

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

**September
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: 07450 974651

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/

Editor of *Voices Together*:

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

01288 352726; claremhicks@gmail.com

Copy deadline for **October** issue—

By **Friday September 18th** please

ELECTRONIC COPIES OF *VOICES TOGETHER*

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

FROM THE RECTOR:

Dear friends,

The other side of the wall

There was a young woman who took great pride in the growth and care of the flowers in her flower garden. She had been raised by her grandmother who taught her to love and care for flowers as she herself had done. So, like her grandmother's, her flower garden was second to none.

One day while looking through a flower catalogue she often ordered from, a picture of a plant immediately caught her eye. She had never seen blooms on a flower like that before. "I have to have it," she said to herself, and she immediately ordered it.

When it arrived, she already had a place prepared to plant it. She planted it at the base of a stone wall at the back of her garden. It grew vigorously, with beautiful green leaves all over it, but there were no blooms. Day after day she continued to cultivate it, water it, feed it, and she even talked to it attempting to coax it to bloom. But it was to no avail.

One morning weeks later, as she stood before the vine, she contemplated how disappointed she was that her plant had not bloomed. She was giving considerable thought to cutting it down and planting something else in its place.

It was at this point that her elderly neighbour, whose garden joined hers, called over to her. "Thank you so much! You can't imagine how much I have enjoyed the blooms of that vine you planted."

The young woman walked through the gate into her neighbour's garden, and sure enough, she saw that on the other side of the wall the vine was filled with blooms. There were indeed the most beautiful blooms she had ever seen. The vine had crept through the crevices and it had not flowered on her side of the fence, it had flowered luxuriously on the other side.

The Bible says this, *let us not become weary of doing good, for at the proper time, we will reap a harvest if we do not give up.* (Galatians chapter 6 verse 9.) Just because we cannot see the good result of our labour doesn't mean that it's bearing no fruit. (Author: Randy Reynolds.)

Every blessing
Rev David Saunders

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 Shadrack on 07450 974651 or email her at s.shadrack79@gmail.com before Tuesday evening if possible.

To advertise in this magazine

please contact Heather Whitlock on 07771 964672

AN IMPORTANT MESSAGE FROM SUE SHADRICK

HELP STILL NEEDED PLEASE!

Sue says: I will be away from September to December so will not be able to update the Pew Sheets each week. If you would like to take it on, either temporarily or even on a more permanent basis, please chat to me on 07450 974651 or s.shadrack79@gmail.com

Thank you

Sue

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

Dates for your SEPTEMBER Diary:

- Tues 1st: Cornwall Independent Poverty Forum meeting, St Michael's Bude, 10.30 am see p 23 for details
- Mon 7th: Meet & Eat Lunch, WSM parish hall from 12 noon
MU Harvest Celebration, Stamford House 2.00 pm see p 10
- Tues 8th: Adventure Church, Week St Mary 4.30 pm
- Thur 10th: Benefice Prayer Group, Poundstock 10 am see p 18
- Sat 12th: Lego Café, WSM church, 9.30—12 noon
- Mon 14th: Happy Memories Memory Café, WSM church 2.30—4.30 pm
- Wed 16th: Lunch Club, WSM church 12 noon see p 21
- Fri 18th: CAMEO, Ranelagh, WSM 2.30 pm see p 6
- Sat 19th: Mushroom Workshop, Poundstock Gildhouse 2 pm see p10
WSM Revel day, variety of events
- Mon 21st: Bible Discovery Course, Ark Angel bookshop 4.30 pm p 19
- Thur 24th: Benefice Prayer Group, St Michael's 10 am
- Fri 25th: Pop up Pub, Poundstock Gildhouse 7 pm see p 10
- Mon 28th: Happy Memories Memory Café, WSM church 2.30—4.30 pm

Dates for your OCTOBER Diary:

