

Five Alive

The Magazine of the Redruth Team Ministry
St Euny Redruth, Christchurch Lanner, St Andrew Pencoys
St Andrew Redruth and St Stephen Treleigh



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by FRIDAY 18 AUGUST

Rector's Notes—August 2023

My final article

This is my last Five Alive article, and the first thing I want to mention is that like all the others, it has been prompted by a timely email from Rosemary Robinson, our Five Alive editor. It is a labour of love for Rosemary every month to do this work, so a huge thank you to Rosemary, and to Richard too who supports her in this and leads the major job of printing it every month.

Eight years ago, our family was preparing to move to Redruth, not exactly sure what we would find, but confident that it was where God was calling us to be. Looking back, there have been many moments of pure joy, as well as a few difficult sagas to deal with. I have made mistakes, and I'm very grateful for those who have responded graciously and patiently as I learned from those mistakes.

There are two things in particular I wanted to highlight: firstly, to celebrate the faithful ministry of those people doing all sorts of essential roles in church, much of their work unseen. Our churches are definitely run by volunteers – they may be overseen and I hope encouraged by clergy, but without an army of volunteers they simply could not function.

Secondly, something that has brought me particular delight has been the chance to help nurture new, or renewed, faith in people joining our churches for the first time. At the risk of stating the obvious, churches can only flourish if they are genuinely open to new people not only joining, but taking on responsibility and leadership. I've been challenged by this image that demonstrates the difference between welcome and true inclusion: welcome is allowing someone into your home. True inclusion is allowing those people to move the furniture around.

Because time ticks by quite slowly, it's easy to assume that the pillars of our churches will always be here, keeping the show on the road. But of course that isn't the case. So my gentle challenge to those who have become involved in our churches more recently is this: is there a step you might consider taking to help out those pillars of the church – to take some of the load from them, and learn what they do? If you'd like to help, but you're not sure how – just pray, and then have a word with one of those people, and see what seems right. If our churches are to survive and flourish into the future, we need to find ways of planning for succession. If we're not sure how that might work, then praying specifically for that next generation of leaders in our churches is a good place to start.

Thank you for giving me the privilege of being your rector here. Be assured of my prayers for you in the process of finding a new rector. I'd very much welcome your prayers in anticipation of my new start in Calne, North Wiltshire.

***With my prayers and best wishes
Caspar Bush (team rector)***

The New, New.

So, we are nearly a week away from being priested for a month, and wow, what a month! It is no one's fault and it can't be helped it has just been a really busy few weeks. We could think this is the New, New! but I would argue that this isn't the model for any ministry or anyone's work or life balance. Even though I like to be busy, I like lots of things going on, I feel like I am contributing more to the church, people's lives, and the kingdom, which I am to a degree, but in this, how is my relationship with God? Where is God? What is God doing that I might be missing?

At this morning's warm space, we had enough volunteers for me to just mingle and be present. When moving around from table to table, hearing stories upon stories of what's happening in people's lives, you realize that there is still so much work to do and God is already working without you. We could easily sit and say, *'We do enough'*, or *'there is enough going on'*, but that is neither the case nor how Jesus shows us how to live. Throughout his ministry Jesus is always full of questions which we see in his parables, even his first words in Luke are a question, *'Why were you looking for me here?'*

We are meeting with Graham Adamson to talk about how we can better reach our communities and see how we can share the good news of Jesus Christ but this must, as is anything in faith, start with a question. What do I need to see today, Lord? What do I need to pay attention to? Especially amongst the busyness of our daily lives. Maybe, as Christ did, we need to slow down or even stop. Maybe change our position or perspective about something or someone? Even in Jesus' first question, he was in a place of learning and willing to be taught. Sitting _ listening _ asking questions _ This is the posture of the twelve-year-old Jesus.

As we see in our Lectio 365 this morning, what is my preferred posture? Am I comfortable as a curious learner, or do I prefer to be the expert, ready with the answers? As we approach change in our benefice, seek your will in our communities, Jesus, teach me the art of asking and listening.

Revd Chris Harrigan
Assistant Curate

ST ANDREW REDRUTH

Television!

