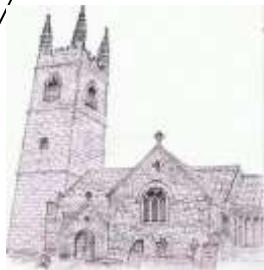


# BUDE COAST & COUNTRY BENEFICE

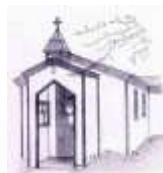
## Voices Together



St Michael & All Angels, Bude



St Winwaloe, Poundstock



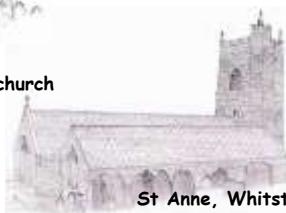
Our Lady & St Anne, Widemouth Bay



St Marwenne, Marhamchurch



St Mary the Virgin, Week St Mary



St Anne, Whitstone

Free

Jan/Feb  
2026

## **MAIN CONTACTS FOR OUR BENEFICE:**

Please contact any of the following for information or enquiries about Anglican Church life in the Benefice:

**Our Strategic Rural Dean:** Rev J Terry 07562 700170  
[srd@strattondeanery.co.uk](mailto:srd@strattondeanery.co.uk)

**Our Rector:** Rev David Saunders, The Rectory, The Glebe,  
Week St Mary, EX22 6UY Tel: 07834 459672  
email: [rector@bude-coast-benefice.org](mailto:rector@bude-coast-benefice.org)

### **Our Churchwardens:**

#### St Anne's, Whitstone:

Mervyn Collins: 01288 341598

#### St Marwenne's, Marhamchurch:

Angela Grills: 01288 361247      Sue Shadrick: 01288 361666

#### St Mary the Virgin, Week St Mary:

Lesley Booker: 01288 341221 Linda Cobbledick: 01288 341468

#### St Michael's, Bude Haven:

Contact PCC secretary Sandra Huffer 01288 355941

#### Our Lady & St Anne's, Widemouth Bay:

Contact Judy MacDonald: 01288 362254

#### St Winwaloe's, Poundstock:

Contact church member Barry Smith: 01288 361716

**Stratton Deanery website:** [www.strattondeanery.co.uk/](http://www.strattondeanery.co.uk/)

### **Editor of *Voices Together*:**

Clare Hicks, Trelowen, Lynstone, Bude EX23 0LR.

01288 352726; [claremhicks@gmail.com](mailto:claremhicks@gmail.com)

Copy deadline for **March** issue—

By **Friday 20th February** please

### **ELECTRONIC COPIES OF *VOICES TOGETHER***

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## FROM THE RECTOR:

Dear Friends:

### Three Vicars

The Devil appeared to three vicars and asked them this question. "If I gave you the power to change something in the past, what would you change?"

The first vicar answered with great Apostolic fervour saying, "I would like to prevent you from leading Adam and Eve to sin so that humanity doesn't have to be separated from God."

The second vicar was full of mercy and replied to the Devil, "I'd prevent you from straying from God in the first place."

The third vicar was the simplest, and instead of answering the tempter, he knelt down bowed his head and prayed. "Lord deliver me from the temptation of what might have been, and what was not."

The demon, screaming and trembling with pain, fled. The first two vicars were surprised and they said to third one. "Brother why did you react like this?"

He answered them, "First, we need never to talk to the enemy. Secondly, no one in the world has the power to change the past, and finally, Satan's interest wasn't to prove our virtue, it was to trap us into our pasts so we couldn't walk in the present where God wants to work in our lives right now. Of all the demons in this world, the one that holds people back the most and prevents them from living out their purpose in Jesus is, what could have been, and what was not."

