



The
**United
Reformed
Church**

Tavistock U.R.C.
Russell Street, Tavistock PL19 8BD
Founded 1652
Loving God,
Encouraging Questions, Welcoming all.

CONTACT

Minister: Revd Robert Weston Tel: 01566 784990
Church Secretaries: Mike & Jenny Dennis Tel: 01822 618142
Administrator: Maureen Tulloch Tel: 01579 208519
Synod website: urcsouthwest.org.uk
Church Payphone: Tel: 01822 612017
Church Website: www.tavistock.urc.org.uk

March 2018

- SUNDAY 4th Service led by Rev Robert Weston with Holy Communion
- SUNDAY 11th Service led by Rev Malcolm Richards
- SUNDAY 18th Service led by Dr Peter Fox
- SUNDAY 25th Palm Sunday Service led by Mike Dennis followed by AGM
- THURSDAY 29th Maundy Thursday Service led by time tbc....



Blessed are the gentle.....

Dates for your Diary

Thurs 1st March 7.30pm – 9.15pm Tavipraise with band 'One Touch' at St Andrew's Church, Whitchurch

Frid 2nd March World Day of Prayer, 2pm Tavistock Methodist Church and 7pm Christ Church, Station Rd, Brentor PL19 0LR

Sat 3rd March, 6pm King's Film Night, King's, Pixon Lane, Tavistock PL19 9AZ

Sat 3rd March 11.00am to 4.00pm Day Conference about poverty. South Street Baptist Church, Exeter, EX1 1EB.

Tues 6th March at 7.30pm. Tuesday Topics – Quantum Physics/ the future of God

Sun 11th March: end of Fairtrade Fortnight

Tues 13th March, 12.30 - 2.30pm Compassionate Friends Training– see Page 4

Tues 20th March at 7.30pm Tuesday Topics – Q & A Marcus Borg Memorial

Sat 24th 10am to 12 noon. ART4FUN Coffee morning & art exhibition in aid of Children's Hospice South West.

Sun 25th March Church AGM after Palm Sunday service.

Thurs 29th March Maundy Thursday Service. **time tbc.**

Sat 31st March at 10am. Decorating the Church for Easter

Thurs 5th April 7.30pm – 9.15pm Tavipraise with Ken's Band at the Abbey Chapel

Wednesdays at 2.30 Daytime Discussion Group at 22 Chapel Lane, Horrbridge –
(any change of date /venue will be announced in the notices on the preceding Sunday).

Church Family:

We pray for a full recovery for **Dorothy Woodyatt** –a much loved and respected church member. Hope her shoulder mends quickly and all the beautifully coloured purple, green and brown bruising disappears soon!

And from **Dorothy** herself:

'Sincere thanks to all at Tavistock URC for their good wishes, they have been wonderful! I am home now and hope to be back in church soon.'

From **Rob & Suzy Weston:**

'Tinhay Retreats

Over the past couple of weeks, work has begun on the replacement of our old roof and refurbishment of the chimneys. Our wonderful builders Pete and Simon have been out in all weather and their hard work is making such a difference. We hope all will be completed by the time we hold our Open Day in March.

Many of you are on our circulation list for our fortnightly electronic updates, if you have not received any news then please email us at the following address tinhayretreats@gmail.com and we'll be very happy to add you to the list of subscribers, currently we have 121 people on the list.

For those who have mislaid it or not received it - our new landline number is 01566 784 990 and our website is www.tinhayretreats.com '

From **Stella Rasdall**

'Decorating the Church for Easter

We will be meeting to decorate the Church for Easter on Saturday 31st March at 10am. All offers of help to decorate and donations of flowers and greenery will be very welcome.'



Letters to the Editor:

From **Rev Rob Weston**: email: tavistockurcminister@gmail.com phone: 07982 622949 or 01566 784990

'Dear Friends,

Lent is the period of forty days leading up to Easter, a time for us to prepare for the Easter celebration of new life. Once again, as the seasons change from winter to spring, I find myself reflecting on the changing seasons of life. Maybe it's the realization that enjoying life is all about embracing the changes of different stages of life. When we are young we often care little about the past and we are impatient about change. As we get older the years seem to pass more quickly and we are amazed at all the changes around us.

During Lent we have an opportunity to value both the past and the future, we have an opportunity to reflect on the good times we have experienced and to plan for the good times we have yet to celebrate. Traditionally a time to give up something we enjoy, we can use abstinence to help focus on what is really important.

There are many ways of helping others around us, stopping to notice the needs of others, reducing our use of plastics, getting in touch with someone we've not seen for a while, making an effort to volunteer our time...

Lent is also about our own spiritual journey – one approach would be to spend ten or fifteen minutes in quiet reflection, you could use the gospels as a starting point before being still. If fifteen minutes seems a bit daunting, just start with five minutes! If you prefer to express prayers through art, why not get a pad and some paints ready for your prayer time?

May the God of peace guide you as we journey through Lent.'

From **Rev Rob Weston**:

'King's Film Night, 6pm Sat 3rd March, King's, Pixon Lane, Tavistock PL19 9AZ

A film that shows 12 different people's journey to Christ and tackles that age-old question, "Why does God let bad things happen to good people?". Free entry and refreshments. More info from Sam and Jo - 617693/sam.jo2@btinternet.com.'

From **Mike Dennis**:

'Re the AGM on Sunday 25th March

Members are reminded that any nominations for Elders should be submitted in writing to Mike and Jenny by 18th March. Also all those responsible for reporting at the AGM should have their reports to Mike and Jenny by 15th March so that they can compile all reports into one document and print hard copies for those without email for distribution on the 18th.'

