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Weekly Benefice Bulletin

Sunday 6th September 2026

Message from the Rector

Ow sos ger,

On Sunday I had the rare privilege of baptising Archie Ronald at St Probus and St Grace church. Little Archie was the picture of happiness and contentment as the service progressed, it was a joy to see him. During the service we sang a Duggie Dug Dug number which has an incredibly catchy tune and actions to it. The song was: be strong and courageous the Lord your God will be with you everywhere you go. It has a shanty type tune to it. It was quite something to see approximately 130 people all joining in with the actions.

The event reminded me that we do need signs of encouragement from time to time, and at different times this will look different and feel different for each of us. One such encouragement came from an email I received inviting me to attend the annual Eco Church and Kernow Green awards event taking place at Illogan this year on 3rd October. Holy Trinity Church at Tresillian has gained its Bronze Eco Church award this year and they have been formally invited to participate in a special service with Bishop David.

No doubt it is not by coincidence that the awards and this special celebration takes place as near to 4th October as possible when we remember St Francis and his call to be better stewards of all God's creation. This year is especially poignant as this year we celebrate 1000 years of his teaching and example. Giving thanks is one of the most humbling things we can do—whether for a gift received, for family and friends, for our homes and workplaces, or for our churches and places of re-creation. In gratitude, we discover a freedom we may not have realised we needed: the freedom, through Christ, to live with honesty, vulnerability and even surrender, knowing that the world and all it contains does not depend on us controlling it. Yet each of us can still play our part in making life a little better and easier—not only for ourselves, but for those we live with, those we meet each day, and sometimes even the stranger we encounter along the way.

What a strange and wonderful gift that God has given us! Humility is not often the gift we ask for, nor the one we hope for and yet it is precious and so life-giving whenever we experience it.

Gras ha kres,
Caroline



This 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](#)

Next week's services

Sunday 13th September

St MP	10.00	Together@10	Brian
Probus	18.30	Evening Service	Scott

[Psalm 114](#)
[Romans 14:1-12](#)
[Matthew 18: 21-35](#)

Thursday 27th September

Probus	12.00	Holy Communion	Pat
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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

New Family Group @ St Erme

We are planning to start a new family group in St Erme. To help us get started we would love to be able to provide some games for families to sit around a table to play, things like kerplunk, marble run, hungry hippo's bucharoo etc.

If you are cleaning out a cupboard and would like to make a donation, please would you [email me](#) and we can arrange for a drop off or collection.

Grace and peace,
Caroline

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 7th September

Pain Cafe: 10am -12pm

Coffee Morning: 10am -12pm

Tuesday 8th Spetember

Coffee Morning: 10am -12pm

Wednesday 9th September

Coffee Morning: 10am - 12pm

Community Larder: 2.30pm - 3.30pm

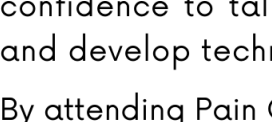
Friday 11th September

Coffee Morning: 9am - 11am

Saturday 12th September

Community Larder: 9.30am - 10.30am

Coffee Morning: 9.30pm - 10.30pm



Pain Cafés



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**

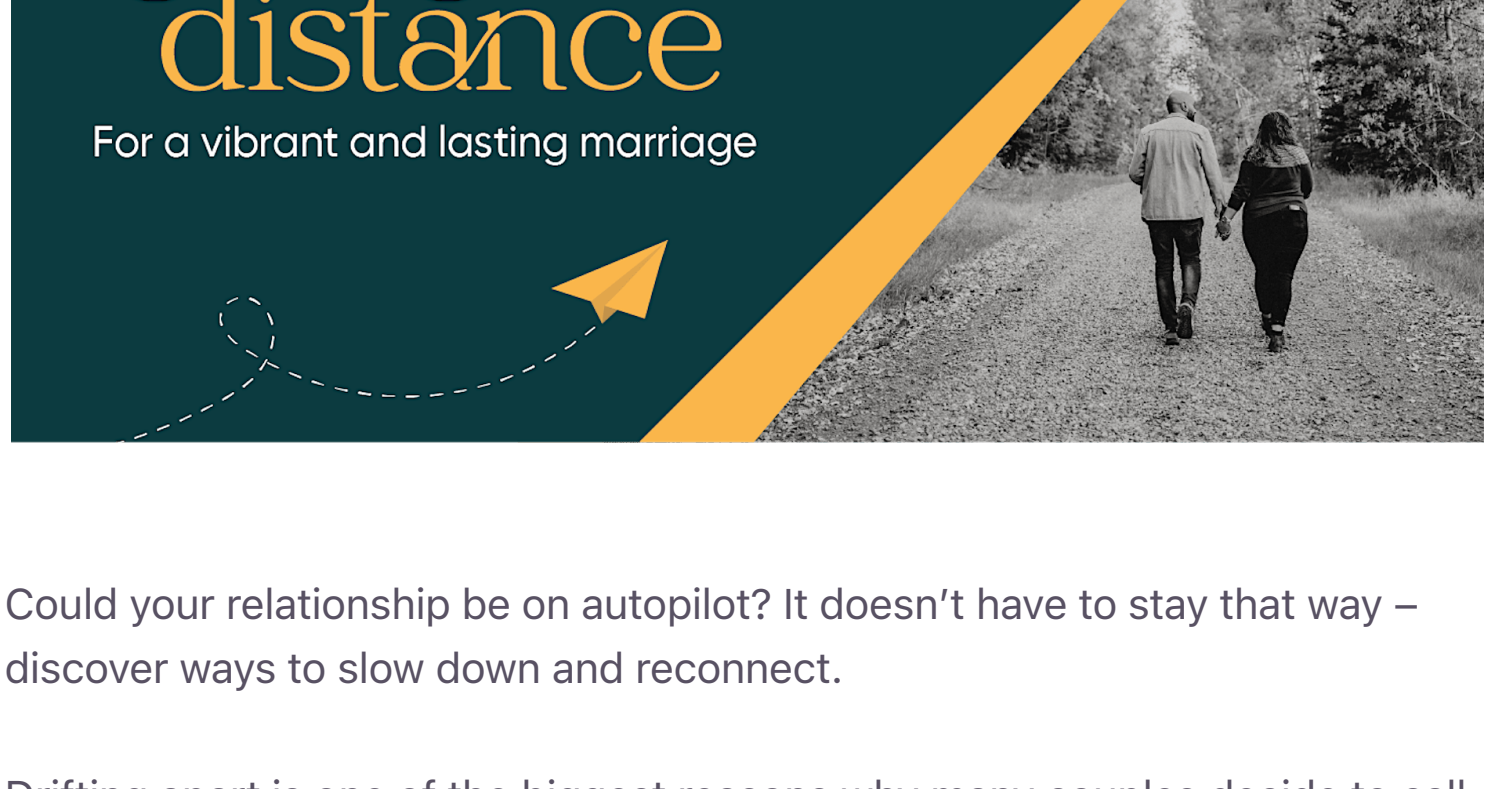
Disability Awareness Sunday

27 September 2026



Going the Distance @ Elim Church, Redruth

6 October 2026



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](#).

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 Grampond. 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 8th 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.