



The  
United  
Reformed  
Church

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

# CONTACT

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## June 2018

SUNDAY 3<sup>rd</sup> Service led by Revd Phyllis Ball with Holy Communion  
SUNDAY 10<sup>th</sup> Service led by Revd Robert Weston  
SUNDAY 17<sup>th</sup> Service led by Mr Mike Dennis  
SUNDAY 24<sup>th</sup> Service led by Revd Malcolm Richards

*Grant us a heart wide  
open to all this beauty;  
and save our souls from  
being so blind that we  
pass unseeing, O God  
our creator.*

(Walter Rauschbenbusch)

Emsworthy Barn and  
Bluebells, Near Haytor,  
Dartmoor.

(Photo – Peter Tulloch)



## Dates for your Diary

**Thursday June 7<sup>th</sup> 10am to 3pm** Tinhay retreat see article below

**Thursday June 7<sup>th</sup> 7.30 to 9.15pm** Tavipraise with Trevor's band at Bere Alston United Church

**Sunday 10<sup>th</sup> June** Pearl's Birthday Lunch in the Lower Deck

**Sunday 17<sup>th</sup> June** Elders Meeting after the service

**Thursday 28<sup>th</sup> June, 7pm,** ROC Conversation in Tavistock see page 6

**Tuesday 3<sup>rd</sup> July 10am to 3pm** Tinhay retreat – see article on page 3

**Thursday July 5<sup>th</sup> 7.30 to 9.15pm** Tavipraise with One Touch at the Abbey Chapel

**Saturday July 7<sup>th</sup>** Garden Lunch at Maureen & Peter Tulloch's, 12.30pm for 1pm.

**Wednesdays at 2.30** Daytime Discussion Group in our church – ( any change of date /venue will be announced in the notices on the preceding Sunday ).

## Church Family:

From **Revd Rob Weston**, 01566 784990 [tavistockurcminister@gmail.com](mailto:tavistockurcminister@gmail.com)

Dear Friends,

Well the sunshine has arrived and it feels more like summer than spring. Thanks to the new flower boxes on the church railings, the church is looking more colourful at the entrance. Last month we enjoyed the opportunity of a BBQ in the sun in Morwellham, surrounded by the beautiful garden of Stella and Raz. Next month, we look forward to joining Maureen and Peter in their beautiful garden with views across Cornwall.

It is really good that we share meals together on a regular basis, indeed it is one of the ten 'Holy habits' that we are exploring over the next few years. We are encouraged to follow the example of the disciples in Acts 2 who 'broke bread at home and ate their food with glad and generous hearts...' Over meals together we can share our joys and concerns, we can share a joke and offer one another support, there is great nourishment that comes from this kind of sharing for body, mind and soul.

Every blessing.

## Vestry improvements

A working party is in the process of drawing up plans for us to explore, in the meantime we have ordered some chair samples. If we are happy with the suggested chair design we should be able to order these soon as we have legacy money set aside for this use.

## Christian Aid

Thank you to all who generously supported Christian Aid this year, we raised £500 which includes a donation from the church benevolent fund.

## Tinhay Retreats

Jesus said '**I am the bread of life**' (John 6:35) and we have chosen this as the theme of our next day retreat which will include the opportunity to make bread, either a loaf or some rolls. This retreat will be on Thursday 7th June - from 10am until 3pm begins with a short time of worship on the theme. There will also be time to wander round eight acres of grounds, sit inside or outside and read or relax in quiet. You can bring your own lunch or have lunch provided. The cost of the day is £10.

### Tinhay Retreats (cont)

Tuesday 3rd July - **Walk and Talk** - A day retreat from 10am until 3pm begins with a short time of worship on the theme of journeys. Walk in the morning followed by lunch and an opportunity for a second walk or remain at the centre to relax. Plenty of time to enjoy the garden, sit inside or outside and read or relax. As usual, you can bring your own lunch or have lunch provided. The cost of the day is £10.

### Lower Deck improvements

Following the proposal at the May church meeting, we have invited Fairway Furniture to quote for curtains for the Lower Deck hall. It is hoped that these will reduce the echo in the hall, making it easier to hear one another. We are also obtaining quotes to upgrade the extraction system in the kitchen, this should reduce the noise in the kitchen and improve the air quality for everyone.

From **Jenny Dennis**:

#### Art4Fun.

On May 22nd we presented a donation to South West Children's Hospice, the money was raised by an Art4Fun exhibition and coffee morning, combined with a donation from the Church. In the photo below are Zoe Partridge, SW Children's Hospice local fundraiser, Rev Rob Weston and members of Art4Fun. Thank you to all our supporters!



