

MINISTER

Rev Al Lowe

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CHURCH MOBILE for room bookings etc

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(leave message/text and we'll get back to you)

MONTHLY NOTICES (& weekly when required)

Brenda Noone

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LOOP SYSTEM INSTALLED FOR HARD OF HEARING

Website: <http://pennccirrus.co.uk/Cornerstone/index.htm>

Cornerstone Church, Fore Street, Torpoint, Cornwall.



Cornerstone Church - Torpoint

NEWSLETTER



Remember.....

April

Showers

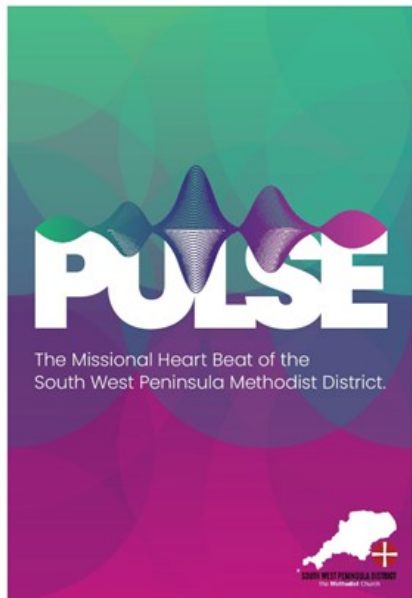
Bring

May

Flowers

APRIL 2025





Whatever our age, whatever our context—Mission is our focus! We are a Missional people—come and be energised, and be engaged in igniting the Missional heart!

We invite people from our circuits and churches to come as a group to reflect, explore and develop missional thinking, while taking a broader look at what is happening elsewhere—celebrating and inspiring one another to share the love of God, in Jesus, with our communities.

PLYMOUTH METHODIST CENTRAL HALL

(10 am refreshments; 10.30 am start—2.30pm)
5th April, 7th June 2025

In addition to the face-to-face sessions, we will be holding shorter (2 hr) Zoom sessions on the following dates:

Monday 12th May—7pm—Session 2
Monday 9th June—7pm—Session 3

ANSWERS FROM LAST MONTH'S QUIZ

- | | | |
|----|---|------------------------|
| 1 | What is a baby deer called? | <i>Faun</i> |
| 2 | Who is the Irish pirate, Hook's sidekick, in Peter Pan? | <i>Smee</i> |
| 3 | The Four Seasons concertos were written by which composer? | <i>Vivaldi</i> |
| 4 | Which Gordon famously declared on film that "greed is good"? | <i>Gekko</i> |
| 5 | How many players are there in a cricket team? | <i>11</i> |
| 6 | What term describes a plant with a two-year life cycle? | <i>Biennial</i> |
| 7 | Which river runs through Newcastle and Gateshead? | <i>Tyne</i> |
| 8 | What type of creature is a Taipan? | <i>Snake</i> |
| 9 | What does PAYE stand for? | <i>Pay As You Earn</i> |
| 10 | Which US gangster was known as 'Scarface'? | <i>Al Capone</i> |
| 11 | What is the art of knotting string to make decorative items? | <i>Macrame</i> |
| 12 | In which pursuit was Gary Kasparov a world champion? | <i>Chess</i> |
| 13 | What term is given to the art of clear diction and expressive speech? | <i>Elocution</i> |
| 14 | 'Wind Beneath My Wings' was a hit for which singer and actress? | <i>Bette Midler</i> |
| 15 | What is the capital of Bulgaria? | <i>Sofia</i> |
| 16 | What acronym is given to the catering organisation in the armed forces? | <i>NAAFI</i> |
| 17 | Which is the largest US state? | <i>Alaska</i> |
| 18 | The outer bark of which tree is used for making bottle stoppers? | <i>Cork</i> |
| 19 | Who is the actor brother of Daniel, Stephen and William Baldwin? | <i>Alec</i> |
| 20 | Which type of constrictor snake is also the name of something warm around the neck? | <i>Boa</i> |



PATHFINDER PROJECT Benefit Entitlement Check Confidentiality Assured



Benefit Entitlement Checks are available at Torpoint Library. A quiet area is set aside for confidential enquiries, where trained staff will help you in a discreet manner.

(Full income details will be required for all household members.)

