

# North Cornwall Cluster of Churches Newsletter June 2020



For the parishes of St Kew, St Endellion with St Peter's, Port Isaac  
and St Minver with St Enodoc (Trebetherick) and St Michael (Porthilly)

[www.northcornwallclusterofchurches.org.uk](http://www.northcornwallclusterofchurches.org.uk)

# Day of Prayer & Fasting. Pentecost. 31.05. 2020

Our cluster will be having a day of prayer and fasting on Sunday 31st May, it will begin at 6am and continue until 6pm.

Fasting is an ancient discipline and the Bible has much to say about it. In scripture, the term 'fasting' usually refers to abstaining from food but not water. Daniel abstained from some food but not all (Daniel 10:3), In most cases fasting is a private matter between an individual and God, but there were times of corporate/public fasting (Leviticus 23:27). There were national fasts in times of emergency (2 Chronicles 20:1-40) and there were regular fasts (Zechariah 8:9).

Jesus' teaching on fasting was in the context of giving and praying. (see Matthew 6:16, Matthew 9:15, Acts 13:2,3) There are no biblical laws that command fasting, but our freedom in the Gospel means that it is an opportunity, a spiritual discipline ordained by God for the good of the Christian fellowship.

It gives us time, individually and corporately to seek God afresh for vision and guidance, to deepen our faith, to reveal the things that control us. It brings the things within us that need to be transformed to our attention and gives us opportunity to repent of sins and to know Christ's presence and peace. It is a deeply spiritual practice.

This Pentecost we are suggesting that as a cluster we set aside a whole day to fast and pray for ourselves, our families and friends, our church, our community, our nation, our world. With the expectation that God will meet us and pour out his Holy Spirit as he did on the day of Pentecost (Acts 2:1-4)

Some people may want to do a full food fast for the day, others a partial fast. Not everyone will be able to fast food because it is not medically safe to do so. However, there are other things we can fast instead, TV, internet, Facebook, alcohol, chocolate, biscuits, snacks, telephone calls. In fact, there are no end of things we enjoy and can forgo for a short period of time in order to focus on prayer!

Will join us? We will be publishing resources for you to link into throughout the day, we will have a Sunday morning service on our You.Tube Channel at 11am and a family zoom 'bring and share' meeting at 5.30pm where we will share what God has been saying and doing throughout our day and breaking our fast together at 6pm, finishing with a prayer of thanksgiving. Everyone is welcome to join us and we hope you will be blessed by it.

*Rev'd Geraldine.*

**DAY OF PRAYER & FASTING  
PENTECOST**

Set aside a whole day to  
Fast and pray for

ourselves  
our church  
our nation  
our families and friends  
our community  
our world

**Sunday 31st May,  
6am until 6pm**

**FOR MORE DETAILS CONTACT GERALDINE:  
GEZZALOU@AOL.COM | 07957 609085**

## Holy Habits - Prayer

We are now a month through our Holy Habit focussing on prayer. I do hope you have been trying to follow some of the weekly suggestions as we attempt to deepen our prayer life in the cluster. The thought behind them is to help you find a style of prayer that suits you and your personality and lifestyle but also to try and broaden/ expand it.

For some this will mean finding a quiet, special place, on your own, for others the special place will be outside. Some will prefer reflecting on a bible passage as a focus for prayer, others will want the freedom of using all their senses to stimulate their thoughts. For some it will mean a set time in a set place, a routine, others might need a reminder. We are all different and we can all learn from one another and much as we feel comfortable with a certain type of praying it helps to try other ways too. We know that Jesus prayed on his own or with others, inside and outside, in synagogues, in houses, on hillsides, there is no one and only way to pray. 'Pray as you can- don't try to pray as you can't' says Ruth Fowke in her book *Personality and Prayer*, I would only add that to find that way means experimenting which our weekly suggestions might help you to do.

For me, the last month has been good, I have read through Pete Greig' book 'How to pray-a simple guide for normal people', it has helped me a lot as has the Lectio365 app with its daily 10-12 minute prayer time based on the book. PRAY- P for Pause, R for Rejoice and Reflect, A for Ask, and Y for Yield. It has worked for me, our hope over last and this month you will find something to enhance your prayer life. Do try different ways, don't get stuck in a rut.

*David Elliot*

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## Scrubs

Like many people locally, Revd Corinne has been busy making masks, button hairbands and scrub bags. The masks have been distributed to friends, neighbours, and the meals on wheels Polzeath team who will distribute them on their rounds. Most hair bands and scrub bags have gone to Windmill Court nursing home, to let them know the church cares about them during lockdown.



# Strange times

Strange times, strange times. Sounds like something a character from a Dicken's novel would have said. The world is trundling on as usual: the rich getting richer: the poor getting poorer and suddenly everything comes to a stop. A bat virus has jumped species to humans and it is very, very infectious. People are always dying across the world: from hunger, malaria, cholera, TB and



of course war. But these conditions do not affect us in the safe and cosy west, but Covid 19 affects everyone everywhere. Death is becoming part of our lives in a way that it hasn't done since the last world war. Life and death are linked again: the circle of life. We are not in control and we never have been. Sobering thought.

In this time of self -isolation and lock down we have to learn to be human beings and not 'human doings'. It is so much easier to fill our time with being busy, chatting , working on our computers but oh so difficult to still the whirring thoughts and plans inside our heads: to stop thinking about what we are going to do next or how we are going to cope without seeing anyone face to face for weeks.

We need to practice contemplation or meditation, whatever you want to call it. Prayer is part of this process, but if you are like me, most of my prayers are a shopping list to God asking for things to be sorted out to my satisfaction. There is no space for God, the great force of love in the world, it's all about me and what I want . I can't help it, it's human nature. But we all need to reach down and find that little bit of divine that lives in all of us and let it come to the surface, even if for a few seconds. People who seem to seem to walk more closely with God than I do, seem full of a serenity and humility that I can only dream of: they are not the centre of their own lives: love is and therefore God is.

