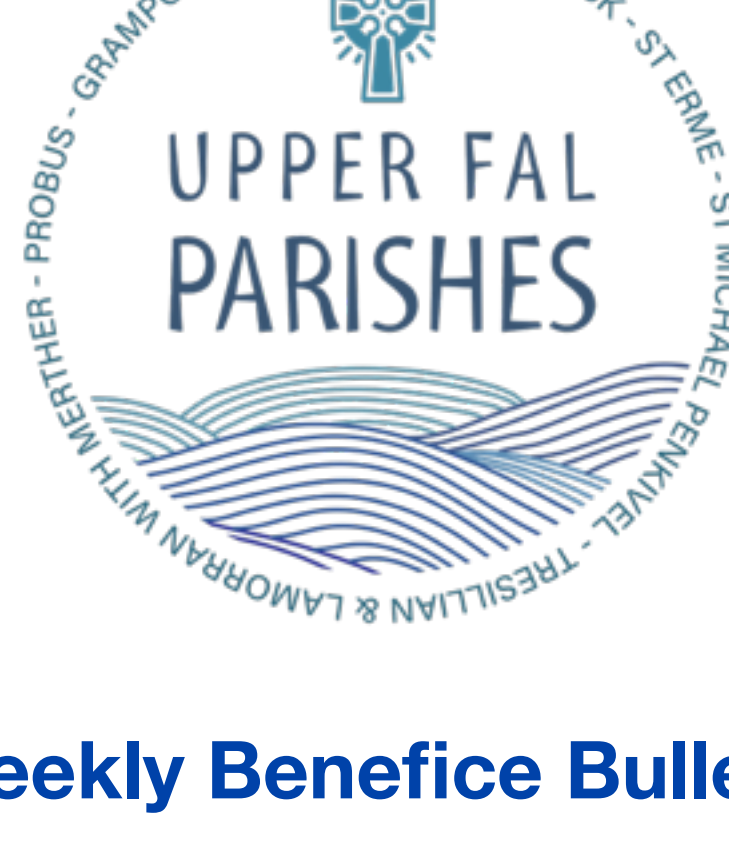


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Weekly Benefice Bulletin

Sunday 30th August 2026

Message from the Rector

Ow sos ger,

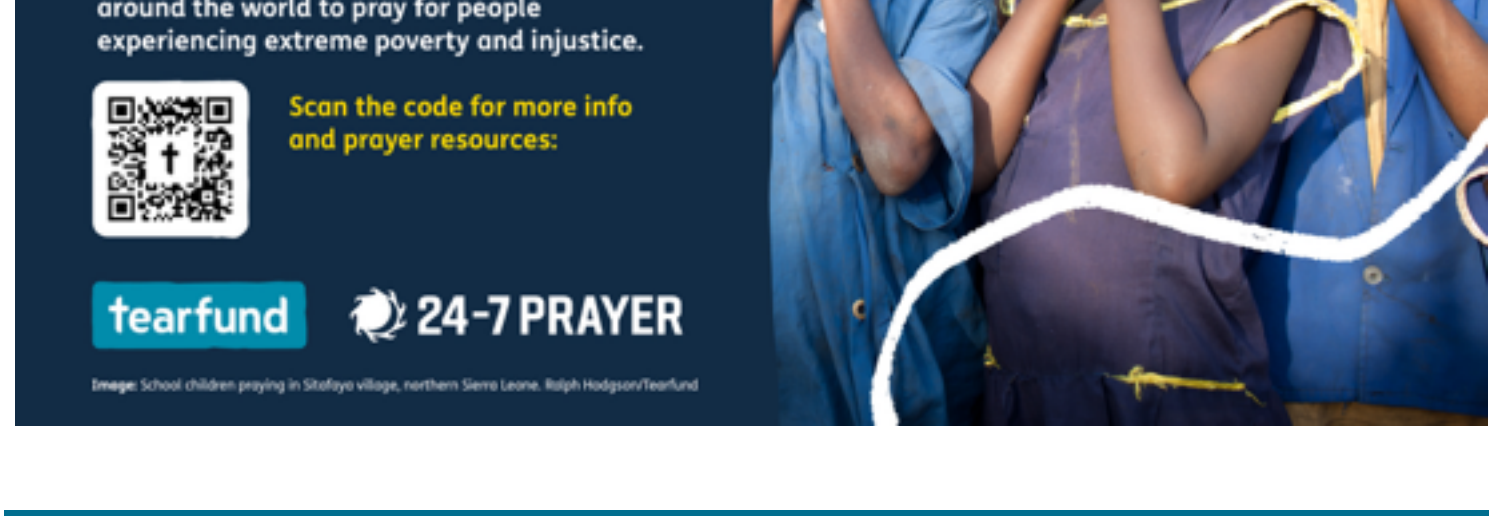
We are encouraged in the bible (547 times) to pray, with 650 distinct examples of prayer given to us as a reference and to pray through ourselves. The Apostle Paul writes: "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