URGENTLY NEEDED FOOD & OTHER ITEMS: (as at 17 February)

- BAKED BEANS
- BISCUITS
- CEREAL
- EASTER EGGS/CHOCOLATE
- MEN'S DEODORANT
- MICROWAVE RICE
- SPAGHETTI HOOPS
- TINNED PEAS
- UHT MILK



ALSO NEEDED (FOR COOKING PACKS): MIXED HERBS, CURRY POWDER, CHILLI POWDER, GARLIC GRANULES & PLAIN FLOUR.

WE'VE GOT PLENTY OF:

- CHICKPEAS, CANNELLINI, KIDNEY & BUTTERBEANS.
- PASTA
- TOOTHPASTE
- TINNED TOMATOES
- TENA STYLE PADS AND BARS OF SOAP

THANK YOU

NB Change to distribution details: food is distributed from CHATLINK in The Old School House, Macey Street. Sessions are from 09.30-12.30 on Wednesdays & Fridays.

Anyone wishing to volunteer would be most welcome and should pop into one of the sessions for further information.

LETTER FROM THE MINISTER

Rev Verity Phillips has kindly written this month's letter again on Al's behalf—thanks Verity.

Dear friends,

Hasn't it been good to see the sun again after winter's greyness? In the midst of the grey, and the dark of winter, it can seem never-endingly miserable, and yet spring brings bulbs and primroses, and even leaves emerging in the sun's warmth, can raise winter-depressed spirits to life again.

Our lives can have long periods of greyness, or of things not working out; maybe even disasters. We wonder whether we will ever emerge. Life is full of a mixture of good and bad experiences.

For Christians, Lent and Easter are both the highpoint of the year, and a time to take stock:

In Lent we ask whether we are being true to our values. Does anything need to change in our habits, our spending or saving patterns, our relationships, our interests? Are we living up to the call to follow the person whose teaching we cherish, whose suffering, death and resurrection are the example we look up to?

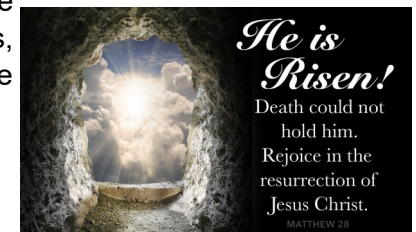
Reflecting on Good Friday, we might ask why there is so much suffering and grief today: What possible good can come of it? What can we do about it? Are we responsible in any way?

On Easter Day we rejoice with eggs and fun, because we see in the historical events of the year 30 AD (approximately), the promise of new beginnings on the other side of suffering; of good things, of dark nights of the soul transformed by the son's warming rays which bring out the best in us.

Easter is my favourite time of the year. Partly for the chocolate, partly the signs of new growth and colour in nature. Above all because of this bigger picture where there is always the possibility of something better emerging from what is dreadful, given half a chance – where God (not religiosity) gets a look in.

May your Easter be filled with fun, but also with that goodness emerging out of the ruins of evil. May the horrors of the news give way, in time, to new beginnings, hope, and security for all who suffer, whom we hold in heartfelt prayer.

God bless,
Verity.



NOTICES FROM SANDRA:



Songs of Praise

Please tell me of your favourite hymns for a future Songs of Praise service.

Each quarter we seem to have a preacher cancel due to accident or illness or, sadly, bereavements. You know yourselves that many of our preachers are elderly.

Sue Bolt is awaiting joint replacement surgery so whilst she continues to accept invitations to preach, she has let me know she may have to cancel.

So, in readiness for such events, I'd like to have a songs of praise service prepared. Please pass me your choice of hymn; don't be shy!

Many thanks, Sandra

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16th & 30th April

at 3pm

usual venue

(Ask Sandra if you are not sure about attending)

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APRIL SUNDAY SERVICES (10.30am unless otherwise stated) AND DUTY HELPERS

DATE	PREACHER	WELCOMER	VESTRY	OPENING PRAYER
6th	Paul Whitell	Margaret Harrison	Sandra Pratt	SP
13th	Rev Al Lowe	Lynn Rundle	Eve Oates	EO
20th	Helen Pengelly <i>EASTER DAY</i>	Ann Dean	Chris Cross	June Stockton
27th	<i>Teresa White at St Budeaux</i>	-	-	-

Thanks to Jan for this extract taken from the book, *Relinquishment*, by Penelope Wilcock, which gives us much food for thought at this time of year.

Jesus and Relinquishment

Mark 10: 45

"For even the son of Man did not come to be served, but to serve and to give his life as a ransom for many."

