

WEEK ST. MARY MAGAZINE

HAPPY NEW YEAR

2026

JANUARY

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Week St Mary Magazine

January 2026

Issue No 457

Week St Mary Church Christmas Market

The Church Christmas Market was held on November 22nd and as usual attracted many very clever local artists and Crafts people plus a large crowd of customers keen to browse the stalls, eat hotdogs and drink mulled wine. It was a lovely social occasion which proved successful for the vendors and contributed well towards church funds. Thank you to everyone who helped out during preparations and on the evening itself



Week St Mary Church Mulled Wine Evening

The annual Mulled Wine evening at Week St Mary was hosted by Stephen and Micheline Smith (although Stephen kindly isolated himself as he was suffering from the flu, sorry Stephen you missed a great evening). Micheline provided copious quantities of mulled wine and a fabulous spread of tasty nibbles. Thank you to Jeannette Turner on the raffle, to Micheline for all her hard work and to all who came to enjoy the evening. Commiserations to all those who couldn't come due to illness.

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Diane Sheridan RN MCFHP, MAFHP

Week St Mary Adventure Church Christingle at St Anne's Home

On Tuesday 9th December, Week St Mary Adventure Church decamped to St Anne's Residential Home at Whitstone where they shared their Christingle service with the Residents and Staff. Revd David led a joyful service where no one got burnt and we all enjoyed a lovely tea provided by the home. Thank you very much.



Congratulations to all the Adventure Church children who were praised for their very good manners by the activities manager at the end of the evening.

We'll start the new term on Tuesday 13th January. All children over 4 years old are very welcome to join in from 4.30pm in the church. (Younger family members welcome if supervised).

Lego Café

The Week St Mary Lego Café has been active throughout the year, welcoming children from the village and surrounding area to build with our amazing collection of Lego. Also, many adults who come for a slap up cooked breakfast once a month.

We will be back on January 10th and February 7th (to avoid a clash with our Valentine's Day celebrations). All are Welcome.

MEET AND EAT

Next meeting Monday 5th January

Soup & Sweet from 12:00 noon and a

friendly chat in the Parish Hall

*Open to all ages newborn to 100+
come and enjoy some lively helpers & company,
a choice of soups and more importantly
a great choice of desserts.
Sue Edwards WSM341083*

Everyone and we mean EVERYONE is most welcome



Lunch Club

The WSM Lunch Club meets once a month in the church and celebrated with a Christmas meal on 17th December.

We have room for a few more at our regular meetings which take place on the 14th January and 18th February, (and again 18th March) starting at 12pm. Bookings essential please to 01288 341221.

Celebrations This Month

Ronnie Samuel Walpole A Very Happy 7th Birthday on
the 1st Jan

Bob Booker A Very Happy Birthday on
the 12th Jan

Charlotte Sandercock A Very Happy 16th Birthday on
the 13th Jan

Reuben John Woolf A Very Happy 7th Birthday on
the 29th Jan

Ruminations from the Rectory

Three Vicars

The Devil appeared to three vicars and asked them this question. “If I gave you the power to change something in the past, what would you change?”

The first vicar answered with great Apostolic fervour saying, “I would like to prevent you from leading Adam and Eve to sin so that humanity doesn't have to be separated from God.”

The second vicar was full of mercy and replied to the Devil, “I’d prevent you from straying from God in the first place.”

The third vicar was the simplest, and instead of answering the tempter, he knelt down bowed his head and prayed. “Lord deliver me from the temptation of what might have been, and what was not.”

The demon screaming and trembling with pain, fled. The first two vicars were surprised and they said to third one. “Brother why did you react like this?”

He answered them, “First we need to never talk to the enemy. Secondly no one in the world has the power to change the past, and finally, Satan’s interest wasn't to prove our virtue, it was to trap us into our pasts so we couldn't walk in the present where God wants to work in our lives right now. Of all the demons in this world, the one that holds people back the most and prevents them from living out their purpose in Jesus is, what could have been, and what was not.”

