



**SEPTEMBER 2012**

**LANDEVENNEC RETREAT AND PILGRIMAGE  
ORGANISED BY CHURCHES TOGETHER IN  
CORNWALL**

**FRIDAY 25<sup>TH</sup> APRIL – WEDNESDAY 1<sup>ST</sup> MAY 2013**

One of Brittany's greatest saints, Guérolé, is credited with founding the major abbey of Landévennec. The location is splendid: at the spot where the Aulne River enters the Bay of Brest. Destroyed a number of times, the medieval abbey's ruins are still to be admired, alongside the modern museum and abbey.

A model of 5th-century purity, and a miracle-worker, the story goes that Guérolé, somewhat following in Christ's footsteps, walked over the water from the nearby isle of Tibidy to found a new monastery at Landévennec, supported by 11 disciples. The abbey developed into one of the most important in Brittany, promoting a Celtic brand of Christianity at odds with the Catholic one.

Quote from Bishop Tim from previous retreat – "The abbey is in a beautiful spot and the monks are both very friendly and focussed on their life of prayer. The chapel is magnificent and I was almost physically moved by the power of prayer whilst sitting and contemplating the sanctuary and the altar. I came home renewed and refreshed and keen to encourage others to know something more about our friends in Landévennec and to experience their style of prayer and their music." <http://www.abbaye-landevennec.cef.fr>

**TRAVEL COSTS ARE MET BY PARTICIPANTS EITHER TRAVELLING SINGULARLY OR SHARING TRANSPORT COSTS BETWEEN THEM.**

In past years this very successful retreat has been promoted through the Companions of Guenole. It is suggested that a good mix of Christians would not only benefit from the monastic experience but also through the enjoyment of each others company. There are 30 places available on a first come first served basis. You just need to choose your length of time option which determines your costs.

The organisers will do all that they can to assist in matching up people who are willing to provide transport and those who have no transport.

If you are interested in this Spiritual opportunity, joining with some of our Christian Leaders (Bishop Tim, Revd Steve Wild, Bishop Christopher) please don't hesitate in getting in touch via David H Smith ([ses.dhs@hotmail.co.uk](mailto:ses.dhs@hotmail.co.uk)) Further information can then be sent onto you.

**Chairman – Revd Steve Wild**  
**Vice Chairman – Bishop Tim Thornton CTC**  
**Missioner – David H Smith**  
**Treasurer – Mike Cullen**  
Charity No 1053899  
[www.churchestogetherincornwall/](http://www.churchestogetherincornwall/)

**From Churches Together – Penryn and  
Falmouth**

We had a lovely day on Gylly beach with the labyrinth. About 170 people of all ages - children, teens, mums and dads and grandparents walked it clutching a piece of rubbish symbolising something they would like to unburden themselves of and then returned clutching a white pebble with a positive and uplifting thought having 'reflected/ prayed' at the centre (and left the rubbish behind at the foot of a driftwood cross). Some very special moments were had and also many seeds sown.

**ARE WE NOT SURROUNDED BY SAND? – OR, AN  
OPPORTUNITY FOR OUTREACH**

Labyrinth walking in an ancient practice used by many different faiths for spiritual centering, contemplation and prayer. Entering the serpentine path of a labyrinth, the walker walks slowly while quieting their mind and focusing on a spiritual question or prayer.

**What is a Labyrinth?**

A labyrinth is not a maze. It has only one path to the centre and back out, which is the meaning of the term unicursal (one line). It has no blind alleys or dead ends. The path twists and turns back on itself many times before reaching the centre. Once at the centre, there is only one way back out. In this way, it symbolizes a journey to a predetermined destination (such as a pilgrimage to a holy site), or the journey through life from birth to spiritual awakening to death.

**History of Labyrinth Walking**

Labyrinth images are found in many cultures. The term is of ancient Greek origin, and the labyrinth in the palace of Knossos in Crete figures in Greek mythology. It is found in Hindu and Hopi images among many others. In Christian usage, a labyrinth was constructed in stone in the floor of [Chartres](#) cathedral near Paris, around the year 1200 CE. It was also used as an act of repentance for sins. The penitent might walk it on their knees. Labyrinths are found in many Gothic cathedrals.

**How to Walk a Labyrinth**

Today, there is no set ritual for walking a labyrinth, but there are books and lectures to assist you in performing a labyrinth walk. The basic advice is to enter the labyrinth slowly, calming and clearing your mind. This may be done by repeating a prayer or chant.

