

InSPIRE

The monthly publication for St John the Baptist, Capel

Issue 1 February 2017 – Happy St Valentine's Day to our Readers



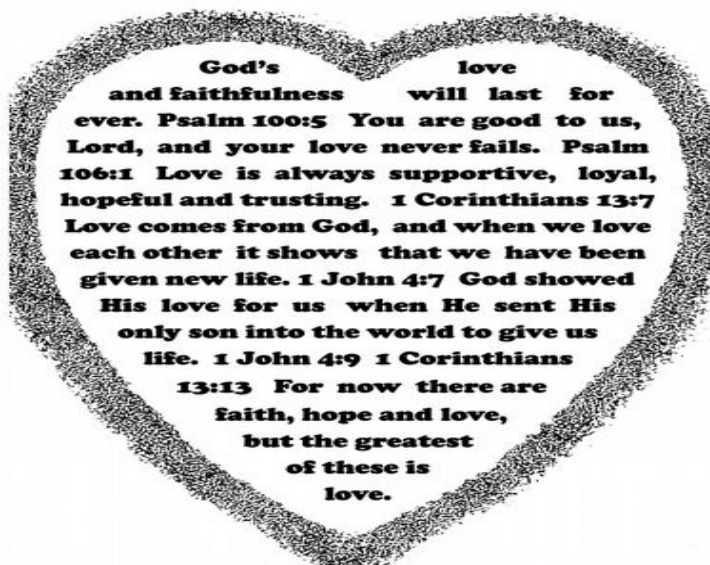
Welcome to the first Edition of InSPIre

Rev Liz writes ... Welcome everyone to this wonderful new initiative which Suzanne has created for us as a church community. I warmly

commend it to you and along with everyone else will be anticipating future editions which will help us to keep in touch with what's going on in the Christian Community locally and further afield. Faith based it will help and encourage us on our own faith journeys and help us to share all the good things that we as church can offer to one another and to others in our local community. One of the key LYCiG (Leading your church into Growth) goals was for us to improve our publicity and communication so that we can achieve our aim to be church in the community and to encourage the community into church. I believe that this monthly publication will be a big step forward to achieving this. It is a very exciting development; one that Suzanne has felt called to, and so let us give thanks and pray that God will bless this publication and that we will all be truly blessed and inspired by it!

Liz

In the month of Valentine's Day, a Christian perspective on love.



Welcome to the first edition of "InSPIre" our brand new monthly church publication! It will include news of events, church groups, charities we support and much much more!

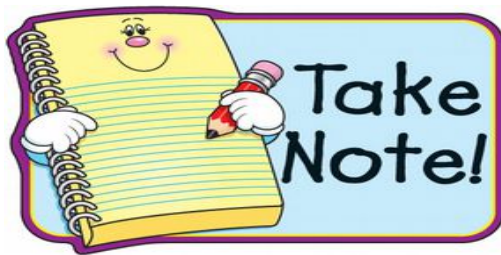
Please bear with me as we get it off the ground as I will be learning too! I'm neither a journalist or a publisher but I wanted to see this publication happen for all of us and I will do my best to do a good job of it! Eventually, I hope we will get into a 'regular' format plus one or two surprises each month!

After a vote on the name for our new publication, I am pleased to report that it will be 'InSPIre'. A very apt name hopefully for a publication that will not only be a newsletter, but seeking to find inspiration in our every day lives through our faith in Christ.

In these times of huge political change and unrest around the World and the heated feelings it has aroused, let us hope that the love that is celebrated on Valentine's Day spreads and people find empathy with one another and common ground.

Please can I have any articles, items you would like included **by 16th of each month**. This is the same deadline as the Capel & Beare Green magazine and I hope this will make it easier to remember rather than setting a different one!

With my best wishes,
Suzanne Cole



NOTICES

Foundation Governor needed for our school!