- Thur 8th: Benefice Prayer Group, venue TBA 10 am
- Mon 12th: Happy Memories Memory Café, WSM church 2.30—4.30 pm
- Fri 9th: The Countrymen, Week St Mary church 7.30 pm see p 19
- Thur 22nd: Benefice Prayer Group, venue TBA 10 am
- Mon 26th: Happy Memories Memory Café, WSM church 2.30—4.30 pm
- Wed 28th: Messy Church, St Michael's 10.30—12.30 see p 19

Dates for your NOVEMBER Diary:

- Weds 4th: St Michael's Grand Quiz, Brendon Arms, Bude 7.30 p 19

Regular Group Meetings:

- Tuesday afternoons: in term time Week St Mary Adventure Church 4.30 pm
- Tuesday evenings: Bible Study St Marwenne's house group—contact Janet Ward for details 01409 255759
- Wednesday mornings: Coffee & Chat, The Bray, Marhamchurch 10.30-noon
- Every Wednesday: Poundstock Gildhouse is open 10 am—4 pm
- Wednesday mornings: Bible Study at St Michael's, 11.15 am
- Alternate Thursday mornings: Benefice Prayer Group, 10 am see above

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Sue Dickenson 01288 341016**



**Week St Mary
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Café**

**Mondays 14th & 28th
September**

**2.30—4.30 pm in church
Refreshments**

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Contact: Lesley Booker
01288 341221**

C A M E O

Come And Meet Each Other

**Friday 18th September
from 2.30 pm**

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The Good Samaritan

Jesus told this parable in answer to the question 'Who is my Neighbour?' It can be found in the bible in Luke chapter 10- verses 25 -37. There are also animated versions on U-Tube.

It's the story of a man who was travelling from Jerusalem to Jericho when he was attacked by robbers and left for dead. A priest comes along but walks by on the other side. Then another man who worked in the temple also comes along but he too does nothing. Then along comes a Samaritan (The Jews and the Samaritans did not get along) but he stopped to help. He put bandages on the injured man's wounds and carefully helped him to get to a nearby Inn. He paid for the man's stay until he got better.

Jesus told this story to show us how we should show love and care to everyone we meet even those we may not like very much or are different from us. Perhaps that means sharing our toys with someone we don't normally play with, or including someone who is lonely or shy in our play.

Prayer Dear God, please help us to be good and kind, like the man in the story, and to look after people when they need our care

Song : When I needed a neighbour were you there (Found on U-Tube)

Activities:

1. Random acts of kindness chart
2. Heart biscuits
3. Helping hands hand printing
4. Man & Donkey collage
5. Decorated Love the Lord your God verse
6. Painted heart people on stones



RANDOM ACTS OF KINDNESS



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note or text message



Walk a dog



Put positive sticky
notes on mirrors



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door open



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flowers



Babysit



Say please &
thank you



Plant a tree



Say hello



Pass out
balloons

STYLEHOUSE



Mary Tilzey



Mothers' Union - Kledh Kernow Branch

Back in June branch members and friends enjoyed a delightful cream tea in the beautiful garden of Judy Dunne. We were blessed with a sunny afternoon and welcomed our Diocesan President, Kerstin Lewis, along with many supporters raising funds for our Self-Esteem project. The project supports young carers here in Cornwall, providing essentials that help them as they take on responsibilities well beyond their age. A wonderful total of £389.00 was raised.

Celebrations for the 150th anniversary of the founding of the Mothers' Union continue to take place globally, nationally and here in Cornwall. Our branch met together in August to celebrate Mary Sumner Day giving thanks for the vision of our founder. We listened to the testimony of the Worldwide President, Kathleen Snow, read at the 150th celebration service at St Paul's Cathedral, who spoke powerfully of her own MU experiences and how we are all united as a global family.

She said: 'Wherever I travel, whenever I meet Mothers' Union members, we are living out this reality in our communities. It doesn't matter what language we speak, what culture we live in, what area of the world in which we reside. We all believe in the same purpose, aim, objectives, mission, vision...however we wish to describe or explain ourselves. We are united in faith and in service. His love endures forever'

Date of next meeting

Monday September 7th at Stamford House 2pm: a Harvest celebration with a collection of items for the Bude Food Bank. All are welcome to come to our meetings.