I loved Saturday mornings as a child because they had a very familiar pattern. After breakfast my Mother would clear the table and prepare for the ritual of pasty making. It wasn't just the flurry of flour or the eye stinging onions that attracted me. It was a special time when I would sit, mesmerised and listen as my Mother told stories of her family and her growing up. As she chatted she chopped, diced and rolled what I thought were the best pasties in the whole wide world.

There were often tales of family that hailed from Carnmenellis. Fathers that had left their wives and children to mine abroad in the hope of better pay. Violence and intrigue of distant cousins. Shoes freshly polished on every stair in a small cottage in Falmouth Road, the family numbering over double figures! Best of all were the stories of my Mother's childhood on a smallholding at Radnor, Treleigh where she had grown up the second youngest of five children. I would often ask my Mother to repeat stories especially those involving her younger brother, my dearest Uncle Harry, who was always up to no good but that's a tale for another time.

One particular Saturday my Mother seemed to be in a hurry. Something was happening in the afternoon so lunch had to be a little early. My Father and my Brother were eager to be in my Uncle Harry's house next door. Never one to be left out I asked if I could come too. When we entered Uncle Harry's living room it was almost pitch black. He had hung an old wartime blackout blanket up over the window. There was talking coming from what I thought was the radio and then, to my complete surprise, a black and white moving picture appeared and I realised it was a television, the first I had seen close up. We all sat quietly watching this small screen. Well I did until I realised it was a football match, then I remember quietly slipping onto the floor and taking the large dish of sweets that had been on the table with me.

My Mother later asked me if I had enjoyed watching the television but by this time I had eaten way too many coconut mushrooms, (purchased from Woolworths) and just wanted to lie down. I've never been able to eat coconut mushrooms since, (if they still make them) and I'm not that keen on football either!

Pie Louis-Smith

St. Andrew's Pencoys with Four Lanes Methodist Church
'FLAPJACK'

Worshipping, praying and working together as 'One in Christ' St. Andrew's Church remains open daily from about 10am-4pm with optional Covid-safe precautions in place (covid is still with us)

The First Sunday Evening Event on Sunday 2nd July, commemorated the 75th Anniversary of the arrival of SS Empire Windrush in the U.K and we thank all who came to support this event. The next Event will be on Sunday 6th August at Christchurch Lanner, when the guest speaker will be Roxie Pollard from the **Alzheimer's Society**, who is preparing to undertake a 26-mile trek on its behalf in September. Everyone will be most welcome to join us.

It was wonderful to see Ann and Bob Moir on 9th July, when we had an enjoyable lunch to catch up on all their news since they emigrated to Australia in 2004. Their beautiful wedding was blessed at St. Andrew's Pencoys in 1996, and they now live in the picturesque suburb of Mornington Pensinsula, south of Melbourne, Victoria, enjoying life in a lovely retirement village with spectacular sea views, and enjoying all the facilities the village has to offer. We wish them a safe return home, and pray for the life their church, All Saints.

Flapjack services and events during **August** will be:

Every Wednesday at 6pm Holy Communion at St. Andrew's Pencoys

Saturday 5th August: Quiz, Pencoys Hall 7pm

Sunday 6th August: Flapjack Holy Communion 11.15am NO Lighthouse, (the next will be on 3rd September)

First Sunday Evening Event at Christchurch Lanner 6pm

The Alzheimer's Society; guest: Roxie Pollard (please note change of date)

Sunday 13th August: Flapjack Family Event, St. Andrew's, 11.15am said H.C 12.30pm
VILLAGE SONGS OF PRAISE 2.30pm, Methodist Church

Saturday 19th August: Games (Bingo) Evening 6– 8pm, Pencoys Hall.

Sunday 20th August: Methodist Morning Service 11.15am. Tea Treat at 22 Trevu Road, Camborne TR14 7AD 1pm (Home of Jeanette Wilson).

If you would like to join us please phone Jenny Opie (212530) to order pasties/buns

Holy Communion St. Andrew's Pencoys 6pm

Saturday 26th August: Bangers & Mash, Methodist Church from 11am

Sunday 27th August: **Benefice Holy Communion, St. Andrew's Redruth 10.30 am to say Farewell to Caspar** Teatime Celebration, Hall 4 p.m.