It may well be that by the time we go to print, this vacancy is filled but at the time of writing, there is a vacancy for a foundation governor to join this hardworking governing body. A foundation governor is someone who is appointed by the PCC of the local church and who is a lay active member of that church. Please speak to Liz in the first instance if you are interested.

We would also like to thank **Jo Carr** who has stepped down from this role after many years due to her work commitments. We and the school are very grateful for all she has



contributed to the life of the school on behalf of the church. Thank you Jo!!

Coffee Rota volunteers required!

So that some of our long-standing volunteers could stand down, we would love some new volunteers to come forward for the Coffee Rota? If you want to know what the role entails, please ask **George Ede**. She can be contacted on **01306 713247**.



Capel & Beare Green Magazine Distributor needed for The Street

A magazine distributor is required for The Street. Betty has wisely retired after her many years of fulfilling this role and so we seek a replacement. It involves delivering magazines to some addresses in The Street and once a year collecting subscription monies. Please speak to Hazel Fitz-Gibbon on 01306 711562 if you would like to help.

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From the Church Registers

DEATHS - We mourn the loss of Hugh Campbell (Jock) 10th January 2017. His funeral was held on 2nd February with Liz leading the service. Our thoughts and prayers with his family.

Children's Society House Boxes due in!



If you have a house box please contact Suzanne Cole to arrange for it to be returned, the contents counted and then given back to you! Tel: 01306 711449. Thank you!

'NEWS FROM THE PEWS' for St John the Baptist, Capel

Many congratulations to George Ede who has been invited to attend a Garden Party at Buckingham Palace this summer for services to Guiding. I'm sure we would all agree this is richly deserved after her many years of voluntary service to Girl Guiding. We wish her and Norman a wonderful time when they go!

Winter Clean Our thanks to our Churchwardens, Norman and Dineke and their helpers Joy and George who kindly cleared out the West Porch and the Mortuary recently. It will mean that weddings can now enter through the West Porch and we have more order to items and less clutter hopefully! Our thanks to them for giving up their time on a Saturday to do this.

Study Groups on St John's Gospel Currently there are two groups meeting to learn more about St John's Gospel. One is meeting weekly at The Vicarage and the other is likely to be once a month and hosted by Dik Hoogmoed. The venue will vary with this group. This looks to be a great course and a fascinating way to enjoy fellowship together and explore our faith further! For details on the Vicarage group on a Monday afternoon at 3.00pm contact Rev Liz on liz@hostmyserver.co.uk or tel: 01306 711260. OR for the group hosted by Dik Hoogmoed email: dhoogmoe@hotmail.com or tel: 01306 710087. The next group meeting hosted by Dik will be on Monday 20th March at 7.30pm. *Please check the venue beforehand as this is subject to change.* *

EVENT NEWS

Guitar Recital held on 28th January 2017 in Church I'm sure we would all like to thank Dik for organising this wonderful concert of Classical guitar with the talented Mark Jennings. He treated us to music from J S Bach, Tarrega, Barrios and much more. We would also like to thank the volunteers that helped on the night, both serving refreshments and checking tickets. Approximately 50 people attended and they raised £232.10 for the wall (after costs and Mark Jennings's share). So a good result and an excellent evening!

The church is exceptionally well suited to these small concerts. The acoustics are excellent, and the intimate interior helps to set just the right ambiance. It would be great if we could get a series going but it needs some thought and of course people to help plan them and help at the events.

Our thanks to Dik Hoogmoed for organising this and for setting up **The Capel Box Office** website which was used for this event for the first time. We look forward to more live events and concerts in church in the future!

For your info, Dik's box office website is <http://capelboxoffice.uk/>

Thank you from Christ Church, Brixton

Rev Liz received a lovely letter from Rev Tim Jeffreys the Vicar at Christ Church.

Dear Liz & Everyone at Capel Church,

Just a now rather belated note to say thank you so much for the very generous delivery of Christmas Presents and food delivered just before Christmas.

The presents were distributed at Christmas services and around the Christmas period. We explained where they had come from and why they had been given and were very much appreciated by those who received them. The food will help sustain out weekly food cupboard for which there is an increasing demand.