Open your senses and focus on the process of taking slow and deliberate steps. Bring to mind a prayer or spiritual question to contemplate during the walk to the center. Reaching the center, pause to reflect, pray, listen for an answer or for deeper revelation. Now begin the return journey. Pray or reflect further. Upon exiting, use further reflection, prayer, or journaling to absorb the experience.

**Where to Find Labyrinths**

Labyrinths are most often found on church grounds and spiritual retreat centers. The [World-Wide Labyrinth Locator](#) allows you to search by country, city, state, and zip code. The listings include descriptions, directions, open hours and photos.

**You can create your own temporary labyrinth by using a basic labyrinth pattern and laying out stones, sticks, or drawing it in the sand. More permanent labyrinths are created with garden paths, plantings, and rock work.**

## Christian Cafés in Cornwall

A great place to share the word of God and can help to bridge the gap between the high street shopper and the church. Serving and caring for members of our community in their daily life, and spreading the message in a relaxed atmosphere. There are a few Christian cafés located in Cornwall and we look forward to seeing more opening soon.

### Meet and Eat @ Refuel, Bude

at Bude New Life Centre's restaurant and contact centre, 35 The Strand, Bude. Every Tuesday lunchtime 12-2pm. A three course meal with choice of main dishes and sweets is offered to any member of the community who would like to come to a shared meal. There will be lots of opportunity for chat and social interaction as well as activities, discussions and entertainments after the meal for those who would like to stay. Meals must be pre-booked and cost £5. Menus available at the reception desk in Bude New Life Centre with a booking form. For more information visit [www.budenewlifecentre.org](http://www.budenewlifecentre.org) or telephone **01288 359714**

### 50p Breakfast Club, Camborne

at the DISC (Drop In & Share Centre) based in the Church Hall of Camborne Parish Church. Open Monday to Friday 9am until 2pmish! DISC primarily support vulnerable adults (18yrs +) who are either homeless, people with addictions, people on probation, people with physical/mental health issues, people with learning disabilities, migrant workers and older people. DISC also provide support and mentoring to ex offenders, support for families of those in prison, vulnerable families - oh, and each other! \*All Welcome! A fun team of dedicated volunteers, from the 'Churches Together' network, open the Church Hall doors throughout the week to anyone requiring breakfast! Many DISC members and staff attend the Breakfast Club and recommend it highly to anyone wanting a good meal at the start of the day! Breakfast Time: \_\_Monday to Friday 8am to 9am (Note: Last breakfast cooked: 8.45am) On the menu: Cereal/Porridge, Egg, Bacon Sausage, Beans/Tomatoes and Toast, Tea/Coffee ...and all for just 50p!

### The Open Door café, Helston 14 Wendron Street.

The Open Door Cafe is run by the Christian charity Mustard Seed (SW) Ltd. Members of the public are welcome to come in for a cup of coffee, tea, or soft drink. Sandwiches, cakes and a daily changing menu of light meals are also served. Prices are kept at a level competitive with commercial catering enterprises within the town. Every effort is made to use local suppliers of fresh produce, including that from our own allotment, and the usage of Fair Trade Goods is maximised. The premises are fully approved by the Local Authority for all relevant aspects of the café activity. Some of the students Mustard Seed supports with learning disabilities – “team members”- learn the skills needed to work within all of the aspects of the cafe. The skills learnt are encouraged, guided and supervised by staff members. A stair lift to the first floor toilets is also available for anyone with mobility difficulties. For others the Open Door environment is ideal to regain confidence in the workplace after illness or circumstances have changed. They often have placements from schools, colleges and external employment agencies. Other services provided from the Open Door premises are a counselling room, a "hot office" and a training room (ideal for groups up to 20) For more information visit [www.mustardseedcharity.org.uk](http://www.mustardseedcharity.org.uk) or telephone (01326) 564194

### Sambells, Truro

at Truro Methodist Church. Staffed entirely by volunteers and serves refreshments and light lunches. But just as important as the food and drinks which are served, is the welcome that is extended. From 10am each morning (Monday-Saturday) all sorts of people come to Sambells because they have discovered it to be warm, comfortable and relaxing. Sambells is located at the front of the Church premises and so it is easily accessible from the town centre. Pop in for a few minutes or— as some do—stay all morning! The proceeds from Sambells are shared between the charities and the Church funds. Once a month outside charities and groups can apply to have stalls within Sambells to raise funds.