The final summer Wednesday social afternoon will be on 26th July, with a break in August, and will resume in September (possibly on the 9th). Please see the next issue of Five Alive for more details

Jill Tolputt

ST EUNY

Our first 'second Sunday' service since lockdown has taken place and was well attended. Lucie, our churchwarden, in her role as Local Worship Leader, led the service which will be a lay-led service each second Sunday. The Morning Worship service sheet which has been used for some time previously, gives us the framework for a service of about 45 minutes, including three hymns. Unfortunately for us Charles Bickford, our valued and excellent organist plays for St Stephen's, Treleigh, on that Sunday, so we listened to recordings for the first service, but this is open to review and we will look at including sung hymns in future. We are all grateful to Lucie for driving this forward and creating a more complete regular programme for Sunday worship.

We are delighted to congratulate Lucie on her acceptance for training as a Pioneer Pastor, with her first weekend of formal training on the weekend of 15/16th July. Although it has been planned as a camping weekend, Lucie has taken the wise decision to book a room at a local B&B along with several others who understand the Cornish weather. We wish Lucie all the best and many blessings on this route to a deeper role in the church. Father Peter has been designated her supervisor, so she will be in good hands. We also send our good wishes to Anya as our new parish nurse, and look forward to the growth of this role.

The BBQ held on 7th July was favoured with beautiful summer weather, enabling us to sit outdoors all evening. We enjoyed the company of many regulars at St Euny and the wider Benefice, as well as a significant number of local residents who came to support the event. We are so lucky and grateful to have such professional barbeque chefs in Charles and Lavinia Green and we offer them a huge "Thank You" for their brilliant donation, cooking and organisation, given with such beaming, smiling good will.

In April of this year Amberly Publishing produced a new book by Jo Mattingly on 'Cornish Churches', which might be of interest to our readers. She was limited to a selection of 50 from the 209 medieval parish churches and chose examples from each of the ten deaneries. The scope of the book is a guide to the building and history of entries, which are necessarily a 'taster' with selected stories of particular interest. It is pleasing to see that St Euny has been included in the representation.

Another brilliant book was published at the end of last year by Canon Pat Robson who brought copies with her on her visit in June. This is 'Heretics, Hermits, Bishops and Kings; A short history of the Celtic Church'. In less than 100 pages she takes a deep historical look at the origins of the Celtic Church and its evolution, with a particular exploration of Celtic saints and the church in Cornwall. This is a fascinating book, with captivating storytelling which gives a great insight to the origins of our Cornish Celtic Churches.

Bishop Hugh will be with us for a confirmation and baptism on Wednesday July 19th at 7.00pm. Everyone is welcome and there will be refreshments after the service.

Linda Beskeen

CHRISTCHURCH LANNER



Christchurch remains open 10.00am – 4.00pm and Holy Communion is celebrated each Sunday at 9.30am, except on the second Sunday when an informal all age event (CHAMP) is held and Holy Communion 11.00am and follows the Prayer Book rite. The third Sunday is a Communion with new music. *Due to the forthcoming 'vacancy' and other events the decision has been made that the LAST Sunday of each month will revolve through the SIX worship settings. This service, regardless of which setting it is in will start at 10.30am.*

MANY CONGRATULATIONS

Finn, who is at Penryn School has achieved several achievement awards which were presented at a special awards event in July. WELL DONE FINN, we enjoyed seeing the awards and are VERY proud of you. Perran, aged 5 who is a regular at the OASIS corner ran a mile to raise funds for his school mini-bus. If you would like to support him, please give your donation to his mum, Julia KB. WELL DONE PERRAN!!

WEDNESDAY BIBLE STUDY—This new venture which is proving to be very popular takes place every Wednesday after the BCP communion service. The group study the readings for the next Sunday; searching for the theme that joins the four readings and relating it to our faith journey in this troubled times.

CASPAR'S WELCOME INTO THE MARDEN VALE BENEFICE (Salisbury Diocese) - This service of welcome is at 3.00pm on SUNDAY SEPTEMBER 24. A 19 seater coach has been booked and there are a few seats left. Some people are travelling independently but if you want to wave a hockey stick or a scarf from the coach window please contact GFP 079 038 079 46.

FROM FP TO GFP—FP was a name thought up by the young people years ago, in the days when there were THREE Fathers Peter (Peter Williams, Peter Dixon and FP). Sadly, Izzy and Isaac, Fr Christopher's children have renamed FP / GFP. This means:

Grand Father Peter!!!!!!