From **Rev Rob Weston and Anne Snook:**

'World Day of Prayer 2018, Friday 2nd March [formerly Women's World Day of Prayer] **2pm Tavistock Methodist Church and 7pm Christ Church, Station Rd, Brentor PL19 0LR**



The service has been written by the women of Suriname - a country which lies in the north-east of South America. The theme for the service is 'All God's Creation is Very Good' and how the world-wide Christian community can make a great contribution to caring for the world in a responsible manner. With vast rain-forests and wealth of resources, Suriname asks us to pray for the conservation and protection of wildlife and the environment, as well as for the situation in Suriname and concerns for the future.

This is not simply a day of prayer for women, but for everyone who cares about our world and those who live in it. This service will be celebrated at the same time in 170 countries and in the British Isles some 6,000 services will be taking place. Everyone is welcome.'

From **Rev Rob Weston:**

'Palm Crosses

You may be interested to know that the Palm Crosses that we are giving out on Palm Sunday are produced by a small charity in Tanzania in Africa. The African Palms project was started in 1965 by Fr Alan Talbot, an Anglican priest who served for six years in the diocese of Masasi Tanzania. His aim was to give really poor villagers the means to earn some extra money to supplement their income.

The Palm Crosses are made from dried branches of a palm tree that grows wild in the Masasi area, so are not cultivated, furthermore no trees are cut down in the work of collecting the palm leaves. In 1986 a charitable trust was set up to ensure that the income generated continued to support local community projects such as water projects, hostels, safehouses, clinics, providing books and desks for schools. '

From **Rev Rob Weston:**

Compassionate Friends

'You are invited to come along to a **FREE** Compassionate Friends awareness session delivered by St Luke's Hospice Plymouth on **Tuesday 13th March 2018, 12.30pm at Tavistock Methodist Church PL19 8DX** *No booking required..... all you have to do is turn up!*



St Luke's Hospice have developed the session to support communities to make or are already making a difference to their neighbours and friends with a life limiting illness or affected by loss. The session covers a range of topics that aim to build your skills and confidence to have open, honest and compassionate conversations around end of life and loss and also to think about ways you can **LEND** a helping hand. All are welcome.'

From **Rev Rob Weston:**

'Eco Church news

You may be interested to know that Devon residents produced less rubbish for disposal per household than in any other county according to government figures. Defra figures for 2016/17 show that Devon's households typically produced just 4.94kg of 'black bin or bag' residual waste each week – down from 5.94kg in 2012, a 20 per cent decrease.

Devon has also cemented its place as one of the top recycling counties in the country, with a recycling rate of 55.7 per cent. This means Devon is now third in the county recycling league table behind Oxfordshire and Surrey. This is the highest position since 2011.

Much of this progress is down to the hard work of Devon's conscientious residents, but I guess there is more we can all do!

From **Mike Dennis:**

'The item below in italics was printed in the synod newsletter circulated recently. Please see the newsletter for even more info. If anyone would be interested in attending and would like to discuss sharing lifts please contact Mike or Jenny.

Saturday 3rd March 2018, 11am to 4pm at South Street Baptist Church, Exeter, EX1 1EB

This day conference is for anyone who is concerned about poverty and wants ideas and encouragement in working to overcome it. It is organised by the Iona Community in collaboration with Church Action on Poverty. The day will include worship in the Iona Community style, music, a bring-and -share lunch, a bookstall, information, discussion, and Iona Community news from the South West and beyond. '



From **Anne-Marie at update@urcnews.org ;**

'A coalition of food poverty organisations – including the United Reformed Church – is urging the government to start measuring food insecurity across the UK.

Shocking figures released by End Hunger UK on 30 January have provided a glimpse of the extent of hidden hunger in the UK. The figures show that 16% of adults surveyed skip, or see someone in their household skipping, meals.

'These figures showing the extent of hidden hunger in the UK should concern all of us,' said Simeon Mitchell, the URC's Secretary for Church and Society. '

From Anne-Marie at update@urcnews.org ;

'Holy Habits, one of the key resources for Walking the Way, the URC's focus on lifelong Christian discipleship and mission, is now available to order from the [URC's online shop](#) with discounts available for bulk buys. Holy Habits aims to help churches and individuals engage more intentionally with discipleship. Based around the ten habits – biblical teaching, fellowship, breaking of bread, sharing of resources, service, eating together, gladness and generosity, worship, prayer, and making more disciples – the books can be read in any order. Each book costs £4.99 (+p&p) or can be bought as a full pack for £49.90'



**Walking
the Way**
- living the life of Jesus today

All photos credited to www.unsplash.com

Gentleness
is Lord!

Be gentle
in your love,
in your patience,
in your long-suffering,
in your thoughts,
in your conversations, and
in your actions with others.

Sow the seeds of gentleness in everything.
For Jesus is Lord of All,
and He is gentle! Matt 11:29

He doesn't ask you for some great deed.
He asks only that you love one another.

Anything less than gentleness is not of His Spirit!
For gentleness is His Way.

Then be on the Lord's side
by making gentleness lord in all you do.
For if Jesus is your King,

Gentleness is your Lord!

Poem by Kea Pickett, Jr. © All Rights Reserved/ www.faithclub.org

Any items for April CONTACT should be emailed to Maureen Tulloch by the 28th March (maureen.tulloch@homecall.co.uk). Many thanks.