

SUNDAY MAY 10 2026 FIFTH SUNDAY AFTER EASTER

Dear Readers,

Monday May 11 is the first day in MENTAL HEALTH WEEK. Up at Four Lanes, the community paper featured the week with the following front page article:

The theme for the week is ACTION – for yourself, for someone else and for all of us.

FO R YOURSELF: find one thing that gives you a boost, a positive action that is good for you.

FOR SOMEONE ELSE: What can you do to build positive and inclusive environment

FOR ALL OF US: We all need those in authority to ensure good mental health for us all

Sheila, who herself suffered, has written autobiographical poem charting her own journey ...

MY JOURNEY THROUGH ANXIETY AND DEPRESSION

*It started with a journey,
Then a three hour operation,
To re-attach the retina
With local and sedation.*

*The posturing that followed,
Lying still throughout the day,
Meant sleep was poor at bedtime,
As wide awake I lay.*

*The lack of sleep and worrying,
Began to take its toll,
My thoughts would stray to darkness!
Into my very soul.*

*The fear of losing sight! Or eye!
Was filling me with dread!
I couldn't free my mind from this,
As I lay on my bed.*

*But still the time passed quickly,
Three more operations!
More posturing, for each of them,
With General Sedations.*

*I tried to push dark thoughts away,
But in my mind they'd creep!
I prayed, so many times to God,
"Please take me in my sleep".*

*Our prayers are always answered,
But sometimes the answer's, No!
Our loving God will guide us,
The way we need to go.*

*There were the stranger moments,
When I'd just stand and stare!
An emptiness within me,
As if I wasn't there.*

*If not there? Then, where was I?
Felt I was going mad!
Engulfed in thought, not of my own?
I never felt so sad.*

*I cried until no tears remained,
And silently – I'd shout!
I am still in here, on my own,
But I cannot get out.*

*Hysterical – to – Silence!
My anxiety just grew,
I found it hard to grasp my thoughts,
But I had to battle through!*

*And then, more symptoms, and a scan,
Confirmed, Another fear!
That Parkinsons was diagnosed,
A Datscan made it clear.*

*I was ill. So very ill,
Without a reason why,
With everything to live for,
Why did I want to die.*

*I was overwhelmed with doubt,
And trapped inside my head,
If this was all my life is now?
I may as well – be dead.*

*But slowly, life seemed brighter,
No longer felt alone,
Looked forward, thankful, with a smile,
I wasn't on my own.*

*Then one day, life had so improved!
Felt I was lifted high,
At last I was so happy!
With no more tears to cry.*

*My thanks go to my GP,
Ophthalmologist,
My Nurse, and Mental Health Team,
Psychiatrist – Neurologist.*

*So thankful to my family,
My friends and all who prayed.
Fr Peter was a blessing,
And Bri., my strength and staid.*

*Now, thanks to God our Father,
To Jesus Christ, our friend,
His Holy Spirit rescued me,
My journey's at an end.*

Sheila Gannaway 15 09 20

It is difficult to express adequately Sheila's bravery and Brian's support of his beloved wife. They both have done and continue to do so much to ensure the Four Lanes and Pencoys community are bound together in so many ways. God bless you both and THANKYOU!



Sheila, your bravery in inspirational!!

THE PARISH SUNRISE APPEAL

This continues to go well and the total raised so far by Four Lanes, Pencoys, Carnkie and Lanner is £2,500.00. There are a few other local projects to raise this amount to the target of £3,000.00. This will be added to what is raised at the Penventon Hotel on SATURDAY JUNE 20, 6.00pm. The total target is £10,000.00.

Tickets (£20.00 to include a pasty supper) are on sale NOW!!, FP has a list!!

The evening is billed as a **A Magical Evening of Music. The performers are:**

The Cornwall Rock Choir, The Ritzy Belles, Peter Bright (Magician and Illusionist) and The Lemonaires.