(1 Thessalonians 5:16-18) And yet, prayer which should be as easy as drawing breath seems to trip us up. We have a tendency to judge our own performance and maybe even that of others. We make comparisons, project our insecurity onto others and scapegoat them for our feelings of doubt or lack of confidence. Sometimes our minds drift, catching us up in our own internal narratives and presenting various distractions. All of this is fairly normal. And we all experience it in one form or another during our practice or discipline. Even the disciples who were with Jesus asked him "Lord, teach us to pray". (Luke 11:1).

I often talk about prayer as having a heart to heart with God, we are telling God what we make of the events unfolding around us, we are sharing the concerns we hold, the people we care for, we talk about our own hopes and desires and we lay it all before God. Some people relate this as having a 1-1. If we are having a heart to heart, we are mindful that we also need to listen, we need to hear from God. Sometimes or perhaps often, his grace is such that he offers us silence. God gives us space and time to ponder through our thoughts and emotions. God gives us space and time to contemplate his heart exercising compassion (love with energy) which allows us to become the answer to our prayer. God listens, rebukes, challenges, encourages and above all seeks what will help us and others to flourish. This often means that we do not get our own way! It also means that sometimes our understanding of what it is to flourish has been too narrowly defined.

We have been invited to participate in the Global Week of prayer coming up 6-13th September. It would be great if each church across the Upper Fal Parishes would offer an hour of prayer, so that across the patch each day one of our churches is leading an hour-long prayer service. Sadly, it is not enough notice to get into various magazines, so we will need to rely on facebook and a poster or two to invite others to join in. Resources are available that incorporate both silence, contemplation, formal and extemporaneous prayer. Please let me know asap if you would like to be involved.

Gras ha kres,
Caroline



This week's services

Sunday 30th August

Probus	9.30	Praise & Worship + Baptism Baby Archie	Caroline
St Erme	9.30	Holy Communion	Pat
Tresillian	11.15	Holy Communion	Caroline
Ladock	11.00	Holy Communion	Roger Bush
St Crida's	11.15	BCP Holy Communion	Pat

[Psalm 105: 1-6, 23-26, 45b](#)
[Romans 12.9-21](#)
[Matthew 16: 21-28](#)

Thursday 3rd September

Probus	12.00	Holy Communion	Caroline
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Next week's services

Sunday 6th September

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

[Psalm 149](#)
[Romans 13: 8-14](#)
[Matthew 18:15-20](#)