THE JULY EDITION OF 'FIVE ALIVE' DETAILED ALL OF OUR REGULAR EVENTS SO PLEASE CHECK THEM ON-LINE. www.redruthchurch.org.uk

TUESDAY GAMES—'Toasty Tuesdays' have ended, BUT they are replaced by **TG** (Tuesday Games). This will take place every other Tuesday which continues at **2pm–4.30pm** on **August 1 and so on!!** You will be VERY welcome to join in whatever the games are, which could be: **BINGO, WHIST, BOARD GAMES etc.** as well as enjoying tea, coffee, juice and even **CAKE!!**

Continued

THE CHRISTCHURCH SUPPER CLUB—This is a new initiative and it is hoped that Christchurch will welcome guests from all over the Benefice. The idea is quite simple – you come along, bring something to share and we simply spend an evening together. The time is **7.00pm** and the next date is: **SATURDAY SEPTEMBER 9 / 7.00pm**

THE NEW WEDNESDAY BIBLE STUDY—In response to the call to do ‘one new thing’ Christchurch are planning a Bible Study after the 11.00am BCP Communion Service each Wednesday and will start at 11.45am and finish by 1.00pm. The Bible Study will focus on the readings for the following Sunday. Bring a lunch if you wish to.

COMMUNITY VOLUNTEERS—Christchurch are very happy to welcome teams of community volunteers who are making a difference to the surrounding grounds and hopefully will restore the porch leading into the hall. THANKYOU so much to all involved.

OTHER EVENTS AT CHRISTCHURCH

Margaret’s Last Monday Tea Party 2.00pm – 4.00pm. Home made cake and lots of chat!!

The Last Friday Film Club doors open at 6.30pm., camera rolling at 7.00pm

The cost is £5.00 which includes ice-cream!!

With very best wishes from everyone linked with Christchurch

(PS. The OPEN PANTRY is still there and donations are gratefully received!!)

FP



ST STEPHEN'S TRELEIGH



On Tuesday 20th June some of the 'brave' people from Treleigh joined Fr. Peter's 'Dance Workshop' and what an experience that was! Many contortions and laughs were had and I think we will all look forward, possibly with trepidation, to the next one! The 'Poems, Pasties and Pints' evening led by Tamsin was another enjoyable evening, a first for me and I was enthralled by some of the poetry especially that written by one of our own Treleigh people that very morning.

The Ordination of Curate Christopher and his fellow Deacons on Saturday 24th June was a joyous and uplifting occasion and we were thrilled to have him celebrate the Eucharist at St. Stephen's on Sunday 9th July.

We were also so pleased to send our congratulations to Steve Guffick who was ordained Deacon on Friday 23rd June. Steve will always be fondly remembered as he often joined us at Treleigh, especially for Thursday morning Holy Communion when he was working in the area. We still think of the time that Steve was baptised by Immersion in a tank at the front of the church and it was not a particularly warm day either!! I think this was a first for Caspar too? Our Traditional Garden Fete was a great success in surprisingly warm sunshine after the incessant rain the day before. The Skyliners Big Band played almost all of the afternoon which helped to create a great atmosphere but we were sorry that the Martial Arts group were unable to perform after all their hard work but it was deemed too risky due to the grass still being damp. Fingers crossed for next year.

Our thanks go to all those who helped set up, attend to the various stalls, gave generously by donations and baking and to all of you who came along to support us.

We can't forget Caspar who ably MC'd for us once again, Fr. Christopher, please take note as we need someone to step into Caspar's shoes next year please, well you can wear your own shoes or possibly motorbike boots!!

Since the refurbishment of the hall there has been increased interest in hiring it for parties and if anyone is interested please phone Juliet Jenkin on 01209 217141.

Although starting as Advent & Lent courses a group of us have continued to meet most Wednesday evenings at 7pm at Trish and Robin Knights' home for 'Sacred Spaces', led by Jim Seth. We have looked at Ben Fogle's journeys around the Scottish Islands and are now watching the Pilgrimage programme that was on TV a few months ago. We bring our own thoughts to what we see and also have a time for singing new or favourite hymns/songs and also a time for prayer. Trish & Robin are generous hosts and there are always yummy snacks and nibbles to keep our little grey cells going!