The Bible says, Forgetting what is behind, and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. Philippians chapter 3 verses 13-14

Story taken from Instagram. Highlight truth

Revd David

Crib Service on Christmas Eve

Week St Mary Church held its annual Crib Service on Christmas Eve. The Nativity tableau was assembled with twenty or so actors aged 5 months to 17 years, dressed in Nativity Costumes as the story of the Christmas Journeys was told.



Rev David Saunders and Mrs Saunders narrated the story and the baby Jesus was played this year by Eliza Shipton, Thank you to all the families who came to take part and to Linda Cobbledick, Sue Isherwood, Sue Booker and Lesley Booker who worked as wranglers for excited children and Bob Booker who played the Donkey. Thanks also to Micheline Smith, Judith Taylor and Abi Morrison who dressed the Crib with the Crib figures at the end of their Advent journeys, during which they visited 90 households in the village and wider parish.



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Sunday	10:00 - 12:00	PO CLOSED
Monday	08:00 - 13:00 & 15:00 - 17:00	PO SHOP HRS
Tuesday	08:00 - 13:00 & 15:00 - 17:00	PO SHOP HRS
Wednesday	08:00 - 13:00 & 15:00 - 17:00	PO SHOP HRS
Thursday	08:00 - 13:00 & 15:00 - 17:00	PO SHOP HRS
Friday	08:00 - 13:00 & 15:00 - 17:00	PO SHOP HRS
Saturday	08:00 - 13:00 & 15:00 - 17:00	PO SHOP HRS
Bank Holiday Opening:	10:00 - 12:00	PO CLOSED

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A community event organised by
Week St Mary Bonaventures WI

CPR and Defibrillator Awareness Session

On THURSDAY 8th
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Adventure Church

We welcome all children (preferably at least 4 years old) and at least one parent or carer per family every Tuesday, 4.30pm at WSM Church, where we have a story and adventurous or crafty activity (depending on the weather), a prayer and a shared meal - all for £1.50 per child.

Contact Lesley on **01288-341221** for details or join our Facebook Group *week st mary adventure church* for further details. We usually communicate through FB Messenger.



Happy Memories, Memory Café

For people with memory problems, big or small, old or new,
all ages welcome.

Meets at Week St Mary Church 2:30-4pm on the
second and fourth Monday of every month.

Company, games, chat, memory training, exercises, nostalgia, music,
practical help and signposting support through Disability Cornwall.

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Week St Mary Parish Hall

Quiz Night (with Lee)

Friday 23rd January

7.30pm

Book your table with Margaret on 07856357424

WEEK ST MARY PARISH HALL HIRE CHARGES

Commercial Hire £11 per hour

Commercial Hire (Concessionary rate for locals) £8.50 per hour

Local groups/organisations £7 per hour

Daytime social events £7 per hour

Evening social events (after 6pm) £8.50 per hour

Weddings/Funerals £11 per hour Use of kitchen £3 per hour

~~~~~

All hire charges include licenced bar run by the committee

Hire conditions apply

~~~~~

For further details and booking please contact

Brenda Jennnings 01288 341429

These charges remain the same as last year

Advance Warning Valentines Day Pop up Restaurant

This will be held on 14th February at 7.00 pm in the church with a licensed bar and three course meal. Details to follow – all enquiries including advance bookings to 01288 341467.

Week St Mary Lego Cafe



Happy New Year

see you again

10th January

AT WSM CHURCH

(Breakfast served till 11.30)

Open 9.30-12



C A M E O

Come And Meet Each Other

Meeting is Friday 16th January

@ 2pm Lindas's House

Everyone most welcome for tea, coffee, biscuit or cake and
an opportunity for a chat.

As ever, transport can easily be arranged but will
people please book with
Linda Cobbledick 01288 341468

Look forward to seeing you !

Week St Mary Playgroup



Welcomes you

10am - 12 every Tuesday
at Week St Mary Village Hall

Come along and have some fun !