Children & Young People's Groups

Probus - Youth Group: Sunday 6th September, 6.00pm-7.00pm

Probus - Little Lights: Thursday 10th September, 9.30am-11.30am

Benefice notices

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!*

GRAMPOND

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 31st August

Coffee Morning: 10am -12pm

Tuesday 1st Spetember

Coffee Morning: 10am -12pm

Wednesday 2nd September

Coffee Morning: 10am - 12pm

Citizens Advice: 2.30pm - 3.30pm

Community Larder: 2.30pm - 3:30pm

Friday 4th September

Coffee Morning: 9am - 11am

Saturday 5th September

Community Larder: 9:30am - 10:30am

Coffee Morning: 9:30pm - 10:30pm

Probus Art Exhibition Update



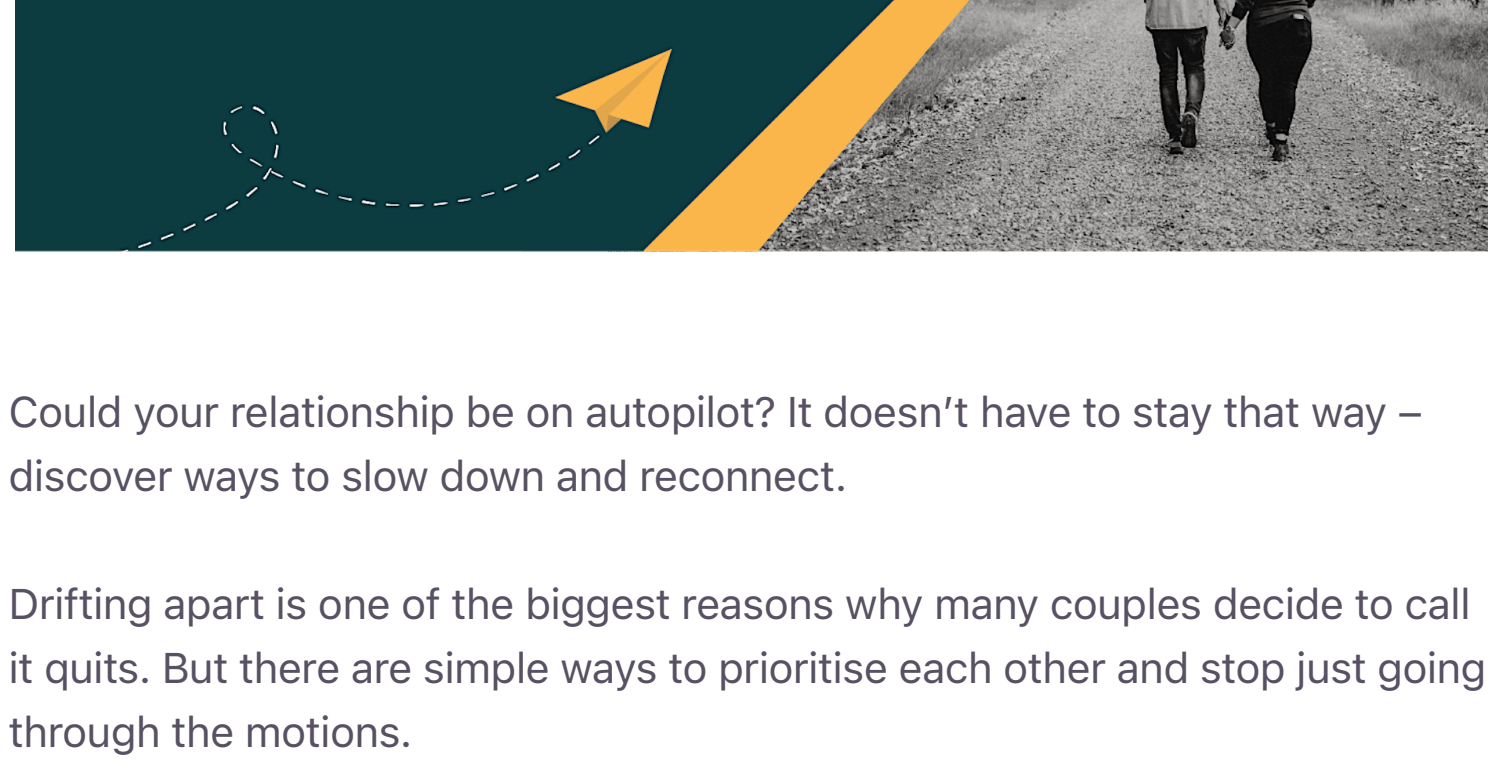
Thank you to everyone who contributed to and supported the Art Festival at St Probus and St Grace Church.

We have now made the final payments, the event raised £2,745 towards the maintenance of the Church building.

This is a fantastic result and reflects the dedication of the volunteer team throughout the weekend and the generosity of exhibitors.

Special thanks go to Vanessa McGill for all her time, energy, enthusiasm and passion for supporting local talented artists.

Going the Distance @ Elim Church, Redruth



Could your relationship be on autopilot? It doesn't have to stay that way – discover ways to slow down and reconnect.