There will also be a RAFFLE!! The Bishop of Truro will also be there!!

The SUNRISE CENTRE is, and has been part of so many lives and we are all grateful for the kindness, skill and respect that is shown to everyone.

Hoping to see you on JUNE 20, and THANKYOU!!



FUTURE FUND-RAISING EVENTS BEFORE THE GREAT DAY!!

Saturday May 2: First Saturday Quiz 7.00pm ALL the subs. will go to the appeal

£117.00 was raised THANKYOU

Saturday May 16: The BINGO MARATHON 24 quarters of 6 hours + half an hour!!

2pm – 8.30pm cost: £1 / hour or £6 for the whole marathon

Saturday May 30: Four Lanes Chapel Craft Fair 10.30am – 4.00pm

Lily's concert Crypt 6pm – 8pm

You will be very welcome at all of these events.

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AND just so that you know, Roxie completed the London Marathon in 7hours, 26 minutes and 50 seconds and raised £4,000.00+ for Cornwall Hospice Care. WELL DONE ROXIE, YOU ARE A STAR!!

Sheila won the prize for being the nearest guess to Roxie's finishing time.

WARM SPACES – You are welcome at them all!!

*WEEKLY MONDAY MORNING IN THE CRYPT with breakfast from 8.30am
next one 11 / 05 / 26*

*WEEKLY TUESDAY GAMES at Christchurch. This event is now **FORTNIGHTLY** and will continue thus until the winter. When you read this, the next one is **Tuesday May 19***

*WEDNESDAY GAMES at Four Lanes Chapel, 2pm – 4pm (next one 20 /05/26)
This alternates with the WEDNESDAY CLUB (next one 27 /05 /26) same place, same times*

WEDNESDAY WEEKLY OPEN CAFÉ at St Euny, 2.15pm – 4.00pm

MONTHLY TEA PARTY at Treleigh 2.30pm (Next one: May 12 2026)

*LAST SUNDAY MONTHLY TEA PARTY in the THE PENCOYS HALL 4.00pm
(next one Sunday May 31)*

*MARGARET'S LAST MONDAY TEA PARTY in Christchurch 2.00pm
(next one Monday May 25)*

With the assurance of our prayers
The Rev'd Rebecca / Rector and the Ministry Team of the Parish of Redruth
The Redruth, Camborne & Hayle Methodist Circuit
Jim Seth, Chaplain to The Readers and Parish Safeguarding Officer
Sarah Flowerday, Four Lanes Methodist Minister

THE GOSPEL SET FOR SUNDAY JOHN 14 vv15 – 21

Jesus is preparing his disciples (the future first apostles) that although he will go from them, he will not leave them. Through their love for him, through their love for each other, through their love for the people of the world Jesus will be with them. This passage heralds the descent of the Holy Spirit into the lives of the disciples. This moment after the Ascension is when the disciples are given the gifts that they will need to proclaim God's love to the waiting world.

These same gifts are available to each one of us, if only we would open our hearts and our lives to receive them. The sacraments of the church are the formal means through which God's love changes lives: **Baptism, Confirmation, Receiving Holy Communion, Marriage** (*denied by the church to same gender people*), **Ordination, Reconciliation, Anointing & The Last Rites**,
Through these sacraments we are empowered to not only serve God but also to go out into the world and do what we can to work for peace, justice and love for all people.



THOSE WHO WE REMEMBER THIS WEEK

MONDAY, TUESDAY & WEDNESDAY MAY 11, 12 & 13 Minor Rogation Days

The **Minor Rogations** occur on the **Monday, Tuesday, and Wednesday preceding Ascension Thursday**, which in 2026 are **May 11, 12, and 13**. These days are observed with fasting, prayer, and processions, often including the recitation of the Litany of the Saints. Farmers and parish communities traditionally bless fields, seeds, and soil during these days to seek divine protection and a fruitful harvest. The word 'rogation' comes from the Latin 'ROGARE' meaning 'TO ASK'.