Sheila Waring

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 SEPTEMBER

DATE	READINGS	TIME	SERVICE	CHURCH	LEADER
Weds 2nd:		08.30 10.00	Morning Prayer Holy Communion	Zoom BH	WL RD
Sunday 6th Creation in Christ 14th after Trinity	Isaiah 55: 12-end Colossians 1: 15-20 John 1: 1-14	09.30 10.00 18.00	Holy Communion All Age Worship Evening Prayer	BH WSM M	DS WL WL
Wednesday 9th		08.30 10.00	Morning Prayer Holy Communion	Zoom WB	LMB DS
Sunday 13th 15th after Trinity	Genesis 50: 15-21 Psalm 103: 1-13 Romans 14: 1-12 Matthew 18: 21-35	09.30 09.30 11.15	Holy Communion Morning Prayer Holy Communion	M P W	DS WL DS
Wednesday 16th		08.30 10.00	Morning Prayer Holy Communion	Zoom BH	DS DS
Saturday 19th		14.45	Week St Mary Revel	WSM	RD
Sunday 20th 11th after Trinity	Jonah 3: 10-end of 4 Philippians 1: 21-end Matthew 20: 1-16	09.30 09.30 18.30	Holy Communion Morning Prayer Revel Service	BH M WSM	DS WL DS
Monday 21st		19.00	Ecumenical Harvest Service	WSM	WL
Wednesday 23rd		08.30 10.00	Morning Prayer Holy Communion	Zoom WB	DS DS

SERVICES FOR SEPTEMBER & beginning of OCT continued

DATE	READINGS	TIME	SERVICE	CHURCH	LEADER
Sunday 27th Michaelmas 17th after Trinity	Deuteronomy 8:7-18	09.30	Holy Communion	M	RD
	2 Corinthians 9: 6-end Luke 12: 16—30	09.30	Holy Communion & Harvest (TBC)	P	DS
		09.30	Morning Prayer	W	WL
		10.00	Morning Prayer	WSM	WL
		11.15	Holy Communion	BH	DS
Wednesday 30th		08.30	Morning Prayer	Zoom	WL
		10.00	Holy Communion	BH	DS
Sunday 4th OCT 18th after Trinity	Isaiah 5: 1-7	09.30	Holy Communion & Harvest (TBC)	BH	DS
	Philippians 3: 4b-14	10.00	All Age Worship	WSM	WL
	Matthew 21: 33-end	18.00	Evening Prayer	M	WL
Weds 7th		08.30	Morning Prayer	Zoom	LMB
		10.00	Holy Communion	WB	DS

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
LMB = Lesley Booker (WL)

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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Benefice prayer group

We are very rarely reminded to eat, drink, or sleep. They form part of our daily routines. We do them out of habit. We always make sure we have time for them each day because we don't want to go without them.

Prayer should be something special because it is time spent with **someone special**. If you want your friendship with God to grow, you need to spend time with him. Make a routine and build the habit of praying at set times. Form a habit, and you won't have to spend time thinking about praying every time you want to pray. Through prayer, we come to know the all-powerful and loving God and who he is; through prayer, we allow God to direct our lives. Prayer shapes our lives.

Walter A. Mueller said, "Prayer is not merely an occasional impulse to which we respond when we are in trouble; prayer is a life attitude"

As a prayer group, we remind ourselves of what Walter A. Mueller said each time we meet, so we encourage all to join us and experience the warm, loving, and welcoming time spent with God.

The prayer group is on the move, and we hope that as we move every alternate Thursday, you will be encouraged to join us when we spend time in prayer in your home church.

The prayer group continues to meet on alternate Thursday mornings.

The next meetings will be at 10 am on the:

10th Sept at Poundstock

24th Sept at St Michael's

Praying we see you there. Sue Shadrick: 07450974651.

