MINISTER

Rev Al Lowe 07478 670953

CHURCH MOBILE for room bookings etc 07895 711323

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

E-MAIL thecornerstone1795@gmail.com

MONTHLY NOTICES (& weekly if/when required)

Brenda Noone bn.torp@gmail.com



CORNERSTONE CHURCH, 15 FORE STREET, TORPOINT, CORNWALL, PL11 2AB

LOOP SYSTEM INSTALLED FOR HARD OF HEARING

Website: http://penncirrus.co.uk/Cornerstone/index.htm

and on FACEBOOK



Cornerstone Church - Torpoint

NEWSLETTER



JUNE 2026

The Torpoint Compassionate Café

offers a friendly space for people to gain support who are bereaved/living with loss or who are caring for someone with a terminal or life limiting illness or long-term health condition

MEETS EVERY 1st and 3rd MONDAY OF THE MONTH
AT THE TORPOINT MOSQUITO SAILING CLUB
between 12.30-14.00

(No need to be a member or to book)
Email: Torpoint Compassionatecafé@gmail.com;
facebook@Torpointcompassionate café

FREE REFRESHMENTS PROVIDED

ANSWERS FROM LAST MONTH'S QUIZ

1	Which 1987 thriller stars Glenn Close & Michael Douglas?	*Fatal Attraction*
2	In which city is Tiananmen Square?	*Beijing*
3	What is the medical term for *Lockjaw*?	*Tetanus*
4	What style of canoe is used by the Inuit?	*Kayak*
5	*Ol' Man River* is a song from which musical?	*Show Boat*
6	In which English county is the Lake District?	*Cumbria*
7	Which actor starred in the 2017 film, 'American Made'?	*Tom Cruise*
8	The famous Dandies, Nash and Brummel, shared which nickname?	*Beau*
9	Who is the lead singer with The Eurythmics?	*Annie Lennox*
10	What word describes a lifestyle devoted to pleasure seeking?	*Hedonism*
11	In which county is Ventnor?	*Isle of Wight*
12	What is the first name of legendary Russian ballerina, Miss Pavlova?	*Anna*
13	The TV series Ally McBeal starred which actress in the title role?	*Calista Flockhart*
14	Which small guitar has a name that means 'jumping flea'?	*Ukelele*
15	What was the title of the 1970s sitcom about a self-sufficient couple in suburbia?	*The Good Life*
16	What is the use of a fragrant essential oil as a treatment in alternative medicine called?	*Aromatherapy*
17	Ancient writers Homer and Sophocles wrote in which language?	*Greek*
18	Which river flows through Stockport and Warrington?	*Mersey*
19	Which Russian seaport shares its name with a heavenly being?	*Archangel*
20	What colour are the flowers of the herb Borage?	*Blue*

Liskeard & Looe foodbank including Torpoint & Rame Peninsula

Keep Up The Good Work

URGENTLY NEEDED FOOD & OTHER ITEMS, listed in order of urgency: (as at 27 May)



- **Fruit Juice**
- **Hot Dogs**
- **Shower gel**
- **Squash**
- **Tinned curry and meat**
- **Tinned tomatoes & Pasta Sauces**
- **Tinned chilli and meatballs**
- **Tinned fruit**
- **Tinned soup (any sort)**
- **Tomato ketchup**
- **Deodorant, men/women**
- **Tea/Coffee**

WE'VE GOT PLENTY OF TENA PADS

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

Food is distributed from a room at the side entrance of Cornerstone Church, in Quarry Street. Sessions are from 09.30-12.30 on Wednesdays and Fridays.

Foodbank currently need helpers and anyone wishing to volunteer would be most welcome. Please pop into a session for further information.

Thank you

LETTER FROM THE MINISTER



Hi

Over the winter, I have been learning to dive, not from a high-board like Tom Daley, but sub-aqua like Jacques Cousteau. Having done all my pool training, I did my first open water dive two weeks ago and I'm just waiting for the weather to improve before I do my next one (too much wind and rain churns up the mud apparently). The one thing I am aware of is that how complicated breathing is under water - something we take for granted on the surface. Because there is no air under water, divers have to take it with them and this leads to a range of complexities, such as having enough air to complete the dive, not coming up too quickly to prevent decompression illness (the bends), having the right mixture of gases in the tank, and making sure there are no contaminants, such as carbon monoxide in the tank. We are so used to breathing, most of us don't notice we are doing it until some folk have to rely on oxygen for medical reasons.

We are now in the season of Pentecost, the time the church celebrates the gift of the Holy Spirit when it came as a gust of wind and flames on the heads of the Apostles. That image of a mighty wind is often used to demonstrate the power of the Holy Spirit, a force that is very real but never seen (a bit like air in my diver's tank). We only see the consequences of the Spirit of God. And like learning to breathe underwater, we so often take for granted the mighty gift which God has given us. We often fail to acknowledge the work of the Spirit when we are inspired by something new, or coincidences (God-incidences), or appreciating the gifts of the Holy Spirit such as preaching and healing and speaking in tongues.