The Bible says: "Forgetting what is behind, and straining toward what is ahead, I press on to toward the goal to win the prize for which God has called me heavenward in Christ Jesus". *Philippians chapter 3 verses 13-14*

Story taken from Instagram *Highlight Truth*

Every blessing both now and in the year to come,

Rev David

**The Editor and team would like to wish everyone a very happy, healthy and peaceful New Year. Our thanks too for all the support for the magazine from contributors, advertisers, sponsors and helpers.**

### **A very important note from the Editor:**

**Copy deadlines for 2026 issues of Voices Together are:**

Jan/Feb 2026: December 12th	March: February 20th	
April: March 20th	May: April 17th	June: May 22nd
July: June 19th	August: July 17th	September: August 21st
October: September 18th	November: October 16th	
December: November 20th	Jan/Feb 2027: December 11th	

**This edition of Voices Together  
has been kindly sponsored  
anonymously**

### **INCLUSIONS FOR THE WEEKLY PEW SHEET**

To have your Notices included in the Pew Sheet please contact Sue Shadrick on 01288 361666 or email her at [s.shadrick79@gmail.com](mailto:s.shadrick79@gmail.com) before Tuesday evening if possible.

**Why not lend your copy of this magazine to a neighbour or friend when you have finished with it?**

### **Dates for your January Diary:**

Mon 5th: MU meeting, Stamford House 2 pm  
Thur 8th: Benefice Prayer Group, St Michael's, Bude 10 am  
Sat 10th: Lego Café, Week St Mary church 9.30—12  
Mon 12th: Happy Memories Café, WSM church 2.30 pm  
Wed 14th: Lunch Club, Week St Mary church 12 noon  
Mon 26th: Happy Memories Café, WSM church 2.30 pm  
Thur 22nd: Benefice Prayer Group, St Michael's, Bude 10 am

### **Dates for your February Diary:**

Mon 2nd: MU meeting—details TBC  
Thur 5th: Benefice Prayer Group, St Michael's, Bude 10 am  
Sat 7th: Lego Café, Week St Mary church 9.30—12  
Mon 9th: Happy Memories Café, WSM church 2.30 pm  
Sat 14th: Valentine's Dinner, WSM church 7 pm  
Wed 18th: Messy Church, St Michael's, Bude 10.30—12.30 see p 20  
Lunch Club, Week St Mary church 12 noon  
Thur 19th: Benefice Prayer Group, St Michael's, Bude 10 am  
Mon 23rd: Happy memories Café, WSM church 2.30 pm

### **Dates for your March Diary:**

Mon 2nd: MU meeting—details TBC  
Thur 5th: Benefice Prayer Group, St Michael's, Bude 10 am  
St Piran's Day service, Warbstow church 3 pm see p 19  
Mon 9th: Happy Memories Café, WSM church 2.30 pm  
Wed 18th: Lunch Club, Week St Mary church 12 noon  
Thur 19th: Benefice Prayer Group, St Michael's, Bude 10 am  
Mon 23rd: Happy Memories Café, WSM church 2.30 pm

### **Regular Group Meetings:**

Tuesday afternoons: Week St Mary Adventure Church 4.30 pm  
Tuesday afternoons: Bible Study St Marwenne's house group 2 pm — contact Janet Ward 01409 255 759  
Wednesday mornings: Coffee & Chat, The Bray, Marhamchurch 10.30-noon  
Wednesday mornings: Bible Study at St Michael's, 11 am

## **BABY & TODDLER COFFEE POT CLUB**

**Meets every Tuesday  
10am—12pm in  
Week St Mary Parish  
Hall**

Join Coffeepots Baby & Toddler Group on Facebook or email  
[coffee-potswsm@gmail.com](mailto:coffee-potswsm@gmail.com)

**Week St Mary  
Happy Memories Memory  
Café  
2.30—4.30 pm in church  
Refreshments**

**Mondays 12th & 26th  
January**

**&**

**Mondays 9th & 23rd  
February**

**All welcome**

**Contact: Lesley Booker  
01288 341221**

**Meet and Eat  
Soup and Sweet  
& a friendly chat**

**Week St Mary Parish  
Hall from 12 noon**

**Next meetings  
TBC**

**All most welcome**

**Sue Edwards  
01288 341083**



## **C A M E O**

**Come And Meet Each Other**

**Dates and venues for January & February to be confirmed**

**Join us for tea, cake & chat**

***contact:***

***Linda Cobbledick  
01288 341468***



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## Mothers' Union - Kledh Kernow Branch

December was a busy month for the MU. The 16 Days of Activism continued until 10<sup>th</sup> December and we had a Red Chair in each of the churches of the benefice. The chair is a stark symbol to raise awareness of all the women who have lost their lives at the hand of a partner or close family member; globally one in three women die due to gender-based violence.