Anyone is welcome to join us, it's not only for Treleigh people and there's no need to come every week as it's easy to pick up the thread.

We express our heartfelt thanks to Caspar and wish him and Alice well as they move to Calne in Wiltshire.

Christine Cunningham

PARISH NURSING

Parish Nursing began in Chicago in 1986 where hospital chaplain Granger Westberg realised the value of assigning a Christian Nurse to a church's ministry team, it was then established in the UK in 2001. However, it is not a new concept. Churches and Monasteries have played a major role in patient care since the Middle Ages, teaching that it was a Christians religious duty to care for the sick. Florence Nightingale who brought about significant positive change to nursing practices was also a theologian. Yet the place of the church in contemporary healthcare has significantly diminished, often leading to a lack of spiritual care especially once a patient is discharged home. Parish nursing seeks to address this problem. Parish Nurses understand health as being something more than the search for physical cures. They see it as a process towards wholeness, involving physical, social, mental, spiritual, and environmental factors.

Wholeness is a key biblical concept, bringing together body mind and spirit in relationship with God. Wholeness is evident throughout Jesus's ministry; he addressed a person's spiritual state as well as healing their illness's. Jesus also focused on the marginalised in society and demonstrated that all people are worthy of love, care, compassion, and kindness. Indeed, Jesus said, "I have come that they may have life, and have it to the full." (John 10:10). This statement is exactly what Parish nursing is about, it allows the church an opportunity for mission that connects it with the community in the way that Jesus did. And that is really exciting!

As your Parish Nurse in Redruth, I hope to support people to better health and facilitate them achieving wholeness and a sense of peace. I hope to establish some walking groups particularly focusing on new mums and to run some drop-in health clinics where people can have their blood pressure checked and ask advice on health concerns. We will also be holding a health fair at the end of September. Please do get in touch if you would like a visit or a prayer request.

It is important to note that Parish Nursing is available to people of all faiths and none, so please spread the word. My hope is that through love and care more people will see God's love and want to grow in relationship with him.

Anya Dolling

FROM THE REGISTERS

BAPTISMS

02 July	2023	Cody Peter Hutton	St Stephen Treleigh
09 July	2023	Dixie-mae Marie Cooper	St Stephen Treleigh

WEDDINGS

26 June	2023	Carl Leslie Leonard Channon and Tamsin Jane Kemp	St Euny
15 July	2023	Lee Robert Pasqua and Ray Ann Oliver	St Euny

FUNERALS

06 July	2023	Gerry Salmon	St Euny
07 July	2023	Margaret Marion Bryant	St Andrew Redruth
14 July	2023	David Beverley Wadham Smith	St Euny

INTERMENT

07 July	2023	Margaret Marion Bryant	St Stephen Treleigh
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Pastoral Group

Just a reminder to everyone in our churches to look out for one another. If you have concerns about someone who is not well and would like a visit or holy communion at home please tell your church warden or your pastoral co-ordinator (listed below). You may also have noticed someone missing from church over a number of weeks and don't know why. Please do let us know, it's better to hear from two or three people than not to hear at all.

Your co-ordinator is:-

St Andrew Pencoys	Fr Peter
St Andrew Redruth	Pie Louis-Smith and Lavinia Green
St Euny	Jason Hoole-Jackson
St Stephen Treleigh	Ann Youlton
Christchurch Lanner	Linda James

The co-ordinators try to meet once a month to pray for those in need and support one another

Revd Margaret and Fr Peter

THE SUMMER HOLIDAY PROJECT 2023

Now that we are almost back to normal after the pandemic the **SUMMER HOLIDAY PROJECT (SHP)** can make a return!! The SHP 2023 will have SIX outings and an Adventure Week. Here is the provisional programme:

DATES FOR THE OUTINGS & THE ADVENTURE WEEK

TUESDAY	AUGUST 1:	Trebah Gardens (<i>Note change of date</i>)
FRIDAY	AUGUST 4:	Portreath Beach (<i>Note change of date</i>)
MONDAY	AUGUST 7 – FRIDAY AUGUST 11:	Adventure Week to Porthpean
TUESDAY	AUGUST 15:	Penzance Pool
FRIDAY	AUGUST 18:	Ken's Farm
TUESDAY	AUGUST 22:	Carn Brea Hike
FRIDAY	AUGUST 25:	Portreath Beach

COSTS:

The 6 outings are from 10.00am – 4.00pm (except for the two coach outings) and the cost is **£5.00** per young person per outing.

