

# BUDE COAST & COUNTRY BENEFICE

## Voices Together



St Michael & All Angels, Bude



St Winwaloe, Poundstock



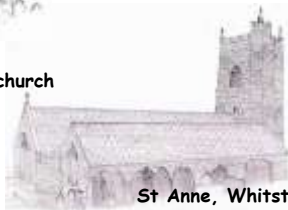
Our Lady & St Anne, Widemouth Bay



St Marwenne, Marhamchurch



St Mary the Virgin, Week St Mary



St Anne, Whitstone

Free

June 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

**Our Rector:** Rev David Saunders, The Rectory, The Glebe,  
Week St Mary, EX22 6UY Tel: 07834 459672  
email: 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:

Penny Heard 07825 266580

#### 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 **July** issue—  
By **Friday June 19th** please

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

If you would like to receive a copy of this magazine please email Lesley Booker: [lesleybooker@gmail.com](mailto:lesleybooker@gmail.com)

## FROM THE RECTOR:

Dear Friends,

### The power of small gestures

Derik Fay tells the story of when he was seven years old. He says, I used to carry a Dukes of Hazzard lunchbox to school. I did this to hide the fact that I actually didn't have anything for lunch, just like I hid the bruises underneath my clothing. One day, I asked the teacher to get a drink of water, I needed the drink to quench the hunger in my stomach. When I got back to the classroom, to my surprise, inside my empty lunchbox was an apple and an Oreo cookie. In that moment, when the tears fell from my eyes, I realised the power of small gestures, far more than my lunch box had been filled in that moment.

He says that almost 40 years later, he still remembers it like it was yesterday. He goes on to say, I implore all of you to try to find opportunities in life to fill someone else's lunch box. You will never understand how your small gestures may impact someone else, or when you yourself may need someone else to fill your lunch box.

Jesus said, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." (Matthew's gospel, chapter 25 verse 40)

Story taken from @derikfay *The power of small gestures*.

Every blessing,  
Revd David Saunders

## **ARCHDEACON'S VISITATION**

The Archdeacon's visitation to the Benefice is on Tuesday June 9th at St Marwenne's Church beginning at 7.00pm.

This is the service where your Churchwardens are sworn in for another year. Please come and support them if you can. There will be refreshments afterwards in the Bray Institute. Parking in the village school car park.

### ***Sponsoring Voices Together***

Please would you consider sponsoring our magazine? It is partly through the generosity of our readers that we are able to keep the magazine free of charge. Any amount, small or large, will be gratefully received. For more information please contact Heather Whitlock on 07771 964672 or Clare Hicks on 01288 352726.

### **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.

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

## **Dates for your JUNE Diary:**

- Sat 6th: 30th birthday celebrations, Neetside 10 am—12 pm p 8  
Mon 8th: MU meeting, Stamford House, Stamford Hill 2 pm  
Tues 9th: Archdeacon's Visitation, St Marwenne's 7 pm  
Thur 11th: Benefice Prayer Group, St Michael's 10 am  
Sat 13th: Lego Café, WSM church 9.30 am—12 noon p 9 for details  
Wed 17th: WSM Lunch Club, WSM church 12 noon  
Sat 20th: Stratton hospital Fete, 2 pm see p 23 for details  
Thur 25th: Benefice Prayer Group, St Michael's 10 am  
Sat 27th: Loveny Male Voice Choir, WSM church 7 pm p20 for details  
Mon 29th: MU Cream Tea, 6 Old Drovers Way, Stratton 2 pm p 10

## **Dates for your JULY Diary:**

- Thur 2nd: Benefice Prayer Group, St Michael's 10 am  
Thur 16th: Benefice Prayer Group, St Michael's 10 am  
Wed 29th: Messy Church, St Michael's 10.30 am—12.30 pm  
Thur 30th: Benefice Prayer Group, St Michael's 10 am

## **Regular Group Meetings:**

- Tuesday afternoons: Week St Mary Adventure Church 4.30 pm  
Tuesday evenings: Bible Study St Marwenne's house group 7 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  
Alternate Thursday mornings: Benefice Prayer Group, St Michael's 10.00

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

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Hall**

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

**Next meetings  
TBC  
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**Sue Edwards  
01288 341083**



**Week St Mary  
Happy Memories Memory  
Café**

**2.30—4.30 pm in church  
Refreshments**

**Mondays 8th & 22nd  
June**

**All welcome  
Contact: Lesley Booker  
01288 341221**

**C A M E O**

**Come And Meet Each Other**

**TBA**

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

**Linda Cobbledick  
01288 341468**



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# BSCP BIG BIRTHDAY BASH!

