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Weekly Benefice Bulletin

Sunday 4th October 2026

Message from the Rector

Vision Day - Saturday 10th October, 10.00am to 2.00pm

"Where there is no revelation, people cast off restraint;
but blessed is the one who heeds wisdom's instruction." Proverbs 29:18

Ow sos ger,

It has nearly been two whole years since I was invited to join you in ministry here across the Upper Fal Parishes. As such it is time for us to come together to talk about, think and pray about how we are Church together and how we will function as the Upper Fal Parishes enabling ministry to flourish and for our congregations and communities to flourish.

We will not solve all the world's problems but we can at least share what it is like for us in our own church context. My hope is that together we will listen to the needs of each church and congregation and collectively work out some priorities as we join together as a benefice.

As I write this I am reminded of the passage from [Acts 2: 42-47](#) and the endorsement of what 'church' looks like as people experience the rich fellowship of coming together through Christ who calls us. Around the patch this has not always been the experience of those within the church let alone those who are seeking assurance or reassurance that God hears their prayer. It is time to lay this to rest as we explore together the calling to be a blessing to one another: neighbour, stranger, and friend.

I would like to invite you to come. This will work best if we have many members from each church in attendance. I have already had a few apologies for previously booked events in diaries and that cannot be helped. But I do hope that you will come.

We will be meeting at on Saturday 10th October at Tresillian Village Hall, 10.00am to 2.00pm. Please would you bring a plate of food that can be shared. We will begin with a short service of Holy Communion before embarking on the topics for discussion. We will be led by the Venerable Clive Hogger for the service and Rebecca Evans will facilitate the discussions. If you are able please use this [link](#) to confirm your attendance, if you do not have a smart phone would you let your Church Warden know you are coming so that they can book you in.

With our churches increasingly gaining Eco Church awards for their endeavours towards better stewardship of our natural world, please can I encourage car sharing. This will also help with parking!

grasha kres,
Caroline

For your ease here is the passage from Acts

Acts 2: 42-47 NIV

42 They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

For your prayers.

Please pray for the new Archdeacon of Bodmin the Venerable Helen Williams as she is installed at the cathedral on Sunday 4th October, during Evensong at 4pm. All are welcome.

This week's services

Sunday 4th October

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

[Psalm 19](#)
[Philippians 3: 4b-14](#)
[Matthew 21: 33-46](#)

Next week's services

Sunday 11th October

Probus	9.30	Holy Communion	Pat
St Erme	9.30	Holy Communion	Caroline
Ladock	11.00	Holy Communion	Caroline
St Crida	11.15	BCP Communion & Harvest Festival	Pat
Tresillian	11.15	Holy Communion	Revd Roger
Probus	18:30	Connect: music, word & teaching	Scott

[Psalm 106: 1-6, 19-23](#)
[Philippians 4: 1-9](#)
[Matthew 22: 1-14](#)

Children & Young People's Groups

Probus - Youth Group: Sunday 4th October, 6.00pm-7.00pm

Probus - Little Lights: Thursday 8th October, 9.30am-11.30am

Benefice notices

Upper Fal Parishes Vision Day

The Upper Fal Parishes Vision Day, on Saturday 10th October, 10.00am to 2.00pm, at Tresillian Village Hall, is a chance for our churches to listen together for how God is leading us as we work together becoming beacons of love and light across our parishes.

During the day we would like to discuss the question: why is church important?

We would love for you to bring ideas from:

- people inside the church
- people on the fringe of the church
- people outside the church

and to bring the answers on the day!

Can I also ask you to read the passage from [Matthew 22: 1-14](#), please would you read this passage through a few times, and I would suggest a 'slow' read, paying attention to any words or phrases that seem to jump out or resonate with you which can then be used during your prayer time.

I am looking forward to seeing you as we come together to listen and to hear from one another and from God.

gras ha kres,
Caroline

To book your place, please click [HERE](#).

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.

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.

TRESILLIAN

Lunch Group at Holy Trinity Church

1st Monday most months: 12 noon

Booking essential Tel Clare 01872 520198

TR2 Community Hub

Tuesday 29th September

Pain Cafe: 10am -12pm

Coffee Morning: 10am -12pm

Wednesday 30th September

Coffee Morning: 10am - 12pm

Citizen's Advice: 2.30pm - 3:30pm

Community Larder: 2.30pm - 3:30pm

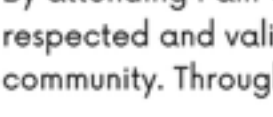
Friday 2nd October

Coffee Morning: 9am - 11am

Saturday 4th October

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

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



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 MONDAY 10-12

News from Mothers' Union

Mothers' Union has branches across Cornwall, and the events at Truro Cathedral below are open to everyone - members, friends and guests. Thank you.

Blasts from the Past - Mothers' Union, Truro Cathedral, Thursday 15th

October 2pm, Chapter House

Mothers' Union nurtures faith and friendship - and one way of doing this is through our favourite songs!