At the beginning of the month branch members and friends gathered at St. Andrew's church to share in an Advent Carol service. We listened to readings and reflections to help us prepare to welcome the Baby Jesus on Christmas day.

This month sees the beginning of a year of celebration for MU. The MU was founded by Mary Sumner 150 years ago, and from a small meeting of women in Winchester the organisation has grown into a worldwide membership of over 4 million women and men. There will be events in the diocese, nationally and globally throughout the year.

On behalf of all our branch members I would like to wish you all a peaceful New Year.

Next meeting January 5<sup>th</sup> 2pm at Stamford House, Stamford Hill EX23 9YE.

It will still be the Christmas Season in church so there will be festive carols with refreshments.

Sheila Waring

### Advance Warning Valentine's Day Pop up Restaurant

will be held at 7 pm in the church with a licensed bar and three course meal, details to follow - all enquiries including advance bookings to 01288 341467.



## Benefice prayer group

God, who gathers and guides, thank you for inviting us into your family and for the invitation to make new friends. Thank you for not calling us to follow you on our own, but for inviting us to walk with you by walking with others. Meet us in this small group, and give us eyes to see your presence and ears to hear your voice. Guide us through prayer, Scripture, and one another. Please help us to show up physically, spiritually, and mentally. Help us balance vulnerability with wisdom, and advice-giving with truly listening to others. And help us all become the shining light in our communities. Amen.

The prayer group continues to meet every other Thursday at 10:00 am at St Michael's. Later next year, we hope to move from Church to Church once we have a good, strong core of people attending.

We pray you feel encouraged to join us next year as we continue our prayer journey, where prayers are said and witnessed being answered.

We are inviting both those with little faith and those with abundance to attend the group.

The next meeting is on the 8<sup>th</sup> January 2026 at 10:00 am.

22<sup>nd</sup> January.

5<sup>th</sup> February.

19<sup>th</sup> February.

5<sup>th</sup> March.

19<sup>th</sup> March.

16<sup>th</sup> April.

30<sup>th</sup> April.

Praying we see you there!

Sue Shadrick: 07450 974651

Penny Heard: 07825 266580

## **The Christmas Tree Festival at St Marwenne's Church was held over the first weekend of December.**

Many trees were decorated by organisations within the village and further afield. Visitors were encouraged to vote for their favourite trees and the Bude Inner Wheel tree was the overall winner. It was decorated in bright orange to support the UN 'Orange the World' campaign for the elimination of violence against women.



*Sue Shadrick*

Paul & Robin

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**Zoom services:** for details of any other zoom services scheduled for the month in the Benefice, please see page 26.

**PLEASE NOTE: SERVICES MAY CHANGE—check pew sheets/ local information/ACNY website.**

**Readings may be adapted for particular services**

### **SERVICES FOR JANUARY**

DATE	READINGS	TIME	SERVICE	CHURCH	LEADER
Sunday 4th Epiphany	Isaiah 60: 1—6	09.30	Holy Communion	BH	DS
	Ephesians 3: 1—12	10.00	All Age Worship	WSM	WL
	Matthew 2: 1—12	18.00	Evening Prayer	M	WL
Wednesday 7th		08.30	Morning Prayer	Zoom	DS
		10.00	Holy Communion	BH	DS
Sunday 11th Baptism of Christ	Isaiah 42: 1—9	09.30	Holy Communion	M	DS
	Acts 10: 34—43	09.30	Morning Prayer	P	WL
	Matthew 3: 13-end	11.15	Holy Communion	W	DS
		18.00	Evening Prayer	WSM	WL
Wednesday 14th		08.30	Morning Prayer	Zoom	DS
		10.00	Holy Communion	WB	DS
Sunday 18th 2nd Sunday of Epiphany	Isaiah 49: 1—7	09.30	Holy Communion	BH	DS
	Psalm 40: 1—12	09.30	Morning Prayer	M	WL
	1 Corinthians 1: 1—9	11.15	Holy Communion	WSM	DS
	John 1: 29—42				
Wednesday 21st		08.30	Morning Prayer	Zoom	DS
		10.00	Holy Communion	BH	DS
Sunday 25th Conversion of Paul	Jeremiah 1: 4—10	09.30	Holy Communion	M	TBC
	Psalm 67	09.30	Holy Communion	P	DS
	Acts 9: 1—22	09.30	Morning Prayer	W	WL
	Matthew 19: 27-end	10.00	Morning Prayer	WSM	WL
		11.15	Holy Communion	BH	DS
Wednesday 28th		08.30	Morning Prayer	Zoom	WL
		10.00	Holy Communion	WB	DS