Join coffeepots baby and toddler group on
Facebook or email coffeepotswsm@gmail.com



Lunch Club



Week St Mary Church Lunch Club will meet again
on Wednesday 14th January at 12.00 noon

Regulars please book with Lesley 341221 asap
New members very welcome from January - we have
room for up to 6 more

Mon

Tue

Wed

Th

January

Regular items appear as these symbols on the calendar - PH is Parish Hall, MSR is Methodist School Room, WSMGP is the Play Group,



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MORNING



MEETING



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Day



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Craft
Group
MSR

5
*Meet and Eat 12:00
(P6)*

6
*Adventure Church
4:30pm (P13)*

7
*Parish Council Meeting
7.30pm MSR*

8
*CPR & Defibrillator
Training Session
PH 7.00pm
Chapel Coffin
10:30 to
12:00 MSR*



12
*Memory Café 2:30pm
(P.13)*

13
*Adventure Church
4:30pm (P13)*

14
*Lunch Club 12:00
(P17)*

15



19

20
*Adventure Church
4:30pm (P13)*

21

22
*Chapel Coffin
10:30 to 12:00*










26
*Memory Café 2:30pm
(P.13)*

27
*Adventure Church
4:30pm (P13)*

28

29



Thu	Fri	Sat	Sun
	2	3 	4 Service All age worship 10.00am (P.21) Chapel Combined Service at Delabole (P.21)
brillator vision ee Morning 	9 	10 Lego Café 9:30—12 (P16)	11 Chapel Worship 10:30 (P.21) Church Evening Prayer 18:00 (P21)
	16 Tech Support Café 11:00 -12:00. MSR (P33) CAMEO 2:30pm– 4pm (P16) 	17	18 Church Holy Communion 11:15(P21) Chapel Let's Meet, shared informal worship 10:30 (P21)
ee Morning 00 MSR 	23 Quiz Night 7:30 PH (P15) 	24 Tamar Rock & Roll	25 Church Morning Prayer 10:00am (P.21) Chapel, Café Church. 18:30 (P.21)
	30 	31	

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WEEK ST MARY CHAPEL



Chapel services for January 2026

Sun 4th	11.00	Combined Circuit Covenant Service at Delabole led by Rev Darren Middleton.
Sun 11th	10.30	Morning Worship led by the Worship Team.
Sun 18th	10.30	Let's Meet, shared informal worship led by members.
Sun 25th	18.30	Café Church

We continue to produce weekly printed service sheets available via our website www.weekstmarymethodist.co.uk or from the notice board at the chapel.



Services at St Mary's Church

January 2026

Sun 4th	10.00	All Age Worship
Sun 11th	18.00	Evening Prayer
Sun 18th	11.15	Holy Communion
Sun 25th	10.00	Morning Prayer

Every Wednesday @ 8:30am there will be a zoom service of Morning Prayer

Full details are available via achurchnearyou.com

BYSTANDERS CAN BE LIFESAVERS

CAN YOU ADMINISTER CPR?

DO YOU KNOW HOW TO USE A DEFIBRILLATOR?



2 VITAL SKILLS THAT COULD SAVE THE LIFE OF A FAMILY MEMBER, FRIEND OR NEIGHBOUR

Living in an isolated village many miles from major hospitals, and with over 70% of cardiac arrests occurring at home and about half being witnessed by a bystander, why not start the year with a resolution to learn these important skills which could save a life! Quick intervention can be the difference between life and death.

In the UK there are over 30,000 out-of-hospital cardiac arrests annually, 12 people under 35 die each week from cardiac arrest and it could simply happen to **ANYONE** of us at **ANY TIME**. As we now have 2 defibrillators in Week St Mary we have the tools so now we need the knowledge of how to use them!

Join us on:



Thursday 8th January



7.00pm



Week St Mary Parish Hall

for a talk focussing on CPR and how to use a DEFIBRILLATOR by ANDREW COLLINS, a Community Engagement & Training Officer from the NHS South Western Ambulance Service. The Bude Community First Responders team will also be in attendance

EVERYONE - men, women, teens and children - is welcome and encouraged to attend this **FREE** Community Event.

Donations for a charity that supports Community First Responders would be appreciated

2 HOURS OF YOUR TIME COULD SAVE A LIFE

We look forward to seeing you there!



