

Holsworthy Benefice ~ News Sheet No 4

Bridgerule, Hollacombe, Holsworthy and Pyworthy with Pancrasweek

26th April 2020 ~ THIRD SUNDAY OF EASTER

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Last Sunday a few of us worshiped together via the conferencing app Zoom. On the whole this worked well and those in attendance said they would like it to reoccur. So below are the links.

Online Morning Prayer at 10.30 on Sunday 26th April

The service liturgy can be found on page 4.

The link to join the service on line is;

<https://us02web.zoom.us/j/84272593927>

Please just follow the instructions on the screen you do need to accept the app.

By one tap mobile

+442030512874,,84272593927# United Kingdom

+442034815237,,84272593927# United Kingdom

By any phone

Dial by your location (several numbers in case lots of people are ringing at the same time)

+44 203 481 5240

+44 131 460 1196

+44 203 051 2874

+44 203 481 5237

You will be asked for this meeting ID: 842 7259 3927

If you have not used Zoom previously I suggest you start at 10.15 so you are ready for the start at 10.30am, I look forward to worshipping with you all.

Easter Blessing
Mother Elizabeth

PRAYER INTENTIONS FOR THE WEEK OF THE 3RD SUNDAY OF EASTER

Third Sunday of Easter~	For leaders of Christian Churches, Diocesan Safe Guarding Team. All who live at Coles Mill Close, Old Market Place and Ruby Close.
Monday 27th April~	Our vision of the extraordinary
Tuesday 28th April~	For all who hold public office
Wednesday 29th April ~	For all those who are marginalised
Thursday 30th April~	That we may listen to God
Friday 1st May~	Our study of scripture
Saturday 2nd May~	For peace

A PRAYER DURING THE CORONAVIRUS OUTBREAK

Keep us, good Lord,
Under the shadow of your mercy,
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
And lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from
your love
In Christ Jesus, our Lord.

Amen

MEDITATION, SILENCE AND STILLNESS

by Bishop Martin Shaw

At a workshop on Meditation, someone asked: "Why do we bother with silence and stillness? There'll be plenty of that when we are dead surely!" The speaker's reply needs some absorbing: "Silence and stillness in prayer are gifts. What I'm asking you to practice is to put yourself in the way of realising that you already have them!"

Yes, there are those who move into stillness and silence with more ease than I do. Where possible, I practice each day - and I've never had a sense that I'm achieving much, if anything! After all, when you tell someone that you love them, your'e not 'achieving' something.

Stillness and silence aren't new practices that you're learning. They lie within you, perhaps not having been given air, space and time.

Stillness and silence, for those who feel drawn to live the Christ-like life, aren't practiced for self-improvement, although there'll be some benefits for you. [Nodding-off occasionally...] Meditation is work that you do so that the rest of your life is gradually honed gently and gradually towards loving and service. Rowan Williams was asked once to give a brief definition of how to meditate. "Turn up! And shut up!". So, we're back to awareness of Presence in the Silence. What's more, you'll meet yourself as you really are. Much loved.

Put yourself in the way of loving, and don't worry about the results of your praying. One important additional note I have: you may need guidance in your inner life. Seek out a good friend, who might accompany you.

This beautiful poem is encouraging for folk like me who are faint-hearted in prayer.

From the Proslogion of St Anselm;

The question to the praying soul:

'Oh my son, have you found what you were looking for?'

His reply:

'I was seeking God,

Life and light, wisdom and goodness,
Existing everywhere and at all times.

But if I have found him,

Why do I not experience what I have found?

Tell me where you are,

beyond what I have seen,

so that I may see clearly what I desire.

I see that I cannot see further

because of my own darkness.

I am restricted by my own narrowness.

You dwell in inaccessible light.

My understanding cannot take it in,

How remote you are from my side,

while I am this present in your sight.

Everywhere you are entirely present,

and I have no experience of you.

Let your Love grow in me here,

So that here my joy may be in great hope.

Let me meditate on your Love.

Let my tongue speak of it,

let my heart love it,

let me hunger and thirst for it

and my whole being desire it.