THURSDAY MAY 14: ASCENSION DAY

Ascension Day, also known as the **Feast of the Ascension**, is a Christian holiday that celebrates the **Ascension of Jesus Christ into Heaven**. According to Christian tradition, the Ascension occurred **40 days after Jesus' resurrection on Easter Sunday**.



FRIDAY MAY 15: Matthias the Apostle

After Judas had left the disciples, Matthias was chosen (by lot) to replace him. The number of disciples had to be 12 to mirror the 12 tribes of Israel. Election was critical on that a candidate had to have been with Jesus and had been a witness to the resurrection. Chosen by lot meant that God had chosen the new disciple / apostle.



SATURDAY MAY 16: Caroline Chisholm Social Reformer 1877

Born in 1808, Caroline took her husband's Roman Catholic faith. In 1831 they moved to Madras where they set up a school for soldier's daughters. In 1838 they moved to Australia where Caroline worked with vulnerable immigrants. She was especially active in protecting women from forced labour and working in brothels.



WEEKLY PRAYERS

Please let FP know if there is a name to include on this part of the sheet: 079 038 079 46 or baptism66@gmail.com

The list is being revised. Please let FP know if you have a name to include

Poppy, Pat Bassett, Mark, Aidan, Anya, Bev., Eric, Andy & Linda, Mary, Karen and family, Helen, Hilary, Jill, Sue & Fr Ray Webber, Jane Selway, Sarah, Clare, Linda B., Jason, Amy, Ellie, Kathy, Emma, Amy, Ellie, Andrew, Ben

Those whose journey is over

PRAYERS FOR THE COMING WEEK

SUNDAY MAY 10: EASTER 5

"The light shines in the darkness, and the darkness is not able to overcome it." John 1 vv5

PRAY FOR THE RT REV'D JAMES TREASURE, THE BISHOP OF ST GERMAN'S

MONDAY MAY 11: ROGATION

"Kindness and faithfulness will meet, righteousness and grace have embraced, faithfulness will rise up" Psalm 85 vv11 - 12

PRAY FOR THOSE WHO WORK IN RETAIL

TUESDAY MAY 12: ROGATION

"It is only the Son of God who is at the Father's side" John 1 vv18

PRAY FOR THOSE WHO WORK ON THE LAND

WEDNESDAY MAY 13: ROGATION

"Lord God! According to your greatness, you have created the world" 2Samuel 7 vv20

**PRAY FOR DAVID BISHOP OF TRURO, HUGH BISHOP OF WORCESTER,
SARAH ARCHBISHOP OF CANTERBURY, Fr CHRISTOPHER**

THURSDAY MAY 14: ASCENSION DAY

"They went and saw where he was staying and remained with him" John 1 vv39

PRAY FOR PILOTS, CABIN CREWS, THE ROYAL AIR FORCE AND ALL WHO WORK IN THE AIR

FRIDAY MAY 15: Matthias Apostle

"You O Lord are a merciful and compassionate God, slow to anger and full of kindness"

Psalms 86 vv15

PRAY FOR THE CRYPT WARM BANK

SATURDAY MAY 16: Caroline Chisholm 1877

"Do not be afraid, I have called you by name, you are mine" Isaiah 43 v1

**PRAY FOR ESTHER. JASON AND THOSE WHO STUDY WITH THEM AS THEY PREPARE
TO BE MADE DEACONS**



JUST A THOUGHT: "Carry out an act of kindness with no expectation of reward, safe in the knowledge that one day someone might do the same for you ..."