This is a **COMMUNITY EVENT** event organised by
Week St Mary Bonaventures Women's Institute
FOR the Community

Happy Memories Memory Café

Happy Memories memory Café is open to everyone of any age who may be experiencing memory difficulties. Friends and carers are also very welcome. This is not solely for those with serious difficulties but also for anyone who feels their memory can sometimes be unreliable.

We all have these moments of uncertainty and concern and the Happy Memories memory café aims to help with companionship and fun activities that everyone can enjoy. There is no stigma to joining a memory café.

We meet at 2.30pm in the church and aim to finish by 4.30. We hold activities and talks, which are designed to aid those with Memory loss and Dementia and welcome a wide range of people of all ages. We always finish with tea and cakes of course!

We have people attending from the surrounding area as well as our own village. We meet once a fortnight on January 12th and 26th and then February 9th and 23rd. March will also be 9th and 23rd.



We are supported by the Cornwall Memory Café network. Why not come along?



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WEEK ST MARY PARISH HALL 100 **CLUB**



The **December**100 club winners are:

December 100 club

- 1st, £75 - no 100, Millie Dennis
- 2nd, £50 - no 67, Francis Rowe
- 3rd, £25 - no 59, Millie Dennis
- 4th, £20 - no 68, Derek Orchard
- 5th, £10 - no 92, Owen Heard

Parish Hall Christmas draw winners

- 1st, £75 - Sue Edwards
- 2nd, £50 - Kekazza Stripp
- 3rd, £25 shop voucher - Stephen Barriball
- 4th - Jeff Roberts
- 5th - Aidan Slade
- 6th - Ray (Treetops)
- 7th - Bryer Smeeth
- 8th - Aidan Slade
- Plus 18 other winners.

A big thank you for all of the donations for the hampers!!

The committee thank all for the support they have received throughout the year and wish EVERYONE A VERY HAPPY CHRISTMAS AND PEACEFUL NEW YEAR!!

Membership is £15 per number.
New Members Welcome!
Thanks You For your Support
Margaret Johns
07856 357424

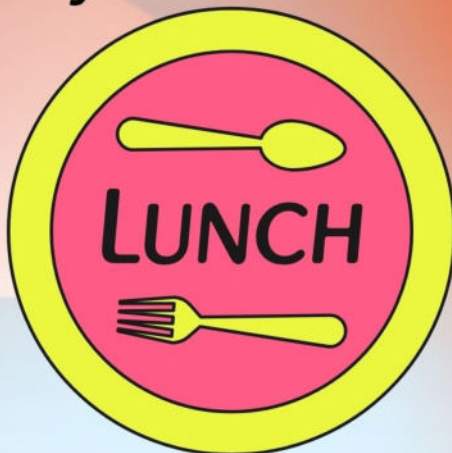
THOUGHT FOR THE MONTH

Be nice to people on your way up because you will meet them on your way down.

Jeanette Turner

Week St Mary Church

**LUNCH
CLUB**



**Week St Mary Church invites
you to a simple lunch with
main course, sweet and good
company at the church on
Wednesday 14th January
12 pm**

**There is NO CHARGE
(Booking essential)**

**Please ring 01288 341221 if you
would like to come
(Donations Welcome)**

You are invited to:

Happy Memories Memory Cafe

Twice Monthly at
Week St Mary Church 2-4pm

12 & 26 Jan, 9 & 23 Feb

Companionship, chat,
reminiscences, activities for
training memory, advice, music,
games, arts & crafts,
refreshments

All welcome

More details 01288 341016



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COMMUNITY MONEY ADVICE LAUNCESTON

During 2025 the Cornwall PEOPLE IN MIND outreach project has enabled Community Money Advice Launceston to visit and meet local residents of some of the most rural villages and hamlets within North East Cornwall, including Week St Mary. This has enabled our team to become engaged with some of the least advantaged locally. The elderly especially, including those who may be experiencing difficulties within their finances, particularly with their utilities, local taxes and benefit structure.