Drifting apart is one of the biggest reasons why many couples decide to call it quits. But there are simple ways to prioritise each other and stop just going through the motions.

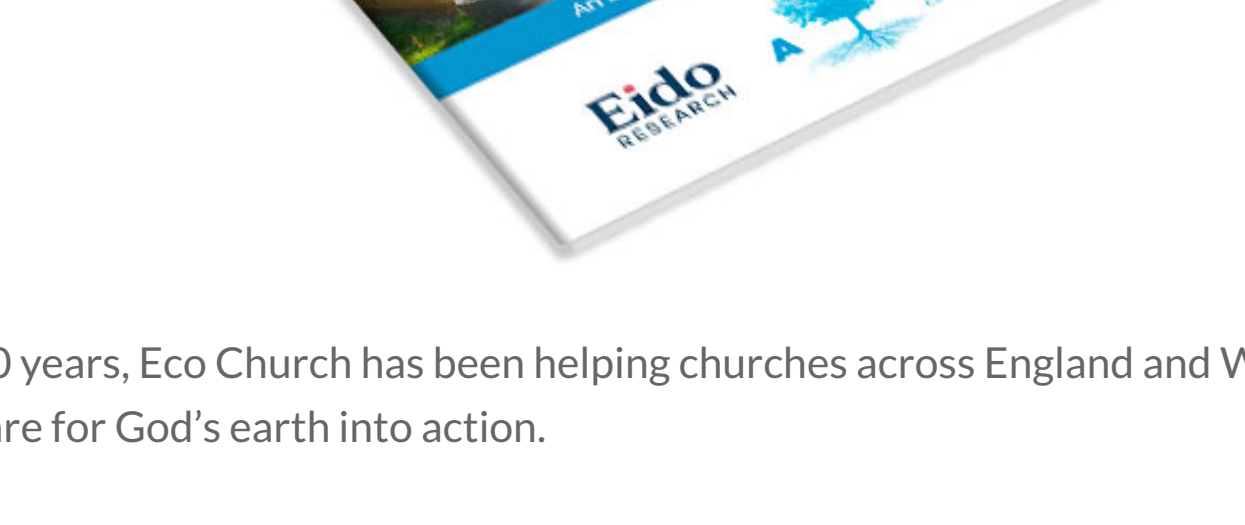
Going the Distance is a practical, down-to-earth evening for couples - a rare chance to stop, take stock and invest in your relationship.

With genuine honesty and plenty of humour, Philip Jinadu and Cathy Madavan will share practical ideas of how to communicate well, deepen connection and intentionally set the course for your relationship.

This event will help you spot warning signs, avoid roadblocks and continue your journey together, for a vibrant and lasting marriage.

For more details and to book please click [HERE](#).

10 Years of Eco Church



For 10 years, Eco Church has been helping churches across England and Wales put care for God's earth into action.

Launched by A Rocha UK in 2016, Eco Church supports churches to care for creation across every part of church life – from worship and teaching to buildings, land, community engagement and everyday lifestyle choices.

A Rocha UK has commissioned this [10th anniversary report](#) from Eido Research. The report celebrates what has been achieved so far, learnings along the way, and looks ahead to identify improvements we can make to increase its impact in the years ahead.

David - Now showing in the cinema

An outstanding animated film **David (PG)** based on 1 Samuel is in UK cinemas from Friday 21st August.

Where?

Truro Plaza, Lemon Street, TR1 2PN

When?

Daily at 1.00pm and 3.30pm.

Tickets are **from just £9.45**

£6.35 child; £7.75 senior

Don't miss this outstanding film.

You can watch the first ten minutes of **David** here:

<https://www.youtube.com/watch?v=-4hqFphGiiHk&list=PLMHTJB0PTFONr-mMSsGFFU7FTiBL9r6&index=16>

A helpful review can be found here from when it opened in USA cinemas last Christmas(!):

[youtube.com/watch?v=kb8-2gOcaa8](https://www.youtube.com/watch?v=kb8-2gOcaa8)

For the trailer and to book see:

www.twcinemas.co.uk/truro/whats-on/

Cream Teas @ Creed Church



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 1st September 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.