Please pass on our grateful thanks to all the donors!

With all good wishes for 2017.

Yours,
Revd Tim Jeffreys

Messy Church 2017



Messy Church 2017 got off to a tremendous start in January with a wonderful turnout of children and grownups. We were looking at the story of Samuel and how he was taught to hear God calling him. One of the activities children

was invited to do was to imagine Samuel as a sort of super hero and so we had encouraged children to come dressed as their favourite character. We had a good response and it was hard for the vicar to name the different superheroes sometimes but she got it in the end! We had our usual edible activity which this month was called 'Plugged into God' This was to show that people spend a lot of time plugged into their mobile phones or other techie devices but what could we do to spend more time plugged into God?! Edible activities are always very much in demand as you can imagine and this time children produced a cookie with a smiley face iced onto it with a lovely sugary sweet lace round the top with marshmallow headphones. Yummy! Another very popular activity this time was some junk modelling which Doug was assigned to (he usually gets something like this) and it involved making a junk model of a temple big enough for Eli and Samuel to lie inside. It was an all absorbing activity for some children who really enjoyed playing with it afterwards. Of course the best bit was the destruction of the temple after our supper! Oh yes, that really did happen didn't it in 70AD. Well we had our own version but you cannot say we are not biblical! Anyway it was all loads of fun and we enjoyed our supper with Joy's shepherd pie and brownies and ice cream. What's not to like?

This month our theme will be called 'Hidden Treasure' and will be about the Kingdom of Heaven and how precious it is. Activities will be all to do with treasures and treasure maps, something called 'Pearls among seaweed' which involves cooked tagliatelle and green food colouring – hmm... Perhaps Marion will be back from Vegas by then!

It will all take place on Tuesday 21st of this month at the memorial hall from 3.15 onwards. Do come and join us – all are welcome to join in the mess!

Christingle

Held on Sunday 29th January 2017

We had a very well attended Christingle Service on the last Sunday in January. We were fortunate that so many of the Guiding and Scouting units supported this, both at their meetings beforehand and attending the service itself. The children had been given collecting candles in advance and the idea is that they collect money in them and return them to the Christingle Service which is in aid of The Children's Society.



At the time of writing this article we have counted approximately £100.00 worth of money in the Collecting candles and the Church collection raised £106.21 which is a marvellous amount! Thank you to everyone for their generosity.

I will do more articles on The Children's Society during the year to highlight the work we are doing as a Parish to support them.



An altar full of offerings for The Children's Society!

**Women's World Day of Prayer
Friday 3rd March 2017**



**The Artwork & Artist
Rowena "Apol"
Laxamana-Sta.Rosa**

'Am I being unfair to you?'

Prepared by the Christian women of the Philippines

Our local service will take place at St John's, Okewood Hill and will start at 2.30pm and will be followed by tea.

For more details and information:-

<http://worlddayofprayer.net/philippines-2017.html>

If you have any queries about our local service, please see Jessie Sutcliffe.



*A Glimpse of the Philippine Situation
By: Rowena "Apol" Laxamana-Sta.Rosa*

At this year's service, as we prepare for the worship, women and girls from the Philippines enter carrying symbols, each with a story. Rowena, after listening to the reflection of the WDP writing groups, tells the story of God's economic justice in contrast to the economy of the strong and the powerful in her beautiful artwork.

God gave the Philippines abundant resources, both human and material. God is the great provider and provision is for all of creation. This is God's display of economic justice in contrast to the economy where the strong and powerful take God's resources for themselves and their families. The kingdom of God provides for all, even for those who do not acknowledge it.