[BUDDING BISHOPS FOR YOUNG CHILDREN](https://www.youtube.com/channel/UCQ3NeloTT24JVCP0B5CLrwQ)
[BIBLE, CRAFT AND WORSHIP IDEAS](https://www.youtube.com/channel/UCQ3NeloTT24JVCP0B5CLrwQ)

Youtube channel <https://www.youtube.com/channel/UCQ3NeloTT24JVCP0B5CLrwQ>

Dealing with **Loneliness** and **Isolation: FIVE TOP TIPS**



1. Pray – light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.



2. Talk about how you feel.

This may be difficult if you are self-isolating, but use the phone, internet and social media. If you need to contact a counsellor, this can be arranged by your GP, local agencies or privately. Samaritans are there 24 hours a day, every day, and it's free to call them on 116 123.



3. Focus on the things that you can change, not on the things you can't.



4. Look after yourself – physically, emotionally, spiritually.

Plan things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.



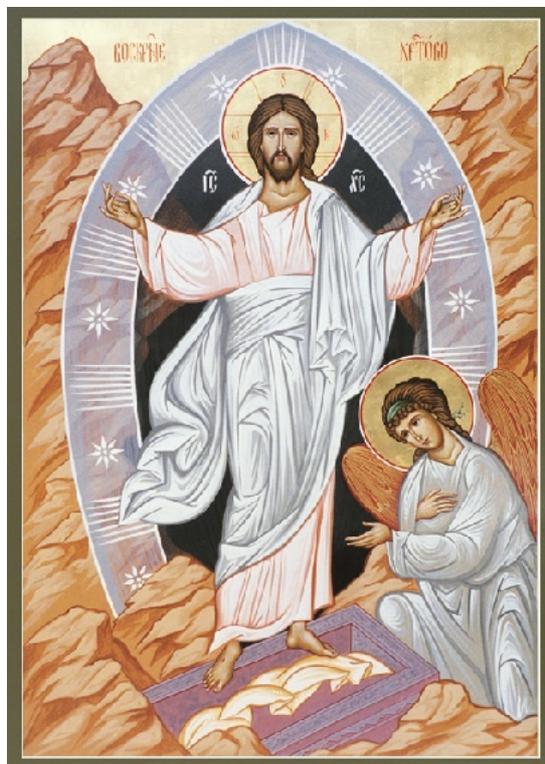
5. Look after others – even if only in small ways, but do what you can: a smile, a kind word, writing a letter or an email.