*The Adventure Week is **£185.00** / young person*

TRANSPORT:

Portreath Beach / bring your young people to the beach for 10.00am and collect from the beach at 4.00pm

Carn Brea Hike / meet at St Euny Church at 10.00am and collect from St Euny Church at 4.00pm

Ken's Farm, Lanner / meet at Christchurch at 10.00am, collect from Christchurch at 4.00pm

Trebah Gardens & Penzance Pool / meet at St Andrew's Church, Redruth at 10.00am, collect from St Andrew's Church, Redruth at 5.00pm—travel by coach

Porthpean / meet and collect from St Andrew's, Redruth. Times to be finalised
Travel by coach.

For more information and to book, contact FP / 079 038 079 46

THANK YOU CASPAR

Thank you for providing us with at least one article for Five Alive every month which have always been interesting and thoughtful. We especially thank you for all the effort in keeping everyone in touch during Covid and I am sure this has been much appreciated. We wish you and Alice every blessings on the new chapter in your lives at Calne.

Rosemary and Richard

SOME DAYS OF REMEMBRANCE THAT MAY BE NEW TO YOU

At the daily zoom morning prayer the leader will often base the prayers on a particular day in which the world comes together to remember a group, a cause or a nation. Here is one for each month that may be new to you.

JANUARY 27: **Holocaust Day** when we remember those who died in the holocaust in the second world war, and those who suffer in prison camps in our world today.

FEBRUARY 20: **Social Justice Day** remembering those who have spoken out for minority groups.

MARCH 08: **International Women's Day** when we stand with women, especially those who live under oppressive regimes.

APRIL 7: **World Health Day** remembering those communities where there is a shortage of medical treatment in all forms.

MAY 16: **World Peace Day** when we pray for peace in places of conflict, but also for peace within our own lives.

JUNE 20: **World Refugee Day** remembering those who travel by small boats in search of a new life and those from such nations as Ukraine, Syria and Afghanistan who have found safety here.

JULY 30: **World Friendship Day** when we remember and give thanks not only for our friends now, but also friendships in the past, and friendship between nations.

AUGUST 23: **Freedom from Slavery Day** remembering those who are lured or trafficked into modern day slavery.

SEPTEMBER 5: **Charity Day** when we give thanks for the life-saving work done by charities and their volunteers.

OCTOBER 10: **Mental Health Day** remembering your own mental health difficulties and those whose skills and dedication brings mental health healing to others.

NOVEMBER 20: **World Children's Day** when we give thanks for the children for whom we have the care and for children who seek a forever home.

DECEMBER 1: **World AIDS Day** remembering those whose courage and lives and those who cared for them brought an end to what was seen as a death sentence.

Compiled by GFP

REMEMBER



Benefice Book Club News

We made it at last but our numbers were very small this time with some on holiday or having a clash of commitments. However, we did enjoy our catch up as we raced through the three books I mentioned in last month's article.

Our next book to get our teeth into is written by an author we have read before, Elif Shafak. Elif was born in France to Turkish parents and has become a great advocate for women's and minority rights as well as being an academic and author. She has degrees in international relations and gender studies and a doctorate in political science and she has taught at universities in Turkey, the United States and the UK. She is often described as Turkey's most widely read female novelist. She now lives in London.

The Island of Missing Trees is set between Cyprus in 1974, at the start of the country's conflict with Turkey, and London, decades later. Two teenagers, Kostas and Defne, from different sides of the warring parties, meet in secret at a tavern. In the middle of the tavern is an impressive fig tree. Kostas, a keen botanist takes a cutting from his beloved *Ficus carica* when forced to flee to England.



It is from the perspective of the fig tree that much of the story is told – a tale of love, loss and generational trauma.

This sounds an interesting read, especially from the fig tree's perspective and if it follows our last, *Honour*, there will be much to talk about.

We look forward to welcoming Trish and Lisa at our next meeting, and hopefully to get some comments from Jason who will have read the book but can't attend our gathering – work gets in the way!

Please note our next meeting is out of sync for various reasons and will be on Friday 15th September in my conservatory. If you would like to read the book and join us you will be very welcome. Please ring me on 219059 if you want to know directions.