SERVICES

SUNDAY	5th 8.00 10.00	5th after Epiphany Holy Communion BCP Family Communion
SUNDAY	12th 8.00 10.00	Third Sunday before Lent Holy Communion BCP Family Communion
SUNDAY	19th 8.00 10.00	Second Sunday before Lent Holy Communion BCP Family Communion
Tuesday	21st	Messy Church 3.15pm onwards in the Memorial Hall
SUNDAY	26th 8.00 10.00	Sunday next before Lent Holy Communion BCP Family Communion with Holy Baptism
<u>MARCH</u>		
Wednesday	1st 7.30pm	Ash Wednesday Team Service with the imposition of ashes at St Mary Magdalene, Holmwood
Friday	3rd	Women's World Day of Prayer at Ockley
SUNDAY	5th 8.00 10.00	First Sunday of Lent Holy Communion BCP CAFÉ CHURCH

NEWS OF A SILENT RETREAT

A few places available:-

**SILENT RETREAT AT ST
CUTHMANS ...**
Leader Alan Jonas

24th-26th FEBRUARY 2017

£150 Full Board

This 48 hours will be a precious time essentially of silence, with optional lead times of communal prayer and communion, at the beautiful house and grounds of St Cuthmans, near Horsham.

I have lead several such retreats for Westcott, with great appreciation expressed (See comments below). I offer times for meeting any individuals who want a chat about life, God, vocations, etc.

All are very welcome.

Contact me for more information/to book a place by Monday 30th January.
Alan Jonas 01306 885309
alchasjonas@aol.com

Friends of Capel Church AGM

Please note that this will take place on **Sunday 12th March 2017 in the Church at 11.30am** (after the service)

Each Wednesday at 9.45am in church we pray the Church of England's Daily Office. All are welcome to join us as we intercede for the church, the world and all those in need who have asked for our prayers....

CAPEL LUNCHES 2017

All to take place in the Hall,
unless otherwise notified.



*In subsequent issues, we will
give the date of the forthcoming ones for the month
concerned and the following one.*

DATE	GROUP	CONTACT
January 5 th	Walkers	j.wborn@btinternet.com 711575
February 2 nd	Horticultural Society	mandyschryver@gmail.com 711292
March 2 nd	Stoolball Club	dotthorp@googlemail.com 712788
April 6 th	Rosemary	rosemary@stylehurstfarm.com 711259
May 4 th	Cricket Club	ekejaques@yahoo.co.uk 07715 475779
June 1 st	Men's Group	David Silliman david_silliman@yahoo.com 712831
July 6 th	Boule Group	j.wyborn@btinternet.com 711575
August 3 rd	Evergreens	Kath Rudkin rudkinkrudkin@aol.com 712827
September 7 th	Friends of Guiding	George Ede george@nightlesscopse.co.uk 713247
October 5 th	Camera Club	liswoodham@gmail.com 711003
November 2 nd	WI	rosemary@stylehurstfarm.com 711259
December 7 th	Tennis Club	christophercobb959@btinternet.com 711279 OR fairbrother141@btinternet.com 712772

CAPEL TEAS 2017



These have a wonderful reputation far and wide and are entering their 22nd Year!

March

26th Mothering Sunday

April

16th Easter Sunday
17th Easter Monday
30th Sunday

May

1st Mayday Bank Holiday Monday
14th Sunday
28th Sunday
29th Whitsun Bank Holiday Monday

June

11th Sunday
25th Sunday

July

16th Sunday
30th Sunday

August

13th Sunday
27th Sunday

September

10th Sunday
24th Sunday

October

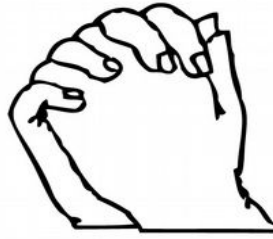
1st Sunday (Harvest)
15th Sunday
29th Sunday - All Souls (from 4pm)

November

5th Sunday
19th Sunday
26th Sunday (Proceeds to CMS)

PRAYERS

- Please continue to pray for Duncan Jennings who continues to fight cancer and for his family. May God give them courage and strength through Duncan's ill health.
- For Hannah facing two more operations and for her health to recover fully. Please also pray for her family supporting her.
- For Jock who died recently and for his family mourning his loss.
- For Scott-Broadwood School's future – that a viable solution may be found for their current difficulties.
- For those who find the winter months hard. We look forward to the coming of Spring.