Help is available

Anxiety UK	Charity providing support if you have been diagnosed with an anxiety condition.	Phone: 03444 775 774 (Monday to Friday, 9.30am to 5.30pm)	Website: www.anxietyuk.org.uk
Bipolar UK	A charity helping people living with manic depression or bipolar disorder.		Website: www.bipolaruk.org.uk
CALM	CALM is the Campaign Against Living Miserably, for men aged 15 to 35.	Phone: 0800 58 58 58 (daily, 5pm to midnight)	Website: www.thecalzone.net
Men's Health Forum	24/7 stress support for men by text, chat and email.		Website: www.menshealthforum.org.uk
Mental Health Foundation	Provides information and support for anyone with mental health problems or learning disabilities.		Website: www.mentalhealth.org.uk
Mind	Promotes the views and needs of people with mental health problems.	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)	Website: www.mind.org.uk
No Panic	Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.	Phone: 0844 967 4848 (daily, 10am to 10pm). Calls cost 5p per minute plus your phone provider's Access Charge	Website: www.nopanic.org.uk
OCD Action	Support for people with OCD. Includes information on treatment and online resources.	Phone: 0845 390 5232 (Monday to Friday, 9.30am to 5pm). Calls cost 5p per minute plus your phone provider's Access Charge	Website: www.ocdaction.org.uk
OCD UK	A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.	Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)	Website: www.ocduk.org
PAPYRUS	Young suicide prevention society.	Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)	Website: www.papyrus-uk.org
Rethink Mental Illness	Support and advice for people living with mental illness.	Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)	Website: www.rethink.org
Samaritans	Confidential support for people experiencing feelings of distress or despair.	Phone: 116 123 (free 24-hour helpline)	Website: www.samaritans.org.uk
SANE	Emotional support, information and guidance for people affected by mental illness, their families and carers.	SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)	Website: www.sane.org.uk/support
YoungMinds	Information on child and adolescent mental health. Services for parents and professionals.	Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)	Website: www.youngminds.org.uk
NSPCC	Children's charity dedicated to ending child abuse and child cruelty.	Phone: 0800 1111 for Childline for children (24-hour helpline), 0808 800 5000 for adults concerned about a child (24-hour helpline)	Website: www.nspcc.org.uk
Refuge	Advice on dealing with domestic violence.	Phone: 0808 2000 247 (24-hour helpline)	Website: www.refuge.org.uk
Alcoholics Anonymous	Addiction (alcohol)	Phone: 0800 917 7650 (24-hour helpline)	Website: www.alcoholics-anonymous.org.uk
National Gambling Helpline	Addiction (gambling)	Phone: 0808 8020 133 (daily, 8am to midnight)	Website: www.begambleaware.org
Narcotics Anonymous	Addiction (drugs)	Phone: 0300 999 1212 (daily, 10am to midnight)	Website: www.ukna.org
Alzheimer's Society	Provides information on dementia, including factsheets and helplines.	Phone: 0300 222 1122 (Monday to Friday, 9am to 5pm and 10am to 4pm on weekends)	Website: www.alzheimers.org.uk
Cruse Bereavement Care	Bereavement	Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm) To find your local services phone: 0808 802 9999 (daily, 12pm to 2.30pm and 7pm to 9.30pm)	Website: www.cruse.org.uk
Rape Crisis	Crime victims		Website: www.rapecrisis.org.uk
Victim Support	Crime victims	Phone: 0808 168 9111 (24-hour helpline)	Website: www.victimsupport.org
Beat	Eating disorders	Phone: 0808 801 0677 (adults) or 0808 801 0711 (for under-18s)	Website: www.b-eat.co.uk
Mencap	Charity working with people with a learning disability, their families and carers.	Phone: 0808 808 1111 (Monday to Friday, 9am to 5pm)	Website: www.mencap.org.uk
Family Lives	Advice on all aspects of parenting, including dealing with bullying.	Phone: 0808 800 2222 (Monday to Friday, 9am to 9pm and Saturday to Sunday, 10am to 3pm)	Website: www.familylives.org.uk
Relate	The UK's largest provider of relationship support.		Website: www.relate.org.uk

Morning Prayer

Feasts and Festivals



From earliest times, Christians gathered at regular hours during each day and night to respond to God's Word with praise on behalf of all creation and with intercession for the salvation of the world.

By the fourth century morning and evening had emerged as the pre-eminent hours for the offering of this sacrifice of praise. This continued to be important especially for those in Holy and Religious Orders.

After much development over many years the morning and evening offices became important liturgy to be celebrated corporately by all of God's people, especially on Sundays, the day when the church commemorates Christ's Resurrection and the first day of creation.

The Gospel Canticle, the Benedictus, is the climax of the morning praise for the work of God in Christ. The offering of intercession, is as integral as praise, to the nature of the morning and evening offices.

O Lord, open our lips
All **and our mouth shall proclaim your praise.**

In your resurrection, O Christ,
All **all the peoples have seen your glory.**

Alleluia. Christ is risen.
All **He is risen indeed. Alleluia**

Hymn - Now the green blade riseth

Now the green blade riseth from the buried grain,
 Wheat that in dark earth many days has lain;
 Love lives again, that with the dead has been:
 Love is come again,
 Like wheat that springeth green.

In the grave they laid him, Love whom men had slain,
 Thinking that never he would wake again,
 Laid in the earth like grain that sleeps unseen:
 Love is come again,
 Like wheat that springeth green.

Forth he came at Easter, like the risen grain,
 He that for three days in the grave had lain,
 Quick from the dead, my risen Lord is seen:
 Love is come again,
 Like wheat that springeth green.

When our hearts are wintry, grieving, or in pain,
 Thy touch can call us back to life again,
 Fields of our hearts, that dead and bare have been:
 Love is come again,
 Like wheat that springeth green.

Prayer of Thanksgiving

Blessed are you, Lord God of our salvation,
to you be praise and glory for ever.

As once you ransomed your people from Egypt
and led them to freedom in the promised land,
so now you have delivered us from the dominion of darkness
and brought us into the kingdom of your risen Son.