### Trelowarren Retreat, Mawgan, Helston

The Library and Drawing Room open for afternoon tea every Monday 2-5.30pm. Come and relax and enjoy the peaceful atmosphere of the Mansion house. Listen to our resident pianist, playing softly in the background. Delight in good food and companionship; soak in the history of this beautiful place. The Chapel will also be open. For more information, please visit [www.trelowarrenretreat.org.uk](http://www.trelowarrenretreat.org.uk) or call **01326 221366**. Booking is recommended!

### The Launceston Memory Café

provides a free amenity for people who experience memory problems and offers opportunities for carers to meet other carers who may be sharing similar circumstances. The Cafe is run on a very friendly and informal basis by trained and experienced volunteers. Visitors are welcomed with a smile, a choice of refreshments and a couple of hours to relax in a supportive environment and enjoy a regular break from the otherwise everyday routine. Trips down memory lane are often triggered by some of the optional activities during the afternoon which can include music, books, puzzles and just general reminiscing through conversation about things from the past. Seasonal activities can include trips out for cream teas, barbecues and visits to places of interest as well as celebrating Christmas and our anniversary with parties. The Memory Cafe takes place Fortnightly from 2pm to 4pm at Launceston Methodist Church Dingley Hall. Please contact Cym Downing **01566 774425** for further information or go to [www.memorycafelauceston.org.uk](http://www.memorycafelauceston.org.uk)

### The Rusty Bucket Coffee Shop

**Looe** at Higher Market Street, Seaford, East Looe **01503 264 009**. Open Monday through Saturday 10.00am - 5pm (last order for hot food at 4.15pm). Run by the charity Rusty Bucket Christian Resource Centre, with a vision "To love, serve and invest in the community". The coffee shop is established and run on clear Christian principles and aims to provide a place of refuge, peace and service to the community and a listening ear to those in need. They hope to serve coffee drinkers, spiritual seekers, those looking for fellowship, both young and old \_\_\_ holiday makers, day trippers and local residents. Net profits will be invested in the community.

"We want to create a relaxed and positive environment for people of all ages. As new boys on the block, so to speak, we are very concerned that we don't try to tell Looe what its needs actually are. We are more concerned that Looe tells us. We want to focus on the establishment of a coffee shop that serves great food and coffee and serves its community too."

### SOURCE Café, Newquay

Seymour Avenue, right in the heart of Newquay, a few steps from the shops and two minutes' walk to the Towan beach. The Source Café is part of the vision of NCC, reaching out to locals and holiday makers with the gospel of Jesus Christ. It is a casual place to sit, talk with friends, and have a great meal. The Source Café is child friendly and with two disabled entrances, has plenty of room for pushchairs and wheelchairs alike. You can also surf the web at the Source Internet Café whilst drinking your favourite coffee or a bite to eat or keep in touch with friends and family for as little as 5p per minute. The Source Café also hosts art and photography from local-to-Cornwall artists. Pictures are on display and are for sale. Visit [www.nccdream.com/source](http://www.nccdream.com/source) for a menu and to print off a 10% discount voucher.

Enjoy a cuppa at any of these venues

### Truro Cathedral Coffee Shop and Restaurant

is a stylish hidden gem at the heart of the city. The Restaurant has a burgeoning reputation as a meeting place for friends who enjoy coffee and a chat as well as a location for tasty and delicious lunchtime snacks. Whatever your reason for visiting, you won't be disappointed. The Cathedral Restaurant is situated in the Chapter House. Open Monday to Friday 8.30am to 4pm, Saturdays 9.30am to 4pm with occasional special Sunday openings. They have also created a number of highly successful themed suppers linked into special events at the Cathedral. Here are some past examples: Summer Choir Concert, Nosferatu, St Piran's Day Lunch, Hunchback of Notre Dame, Scottish themed menu, Philharmonia Supper, Towards Silence Supper For more information telephone **01872 245011** or visit

[www.trurocathedral.org.uk/restaurant/restaurant](http://www.trurocathedral.org.uk/restaurant/restaurant)

### Reference books for sale on behalf of the Allet Cat Rescue Centre.

I have here some good quality reference books listed below, which may be of interest to you or your students. The price includes delivery in Truro /Falmouth and places en route. They are offered by agreement with Mrs Dempsey as a first and hopefully better alternative to dealers.