For all those who ask for our prayers on our Prayer Board, may we hold them in our thoughts and prayers.

Our prayers may be awkward. Our attempts may be feeble. But since the power of prayer is in the One who hears it and not in the one who says it, our prayers do make a difference.

– Max Lucado

Prayer of thanks for God's light

Father of all creation,

Thank you for signs of life and light, even in the dark and sometimes difficult days of winter. Thank you for Jesus' victory over darkness and death – and for the assurance that, if we put our trust in Him - nothing can ever separate us from you.

Help us to hold onto the hope you have given us and to walk on with Jesus as our guiding light. And may His light attract others who don't yet know Him and whom the darkness threatens to overwhelm.

Shine on us, Lord, that we may reflect your light and receive your peace.

In Jesus's name.

Amen

By Daphne Kitching

Dear Lord, as I begin my journey toward spiritual growth, help me to look deep within myself and let go of the old and embrace the new life that comes from you.

ReligionQuotes.info

A prayer for peace in our communities

Gracious God,

We pray for peace in our communities this day.

We commit to you all who work for peace and an end to tensions, And those who work to uphold law and justice.

We pray for an end to fear, For comfort and support to those who suffer.

For calm in our streets and cities, That people may go about their lives in safety and peace.

In your mercy, hear our prayers, now and always.

Amen

A prayer for peace in our world

Make your ways known upon earth, Lord God, your saving power among all peoples.

Renew your Church in holiness and help us to serve you with joy.

Guide the leaders of all nations, that justice may prevail throughout the world.

Let not the needy be forgotten, nor the hope of the poor be taken away.

Make us instruments of your peace and let your glory be over all the earth.

Amen

We hope this feature will be a regular one with different contributors! Please do let me know your favourite hymn, piece of scripture or prayer and WHAT it means to you and how it affects or enhances your faith?

My Favourite

This month's contributor is George Ede and she has chosen her favourite hymn. A wonderful rousing hymn, George shares her thoughts on it and what it means to her.

Great is thy faithfulness

Great is Thy faithfulness, O God my Father;
There is no shadow of turning with Thee,
Thou changest not, Thy compassions they fail not,
As Thou hast been, Thou forever wilt be.

Great is Thy faithfulness!
Great is Thy faithfulness!
Morning by morning new mercies I see
All I have needed Thy hand hath provided
Great is Thy faithfulness, Lord unto me!

Summer and winter and springtime and harvest,
Sun, moon, and stars in their courses above;
Join with all nature in manifold witness,
To Thy great faithfulness, mercy, and love.

Pardon for sin and a peace that endureth,
Thine own dear presence to cheer and to guide;
Strength for today, and bright hope for tomorrow
Blessings all mine, with ten thousand beside.

Ranked number 12 in the BBC Songs Of Praise nation's favourite hymns, this is the hymn I chose last summer for our Songs of Praise service here in Capel.

One of the things I most enjoy about living where we do is the beautiful countryside and the evidence of nature all around us. The changing seasons each bring their own joy and as we move from one to the next we can be assured that God's faithfulness to us will ensure the continuing pattern.

I love the fact that many of my local friends regularly post photographs on Facebook when they are struck by the beauty of the sun (rising or setting), the moon and stars visible in the sky above us (even with light pollution in the south east) or other spectacular sights.

To me this hymn celebrates all these simplicities whilst also reassuring us that our sins can be forgiven, peace can reign and God will be beside us throughout.

'Strength for today and bright hope for tomorrow' are things that we all need at some point in our lives but the hymn also reminds us how blessed we are.

God is faithful to us. The rousing words and tune of this hymn are a reminder to us to return that faithfulness and to be thankful for all that we have.

With many thanks to George for sharing this with us in our first edition.