30 YEARS

## SAVE THE DATE

Join us as we celebrate 30 years of  
Bude Stratton Community Project (BSCP),  
better known as  
Neetside Community Centre &  
Berries Community Café!



### WHERE?

Neetside Community Centre  
& Community Orchard



### WHEN?

Saturday 6th June  
10am – 3pm

### WHAT TO EXPECT:



COMMUNITY  
STALLS



LIVE MUSIC  
IN THE ORCHARD



BERRIES  
COMMUNITY CAFÉ  
POP-UP



BBQ  
FROM 12PM



TRADITIONAL  
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### LIVE MUSIC IN THE ORCHARD FEATURING:

STONEY ROAD BAND | DAVID LINNEY | GARY McCausland | BUDE SAMBA BAND

Come along and celebrate the amazing local groups,  
organisations, volunteers and community connections  
that have helped shape the last 30 years of BSCP.

FREE ENTRY – EVERYONE WELCOME! ♥

  
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**BERRIES**  
COMMUNITY CAFÉ



**WEEK ST MARY CHURCH**

**SECOND SATURDAY OF  
EACH MONTH**

**LEGO CAFE**

**Cooked Breakfast  
from 9.30-11.30 am**

**FREE Lego until  
12pm**

**ALL WELCOME**



## Benefice prayer group

I read this article from "Our Daily Bread" the other day on being faithful in Prayer.

It mentions the story of Grandma Clara, who passed away; her ten-foot-long list of people for whom she prayed regularly became a family heirloom. On it were typed many extended family members, friends, people her friends were praying for, and many members of the congregation and clergy. New family members and specific prayer requests were written in the margins.

The apostle Paul wrote to the early church, "Be joyful in hope, patient in affliction, and faithful in prayer." (Romans 12:12 NIV). He urges believers to do many things that display love in action. These good works would be empty without the love of Christ working in us. That's where faithful prayer comes in. Specific requests for safety from oppressors and a favourable reception in Jerusalem were among Paul's requests. Perhaps they ended up on the private prayer list of a great-grandma in Rome, too.

Prayer empowers us to live in a way that "overcomes evil with good" (V12:21). Though we may not always see the outcome, it creates a legacy for faithfulness for generations to come. (Taken from *Our Daily Bread* April/May/June 2026)

So we urge you to come and make that prayer list with us every alternate Thursday at St Michael's Church. We pray you feel encouraged to continue your 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 meetings are on the 11<sup>th</sup> & 25<sup>th</sup> of June, and the 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> of July, at St Michael's at 10:00 am.**

Praying we see you there. Sue Shadrick: 07450 974651  
Penny Heard: 07825 266580

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 JUNE**

| DATE                             | READINGS   | TIME                             | SERVICE  | CHURCH             | LEADER               |
|----------------------------------|--|----------------------------------|--|--------------------|----------------------|
| Wednesday 3rd                    |  | 08.30<br>10.00                   | Morning Prayer<br>Holy Communion                                     | Zoom<br>BH         | DS<br>DS             |
| Sunday 7th<br>1st after Trinity  | Hosea 5: 15—6: 6<br>Romans 4: 13—end<br>Matthew 9: 9-13.<br>18—26              | 09.30<br>10.00<br>18.00          | Holy Communion<br>All Age Worship<br>Evening Prayer                  | BH<br>WSM<br>M     | DS<br>WL<br>WL       |
| Tuesday 9th                      |  | 19.00                            | Archdeacon's<br>Visitation   | M                  | DS                   |
| Wednesday 10th                   |  | 08.30<br>10.00                   | Morning Prayer<br>Holy Communion                                     | Zoom<br>WB         | LMB<br>DS            |
| Sunday 14th<br>2nd after Trinity | Exodus 19: 2—8a<br>Psalm 100<br>Romans 5: 1—8<br>Matthew 9: 35—10:<br>8 [9—23] | 09.30<br>09.30<br>11.15<br>18.00 | Holy Communion<br>Morning Prayer<br>Holy Communion<br>Evening Prayer | M<br>P<br>W<br>WSM | DS<br>WL<br>JT<br>WL |
| Wednesday 17th                   |  | 08.30<br>10.00                   | Morning Prayer<br>Holy Communion                                     | Zoom<br>BH         | DS<br>DS             |
| Sunday 21st<br>3rd after Trinity | Jeremiah 20: 7—13<br>Romans 6: 1b -11<br>Matthew 10: 24—39                     | 09.30<br>09.30<br>11.15          | Holy Communion<br>Morning Prayer<br>Holy Communion                   | BH<br>M<br>WSM     | DS<br>WL<br>DS       |
| Wednesday 24th                   |  | 08.30<br>10.00                   | Morning Prayer<br>Holy Communion                                     | Zoom<br>WB         | DS<br>DS             |