**Condition as new. Hardbacks. First come first serve.**  
Original prices £20-25.

The Lion Handbook to the Bible. 2<sup>nd</sup> revised edition. 1983 - £4

Chambers Biographical Dictionary. Updated edition. 1997 - £5

The Parallel Bible NIV-KJV (USA 1995) - £5

The Cambridge Biographical Encyclopaedia – 2<sup>nd</sup> edition. 2000 £5

The Cambridge Guide to English Literature – new edition 1999 £5.

The Bible as History – Keller. Bookclub Edition slightly foxed. £4.

The History Today Companion to British History 1995. £5

Contact Miss Primrose Peacock,  
4 Crescent Rise, Truro Cornwall TR1 3ER UK  
Tel. (+44) 0 1872 276 362  
[pearose@mypostoffice.co.uk](mailto:pearose@mypostoffice.co.uk)

I would be grateful to receive any information about what your Churches Together Group is up to regarding activities, programme and services. Do please send to:- David H Smith – CTC Missioner Chyreene Warra, Rosehill, Marazion, TR17 0HB or send to: [ses.dhs@hotmail.co.uk](mailto:ses.dhs@hotmail.co.uk)

Your joint activities, services and programmes can then be uploaded and advertised as part of the Churches Together in Cornwall website :-

[www.churchestogetherincornwall.org.uk](http://www.churchestogetherincornwall.org.uk)

### Tubestations Surf Lounge, Polzeath overlooking Polzeath beach.

Geared up to be as multifunctional as the space will allow, the Surf Lounge has a café which serves the best home-made and locally sourced produce, which is organic where possible. Where food or drink has to be imported, such as coffee or chocolate, it is always Fair Trade. Everything they sell has a story, and every penny of profit they make is ploughed, or sometimes just furrowed, back into the charity. This helps them to stay open through the lean winter months for the benefit of the community, when every bit of business sense would say shut up shop and take off to Bali until Easter. The Surf Lounge uses

'Hand On Coffee' blends, including their own Polzeath Roast, 'TUBE TIME', as well as Clipper teas, Divine chocolate from the fair trade chocolate producers of the Ivory Coast, and Burt's Crisps from the lovely Burt's people who even tell you who hand-fried your crisps. The kitchen also offers continental deluxe hot chocolate, home-made soups of the day, smoothies and shakes, home-made cakes, scones and cookies. And if you're after a thirst quencher, grab a Pure Blue water or Juicy Nature fresh pressed juice from the fridge. But the really cool thing is that, unlike most eateries, you don't have to eat or drink anything, in fact you can even bring your own if you really want. You can just chill out and enjoy yourself. Read the papers. Surf the net on your laptop, or use one of the Tubestation's. Skate the ramp. Fly a Lego X-wing on the Nintendo Wii. Watch a surf movie and get psyched up for your next session. Play Monopoly. Have a shower. Fall asleep on a massive Fat Sac beanbag. Do what you like, seriously, no pressure. You won't be expected to buy anything and you won't be hassled for your seats. **Just...be.** That's the beauty of the seed, bro. The Surf Lounge is open Tuesday to Saturday from 10am to 5pm through the winter. **Everybody welcome.** For more information contact: [enquiries@tubestation.org](mailto:enquiries@tubestation.org), **01208 869200** or <http://tubestation.org/polzeath/surf-lounge/>

### Families for Children

Families for Children are currently setting up some information events around Cornwall, the first being held at the Epiphany Centre in Truro on Saturday 8<sup>th</sup> September, 10am to 1pm to help raise awareness and offer advice to anyone who is considering adoption.

For more information visit the Families for Children website: [www.familiesforchildren.org.uk](http://www.familiesforchildren.org.uk) or phone 01364 645480

### Adoption Information Event

Families for Children Adoption Agency would like to welcome anyone who has ever considered adopting to come and talk with them in Truro. The informal information events are aimed at dispelling some of the myths surrounding adoption and invite people with specific questions about adoption to talk with their team of social workers and local families who have adopted though them.

Events will be held at Epiphany House, Truro, TR1 3DR  
Saturday 8<sup>th</sup> September 2012 10am to 1pm  
Wednesday 7<sup>th</sup> November 2012 5pm to 7pm

For more details please contact Katey McDonald on 07988 880649 or email

[marketing@familiesforchildren.org.uk](mailto:marketing@familiesforchildren.org.uk)