Relinquish argument to embrace silence

Relinquish neediness to embrace solitude

Relinquish complication to embrace the One

Relinquish accumulation to embrace contentment

Relinquish self-importance to embrace self-acceptance

Relinquish destinations to embrace the journey

Relinquish trappings to embrace simplicity

Relinquish life to embrace Eternity

DUTY LISTS

As with all the duty rosters, if any date is inconvenient please arrange your own swap. Thank you / BN

FLOWER ROTA - APRIL	
6th	<i>Vacant</i>
13th	<i>Vacant</i>
20th	Jan Hall
27th	<i>At St Budeaux</i>



PLEASE see Marie if you would like to make a donation towards the flowers displayed in church.

SUNDAY COFFEE ROTA - APRIL	
6th	June Stockton & Jan Hall
13th	June Stockton & Lorna Wilkins
20th	June Stockton & Paulene Smith
27th	<i>At St Budeaux</i>



Assistance is always required to make things easier for our few helpers, so please speak to June Stockton if you can help with teas/coffees/washing up. Even the odd occasion will be much appreciated by the team.
Thank you

Bible Study at Stoke Christian Centre

open to all

Thursday 3rd & 17th April, from 10.45 – 11.45

Starting with tea/coffee and chat at 10.30

Led by the Rev Edgar Daniel

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TENEBRAE SERVICE

Thursday 17th April

Cawsand Congregational Church Hall

Led by Jill Murray

Starting at 8pm

Please join us for this quiet contemplative worship, everyone welcome, especially as this is an ecumenical service for various congregations

Any questions ask Sandra

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Easter Day Service

Please bring a flower to dress the cross

Or, if you are bringing a small posy, make the stems neat enough to fit through the chicken wire

Thank you ☺



UNITED SERVICE AT ST BUDEAUX CHURCH

10.30am, 27th April
Led by Teresa White

Please support this joint service where Stoke, Pennycross and Cornerstone congregations will worship with St Budeaux congregation.

We have received support, friendship and prayers from both these churches over the years and especially in the difficulties we are facing now. It is important that we make the effort to travel on this one occasion.

- *Car drivers please let me know how many spare seats you will have.*
- *Please let me know if you want a lift to the service ASAP*

Karen from St Budeaux has also offered to pick people up from the Devonport side of the ferry and return them at the end of the service.

(There will be no-one left out who wants to attend.)

/Sandra



St James's Church continue with their ALPHA COURSE
on the following Mondays from 6.30-8.30pm:

7th & 14th April.

COME ALONG, AND ENJOY A MEAL to start.



- 1 A dingo is a wild dog from which country?
- 2 What was the name of the Titan in Greek mythology who held the world on his shoulders?
- 3 Which dance style was spelled out by an Ottawa hit of 1980?
- 4 What name is given to a Viking ship?
- 5 *Per Ardua Ad Astra* is the motto of which of the Services?
- 6 Which Devon town is famous for its carpets?
- 7 The King of Beasts describes which animal native to Africa?
- 8 Which Scottish football club shares its name with a playing card suit?
- 9 What is the name of the saxophone-playing member of the TV Simpson family?
- 10 What word precedes 'Kush' to denote an Asian mountain range?
- 11 Ludlow Castle is an example of what type of architecture?
- 12 Which 1982 Roxy Music album shares a name with an island in Arthurian legend?
- 13 In which county is the town of Blandford Forum?
- 14 Who wrote the 1953 play 'Waiting for Godot'?
- 15 A crocodile is the logo of which sports clothes company?
- 16 The invasion of which country began the First Gulf War in 1991?
- 17 What city in Colorado sounds like a large rock?
- 18 In the 1999 rom com Notting Hill, who played Hugh Grant's scruffy flatmate?
- 19 What is the capital city of Chile?
- 20 What was Brotherhood of Man's winning Eurovision entry in 1976?



FUND RAISING FOR BUILDING REPAIRS



STREET MARKETS LAST SUNDAY OF THE MONTH

We will be having a stall outside Cornerstone at the monthly Street Markets where we will sell baked items. If you can make a cake to sell or support in any way, please help.

PLEASE SUPPORT

Thank you



STREET PRAYERS

April's streets for our leaflet drop and prayers are:
Carlyon Close, Elliot Sq, Evenden Court & Ferry Street.

Please remember the people there in your prayers.