Penny Heard: 07825266580

Who wrote the Bible?
Is the Bible relevant for today?
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St. Michael & All Angels, Bude Haven





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St. Michael's Church, Bude
Wednesday 28th October
10.30 until 12.30

Theme: "Light"

*Children, please bring an adult.
Adults, please bring a child*

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St Michael's, Bude Haven



Grand Quiz



The Brendon Arms
Wednesday 4th November

7pm for a 7.30 start

Teams of 6 @ £10 per person
to include a small fish and chip supper

Raffle

Quiz Master: Chris Nichols
In aid of St Michael's Church Funds

To book; contact Mary Tilzey
on 07792 425807
or email: marytilzey@gmail.com

Book your team in early to avoid disappointment for this popular event

North West Quiet Garden in Poundstock

A fundraiser was held at St Michael's for the quiet garden in the form of a beetle drive. Everyone had a lot of laughter and fun on the evening, with many saying it had been such a long time since they played. The committee would like to thank St Michael's for allowing us to use the church for this fundraiser. We raised £230. Thanks go to Sharon for helping on the evening.



Fun at the Beetle Drive

Exciting news..... The quiet garden has a new name and a new bridge.

The name is as follows: "North West Quiet Garden, Poundstock."

The new bridge allows easy access to the garden, which has now been strimmed, and designs are underway for approval for the labyrinth.

Volunteers spent the day trimming and cleaning the area, and it is now taking shape and looking more like a garden. There is still much to do, and we are still looking for more volunteers to help develop beds and plant.



New bridge over the stream for the quiet garden.

Copy & photos Penny Heard



Quiet Garden volunteers

Strimming the area



Week St Mary Lunch Club



Wednesday 16h September

Week St Mary church

12 noon

Bookings: 01288 341221

A note from the Editor:

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

October: September 18th

November: October 16th

December: November 20th

Tips from Poll's Garden for September



I'm sure we are still trying to recover our gardens from the intensive heat of July. Much as we enjoy the sun, it was certainly scorching and in some cases killed off some of our plants and trees.

September is the official start of autumn but the frosts don't usually arrive for a month yet and the leaves are still on the trees. Enjoy the last of the summer displays and keep them going for as long as possible by feeding and deadheading. As the seasons **shift** and summer starts to fade, September is the ideal time to prepare your garden for the cooler months ahead. With soil still warm and conditions often ideal for planting and tidying, there's plenty to do to keep your garden looking great and thriving into autumn. Here are the essential gardening jobs to tackle this month.

Here are our top four:

1. Divide your herbaceous perennials. This will keep your plants healthy and vigorous year after year and multiply your stock.
2. Net ponds now before autumn leaf fall gets underway to reduce the amount of debris entering the water.
3. Clean out cold frames and greenhouses ahead of autumn sowing and growing.
4. Plant spring-flowering bulbs now, such as daffodils, crocus and hyacinths, for glorious colour next year.

Maybe think where we could introduce water butts to help with the drought of another dry spell next year.

Make sure hedges are tidy

Fruit bushes such as currants and gooseberries will benefit from thinning out, while perennials that lack decorative seed heads should be cut back to the ground. Autumn is also the time to prune tender plants such as lavender and rosemary, which won't withstand pruning in winter.

Don't neglect hanging basket maintenance – a little deadheading, watering and applying liquid seaweed feed can keep them going until mid-autumn. Once they are past their best, re-plant as winter/spring hanging baskets with spring-flowering bulbs and plants, winter-flowering heathers and trailing ivies.

Continue to deadhead plants such as dahlias,

delphiniums, roses and penstemons to prolong the display and give colour well into the month.

Leave the cutting back of perennials until late winter to provide habitat for wildlife. However any plant stems that have collapsed and turned mushy can be added to the compost heap.

Now is a good time to divide any overgrown or tired-looking clumps of herbaceous perennials such as Helenium or hardy geranium. This will invigorate them, and improve flowering and overall shape for next year.