But I am also aware of those people who feel that they have never experienced the power of the Holy Spirit; trying to understand what all the fuss is about can feel exclusive and limiting.

So, I pray that this Pentecost, you have the opportunity to see the Holy Spirit anew and afresh, or have an experience of it for the first time, just like my new experience of diving, when it becomes exciting again.

PS, I think you may get a few more diving analogies in the future; I apologise in advance!



Blessings,
Al

Notices from Sandra:

Huge thanks **to the Garfield Weston Foundation** for a grant of £10,000 awarded to us in May. This is the last outstanding application we were waiting to hear back from. We will, in due course, have permanent acknowledgement notices/plaques to the grant issuing bodies who have given grants in the thousands of pounds. These organisations genuinely wish us well and are interested in our story and progress. The use of the church by Foodbank and ODILS charity has been recognised by these bodies as valuable work for the community.

Thank you to Claire and the fundraising team; your continuing efforts are vital and much appreciated.

Thank you to the kind donors of a vacuum cleaner and sewing machine. It is heartwarming to see requests met so quickly. The recipients are thankful for the items, and they will be put to good use.

Thank you workers, and keep praying.

Sandra

HOUSE GROUP

10th and 24th June at 3.30pm

See Sandra for venue

Bible Study at Stoke Christian Centre:

10.30am for a 10.45 start on Thursday 11th & 25th June

led by Rev Edgar Daniel. We will be studying Romans this term.

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

Date	Preacher	Welcomer	Vestry	Opening Prayer
7th	Rev Darren Middleton - HC	Marie Luscombe	Sandra Pratt	SP
14th	Teresa White	Ann Dean	Chris Cross	JuneS
21st	Vicki Penfound	Margaret Harrison	Paulene Smith	PS
28th	Maria Mills	Sandra Pratt	Steve Martin	SM



We are holding cake sales to raise money for our Building Repair Fund

outside Cornerstone at the Street Market on the last Sunday of each month.

It would be wonderful if you could bake and donate cakes for us to sell. If not, please come along and buy one! Or, is there anyone you know who would bake on our behalf??

PLEASE SUPPORT. Thank you—Claire & Duncan

DUTY LISTS

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

FLOWER ROTA DONATIONS - JUNE	
7th	*Vacant*
14th	Margaret Harrison
21st	*Vacant*
28th	Sandra Pratt