The FREE services which CMAL offer in these areas has been particularly welcome among those who find it so difficult to keep abreast with the newer methods in technology. With nationally 1 in 7 people being unable to communicate effectively with the internet/email/online banking system, it is little wonder why our team is fully stretched to help. We have a policy of helping every genuine request for help. One of the main lessons we have learnt from our visits is that many local people were unaware of us, or the areas in which we can help, and especially the direct contact we have with some agencies, like SouthWest Water or Cornwall Council about council tax problem

The major areas of immediate concern to many of our clients currently are:

PENSION CREDIT WINTER FUEL PAYMENT BLUE BADGES PIP
renewal

If you are worried or feel the forms to fill are too complicated. DO NOT WAIT.

If you feel you would like to contact outside our visit dates, then make an initial contact by phone on 01566 777407 or 07762 092 830 and leave a message on our answerphone if our office is closed. For those who prefer email then our contact is office@launcestonmoney.co.uk . In the last year more than 800 residents in North Cornwall have had our help. Many in Week St Mary and the surrounding hamlets.



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pilates
North Cornwall

Week St Mary Thurs 09.15 & 10.30

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Launceston, Bodmin, St Kew

On Zoom Weds

What does Pilates do?

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- Corrects muscle imbalances & encourages pain-free movement
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Martin Brooks 07812 959 879

www.northcornwallpilates.co.uk

martin@northcornwallpilates.co.uk

J PARKIN
BUILDING CONTRACTOR
01288 341664 WK ST MARY

Kilburn, Week St Mary,
Holsworthy, Devon
EX22 6UR

Tel/Fax: 01288 - 341664

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HUMANOID ROBOTICS ARE ON THE MARCH!

What is 2026 to bring to an already over laden world of smart phones, smart meters, smart cars, The development of computers, laptops, tablets and all-in-ones is now confined to history, So what maybe next? Well, how about anthropomorphic robotics!

Industry at large have used robotics on production lines for years and several million are currently in everyday use, but Elon Musk is developing what he believes will become a world beater in humanoid development.

Pleasingly, he is far behind a local Cornish company based in Falmouth who have produced a very credible and functional humanoid robot, designed by Engineered Arts and is considered by many to be the world's most advanced robot.



However, as robots can be programmed to do many things and with the advent of AI's ChatGPT can simulate any voice. Walking is the most difficult and has yet to be mastered, as the Russian attempt at an anthropomorphic robot with artificial intelligence, and to their embarrassment, fell down after a couple of paces. So, robots are not quite ready to go on the march, but it's only a matter of time.



Seemingly prices currently discussed are between £10K and £15K but it is likely to be at least 5 years before a satisfactory walking robot is available to buy - so start saving!

However, Elon Musk believes in 20 years it will be possible to fully clone a human being and transpose that onto a robot. Now that is scary, imagine hundreds cloned Elon Musk robots, or Boris Johnson replacements or even worse, a whole government repeating error after error. In the words of the song "send in the clowns", or will it be robots!



In a move to make robots to look more human, a Chinese company "AheadForm" is trying to make heads that appear to have skin, lips and hair using a synthetic skin with a natural feel and look.

Honda's Asimo made its debut in 2000, But it was ditched three years ago (that too fell over) as the company is focusing on human-like robotics.



So, if anyone is worried robots will take over the world, don't be, trip them up and they will fall over! We all have weaknesses.

For computer help and repairs and free telephone advice call;

Brian Meadows 01288 381061

Nofix-Nofee Computer Repair Services

Forthcoming Events

January 8th CPR & Defibrillator Training Session (PH) 7.00pm

January 16th Tech Support Café 11:00 -12:00. (MSR)

January 23rd Quiz Night 7:30pm (PH)

February 14th Valentines Day Pop up Restaurant 7:00 (Church)

April 26th Johnny Cowling in Concert (Church)



CRIME REPORTING

To report a crime telephone number **101**
or Email: 101@devonandcornwall.pnn.police.uk

To give anonymous information
Crimestoppers 0800 - 555111



Week St Mary Tech Support Café
Friday 16th January 2026 11am-12pm
WSM Methodist Church

Tech Support Café



Staying Safe Online

Free Drop-In Tech Help and Advice for Villagers. Including help with your mobile phone, laptop, tablet, apps, setting up accounts, online safety etc.