FIRST SUNDAY EVENTS / USUALLY AT 6.00pm

SUNDAY MAY 1: St Andrew Pencoy's:

THE LOCAL GREYHOUND CHARITY: The Russett Trust



The rain kept us INSIDE but £200.00 was raised. THANKYOU SO MUCH

**SUNDAY JUNE 7: Support JAMES KESSELL as he prepares to go to Cambodia –
You will remember that you supported Olly when he went on the same project.**



Support James at CHRISTCHURCH, LANNER, 6.00pm



DIARY DATES

PLEASE NOTE THAT THIS IS NOT A DEFINITIVE LIST, PLEASE KEEP CHECKING THE WHITE WEEKLY SHEET WHICH MAY HAVE ADDITIONAL ACTIVITIES AND EVENTS.

DATES.

Saturday May 9: Murder Mystery Crypt 3.00pm

**Tuesday May 12: INTERNATIONAL NURSES DAY
Treleigh Tea Party 2.30pm**

**Thursday May 14: ASCENSION DAY
St Andrew, Pencoys Holy Communion 7.00pm**

Saturday May 16: BINGO marathon Pencoys Hall 2.00pm (see this sheet for details)

Tuesday May 19: Games afternoon Christchurch 2.00pm

Wednesday May 20 – Friday May 22 Fr Peter in London with Pencoys School year 5

Saturday May 23 Four Lanes Chapel Bangers & Mash from 11.30am

**NOTE: THERE MAY BE A WHIST DRIVE ORGANISED BY CHRISTCHURCH TBC. DUE TO CLASHES
Please contact FP 0798 038 079 46 for confirmation!!**

**THE REGULAR WEEKLY SHEET HAS OTHER DATES, VENUES, EVENTS, SERVICES , ALL ARE AVAILABLE
ON THE REDRUTH CHURCH WEBSITE!!**

CHRISTCHURCH FILM CLUB



The club meets on the **LAST Friday** of each month. Doors open at 6.30pm and the projector starts running at 7.00pm. The contribution to watch a film is £5, **BUT** there is **FREE** ce-cream and tea / coffee in the interval. The date of the next film will be Friday May 29 **Any suggestions for the film.**



IF YOU ARE YOU ARE STRUGGLING AND NEED A LISTENING EAR

The Samaritans: 116 123 A long established help line for those who are moving to the edge and who need help to draw back

Anxiety UK: 03444 775 774 A helpline for those who are carrying concerns and worries that maybe overwhelming them

Mind: 0300 123 3393 An opportunity to talk through your mental health, and perhaps to find strategies to help you

Calm: 0800 58 58 58 Do not struggle alone, there are people to help you cope and move forward

Crisis text line (text) 85258 Whatever your

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Child-line: 0800 11 11 Children and young people need not be afraid, just phone for a friendly voice

Cornwall Council: 0300 1234 100 You'll get an automated voice, but keep going, press the right buttons on your phone and you'll be able to speak to someone eventually or leave a message

NSPCC: 0808 800 5000 A charity if you have concerns about a child

Multi Agency Referral Unit (MARU) 0300 1231 116 A Cornwall Council referral group who will be able to guide you, or take a referral

STREET LINK: 0300 500 0914 Although this is a London number, you can be connected to a local number. BUT you may want to phone **ST PETROC'S 01872 264 153**, they are based in Truro and will be able to help you locally.

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WE HAVE A NEW BISHOP!!

The Bishop of St Germans is

THE RT. REV'D JAMES TREASURE, who was the vicar of Dudley.

He was consecrated on FRIDAY MAY 1 in St Paul's Cathedral and will be welcomed on SUNDAY MAY 10 at 4.30pm in Truro Cathedral

WE HAVE A NEW ARCHDEACON

The Archdeacon of Bodmin designate is

THE REV'd Dr HELEN WILLIAMS, currently Team Vicar in Salisbury

Dates will follow ASAP

WE HAVE A NEW INTERIM DEAN OF TRURO CATHEDRAL

The Rev'd Ali Hogger-Gadsby, currently The Dean of Ministry at St Mellitus College.

She too will be welcomed on Sunday May 10 at Truro Cathedral at 4.30pm

KEEP SMILING