Thank you / Chris & Lynn



Finance

	OFFERTORY	BENEVOLENT FUND	TUESDAY & SUNDAY COFFEES
February 23rd	£244.00		£7.87
March 2nd	£427.40	£2.50	£14.55
March 9th	£211.50		£6.75
March 16th	£179.00		£8.92
March 23rd	£182.00		£10.50

OTHER FINANCE:

The Coffee Mornings since the last newsletter raised £134.95 on 22nd February. Tommy Carp raised £120.80 on 8th March and on 22nd March we raised £119.30. Last week we had a couple come in and found that they attended Ridgeway Methodist Church, and fortunately Brenda was able to speak to them as they sat close to the counter. Speaking to new folk is vital.

The Offering Envelopes for the next tax year are now available. If you would like to donate using an envelope each week just let me know. Only one person knows what you donate, and that is me, but if you pay tax then we are able to claim the tax back on your donation. We already have two more who can now sign up. Please speak to me. The tax man adds 25 pence to every pound you donate. This is always helpful with repairs. And yes, £10 becomes £12.50.

Lastly, sincere thanks to everybody for the donations made to the Repair Fund. Our friends at St James' donated fifty pounds in thanks to those who support their fund-raising dinner. Claire raised eighty pounds when she asked for a donation for her birthday rather than gifts, and the total to date is now £322.13. You are welcome to make either a large donation or small weekly amounts as able. There are Gift Aid Envelopes available to use.

Many thanks, Liz

PRAYER RESOURCE FOR APRIL 2025

As well as the prayer diary below, please continue in prayer by praying daily for:

A member of your family.
Someone in your Church family.
Your neighbour.
Someone living in your road.

Now say The Lord's Prayer.

Father, hear the prayer we offer:
not for ease that prayer shall be,
but for strength that we may ever
live our lives courageously.

	PRAYER DIARY - APRIL
1	Please continue to pray for the Middle East situation, that peace will come to this land where Jesus was born.
2	Continue to pray for the situation in Ukraine. Pray for the peace that Jesus gives us.
3	Pray for our NHS, for all that are employed in it. Pray for those who are awaiting results of tests and for those recovering from surgery.
4	God, you a god of love and forgiveness, so fill my heart with the spirit of Jesus that I will be quick to return love for evil.
5	Pray and thank God that you have brothers and sisters in Christ who offer a consoling word when our tears fall.
6	Today we think of Jesus being anointed at Bethany. Thank God for all the blessings you receive.
7	Pray and thank God that we might be worthy of being a Christian.
8	Dear Lord, help me always to look to you in difficult situations, knowing that whatever my need, you will supply it.
9	Pray for our Circuit, for the Executive Team as it meets today. Give them the courage to be bold in any decisions that they have to make.

Cont'd/9

- Offering conversational English support.

This relationship is a mutual learning opportunity, fostering cultural exchange and providing practical guidance. Unlike formal services, befriending offers companionship and everyday support that can make a profound difference in someone's life. For volunteers, it is a unique and rewarding experience. **Time commitment is 2–4 hours per week (preferably during daytime; flexibility available).**

Essential Skills and Characteristics

- Empathy and understanding of the challenges asylum seekers and refugees face.
- Commitment to attending training sessions on the asylum process, safeguarding and boundaries
- Ability to organise reliable meetings, set personal boundaries, and recognise role limitations.
- Practical problem-solving skills to provide empowering support.
- Commitment to keeping records and reporting concerns to the Project Manager.
- Adherence to DCRS's policies on boundaries, confidentiality, and safeguarding.
- Awareness of personal wellbeing and ability to seek support when needed.
- Strong communication skills; additional languages are a plus but not required.
- Willingness to attend occasional befriending meetings and provide updates to the Project Manager.

What's in It for You?

- Gain a deeper understanding of the refugee & asylum seeker experience in UK
- Build friendships across cultures and connect with people from diverse backgrounds.
- Play an active role in an organisation committed to supporting asylum seekers and refugees.
- Make a meaningful difference in someone's life by helping them be a part of their new community.
- Join a passionate, driven and supportive volunteer cohort and meet like-minded individuals.
- Receive comprehensive training on the asylum process, safeguarding, and project boundaries. Ongoing training and development opportunities will also be available.
- Enjoy an organised model of friendship with clear boundaries, ensuring a safe and rewarding experience for all.