October's meeting at Truro Cathedral is an opportunity to re-live happy times from our schooldays. If you remember a cracking song from Assembly, please send your suggestion, and why you chose it, to Beverlyhulme@trurocathedral.org.uk As many songs as possible will then be selected for a singalong (with piano accompaniment) in the Chapter House.

As usual, there is no charge, guest attendees are welcome and refreshments will be served. Unlike at school, singing is not compulsory!

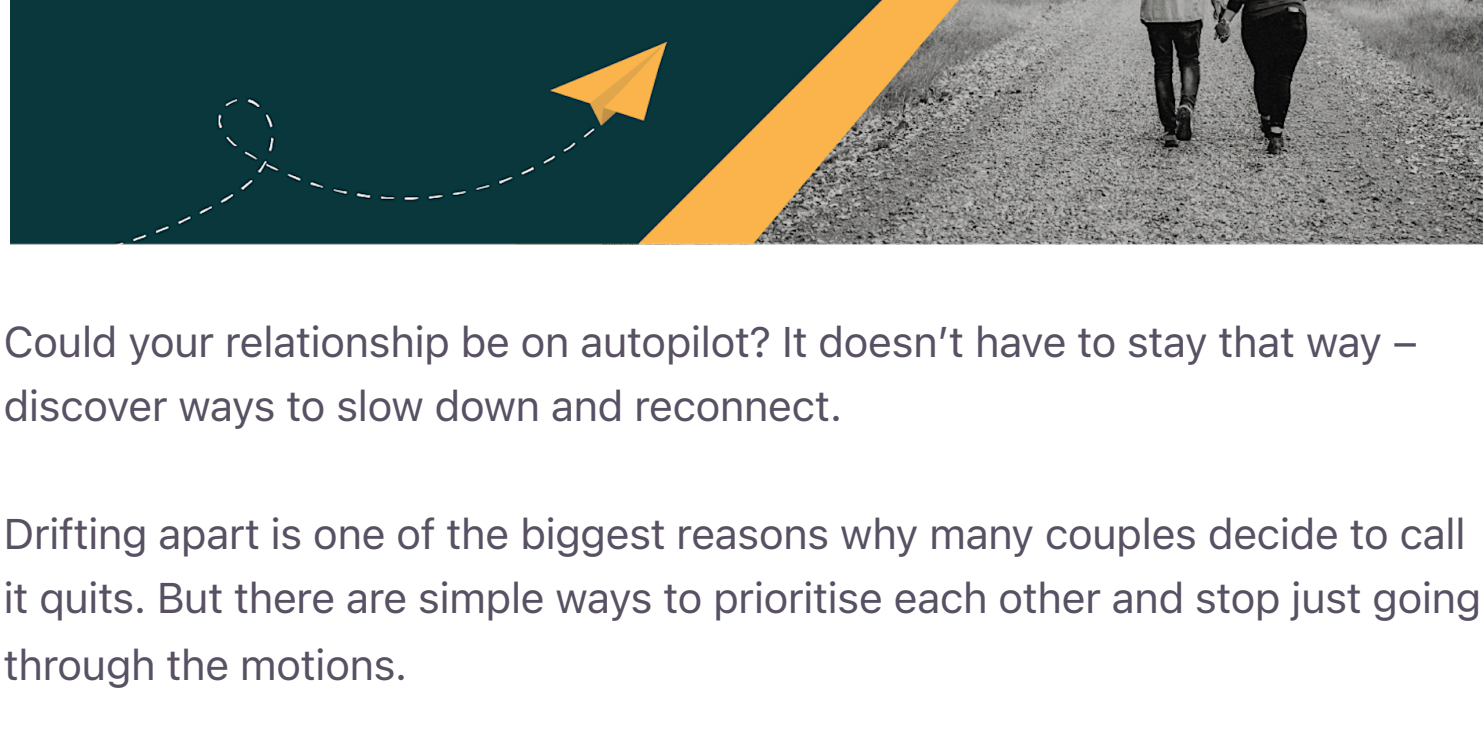
Dates for the diary

- **Diocesan Mothers' Union Meeting** - 19 November 10.00 - 16.00, Truro Cathedral. Morning - Eucharist and Speaker (Julia Jameson, Zonal Trustee, Mothers' Union); Afternoon - AGM. Please bring packed lunch. Tea & coffee available all day, plus fair trade stall. All welcome.
- November 25 - December 10 - the UN's **'16 Days of Activism'** campaign against gender-based violence is supported by Mothers' Union. Our theme is 'Together for Dignity and Safety'. Further details to follow.
- Thursday 10 December - annual **Mothers' Union Advent Carol Service**, Truro Cathedral (time tbc)

Finally, Mothers' Union is celebrating 150 years this year, and your prayers would be very much appreciated for its worldwide gathering is being held in Durban, South Africa from 30 Sept - 3 Oct. Diocese of Truro Mothers' Union is being represented by our Diocesan President, Kerstin Lewis. Enquiries about Mothers' Union and its work in the Diocese can be sent to her at mu.truro.dps@gmail.com

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 6th October 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.