From **Revd Phyllis Ball**:

I lead a Discussion Group every Wednesday in our church between 2.30 and 4pm. During June we will be looking at St Mark's Gospel. All are welcome to come along and join in.

From **Jenny Dennis**:

#### Church Flowers

Have you ever thought about the flowers which are provided week by week in church? However beautiful they look, are they sourced responsibly and sustainably? Is this something we should think about given we are the first URC church in the Southwest Synod to have been awarded the silver Eco Church Award? Could it be a small step we take towards achieving our Gold award? A century ago most flowers displayed in churches would have been 'seasonal, local and organic' – words now featuring in menus of trendy restaurants!



(cont)

Do our flowers represent an offering – or are they simply a customary ritual? Who benefits from them? Would God be impressed? How about the flower trade? Do we see organically cultivated flowers on sale? Chemicals which are limited or banned from food can be used on non-food crops making the environment potentially unsafe for agricultural labourers especially in countries where enforcement of regulations may be less rigorous than in the UK.

There can also be serious ecological damage. In Kenya, water levels in Lake Naivasha, home to over 400 bird species and herds of hippos, have been seriously depleted by unregulated irrigation for the floral industry. Blooms are often air-freighted to Europe to satisfy our need for unseasonal flowers. What about the air miles and fuel costs? Surely we should be endeavouring to place seasonal, locally or ethically cultivated flowers in our church.

Suggestions as to how we can achieve that: Source our flowers locally in Tavistock. 'Tamar Grow Local' has flowers in its weekly order list and they can deliver your order free on Friday afternoons to the Friends Centre in Bedford Car Park between 1.45 and 2.15. <http://www.tamarvalleyfoodhubs.org.uk>

Ethically traded flowers can be purchased from the Co-operatives stores in Tavistock. Use flowers and greenery from your own garden.

We may think long and hard about other aspects of our worship – so let's give some thought to the ethical and environmental background of the flowers we use to adorn our church as part of caring for God's world.

Thank you to all who over the years have decorated our church with flowers. They are much appreciated by many.

### Quorum Concert

Thank you very much to 'Quorum' for their most enjoyable concert on 12<sup>th</sup> May. We hope to see them again in the autumn.

Here they all are: (L to R):-  
Tony Raven, Iain McDonald, Janet Macdonald, Margaret Chave, Dorothy Raven and Philip Bonser

(photo –Peter Tulloch)



From **Marilyn Colquhun**, Pilgrim URC:

To the congregation of Tavistock United Reformed Church  
You are cordially invited to the Commissioning Service of Marius Mazuru as Pastor of Pilgrim United Reformed Church, St Levan Road, Plymouth, PL2 3AE.  
The service will be conducted by the Moderator of the South Western Synod, Rev. Ruth Whitehead on Saturday 30th June, 2018 at 2.30pm. Light refreshments will be served in the church hall afterwards.  
Anyone wishing to attend please RSVP to our Church Secretary, Mrs Karen Stubbles by 10th June. Her email address is: [the.stubbles@gmail.com](mailto:the.stubbles@gmail.com) Thank you.

From **Mike Dennis**:

### **The library**

Bookshelves can be confusing with a vast array of titles. Sometimes it is useful to be given a clue as to the contents before considering whether to borrow a specific book. I am therefore suggesting that if anyone borrows a book, that they might like to pen a brief review or comment especially if it is one they would recommend to help others. I am starting with the following book:

The title is "It's really all about God" and is subtitled "How Islam, Atheism and Judaism made me a better Christian". It is by Samir Selmanovic who was originally from Yugoslavia but is now based in Manhattan in the USA. As the subtitle suggests it is about discovering God in other traditions and thereby enlarging one's own faith as you explore the treasures of all faiths.

Just a few quotes which struck me: "God has set eternity in the human heart. This does not mean that we want to live eternally but that we want to live an eternal kind of life now within this fragile existence of ours." "For another kind of world, we need another kind of faith which is already among us." "The Gospel is not about how to get to heaven but about how to enter into life." "Another way of referring to the Kingdom of God is to speak of reality, about how things are". "God lives out his life through each of us....."

It has many personal anecdotes and real life stories. It may be a book for you.

From **Ben Gavan**, RNIB

The Royal National Institute of Blind People (RNIB) are running a special two part course on Wednesday 18th July and Tuesday 24th July at Tavistock United Reformed Church.

The Living with Sight Loss Course will run from 10:30am to 3pm with different practitioners speaking throughout the day. The Courses are information courses which highlight local services in your area and help to increase visually impaired people's confidence in their day to day lives. Topics that are covered include getting out and about, tips and gadgets for everyday living, assistive technology – including tablets and phones, eye health, welfare rights, wellbeing and leisure, hobbies and interests.