## SERVICES FOR JUNE & beginning of JULY continued

| DATE                  | READINGS               | TIME           | SERVICE                          | CHURCH     | LEADER    |
|-----------------------|------------------------|----------------|----------------------------------|------------|-----------|
| Sunday 28th           | Jeremiah 28: 5—9       | 09.30          | Holy Communion                   | M          | RD        |
| 4th after Trinity     | Romans 6: 12—<br>end   | 09.30          | Holy Communion                   | P          | DS        |
|                       |                        | 09.30          | Morning Prayer                   | W          | WL        |
|                       | Matthew 10: 40—<br>end | 10.00          | Morning Prayer                   | WSM        | WL        |
|                       |                        | 11.15          | Holy Communion                   | BH         | JT        |
| Wednesday 3rd<br>JULY |                        | 08.30<br>10.00 | Morning Prayer<br>Holy Communion | Zoom<br>BH | WL<br>RWS |

**KEY:** CHURCHES: BH = Bude Haven    LEADERS: DS = Rev David Saunders  
M = Marhamchurch                      RD = Rev Rob Dickenson  
P = Poundstock                          RWS = Rev R Ward-Smith  
WSM = Week St Mary                  JT = Rev J Terry  
W = Whitstone                            WL = Worship Leader  
WB = Widemouth Bay                  MM = Methodist Minister

### OUR DEANERY PRAYER

O generous God,  
You invite your people to discover the Kingdom  
And grow the church;  
Give us, then, the courage, the strength and the vision  
To share in the mission and ministry  
Of your Son  
That with the Lord of the Church  
We may be, truly, the Church of the Lord. Amen

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## St Petroc

The 4<sup>th</sup> June is St Petroc's day. Cornwall's most famous saint. He was a Welsh prince who studied theology in Ireland then founded a monastery at Padstow. After 30 years there, Petroc made a pilgrimage to Rome and Jerusalem then returned to Cornwall where he founded a hermitage at Bodmin. Petroc was buried at Padstow. There are 18 churches dedicated to him in Devon plus others in Cornwall and South Wales His shrine and relics were brought to Bodmin in 1000 and remain in the Parish Church at Bodmin. The flag of Devon is dedicated to St Petroc.

In art, Petroc is generally portrayed with a stag which he saved from being hunted by King Constantine of Cornwall whom he later converted to Christianity. Other legends say that he had a pet wolf and that a silver fish returned every day in a pond to be eaten by St Petroc

The casket on display in Bodmin Church



- Crafts:** 1. Celtic Cross    2. Paper plate wolf  
3. Flying Stag    4. Devon Flag  
5. Painted picture of St Petroc with the stag    6. Fish  
7. Wolf and stag masks

**Prayer:** Dear God , We give thanks for all the holy men and women who have lived throughout the world. Help us too, to live as you would like us to by showing love to all, bringing peace, and always trying to do what is right. **AMEN**

**Messy Grace** May the grace of our Lord Jesus Christ

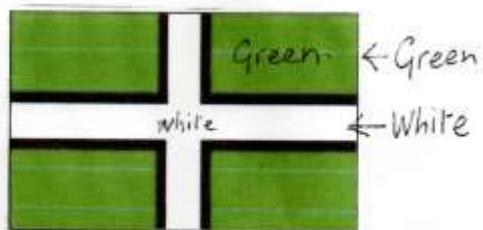
And the love of God

And the fellowship of the Holy Spirit

Be with us all, now and for ever. **AMEN**

ST. PETROC





## FLYING REINDEER

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Mary Tilzey

# Loveny Male Voice Choir

at Week St Mary Church

Saturday 27<sup>th</sup> June 7pm

Tickets £10 to include Snack Supper

Bookings please to 01288 341468

Licensed Bar, Raffle, Doors open 6pm





## WEEK ST MARY

### ADVENTURE CHURCH

Every Tuesday in term time at 4.30 pm

Week St Mary Church



### Week St Mary Lunch Club

Wednesday 17th June

Week St Mary church

12 noon

Bookings: 01288 341221



### WEEK ST MARY LEGO CAFÉ

Saturday 13th June

Week St Mary church with breakfast from  
9.30—12 (breakfast till 11.30 am)

### A note from the Editor:

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

July: June 19th

August: July 17th

September: August 21st

October: September 18th

November: October 16th

December: November 20th

## Tips from Poll's Garden for June



### **Plant up summer hanging baskets and containers**

Choose vibrant bedding plants for a summer show, or herbs, shrubs and evergreens for a long-lasting display.