## SERVICES FOR FEBRUARY

DATE	READINGS	TIME	SERVICE	CHURCH	LEADER
Sunday 1st Presentation of Christ	Malachi 3: 1—5 Psalm 24:[1-6] 7-end Hebrews 2: 14-end Luke 2: 22-40	09.30 10.00 18.00	Holy Communion All Age Worship Evening Prayer	BH WSM M	DS WL WL
Wednesday 4th		08.30 10.00	Morning Prayer Holy Communion	Zoom WB	WL TBC
Sunday 8th 2nd Sunday before Lent	Genesis 1: 1-2:3 Psalm 136 Romans 8: 18-25 Matthew 6: 25-end	09.30 09.30 11.15 18.00	Holy Communion Morning Prayer Holy Communion Evening Prayer	M P W WSM	DS WL DS WL
Wednesday 11th		08.30 10.00	Morning Prayer Holy Communion	Zoom BH	DS DS
Sunday 15th Next before Lent	Exodus 24: 12-end Psalm 2 2 Peter 1: 16-end Matthew 17:1-9	09.30 09.30 11.15	Holy Communion Morning Prayer Holy Communion	BH M WSM	DA WL DA
Wednesday 18th		08.30 10.00	Morning Prayer Holy Communion	Zoom WB	WL DA
Sunday 22nd Lent 1	Genesis 2: 15-17; 3:-1 –7 Psalm 32 Romans 5: 12—19 Matthew 4: 1-11	09.30 09.30 09.30 10.00 11.15	Holy Communion Holy Communion Morning Prayer Morning Prayer Holy Communion	M P W WSM BH	RD DA WL WL DA
Wednesday 25th		08.30 10.00	Morning Prayer Holy Communion	Zoom BH	DS DS

**For key to churches please see page 27**



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## St Stephen

St Stephen's Day is celebrated on the 26<sup>th</sup> December otherwise known as Boxing day. His name means 'laurel wreath' or 'crown' and he is remembered as the first Christian martyr.

His story can be found in Acts 6:8-7:60. There are also some good animations of his life on You Tube

Stephen was chosen by Jesus' disciples to help them spread the good news of Jesus. He was a good man, full of wisdom and very successful at converting people to Christianity. Many powerful Jews did not like this and plotted against him by bribing others to tell lies about him saying that he was preaching against God.

He was brought before the high priest. He defended himself brilliantly but this only infuriated them so they took him outside the city and stoned him to death.

As he lay dying, he was heard to ask God for his murderer's forgiveness

Stephen was brave and loyal and followed Jesus' teaching. Like Jesus, he was able to forgive his accusers and show us, by example, how to forgive.

### Prayer

Dear God,

Father bless me with the wonderful power of forgiveness; give me the grace to unconditionally forgive those who have done me wrong.

Give me the strength to let go of all ill-will and the strength to forgive myself of my own failings and sins, knowing that you have already forgiven me.