If you would like to be a future contributor, please speak to me or email me on:-

editor@stjohnthebaptistcapel.org.uk



Valentines Day 14th February

Children's thoughts on romance, marriage and more!

How do you decide whom to marry?

You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the crisps and dip coming. - Alan, age 10

No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with. - Kirsten, age 10

What is the right age to get married?

23 is the best age because you know the person FOREVER by then. - Camille, age 10

No age is good to get married at. You got to be a fool to get married. - Freddie, age 6

How can a stranger tell if two people are married?

You might have to guess, based on whether they seem to be yelling at the same kids.
- Derrick, age 8

What do you think your mum and dad have in common?

Both don't want any more kids. - Lori, age 8

When is it okay to kiss someone?

When they're rich. - Pam, age 7

The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do. - Howard, age 8

Is it better to be single or married?

It's better for girls to be single but not for boys. Boys need someone to clean up after them.
- Anita, age 9

How would the world be different if people did not get married?

There sure would be a lot of kids to explain, wouldn't there? - Kelvin, age 8

And the Number 1 Favourite is.....

How would you make a marriage work?

Tell your wife that she looks pretty, even if she looks like a truck. - Ricky, age 10 (smart boy!)



Humour ...

God's army

Dewey was in front of me coming out of church one day, and the minister was standing at the door, as he always is, to shake hands. Suddenly he grabbed Dewey by the hand and pulled him aside. The minister said sternly "Dewey, you need to join the Army of the Lord!"

Dewey replied, "I'm already in the Army of the Lord, Pastor." The minister retorted: "Then how come I don't see you except at Christmas and Easter?"

Dewey replied in a whisper: "Well, I'm in the secret service."

Definition of old

Grandchildren don't make a man feel old; it's the knowledge that he's married to a grandmother.

Unhappy in love

I think my girlfriend's hallucinating. She keeps telling me she's seeing other people!

NEWS

Recommended for you ...

A very topical piece of news on the Church of England's website regarding the process of fracking. This is something which is due to begin near us shortly at Leith Hill and is causing a lot of divided opinion both locally and nationally.

New shale gas and fracking briefing paper released

17 January 2017

The Church of England announced the publication today of its [Briefing Paper on Shale Gas and Fracking](#).

The Paper assesses shale gas and fracking as they relate to local communities, the environment, UK energy policy and the UK's commitment to carbon reduction targets under the COP21 agreement. It draws on the report into shale gas and fracking published by the independent Committee on Climate Change in July 2016.

The Briefing Paper concludes that any development of shale gas reserves in the UK must not distract or delay efforts to expand low-carbon renewable energy (including community-owned energy) or other efforts to meet the UK's long-term 2050 carbon reduction targets.

The key to whether or not fracking is an acceptable practice turns on three points:

- the place of shale gas within a transitional energy policy committed to a low carbon economy
- the adequacy and robustness of the regulatory regime under which it is conducted
- the robustness of local planning and decision-making processes

The Briefing Paper accepts that a robust planning and regulatory regime is possible. Ongoing research into, and monitoring of, any impact on health and the environment is needed as part of that regime.

The Paper recognises and sympathises with the concerns of individuals and communities who are directly affected by fracking activities in their neighbourhoods and asks that their legitimate concerns are heard. Where developments go forward it is essential that appropriate protections and compensation are put in place.

For further details on this article, follow this link <https://www.churchofengland.org/media-centre/news/2017/2017/01/new-shale-gas-and-fracking-briefing>

Rev Liz recommends

<http://www.pray-as-you-go.org/home/>

Pray as you go is a daily prayer session, designed to go with you wherever you go, to help you pray whenever you find time, but particularly whilst travelling to and from work, study, etc.



A new prayer session is produced every day of the working week and one session for the weekend. It is not a 'Thought for the Day', a sermon or a bible-study, but rather a framework for your own prayer.

Lasting between ten and thirteen minutes, it combines music, scripture and some questions for reflection.

There is also an App available to download!