For more information, or to apply to be a befriender, please contact maia.walton@dcrs-plymouth.org

NORTH CORNWALL BEFRIENDING: PILOT PROGRAMME

About the Organisations

Devon and Cornwall Refugee Support (DCRS) and Cornwall Refugee Resource Network (CRRN) are charitable organisations working together to support refugees and asylum seekers in Devon and Cornwall.

CRRN mobilises like-minded individuals across Cornwall to work together to ensure that Cornwall provides refuge and sanctuary to those most in need. We celebrate good news stories of how the resettlement of refugees shapes Cornwall for the better and we campaign for positive change in policy and in attitudes, so that people seeking sanctuary and asylum are treated with dignity and fairness DCRS provides essential services, including immigration advice and support, health advocacy, education, and wellbeing assistance, within a welcoming space. Their mission is to promote independence, prevent destitution, and encourage integration within the local community.

DCRS has a dedicated team of IAA regulated caseworkers offering asylum and immigration legal advice services, support and referrals.

What is Befriending and Why is it Important? Befriending is a structured, supportive relationship between a volunteer befriender and a person at risk of isolation. This model is widely used to support various groups, including at-risk youth, people with disabilities, and the elderly. For asylum seekers and refugees, isolation is a major challenge. Legal and systemic barriers often exclude them from mainstream education, employment, and social life. Many are relocated to unfamiliar areas, including parts of Cornwall they have never heard of. Befriending helps break this isolation by fostering connections, promoting integration, and ensuring that refugees feel welcomed and supported. We believe refugees have so much to offer—not just to individuals, but to our shared communities. We are currently in the pilot phase of a befriending project, focusing on supporting refugees in North Cornwall. **At this stage, the role is best suited for volunteers based in or able to travel to Saltash and Torpoint or surrounding areas.**

Role Description As a volunteer befriender, you will be matched with an asylum seeker or refugee and provide support in the following ways:

- Helping them find and access services—though you will not provide these services yourself. This requires some knowledge of local resources or the ability to research them.
- Introducing your befriender to local communities, activities, and areas, helping them settle into life in Cornwall
- Accompanying them to appointments, court hearings, or interviews if both parties agree.
- Providing a listening ear and companionship.

Cont'd/13

10	Dear Heavenly Father, what a joy it is to begin the day talking with you. Thank God for this great privilege.
11	Pray for people who have been bereaved recently, and for those who died around this date in the past.
12	Pray and thank God for the gift of music.
13	On this Palm Sunday , pray for the crowds of people who do not know Jesus as their Saviour, that they will be touched in some way by Him.
14	Pray for the families of knife crime.
15	In John 14:1-16:33, we read of Jesus comforting his disciples. Pray that we can & will follow Jesus' example and comfort others who are in need.
16	When we pray the words "give us this day our daily bread", remember that it means more that the food we eat, it means the Word of God, our Spiritual nourishment. Read John 6: 33/35.
17	On this Maunday Thursday , that as we take part in an Agape Meal service, may we be aware of the significance of the moment.
18	On this Good Friday , think of the word "sacrifice" and its significance to YOU.
19	Pray your own thoughts/prays on this Holy Saturday
20	At last it is here! Easter Day! The day Christ rose from the dead! Alleluia!
21	Christ is alive! Let Christians sing. The cross stands empty to the sky. Let streets and homes with praises ring. Love, drowned in death, shall never die.
22	Pray, that when work is fulfilling or when it seems futile, when there is too much or too little, Christ is with us, Christ encourages us, Christ comforts us, Christ enlivens us.
23	Continue to pray for refugees and those crossing the channel in small boats seeking a better way of life.
24	Lord, help me to put away any selfish pride and show my Christian witness by being friendly to others.
25	Lord, give me grace and strength to persevere and an obedient heart to do your will.
26	In prayer, remember our Christian brothers and sisters in other Churches.
27	Today is LWPT, please remember and pray for our Local Preachers, those accredited and those still in training. Pray that our worship will be led by your Spirit.
28	We pray for our Circuit Ministers who are vastly overworked. Pray that people in their churches will step forward and help them with their workload.
29	Dear Lord, through your transforming power, our doubts and uncertainty become a faith that is strong; may our ignorance change into a knowledge and understanding of your word;
30	May our joy at knowing you spill out into a life of witness and praise; and may our labour for Christ help to build your kingdom here around us.

CALENDAR REPRODUCED IN SEPARATE DOCUMENT