I am sure this is why the great prophets and Jesus himself had to go away from everyone to think things through: forty days and nights in the desert, to decide how they were going to serve God. I am not suggesting that we go a spend 40 days in the middle of Bodmin moor, with our mobiles turned off, deciding what direction our lives are going to take. But for those of us without young children to home school and keep entertained, we can use this time in lockdown for more contemplative thinking and pray that when it finishes, we and the world around us, will be in a better state than before.

*Jill Gompertz*



# LET'S GET TOGETHER!

PORT ISAAC CHURCH FAMILY ZOOM  
MON 1 & 15 JUNE

ST ENDELLION CHURCH FAMILY ZOOM  
WEDS 3 & 17 JUNE

ST MINVER CHURCH FAMILY ZOOM  
MON 8 & 22 JUNE

ST KEW CHURCH FAMILY ZOOM  
WEDS 10 & 24 JUNE

**EVERYONE WELCOME. STARTS AT 7PM.**

**FOR MORE DETAILS CONTACT GERALDINE:  
GEZZALOU@AOL.COM | 07957 609085**

## Summer Fetes

Sadly all of the summer fetes have been affected by the coronavirus precautions.

The St James' Fete at St Kew, which would have been in July, has been postponed until later in the year.

The St Minver Fete and the St Endellion and St Peter's, Port Isaac Fete, which would have been in August, have been cancelled.

We look forward to being able to gather again in our communities when it is safe.



# The Future of the Church?

The last couple of months have been interesting to say the least, self-isolation for many in our villages, socialising restricted or new ways found to connect with family and friends. Despite all the downs and suffering for many in the world, times like these can be used positive re-evaluation of our journey of faith.

Early on in the crisis the Mercedes FI engineers looked at the need for more ventilators in the NHS, together with the UCL medical team they took an existing ventilator, broke it down into its parts, examining each piece, improved where they could, re-engineered and put it together. The end result was a more efficient, more resilient, more effective ventilator which used less energy.

Can we learn anything from the crisis as a church? Can we break down the 'church machine' into its basic parts, look at each one and rebuild it to a more effective machine. The old one works but it has proved to be inefficient as numbers have dropped. The crisis will mean church income has been cut. What would the 'new normal' look like. Can it move into mission from maintenance? Or will it gradually fall to pieces as the constituent parts fail?

We have been forced into a time of looking again at what and why we do 'things'. Our buildings have been closed (no matter as to why and for how long), so as I have sat at home, or walked the countryside I have had time to reflect on what I have gained from, and what I have missed, and what I have gained from all of this.

Personally, it has been a time of growth as I have looked at what my priorities are, I have spent more time in prayer and worship albeit on my own or with Beth. I have enjoyed being part of the new '7th' church in our cluster, online, a church which goes beyond parish boundaries (95 views of last Sunday's Taize service on Youtube). I have enjoyed the fellowship of the wider church with the Bishop on Sunday mornings (yes, I am well aware of some who have no access to the internet etc, but it is interesting to see just who is accessing online services etc)

So, what have I missed, the coming together, the being physically with others, the church family. I have missed the fellowship of the house group most of all (even if we are to meet via Zoom this week). I have a love / hate relationship with the building itself as the maintenance of it blocks my worship to some extent, flaking paint, loose tiles, is the sound system working properly to name but a few. I know it means a lot to so many but as we have such an ageing congregation the way forward looks difficult. Take the over 70's out of the equation and who is going to do that maintenance?

So, beware rushing back into old buildings which need so much maintenance, it is not a simple as opening the doors again.

Many businesses are taking this crisis as an opportunity not a threat and they will be the ones that survive and grow again. The opportunity to look at work practices, to see the positives of new ways of working, to see the redundant parts of 'old ways' of normal and not go back to them. The pause button gives us a unique opportunity. Let us be creative in looking to a 'new normal' moving from maintenance to mission. It is good to hear that the bishop, the diocese and the national church are doing the same.

Elijah ran away in a time of crisis, searching for safety he found a cave (what are our caves?). God's response to all of this was "Why are you here?". A question for Elijah then, a question for us all now.

*David Elliot*

# WORSHIP & PRAYER FROM HOME

## DOWNLOAD RESOURCES

Visit our website at [www.northcornwallclusterofchurches.org.uk](http://www.northcornwallclusterofchurches.org.uk)

## Contact information

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*St Peter's: Pat Pearson*  
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Bill Nimmo  
01208 862665

*St Michael*  
Jane Pain  
01208 863178

### Next issue

The deadline for text  
and or pictures\* for  
the July issue is:

**15th June 2020**

\* Please note  
that permission is  
required for people in  
photographs and written  
parental consent for  
children.

# **The church buildings are closed but the church is more active than ever!**

We have established resources online for all those who would like spiritual support and guidance. Our facebook group is a space where people who are unable to get to church can chat together, share updates and ask for prayer. Our website has downloadable resources for people to use to pray from home. And every Sunday we hold a worship service over YouTube.

**Find more details and upcoming services at:**

[www.northcornwallclusterofchurches.org.uk](http://www.northcornwallclusterofchurches.org.uk)

**And join our facebook group at:**

[www.facebook.com/groups/northcornwallcluster](http://www.facebook.com/groups/northcornwallcluster)

If you need help setting up a facebook account, get in touch with Revd Rose.

We are offering pastoral support and prayer by telephone, and we may be able to help in practical ways as well. Contact Revd Elizabeth if you want to know more.

Please be assured of our prayers for our whole community and especially those who are most vulnerable.

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