May we, the first fruits of your new creation,
rejoice in this new day you have made,
and praise you for your mighty acts.

Blessed be God, Father, Son and Holy Spirit.

All **Blessed be God for ever.**

Prayers of Penitence

Jesus Christ, risen Master and triumphant Lord,
we come to you in sorrow for our sins,
and confess to you our weakness and unbelief.

A time of silence for self-examination (recollection of your sins)

We have lived by our own strength,
and not by the power of your resurrection.
In your mercy, forgive us.

All **Lord, hear us and help us.**

We have lived for this world alone,
and doubted our home in heaven.
In your mercy, forgive us.

All **Lord, hear us and help us.**

Lord Jesus, you are Word made flesh
and splendour of the Father:

Lord, have mercy.

All **Lord, hear us and help us.**

May the God of love and power
+forgive you and free you from your sins,
heal and strengthen you by his Spirit,
and raise you to new life in Christ our Lord.

All **Amen.**

Psalm 116 1-3, 10-end

Please join in with the response. It will be repeated at the beginning.

Response Gracious is the Lord and righteous.

Gracious is the Lord and righteous

- 1 I love the Lord, for he has heard the voice of my supplication;
because he inclined his ear to me on the day I called to him. **R**
- 2 The snares of death encompassed me; the pains of hell took hold of me; by grief and
sorrow was I held.
- 3 Then I called upon the name of the Lord: '
O Lord, I beg you, deliver my soul.' **R**
- 10 How shall I repay the Lord for all the benefits he has given to me?
- 11 I will lift up the cup of salvation and call upon the name of the Lord. **R**
- 12 I will fulfil my vows to the Lord in the presence of all his people.
- 13 Precious in the sight of the Lord is the death of his faithful servants. **R**
- 14 O Lord, I am your servant, your servant, the child of your handmaid;
you have freed me from my bonds.
- 15 I will offer to you a sacrifice of thanksgiving
and call upon the name of the Lord. **R**
- 16 I will fulfil my vows to the Lord in the presence of all his people,
- 17 In the courts of the house of the Lord, in the midst of you, O Jerusalem.
Alleluia. **R**

**All Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

Gracious is the Lord and righteous.

Father of mercy,
keep us joyful in your salvation
and faithful to your covenant;
and, as we journey to your kingdom,
ever feed us with the bread of life,
your Son, our Saviour Jesus Christ.

All Amen.

Reading

A Reading from the Gospel of Saint Luke

Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, 'What are you discussing with each other while you walk along?' They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, 'Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?' He asked them, 'What things?' They replied, 'The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. Moreover, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him.' Then he said to them, 'Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?' Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures.

As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, 'Stay with us, because it is almost evening and the day is now nearly over.' So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognised him; and he vanished from their sight. They said to each other, 'Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?' That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, 'The Lord has risen indeed, and he has appeared to Simon!' Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

Luke 24:13-35

This is the word of the Lord.

All **Thanks be to God.**

Responsory

Death is swallowed up in victory.

All **Where, O death, is your sting?**

Christ is risen from the dead,
the first fruits of those who have fallen asleep.

All **Death is swallowed up in victory.**

The trumpet will sound
and the dead shall be raised.

All Where, O death, is your sting? We shall not all sleep,
but we shall be changed.

All Death is swallowed up in victory.
Where, O death, is your sting?

from 1 Corinthians 15

The Gospel Canticle - The Benedictus

- 1 +Blessèd be the Lord the / God of / Israel:
he has come to his / people . and / set them / free.
- 2 He has rais'd up for us a / mighty / Saviour:
born of the / house of . his / servant / David.
- 3 Through his holy prophets God / promis'd . of / old:
to save us from our enemies, *
from the / hands of / all who / hate us.
- 4 He promised to show mercy / to our / Fathers:
and to re / member . his / holy / covenant.
- 5 This was the oath God swore to our / father / Abraham:
to set us / free from . the / hands of . our / enemies.
- 6 Free to worship him with- / oüt / fear:
holy and righteous in his sight / all the / days of . our / life.
- 7 You, my child, shall be called the prophet of the / Möst High:
for you will go before the / Lord to . pre- / pare his / way.
- 8 To give his people knowledge / of sal- / vation:
by the for- / giveness . of / their / sins.
- 9 In the tender compassion / of our / God:
the dawn from on / high shall / break up- / on us.
- 10 To shine on those who dwell in darkness and the
/ shadow . of / death:
and to guide our feet in- / to the / way of / peace. *Luke 1.68-79*

Reflection

The Apostle's Creed

Let us declare our faith in the words of the Creed.