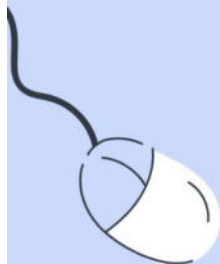
Printer also available. DBS-checked.

Free tea and coffee.



Questions?

Contact Tamsin at Cobweb
Cottage, Week Green.
Tel 07454 382450



Sponsored by WSM Football Club

WEEK ST MARY PARISH COUNCIL MEMBERS

AND RESPONSIBILITIES

Parish Council Chair:	Carol Slade	WSM 341350
Vice Chair:	Ian Richardson	07379-292313
Parish Clerk:	Suzanne Cleave	07853-298595
Finance	Ian Richardson	07379-292313
Public Conveniences:	Parish Clerk	07853-298595
Highways, streetlights, trees, parish greens and footpaths:	Parish Clerk	07853-298595
Primary Schools:	Tamsin Fay	07454-382450
	Anna Willoughby	
Playing Field:	Rachel Shipton	07792-258665
	Sam Gubbin	07988-861613
	Carol Slade	WSM 341350
	Margaret Johns	07856-357424
	Anna Willoughby	
Planning:	Ian Richardson	07379-292313
Community Area Partnership:	Tamsin Fay	07454-382450
Other Councillors:	Nick Couch	07949-026647
	Stuart May	WSM 341092
	Jeremy Ward	
Non Council Members:		
Debrillator:	Wendy Couch	
	Jane Pearce	WSM 341525
War Memorial:	Sarah Wickett	

MAGAZINE ENTRY DATES

The last date for entries to the Magazine is **22nd of the month**
Please get your copy to the editor or the shop, preferably on disc or as
e-mail. Handwritten pieces are fine too but if you use a computer,
please help by producing paperless words!!

MAGAZINE MEMBERS

Magazine Editor	Mr Dick Sowerby	WSM 341348
e-mail	editor@weekstmaryvillage.co.uk	
Advertisements	Mr Dick Sowerby	WSM 341348

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PHOTO EDITING and PAGE LAYOUT/LOGO DESIGN

WEEK ST MARY DIRECTORY

Parish Council Chair:	Mrs C Slade	WSM 341350
Parish Clerk:	Suzanne Cleave	07853-298595
Email:	clerk@weekstmaryparish.gov.uk	
Parish Hall Chairman:	Mrs Margaret Johns	07856-357424
Parish Hall Bookings:	Ms Brenda Jennings	01288-341429
Email:	dippyfish@btinternet.com	
County Councillor:	Nicky Chopak	07810-302061
Email:	nickychopak@gmail.com	

<u>SITA Recycling Centre:</u>	Tiscott Wood	01288-355131
	9:00am - 4:00pm	
	7 days a week except	
	Christmas Day, Boxing Day and New Years Day	

<u>Doctor's Surgeries (Appointments)</u>		
Stratton Medical Centre (Stratton)		01288-352133
Ruby Country Medical Group (Holsworthy)		01409-253692
Neetside		01288-270580

<u>Buses:</u>	Plymouth City Bus (colour Red)	
WSM Transport Rep		01752-662271
(Launceston Mon & Thurs 09:38am Ret 12:50pm from TESCO		
Launceston Tue 09:38am Ret 12:30pm from TESCO		
Holsworthy Wed 09:38am Ret 13:07pm - Bude Friday 09:38am Ret 13:01pm)		

<u>Women's Institute:</u>		
President:	Mrs Sue Dickenson	
Secretary:	Mrs Roberta Jones	07788-548875

<u>National Child Line:</u>		0800 1111
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<u>Diocesan Safeguarding Officer</u> for Children and Vulnerable Adults		
Rev David Saunders		07834-459672

<u>Mobile Library:</u>	The Square, Week St Mary 11:50am-12:10pm	
	Check calendar for monthly dates.	

<u>Football Club:</u>	Mr Antony Sachs	WSM 341090
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<u>Parish Church:</u>	Rev David Saunders	07834-459672
	rector@bude-coast-benefice.org	

<u>Methodist Church:</u>	Rev Steve Swann	01840-779339
	(Service times for both churches inside Magazine)	