Poll



WEEK ST MARY

ADVENTURE CHURCH

Every Tuesday in term time at 4.30 pm

Adventure church recommencing 8th September

Week St Mary Church

CORNWALL INDEPENDENT POVERTY FORUM VISITS BUDE

TUESDAY SEPTEMBER 1st 2026

10.30 AM

ST MICHAEL'S BUDE

For over 25 years, CIPF has been working to tackle social exclusion. Our main aim is to enable individuals to regain control of their lives and take their rightful place in society by using their talents for the benefit of their communities. We are people centred and anyone interested in tackling poverty is very welcome to join us.

For more information please contact Andrew Yates:
Andrewy@cornwallindependentpovertyforum.com

You are invited to:

Happy Memories Memory Cafe

2nd and 4th Mondays at
Week St Mary Church
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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

Week St Mary Safari Supper

Week St Mary usually cancels August community activities to give the helpers a break and because the people who attend often have visitors or are away on holiday themselves. The exception to this is the Safari Supper which happens on the first Saturday in August and involves four households and most recently the church building in providing a five course meal in various locations around the village. This is our 28th year of running the Safari Supper and was even more successful than usual, welcoming over 100 people and raising much needed funds for the church.

We started with a reception drink and nibbles, this year with Phil and Chris Warnefore in the Glebe, then a starter course, with Sue and Steve Collins also in the Glebe. The church hosted a sumptuous main course organised by Linda Cobbledick and Lesley Booker, followed by a wide range of desserts with Vivienne and Nick Faulks at Red Lion and finally coffee and cheese with Micheline and Stephen Smith at Tudor House. The lovely weather made the occasion all the more enjoyable and the village was filled with people strolling from one venue to another, socialising on the way and enjoying a relaxed evening.

Many thanks to all who opened their homes, helped out, provided donations of food or who attended to make the evening such a success.

Lesley Booker

*The Lord is my strength and my shield;
my heart trusts in him, and I am
helped. My heart leaps for joy and I will
give thanks to him in song.*

Psalm 28: 7

*I said, 'I am falling', but your constant
love, O Lord, held me up.*

Psalm 94:18

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

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 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

Hear Ye! Poundstock Gildhouse

A Proclamation of Events for August and September 2026

Be it known to all good folk that the Gildhouse at Poundstock shall be open on the days here set forth, with gatherings and occasions to be held throughout August and September.

The Gildhouse will be open every Wednesday for visitors from 10.00am to 4.00pm, as usual, with tea, coffee and biscuits available (Donations appreciated)

AUGUST 2026

- Open to the public every Wednesday, 10.00 am to 4.00 pm. Free entry, with tea/coffee and a biscuit available.
- Saturday 8th August, 2pm-6pm. Mushroom workshop. See <https://atlanticfuni.com/pages/workshops> for details including times and prices.
- Sunday 16th August. The famous Poundstock Gildhouse Cream Tea. 2.30pm to 4.30pm. £5 per person.
- Friday 28th August. 7pm to 11pm. Pop-up Pub with music. Vic's food van will be on site.

SEPTEMBER 2026

- Open to the public every Wednesday, 10.00 am to 4.00 pm. Free entry, with tea/coffee and a biscuit available.
- Saturday 19th September, 2pm-5pm. Mushroom workshop. See <https://atlanticfuni.com/pages/workshops> for details including times and prices.
- Friday 25th September. 7pm to 11pm. Pop-up Pub with Open Mic night hosted by Ben Banford. Vic's food van will be on site.

Upcoming Events

Watch this space, the Poundstock Gildhouse Facebook page and website for upcoming events including (All subject to confirmation nearer the time)

Pop-up restaurant with tasting menu with a renowned local chef.

24th and 25th October Annual Food and Craft Fayre with the Pumpkin Festival. Please contact Maria on 07428161323 or maria_stopher@yahoo.co.uk for more information or to book a food or craft table. Each 6ft x 3ft table is £30 for the 2 days.

West Gallery music event with local choir

Parking notice: If you are attending an event at the Gildhouse, please park in the church car park up the hill. The limited parking in front of the Gildhouse should only be used for unloading, drop-off/pick-up, or by those with mobility issues.