Free me from all anger, bitterness and hate

AMEN

### Activities

1. Decorated stone with the 'Forgiveness'

2. Painting of kind behaviour

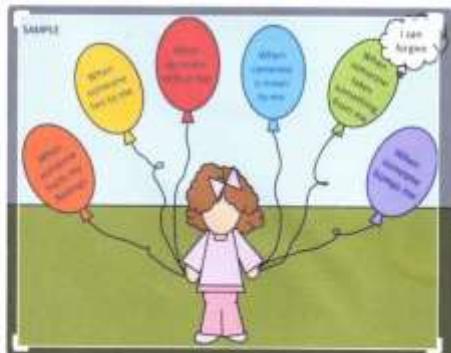
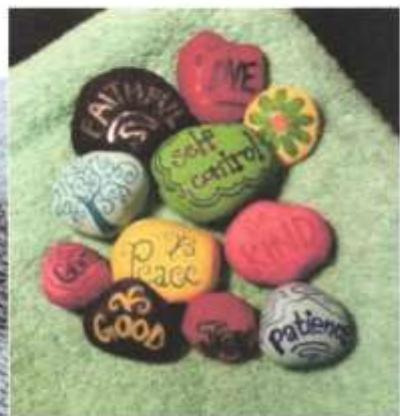
3. Drawing of Stephen inside a forgiving heart

4. Tissue paper cross

5. Masking tape resist cross

6. Forgiving balloons

*Mary Tilzey*



St. Michael & All Angels, Bude Haven



This is for parents and children  
to experience church in a fun way

St. Michael's Church, Bude

Wednesday 18th February

10.30 until 12.30

Theme: "Friends"

Children, please bring an adult:  
Adults, please bring a child



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## Week St Mary Church Christmas Market

The Church Christmas Market was held on November 22<sup>nd</sup> and as usual attracted many very clever local artists and crafts people plus a large crowd of customers keen to browse the stalls, eat hotdogs and drink mulled wine. It was a lovely social occasion which proved successful for the vendors and contributed well towards church funds. Thank you to everyone who helped out during preparations and on the evening itself.



## Week St Mary Church Mulled Wine Evening

The annual Mulled Wine evening at Week St Mary was hosted by Stephen and Micheline Smith (although Stephen kindly isolated himself as he was suffering from the flu, sorry Stephen you missed a great evening). Micheline provided copious quantities of mulled wine and a fabulous spread of tasty nibbles. Thank you to Jeannette Turner on the raffle, to Micheline for all her hard work and to all who came to enjoy the evening. Commissions to all those who couldn't come due to illness.

*Lesley Booker*

## **Tips from Poll's Garden for January & February**



Yes, it's wet. Yes, it's windy. And yes, it's bloomin' cold! But d'you know what? The days are starting to get longer and I'm positively luxuriating in the full ten minutes of extra light we already have here since the darkest day of the year – I'll take what I can get!

Cover up rhubarb to force it to produce sweeter stems.

From late January you can begin chitting potatoes.

Make plans now so you know where and when crops will be growing.

Prepare your beds to give the soil time to settle before planting in spring.

Plant bare-root trees and bushes, as long as the soil isn't frozen.

Sow broad beans in pots in mild areas, placing them in a cold frame or unheated greenhouse.

Sow seed indoors for early crops eg: lettuces, summer brassicas (e.g. cabbages and cauliflowers), spinach, salad onions and turnips.

Sow onion seed in a heated propagator.

Winter prune apples, pears, quinces and medlars.

Prune currants, gooseberries and autumn raspberries.

Protect early seed sowings from slugs, such as with cloches. The most effective method of environmentally friendly slug control is to collect them by hand (the best time to catch them is at night) and release them in a local wood. Yuk!

Protect brassicas from pigeons.

Look out for grey mould and brassica downy mildew on brassicas.

Remove all remaining plant debris from the vegetable plot. Do not compost any diseased material such as blight-infected potatoes, onions suffering from white rot and any crops with rust. Burn or bin the diseased material.

Check apples for canker and prune out. Keep checking stored fruits and remove rotten ones.

Ensure tree stakes and ties are firm and sound.

Lower indoor grapevine stems for even bud-break.

Apply a top dressing of sulphate of potash to all fruits and nuts.

Stake or earth up Brussels sprouts stalks that look leggy and vulnerable to wind rock. Pick the biggest sprouts from low down the stalks first.

Prepare seed beds, covering them with a cold frame, cloches or re-used fleece to warm up the soil before sowing.

Improve drainage of heavy soils by working in lots of organic matter. Grit will only be effective when used in conjunction with organic matter.

When gardening on wet soils work from a plank of wood, rather than treading on the bed, to avoid compacting the soil.

Save egg boxes as they will come in handy for potato chitting next month. Source your seed potatoes if you have not already done so.

