon and into the evening, we'd love to welcome anyone from your congregation who might enjoy a gentle, family-friendly summer gathering. The event is open to people of all ages, and is a welcoming space for those who may not be familiar with faith and church communities!

We'd be hugely grateful if you would consider sharing details of the Summer Feast, mentioning the event in your notices, newsletter or social media, or passing it on to anyone who you think might enjoy coming along.
Tickets and further information can be found at:
anotherway.community/summer-feast-2026

Thank you so much for helping us spread the word! We really hope to welcome some of your community to the Feast.

Mischa Jones

UPPER FAL PARISHES

Curious about the Christian faith? Try Start!

Start! is a relaxed six-week course for anyone who would like to explore Christianity and ask questions in a friendly, informal setting. No previous church experience or knowledge is needed, we start right at the beginning.

Each evening begins with a simple supper, followed by a short video and conversation together.

📅 Every Tuesday from 14 July to 18 August

📍 Location: The Sanctuary, Wagg Lane, Probus TR2 4JX

🕐 6.30pm – 8.30pm

Ideal for anyone exploring faith for the first time, people new to church, or those wanting to find out more about Christianity. For more information or to book a place email Rev Caroline: rector@probusteam.com

Across the Upper Fal Parishes

You are welcome to any and all these regular events across the parishes. Please keep a look out in the Bulletin for news and dates of 'pop up' events to take place around the Benefice.

CREED

Cream teas in the summer months *more info to come!*

GRAMPOUND

Home Group

Thursday evenings for further details. Tel William 07767 203402

LADOCK

Coffee Morning at Ladock Village Hall

1st Saturday each month: 10-12noon

Tuesday Prayer Group

9am at St Ladoca Church.

Bell-ringing Practice

Alternate Wednesdays
Contact Jonathan for more info

LAMORAN

A service of evening prayer with refreshments after

3rd Sunday most summer months 3pm

PROBUS

Home Groups

Alternate weeks, Tuesday / Wednesday evenings
Tel Scott 07576 252664 (Tuesday group)
Tel Liz 07525 456434 (1st & 3rd Wednesday group)

Tots Praise

3rd Thursday each month: 9.30 - 11.30
This is a stay and play group for babies and toddlers. Once a month we share A Gospel story, sing and pray usually with bubbles.

Prayer Meeting

Friday's at 10.15am

TRESILLIAN

Lunch Group at Holy Trinity Church

1st Monday most months: 12 noon
Booking essential Tel Clare 01872 520198

TR2 Community Hub

Monday 3rd August
Pain Cafe: 10am-12pm
Coffee Morning: 10am -12pm
Tuesday 4th August
Coffee Morning: 10am -12pm

Wednesday 5th August
More Move Group: 10am-12pm
Coffee Morning: 10am - 12pm
Community Larder: 2.30pm - 3:30pm
Citizen Advice: 2.30pm - 3:30pm

Friday 7th August
Coffee Morning: 9am - 11am

Saturday 1st August
Community Larder: 9:30am - 10:30am
Coffee Morning: 9:30pm - 10:30pm

imagine if

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

iCare iMove

CORNWALL COUNCIL
one and all • onen hag oll

MOVE MORE

Exercise for Falls Prevention

Your local hub provider is:

Date: Starting Weds 11th February 2026
Location: Probus Church, Probus,TR2 4JX
Time: 10:30am (Weekly)

Contact: info@icareimove.com or call 0800 054 1118 for more information

Big Church Picnic @ Suffree Farm

Duggie Dug Dug @ Probus Church

Come and have lots of fun and join us in the church on Saturday 15th August 2pm - 3:30pm.
Event is free - registration required via QR code

www.duggiedugdug.com Doug Horley, writer of: "We want to see Jesus lifted high", "Great great brill brill", "Hi 5", "Okey Dokey" and many other songs

Cream Teas @ Creed Church

CREAM TEAS AT CREED

Come and enjoy a picnic cream tea at beautiful Creed Church.
Take a basket of tea and scones into the grounds and settle on one of the benches, enjoy the view and have a leisurely tea listening to the birds.

We will be open

EVERY WEDNESDAY AND SUNDAY AFTERNOON
FROM 2.30 TO 5.00pm
During the summer months of June, July and August.
Starting on June 3rd.

If its wet, teas will be served in the Church.

Cost..... A basket for two will cost £10, with all proceeds going to Church funds.

Please come and support us.

Events and News from Mothers' Union in Cornwall

This year, Mothers' Union is 150! To celebrate, we are having an exhibition called 'Love in Every Stitch'. It is a wonderful chance to remember all the women who have been involved in Mothers' Union in Cornwall across many generations, and to admire the hand stitched banners that they sewed with love and care to represent each branch. Please could you help us to advertise it, and encourage your congregations and communities to come and support us?

The exhibition is from Tuesday 11 August - Saturday 22 August in Truro Cathedral. It is free, and can be visited during normal cathedral opening hours (10.00 - 17.00 most days). Any donations will go towards the ongoing work of Mothers' Union to help families locally and overseas. I am pleased to attach a description of Mothers' Union, in case you would like to use an excerpt. I also attach a poster in colour and black and white, and we would be very grateful if you could display it on your church noticeboard and round your community.
A big thank you to every church that has lent a banner to us! If you would like to join in, but haven't already, please get in touch. Also, we are looking to borrow bases to stand up any banners that have lost theirs over the years. If you are near Truro and have a spare banner stand or parasol base, please let us know.

Finally, you may also like to know that the annual free Family Fun Day for under-10s organised by Mothers' Union is on Wednesday 19th August this year - see **https://www.trurocathedral.org.uk/whats-on/family-fun-day-wed-19-aug-2026-10-00-am**

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 4th July 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.

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