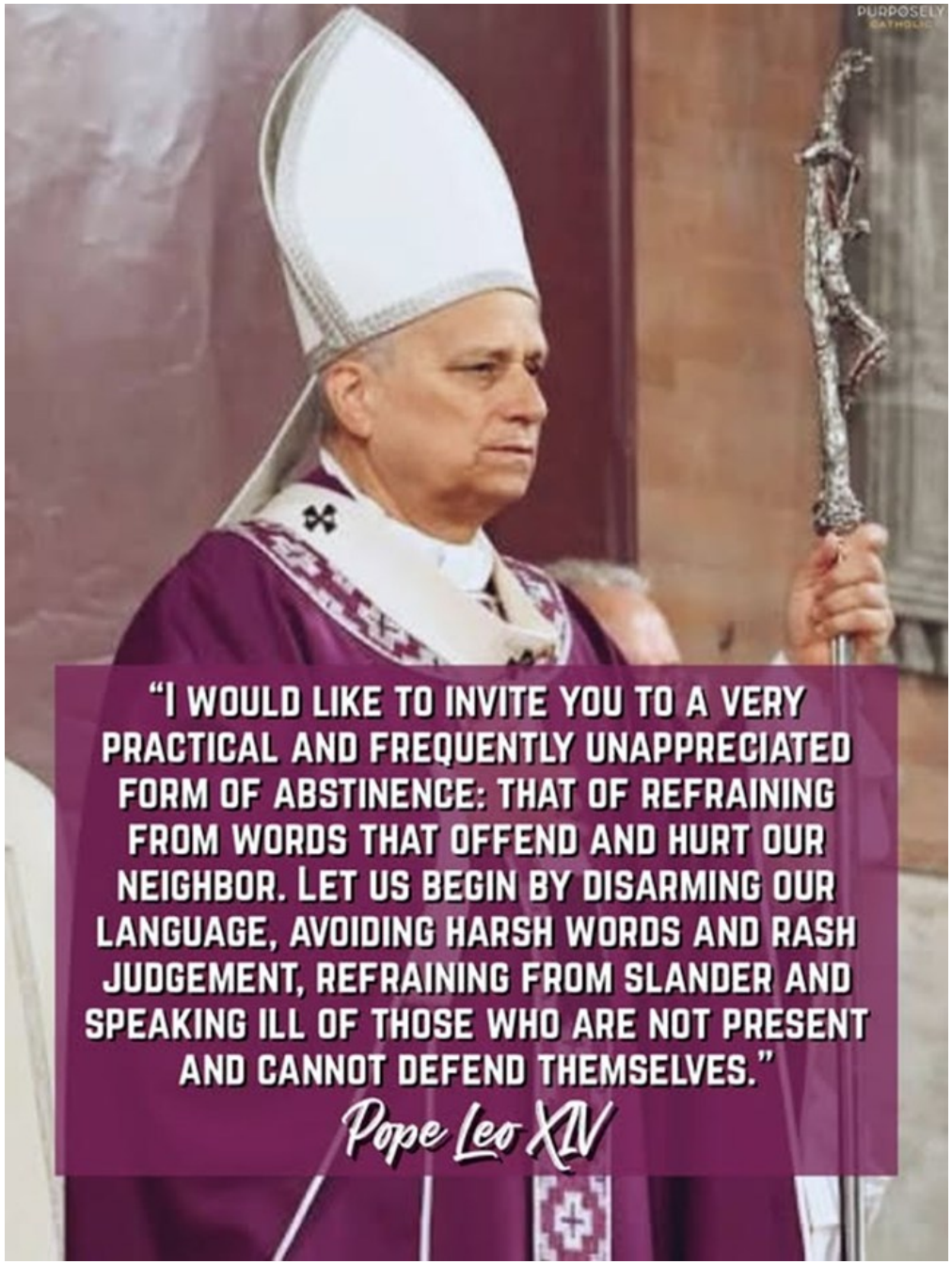


PLEASE see Marie if you would like to make a donation towards the flowers displayed in church.

SUNDAY COFFEE ROTA - JUNE	
7th	June Stockton & Paulene Smith
14th	June Stockton & Lorna Wilkins
21st	June Stockton & Jan Hall
28th	June Stockton & Paulene Smith



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*







QUIZ TIME

1 Who wrote the award winning 1984 novel ‘Hotel du Lac’?

2 The 41st & 43rd presidents of the USA share which surname?

3 Which god is the Greek equivalent of Neptune?

4 Which is Britain’s oldest cathedral?

5 Name the selection of small dishes served in Spanish cafes?

6 What is a widow of a peer called who retains his property/title

7 Which bulbous narrow-necked bottle is used in domestic wine -making?

8 Meg Ryan co-starred with which actor in the 1989 film *When Harry Met Sally*?

9 In which country was tennis champion Novak Djokovic born?

10 What was Ross Kemp’s character called in *EastEnders*?

11 What term is given to the projecting part on a wheel?

12 Weymouth & Corfe Castle are found in which English county?

13 Which item, sometimes eaten for breakfast, contains pork, blood and dried suet?

14 Which ornamental fabric is a traditional hallmark of Nottingham?

15 The 2000 film *How the Grinch Stole Christmas* starred which actor?

16 Which French word is used for a funeral procession?

17 Which country is bordered by Bolivia & Paraguay to the north?

18 *Back to Black* was a 2006 album for which singer?

19 Which London street leads from Trafalgar Square to the Houses of Parliament?

20 Which 1984 sci-fi film was based on a Frank Herbert novel?

CAFÉ ABUNDANCE

Lunch Time

CAFÉ ABUNDANCE

Lunch at 12.30pm in St James' Church Hall

Monday 8th June

(PAY WHAT YOU CAN)





PRAYERS FOR OUR TOWN

Even though there is no longer a monthly street leaflet drop, please continue to remember the folk within your own street, and the people of the town in general, in your prayers.

Thank you





Finance

	OFFERTORY	BENEVOLENT FUND	TUESDAY & SUNDAY COFFEES
April 26th	£312.00		£19.50
May 3rd	£503.00		£10.46
May10th	£293.50		£10.05
May 17th	£292.00		£10.65
TOTAL	£1,400.50	-	£50.66

Currently the Repair Fund total raised is

£18,463.92

In the last month our Repair Fund-raising has gone from

£15,754.16 to £18,463.92.

In addition to the Coffee Morning and donation boxes opened, we raised the following:-

- The Quiz Night raised £274.30.
- Our next door neighbour, Alternative Styles, held a raffle and donated the £75.00 raised.
- Second-hand Sundays raised £300.00.
- We received an anonymous donation of £500.00.
- We received a final payment from the Mayor's Fund of £610.00.
- The R.M. Ensembles Concert raised £635.48.

Sincere thanks to every single one of you for all your help & support.

Many thanks, Liz

CALENDAR REPRODUCED IN SEPARATE DOCUMENT