(Please note that we would wish for course users to attend both days).

If you would like to book yourself onto the course please call Ben Gavan on 07738854842. Spaces are limited so please call now to ensure your place on the course.

From **Ann- Marie** – URC Communications Officer

Figures released by The Trussell Trust – Britain's largest foodbank network – on 24 April show that more families are being forced to use foodbanks to meet their day-to-day needs. Analysis of foodbanks in areas where there has been full Universal Credit (UC) rollouts, show that these projects experienced an average increase of 52% in the 12 months after the full rollout date.

From **Raoul Hewitt and Kathryn Hemensley** Property and Trust Office, URC SW:

### **GDPR (General Data Protection Regulations)**

One of the hottest topics at the moment is the new General Data Protection Regulations (GDPR) which come into force on 25 May 2018.

You will find a brand new Information Sheet about GDPR (number 16) on our Synod website in the Property section, which sets out clearly the basics of the new regulations. There's also a useful 'Mapping and Audit form' to help you summarise and risk-assess the data you are keeping as a local church.

If you still feel in need of additional advice or support, don't hesitate to contact us at the Synod Office on 01823 275470 or email us on [property@urcsouthwest.org.uk](mailto:property@urcsouthwest.org.uk)

*(Ed; One of the effects of GDPR is that I cannot now put into CONTACT any personal news about our church family members, without that person's permission. So please if you like reading items about our church family do pass news to me, but make sure it's OK with the person named for the item to be printed in CONTACT)*

From **Christine Harbottle**, Tavistock Area Christians Together:

### **ROC Conversation in Tavistock -Thursday 28<sup>th</sup> June, 7pm, Town Hall**

A reminder of the opportunity to talk with other residents, voluntary groups and public bodies about what's going on to make Tavistock (even) safer and kinder and what else we could do together. The event will be run by national charity Redeeming Our Communities at the invitation of Tavistock Area Christians Together, in consultation with West Devon CVS, with guests including Chief Constable Shaun Sawyer. It's for people of goodwill of all faiths and none. It is free, but please register in advance: [www.roc.uk.com/tavistock](http://www.roc.uk.com/tavistock) (or phone 0161 393 4511). Other queries / offers of volunteer help on the night to [tavistockroc@gmail.com](mailto:tavistockroc@gmail.com) or 01822 612100.



### **Coventry Cathedral Prayer:**

The hatred which divides nation from nation, race from race, class from class,  
*Father, forgive.*

The covetous desires of men and nations to possess what is not their own,  
*Father, forgive.*

The greed which exploits the labours of men and lays waste to the earth,  
*Father, forgive.*

Our envy of the welfare and happiness of others,  
*Father, forgive.*

Our indifference to the plight of the homeless and the refugee,  
*Father, forgive.*

The lust which uses for ignoble ends the bodies of men and women,  
*Father, forgive.*

The pride which leads us to trust in ourselves and not in God,  
*Father, forgive.*

From Withington Area Dean, **Stephen Edwards** (with a little help from **Rachel Mann and Nick Bundock**):

### **Inclusive Church**

"What if we explored how every church in this Deanery might become an Inclusive Church?' Sometimes that's how change happens: with a question. This one was raised at our Deanery Mission and Pastoral Committee. Our churches were keen to learn from each other and find encouragement, support and creative ways of being together. Three parishes shared their story of becoming an Inclusive Church. We decided to pitch the idea to Deanery Synod and Synod passed a resolution encouraging all parishes to look at adopting the Inclusive Church statement by Easter 2018.

It became clear that parishes were at different stages of the Inclusive Church journey. There were many different approaches but by Easter this year all twelve PCCs had adopted the Inclusive Church statement.

**The statement says, 'We believe in inclusive Church - church which does not discriminate, on any level, on grounds of economic power, gender, mental health, physical ability, race or sexuality. We believe in Church which welcomes and serves all people in the name of Jesus Christ; which is scripturally faithful; which seeks to proclaim the Gospel afresh for each generation; and which, in the power of the Holy Spirit, allows all people to grasp how wide and long and high and deep is the love of Jesus Christ.'**

Crucially, the statement is not the end, but rather the beginning as we seek to become more fully inclusive. As we work on inclusion we notice more areas and more ways in which being inclusive is at the heart of the Church's mission".

Prayer by Stephen Grellet (1773 -1855)

Dear Lord Jesus,  
we shall have this day only once;  
before it is gone help us to do all the good we can,  
so that today is not a wasted day.

**Any items for July CONTACT should be emailed to Maureen Tulloch by the 27<sup>th</sup> June ([maureen.tulloch@homecall.co.uk](mailto:maureen.tulloch@homecall.co.uk)). Many thanks.**