Plan a rotation system for vegetable plots to ensure the same crops are not grown in the same beds year after year and help prevent build-up of disease.

And a very happy New Year, and happy gardening to you all.

*Poll*

**Wade, Stratton & District Old Cornwall Society**



**COME AND CELEBRATE ST PIRAN'S DAY  
ON THURSDAY 5th MARCH 3PM  
AT ST WERBURGH'S PARISH CHURCH  
WARBSTOW PL15 8UP  
ALL WELCOME**

## **Week St Mary Adventure Church Christingle at St Anne's Home**

On Tuesday 9<sup>th</sup> December, Week St Mary Adventure Church decamped to St Anne's Residential Home at Whitstone where they shared their Christingle service with the Residents and Staff. Revd David led a joyful service where no one got burnt and we all enjoyed a lovely tea provided by the home. Thank you very much.

Congratulations to all the Adventure Church children who were praised for their very good manners by the activities manager at the end of the evening.

We'll start the new term on Tuesday 13<sup>th</sup> January. All children over 4 years old are very welcome to join in from 4.30pm in the church. (Younger family members welcome if supervised).



*Lesley Booker*

## **Lego Café**

The Week St Mary Lego Café has been active throughout the year, welcoming children from the village and surrounding area to build with our amazing collection of Lego and adults who come for a slap up cooked breakfast once a month.

We will be back on January 10<sup>th</sup> and February 7<sup>th</sup> (to avoid a clash with our Valentine's Day celebrations) All are Welcome.

## **Lunch Club**

The WSM Lunch Club meets once a month in the church and celebrated with a Christmas meal on 17<sup>th</sup> December.

We have room for a few more at our regular meetings which take place on the 14<sup>th</sup> January and 18<sup>th</sup> February, (and again 18<sup>th</sup> March) starting at 12pm Bookings essential please to 01288 341221.

## **Happy Memories Memory Café**



The Memory Café is open to all from the surrounding area and is held fortnightly January 12<sup>th</sup> and 26<sup>th</sup> and then February 9<sup>th</sup> and 23<sup>rd</sup>. March will also be 9<sup>th</sup> and 23<sup>rd</sup>.

We meet at 2.30pm now in the church and aim to finish by 4.30. We hold activities and talks which are designed to aid those

with Memory loss and dementia and welcome a wide range of people of all ages. We always finish with tea and cakes of course!

*Lesley Booker*

## **Services on zoom**

We will continue Zoom Services for as long as there is a demand for them. If there are any types of service other than Sunday morning prayer, Family Service or Holy Communion and Wednesday morning prayer that you miss and would like to see especially on Zoom either regularly or as a one off, please let me know and I will see what can be done.

Lesley Booker [lesleymbooker@gmail.com](mailto:lesleymbooker@gmail.com)

For times of all church services for the month please see pages 14 and 15. Each Sunday there will be a "zoomed" service and Morning Prayer on Wednesdays will be on zoom at 8.30 am.

## **St Marwenne's House Group**

The aim of the group is about growing in discipleship. It meets every Tuesday at 2 pm. Contact Janet Ward on 01409 255759 or email her at [janetmwuk@gmail.com](mailto:janetmwuk@gmail.com) for more details.

## **Advertising in Voices Together**

If you run a business and would like to advertise in this magazine, please contact Heather Whitlock on 07771 964672.

If you are a not-for-profit local group or organisation and would like to put a one-off advert in for an event or similar, please contact Heather as above or the Editor (contact details p 2). We would ask for a small donation, depending on the size required. Adverts accepted at Editor's discretion. Thank you.

## **Sponsoring Voices Together**

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**IF YOU WOULD LIKE TO ADVERTISE IN THIS MAGAZINE  
PLEASE CONTACT HEATHER WHITLOCK ON 07771 964672**

<b>KEY:</b> CHURCHES: BH = Bude Haven		LEADERS:	DS = Rev David Saunders
	M = Marhamchurch		RD = Rev Rob Dickenson
	P = Poundstock		DA = Rev D Adams
	WSM = Week St Mary		JT = Rev J Terry
	W = Whitstone		WL = Worship Leader
	WB = Widemouth Bay		MM = Methodist Minister

