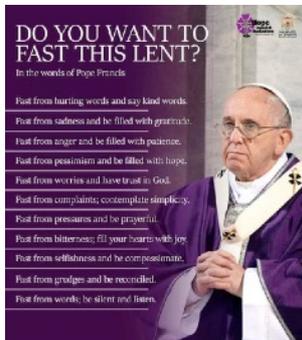


THE PORTICO

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words and say kind words
- Fast from sadness and be filled with gratitude
- Fast from anger and be filled with patience
- Fast from pessimism and be filled with hope
- Fast from worries and have trust in God
- Fast from complaints; contemplate simplicity
- Fast from pressures and be prayerful
- Fast from bitterness; fill your hearts with joy
- Fast from selfishness and be compassionate
- Fast from grudges and be reconciled
- Fast from words; be silent and listen.



CAFOD's Walk for Water challenge during Lent



Walking 10 kilometres - or even 10,000 steps - a day through Lent is not practical for us all and if you can't do the walk, we ask for your prayers for those who walk many miles each day to fetch water.

You can also just walk whatever steps you can, and add it to our joint Truro Group Walk for Water: Maggie has set up an online form for us so that we can all log every step we walk. At the end of Lent, we'll publish how far we walked TOGETHER. Enter how much you've walked [HERE](#) : you can enter your miles / steps each day

or at the end of Lent - whichever works best for you.

Donations can be made using the Truro CAFOD [justgiving page here](#) or by cheque to CAFOD at Romero House, 55 Westminster Bridge Road, London, SE1 7JB).

Samantha F has very bravely set her own Walking for Water challenge of 10,000 steps a day. You can sponsor her by going to [Samantha's CAFOD Fundraising page](#). (Good Luck Samantha!)

'A culture of encounter' in Cornwall?

Pope Francis has spoken repeatedly and insistently about the need to develop "a culture of encounter". Where is our encounter with the wider community?

The point of a Parish Bazaar is mainly to encounter non Catholics,

Messages

Greetings, thanks and blessings from: Andrew, Samantha, Evelyne, Genevieve, Sam, Angela and Kay

"The ashes article spoke to me." Evelyne

Accommodation needed

Ottilia , a friend of Kay's writes: 'I am a teaching assistant in a local school and have recently moved to Truro. I am looking to rent - long term- a 2-3 bedroom house, ideally near the centre of Truro. I have 3 children who would stay with me every other week.' If you can help please email theportico@icloud.com and we'll pass on your contact details.

Kay says,"If you can't help please pray for her - she is a wonderful person, so open -minded and will be a gift to any community she joins."



needs spaghetti hoops, biscuits & shampoo



Truro Group
Our family in Christ helping each other
07474-941099

Need help getting online?

If anyone needs any help going online, using ZOOM or finding an online mass etc, SVP Truro can help

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as is a Carol Service or a Band or Choir concert, as is making the Hall available to AA or the Brownies. This idea of the 'interface' between the Catholic and the wider community is absolutely vital, and should be developed. So in Cornwall a group of parishes should be represented at the Royal Cornwall Show, or Stithians Show.

I also remember with dismay a recent funeral in which the church was packed with non Catholics to whom little welcome or encouragement was offered. The non Catholic widower had driven his wife to our Church for Sunday Mass for decades, no mention was

made of this shining love and fidelity.

The encounter of children, adolescents or young adults in Cornwall is also relevant to collaboration between parishes. Growing up in a Cornish Parish in the 50s and 60s there were very few in my age group, and perhaps even then we should have collaborated with our neighbouring parishes. The 'parish must be a place that brings people together and facilitates long term personal relationships.' (Instruction 'Pastoral Conversion' p.25). Should small parishes collaborate in sacramental preparation or catechesis?

(from a response to *A Precious Place*)

Stella Maris

*Loving Mother of the Redeemer,
gate of heaven, Star of the Sea,
help your people who have fallen
yet strive to rise again.*

Although Truro is not on the coast, it is just 'up the road' from Falmouth, where Stella Maris has its Cornish base.

Stella Maris, better known to many readers as the Apostleship of the Sea before their name change last year, have not been able to give church-goers their traditional update since well before the COVID-19 lockdowns began almost a year ago, but we should take a moment to remember that the work of the port chaplain and the team at Falmouth goes on, especially in these difficult times.

Cargo ships sail in and out of Falmouth largely unnoticed by us, often staying only hours to load and unload, the seafarers in them live on the margins in almost every sense. Stella Maris reaches out to these forgotten exiles by ship visiting to assess practical needs, backed up by a modern drop-in centre inside the docks, equipped with email terminals and telephones so sailors can contact loved ones back home whom they may not have seen for nine or even twelve months. The coronavirus pandemic has also brought new problems - for instance, it is reported that in Marseille some 1200 sailors have been confined to 16 ships for the past nine months.

Pray for sailors and those who work to help them.

Local Port Chaplain: John Pinhay
john.pinhay@stellamaris.org.uk Mobile: 0773876115

Lenten Courses

Don't forget that several really interesting and varied Lenten courses start this coming week. Details with links were published in THE PORTICO 34 last week, and can also be found on our website the-portico.com



Where is this 35 ft high obelisk standing in woodlands on the edge of Truro?

Say not the Struggle naught Availleth

(by A.H. Clough)

Say not the struggle naught availleth,
The labour and the wounds are vain,
The enemy faints not, nor faileth,
And as things have been they remain.
If hopes were dupes, fears may be liars;
It may be, in yon smoke conceal'd,
Your comrades chase e'en now the fliers,
And, but for you, possess the field.
For while the tired waves, vainly breaking,
Seem here no painful inch to gain,
Far back, through creeks and inlets making,
Comes silent, flooding in, the main.
And not by eastern windows only,
When daylight comes, comes in the light.
In front the sun climbs slow, how slowly!
But westward, look, the land is bright!

(thanks to Genevieve)

THE PORTICO is an independent publication. It does not represent any official RC Parish policies. All Information and views given are those of its contributors only.

Write to us at theportico@icloud.com