All **I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
+ and the life everlasting. Amen.**

Prayers of Intercession

Let us pray to the Lord,
who is our refuge and stronghold.

For the health and well-being of our nation,
that all who are fearful and anxious
may be at peace and free from worry:

Lord, hear us,

All **Lord, graciously hear us.**

For the isolated and housebound,
that we may be alert to their needs,
and care for them in their vulnerability:

Lord, hear us,

All **Lord, graciously hear us.**

For our homes and families,
our schools and young people,
and all in any kind of need or distress:

Lord, hear us,

All **Lord, graciously hear us.**

For a blessing on our local community,
that our neighbourhoods may be places of trust and friendship,
where all are known and cared for:

Lord, hear us,

All **Lord, graciously hear us.**

We commend ourselves, and all for whom we pray,
to the mercy and protection of God.

Merciful Father,

**accept these prayers
for the sake of your Son,
our Saviour Jesus Christ.
Amen.**

The Collect

Let us pray.

There is a time of silence, then the officiant prays the prayer for the day.

Almighty Father,

who in your great mercy gladdened the disciples

with the sight of the risen Lord:

give us such knowledge of his presence with us,
that we may be strengthened and sustained by his risen life

and serve you continually in righteousness and truth;

through Jesus Christ your Son our Lord,

who is alive and reigns with you,

in the unity of the Holy Spirit,

one God, now and for ever.

All **Amen.**

The Lord's Prayer

Rejoicing in God's new creation, as our Saviour taught us, so we pray:

All **Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen.**

The Mission Community Prayer *(abbreviated)*

Let us pray:
Loving God, help our Mission Community:
to grow in prayer and discipleship,
and to serve our parishes with joy:
so that we and all your people,
may come to a greater understanding
of your son Jesus Christ.

All **Amen.**

THE CONCLUSION

May God, who through the resurrection of our Lord Jesus Christ
has given us the victory,
give you joy and peace in your faith;
and the blessing of God almighty,
the ☩ Father, the Son, and the Holy Spirit,
be among you and remain with you always.

All **Amen.**

Let us bless the Lord.

All **Thanks be to God.**

Hymn - Jesus Lives!

1. Jesus lives! thy terrors now
Can, O Death, no more appal us;
Jesus lives! by this we know
Thou, O grave, canst not enthrall us.
Alleluia!

2. Jesus lives! henceforth is death
But the gate of life immortal;
This shall calm our trembling breath,
When we pass its gloomy portal.
Alleluia!

3. Jesus lives! for us he died;
Then, alone to Jesus living,
Pure in heart may we abide,
Glory to our Saviour giving.
Alleluia!

4. Jesus lives! our hearts know well
Nought from us his love shall sever;
Life, nor death, nor powers of hell
Tear us from his keeping ever.
Alleluia!

5. Jesus lives! to him the throne
Over all the world is given;
May we go where he is gone,
Rest and reign with him in heaven.
Alleluia!

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St James the Least of All

Editor: *The Rev Dr Gary Bowness continues his tongue-in-cheek letters from 'Uncle Eustace'...*



On the perils of a Scout camp

The Rectory
St James the Least of All

My dear Nephew Darren

It seems that the basics of parish ministry are no longer taught in theological colleges. Don't you know anything about consulting your diary in public? When you are asked if you are free on a certain date, accepted practice is to open it so that the enquirer cannot quite see. You then shake your head sadly, saying you are committed to blessing a new tea urn, or on some other vital ecclesiastical activity that day. Then you regretfully give your apologies. You do not open the thing in full view of your enquirer, so he can see the blank pages! Really, it serves you right that you are now committed to going on Scout camp.

The last time I agreed to pay the Scouts a visit was when I found that there was a splendid restaurant only a mile away from their camp. I arrived and parked my car by the side of the river where they were all canoeing, wound down the car window and made encouraging noises for some minutes before explaining I had to find a garage for petrol.