### **Use water wisely to keep your plants thriving**

Watering is key to growing plants well. If you haven't already got a water butt, installing one or more, is a great way to help the environment. Place saucers under pots so water isn't wasted. Use a gravel or bark mulch, this helps stop evaporation. Re-cycle washing up water when ground is very dry.

### **Pinch out side-shoots on tomatoes**

Removing the side-shoots is simple – every time you water, check the plant for any shoots in the joint between the leaf and the stem.

### **More jobs for June:**

1. Harvest lettuce, radish, other salads and early potatoes
2. Hoe borders regularly to keep down weeds
3. Mow lawns once a week if needed – but consider leaving some areas uncut for wildlife
4. Plant out summer bedding
5. Stake tall or floppy plants
6. Prune spring-flowering shrubs. Plants that set their buds on "old wood" (last year's growth) must be pruned immediately after they finish blooming. If you wait until late autumn or winter, you will accidentally cut off next year's flower buds. Cut long whippy stems on wisteria back to about 5 leaves.
7. Shade greenhouses to keep them cool and prevent scorch

Hopefully you will be able to sit in your gardens and enjoy the fruits of your labours.

*Poll*

# STRATTON HOSPITAL FETE

NHS Stratton Community Hospital, Stratton, Bude EX23 9BR  
(To be held in the hospital car park)

## Saturday 20<sup>th</sup> June 2026

### at 2.00pm



Raffle \* Tombola \* Cake Stall

Bric-a-Brac \* Soft Toys

Plant Stalls \* Hampers

Fresh Flowers

Cream Teas & Sausage Sizzle available

Featuring Stratton Bake Off

## Music by Seagals



In Aid of Stratton Hospital League of Friends  
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## Mothers Union - Kledh Kernow Branch

Across the UK Mothers' Union is linked with dioceses globally and here in Cornwall one of our linked dioceses is Lokoja and Sapele in Nigeria. With this in mind, at our last branch meeting we followed the World Day of Prayer service prepared by an ecumenical group of Christian women from Nigeria. The theme of the service was 'I will give you rest'. We shared stories of four Nigerian women who face daily struggles of injustice, poverty, insecurity, marginalisation, religious persecution and despair. However, despite all the hardships that they face, through their faith and trust in God they never give up and find rest in the Lord. The stories and prayers made us all aware of just how many blessings we have received.

June will be a busy month for the branch with our usual meeting on Monday 8<sup>th</sup> at Stamford House, Stamford Hill at 2pm. All welcome.

At the end of the month on Monday 29<sup>th</sup> we will be holding a Cream Tea at 6 Old Drovers Way at 2pm. We will be welcoming our Diocesan President, Kerstin Lewis and invite you to come along. The proceeds from the Cream Tea will go towards our diocesan projects supporting young carers in Cornwall and S.P.A.C.E. providing play and social events for young disabled people.

*Sheila Waring*

### **Celebrating 30 Years of BSCP – Two Buildings Bringing Bude Together**

Bude Stratton Community Project, better known as Neetside Community Centre and Berries Community Café, is celebrating 30 years at the heart of community life in Bude next month.

Over the past three decades, the charity has grown into a vibrant community hub supporting health, wellbeing, advice services, voluntary organisations, and local groups across North Cornwall.

To mark the occasion, BSCP will host a “Big Birthday Bash” on Saturday the 6th June from 10am–3pm, a free community event open to all.

Held at Neetside Community Centre and the surrounding area, the day will have a traditional village fete feel, featuring community stalls and games, live music from Stony Road Band, Gary McCausland, David Linney, and the Bude Samba Band, plus a barbecue (12–3pm), a pop-up Berries café serving cakes and drinks, and more.

Everyone is welcome to join the celebrations!



# **Benefice Prayer Group**

Meets at St Michael's, Bude Haven  
on alternate

Thursday mornings  
at 10.00

14th May, 28th May

11th June, 25th June

*"God speaks in the silence of the heart.  
Listening is the beginning of prayer."  
- Mother Teresa*

Sue Shadrick: 07450 974651

Penny Heard : 07825 266580



### **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 [lesleybooker@gmail.com](mailto:lesleybooker@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 7 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.

### **A Prayer for our Times**

Loving God, I place into your hands:

all my fears about the state of the world;

all my despair at the violence within the world;

all my concerns about the fragility of the environment;

all my worries about my own life.

Loving God, I place into your hands

today, tomorrow and all time Amen