Margaret Saville

My way to Compostela Day 5

What a difference a good nights rest makes! We left the Albergue at around 9am having had a light breakfast. The walk out of Pamplona took us through the city centre and across lovely green parks, this part of the city was very peaceful and attractive as we headed towards the University area and on to Cizor Menor where we picked up the route to our next stop at Punete-la Reina. Here we leave the city behind us and make our way up a steadily gradual climb of 6.2 Km(if you want old money from now on, you have to work it out for yourselves!) to reach the village of Zariquiegui . From here the path begins to climb steeply as we head up to the Alto dei Perdòn at 790m the highest peak of today's walk. Here stands the iconic Monumento Peregrino series of iron relief statues of medieval walking and on donkeys as they make their way against the prevailing west wind. This area is part of an environmental park. The last 200metres was very steep and at this point we met a French family of 3 girls 1boy and a baby in a buggy, not forgetting mum and dad. Andrew offered to push the buggy up and at the top had the obligatory photo (Queso Por favour) From the alto we could see in the distance looking west, the line of villages that line our route and in the f=very far distance the we could just make out the conical peak of Monte Arnotegin which overlooks the town of Punete-la-Reina.

After a short stop for a drink we began our descent along a very rough and stoney track, which took us on a winding ridge walk, through scrubland, then on to the rich red earth that made up the surrounding vineyards and olive groves before lining a road that brought us into the village of Uterga , the first on many small villages that we were to pass through. After 2.6Km we arrived at the village of Muruzàbal, here there is a cross road that takes a detour from the route suggesting that pilgrims visit a octagonal shaped church dedicated to the Knights Templar who have a long history with the Camino and pilgrims.

We carried on to the village of Obanos, although a small place it played a significant part in the history of 14th century Navarre as it was the site of a meeting of Noble Men from Navarre who met to limit the power of the then Spanish Monarchy. The last 2.3Km to our nights stop was along a track through fields till we reached the outskirts of the town of Punete-la-Reina our stop for the night at the Albergue Jake. It was at this albergue that we met 3 fellow peregrinos who were to become constant walking companions. They were a German lady of independent means, a Basque man of Andrews age and a American chap of my age from the state of South Carolina They had formed their little group back in Roncesvalles, together with the Irish chap we had met in Pamplona we had a very pleasant early evening sitting in the courtyard of the albergue enjoying the sun and a cold beer/beers and talking about our experiences so far. We met up again for the slightly improved pilgrims menu in the adjacent hotel Jake at 13 euros each it was the standard 3 courses but better quality. It is at times like this that the comradeship of the Camino come to the fore and one learns a lot about your fellow walkers.

Continued

The downside to the evening was the shared accommodation. Partition blocks of two sets of bunk beds. Andrew and I share with 2 young American lads doing a pre university European tour. Remember the snoring priest, he was not there but his secular brother was and he was worse, so much so that Andrew got up during the night and kicked him to wake him up and stop snoring, but to no avail, so we ended up taking our gear into a lounge away from the cubicles and spending the rest of the night there. The other 3 companions had a room to themselves. After breakfast in the hotel at 5 euros each we set off for the 22Km to our next stop. By the way the snorer was none the wiser as to who kicked him during the night. No snorers were injured writing this.!!!



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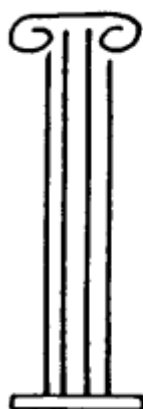


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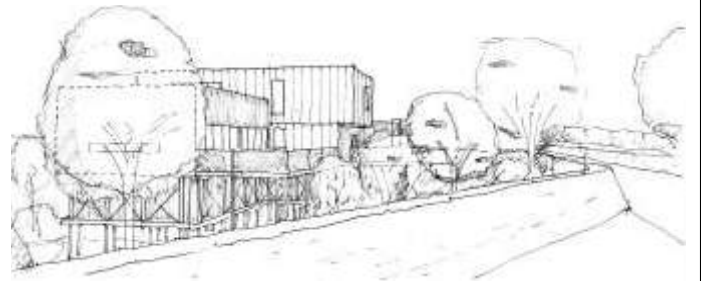
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