Several hours later, after an excellent lunch, I drove to where they were now rock climbing, wound down the car window and made encouraging noises for some minutes before explaining that I had a standing committee to return to that evening. It was a splendid day.

You, however, will experience the charms of two days under canvas. Whatever site for your tent you choose, it will be the one that floods first. The early hours will undoubtedly find you wading about in water in the pitch dark, retrieving your sleeping bag and clothes – which you will then have to wear for the rest of the day. Watch out for the food, as well: all camp food contains grass and usually sheep droppings. This will make you ill, though for some reason Scouts thrive on it.

Whatever the weather and whatever activities you do each day, you will end up wet, chilled and bruised. At least your evenings will be warm, for you are bound to spend them at Casualty, with youngsters suffering from sprained ankles or dislocated shoulders.

My only advice is to use those hours in Casualty to practise the art of opening your diary in a way that only YOU can see it.

Your loving uncle,

Eustace

Easter Word Search

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	A	E	A	A	X	S	S	U																					
	T	N	L	V	T	H	Y	S																					
	P	I	G	O	C	R	S	C																					
	P	U	N	E	A	V	R	H																					
	D	E	U	V	L	O	E	R																					
	M	A	L	N	G	S	I	I																					
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	C	I	R	K	M	M	L	T																					
	V	R	Z	Y	N	B	O	Y																					
	R	Y	O	R	E	E	S	G																					
	K	I	C	S	Y	D	S	G																					
	P	N	H	N	S	Q	E	S																					

ANGELS
 APOSTLES
 BETRAYAL
 BLOOD
 CALVARY
 CROSS
 CROWN OF THORNS
 CRUCIFIXION
 DARKNESS
 DEATH
 EARTHQUAKE
 EASTER
 GOLGOTHA
 HIGH PRIEST
 JESUS CHRIST
 JOSEPH
 JUDAS ISCARIOT
 KING
 LAMB

MARY
 NAILS
 PASSOVER
 PIECES OF SILVER
 PIERCED
 PILATE
 RESURRECTION
 ROBE
 ROMANS
 SACRIFICE
 SIMON OF CYRENE
 SOLDIERS
 SON OF GOD
 SPEAR
 STONE
 TEMPLE
 THIEVES
 THREE DAYS
 TOMB

HOLSWORTHY COVID-19 MUTUAL AID

USEFUL CONTACTS FOR HOLSWORTHY

Food	Perkins Butchers, The Square	01409 253649
	Country Kitchen Holsworthy	01409 254408
	Waitrose	
Food deliveries	Happy Pear	07949 409298
	Blackberry farm	01409 261440
	Dave Barnes (venison)	07583 752062
	Dunstaple Dairy Herd	07791 658801
	Meet 'n' Eat Holsworthy	01409 259003
Take away	Indian Ocean Hoslworthy	01409 254942
Chemists	Lloyds, The Square Holsworthy	
	Boots, Holsworthy medical center	
Firewood	Grascott Firewood	01409 281393
General/Farm	Harpers Farm Supplies	01409 259600
	Mole Valley Farmers Holsworthy	01409 253014
Pet Supplies	Holsworthy Pets	01409 404006
General Builder	Darren Derosa	07947 193850
	Paul Crook	07793 074963
	Carlo Chandler	07812728619
	Stallion Home Developments ltd	01409 240099
	Holsworthy Tiling services	01409 478413
Plumbing Heating	G A Plumbing	07792 239756
	BRC Heating and Plumbing	01409 9211128
Electrician	John Rank	07710 656587
Fuel Station	Southcott Garage	01409 254277
	BP Holsworthy	
Mobile car repairs	Malk Withal	07814 617821
	Osbourne Mobile repairs	7939558493
	Advance Tyres	01409 254446
Computer Repairs Supplies	Holsworthy Computers ltd	01409 478040
Health and Help	Holsworthy Health Centre	01409 253692
	Holsworthy Hospital	01409 253424
	Town Clerk	01409 253312
	Age UK - Lines are open 8am-7pm	0800 678 1602.
	Citizen's Advice Bureau (Weekdays 9.30 am – 4.00 pm)	02444 111 444
	Samaritans	116 123

EMERGENCY NUMBER FOR SUPPORT

07340 633055