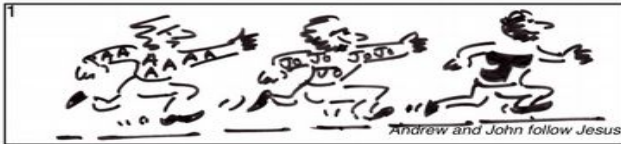


InSpire for Younger Readers

Children's Prayers

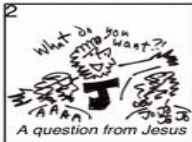
Bible Sketchbook

Be a follower of Jesus!



Andrew and John follow Jesus

Andrew and his friend John were followers of John the Baptist. When he told them about Jesus they realised Jesus really was the true way and decided to follow him instead! When Jesus saw them following he asked what they wanted - realising they *really* wanted to know about his 'home' - his kingdom and the new life he was offering! After a day with him they had got it! Andrew shot off to tell his brother Simon. He told him 'We've seen the Messiah!' and brought him to Jesus.

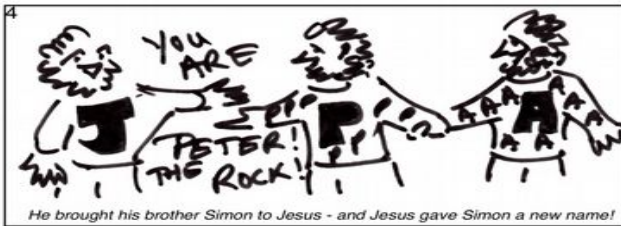


A question from Jesus

Jesus then gave him his new name 'Peter' as a sign of being a new man.
How about you? Be like Andrew - follow Jesus! Read more in John 1: 35-42



Andrew's got the answer!!



He brought his brother Simon to Jesus - and Jesus gave Simon a new name!

How about trying these two ways of praying ...

The 5 Finger Prayer

Thumb: Those closest to you, your family.

Pointer: Those that point you in the right direction (teachers, doctors, priests) ask for wisdom & support.

Index: (tallest) Those that lead us, (Government) ask for guidance & wisdom.

Ring: (weakest) Those that are weak, in trouble, or in pain. We cannot pray too much for them.

Pinkie: (smallest) Our prayers for ourselves & our own needs.



COUGHS & SNEEZES

February seems to be the coldest time of the year - and most of us get a cold, complete with runny nose and sore throat.

Well, 3rd February is the right day to have a sore throat because it is St Blaise's Day. Legend says that St Blaise was on his way to be martyred when he saw a young child choking with a fishbone stuck in his throat. The saint touched the child and the bone was dislodged. This led to a custom of Blessing the Throats on St Blaise's Day which continues today in one London church.

Another way to celebrate the day was with big bonfires (before the Bonfire Night we keep in November was thought of) and that is probably why we say that bonfires blaze.

So you can sit in front of a blazing fire, sniffing into a tissue and think about the patron saint of sore throats.



A COLD PUZZLE

All the words hidden in this word-search are to do with winter sniffles. Can you find them all?

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

cold fever flu hankie influenza
linctus medicine nose pill
shivers sniffles tablet throat
tissues winter



What happen if your nose runs and your feet smell?
You're built upside down!

What sort of transport gives people colds?
A-choo-choo-trains.

Jelly Bean Prayer

Church House Collection ©

Red is for the blood He gave.

Black is for the sins we made.

Green is for the grass He made.

White is for the grace He gave.

Yellow is for the sun so bright.

Purple is for the hour of sorrow.

Orange is for the edge of night.

Pink is for our new tomorrow.

Bible Bite

A short story from the Bible

It can be read in the Bible in Matthew chapter 18 verses 21-35

Jewish teachers used to say you only had to forgive people three times before getting revenge, so Peter asked Jesus...



Messy Church

This month our theme will be called **'Hidden Treasure'** and will be about the Kingdom of Heaven and how precious it is. Activities will be all to do with treasures and treasure maps, something called 'Pearls among seaweed' which involves cooked tagliatelle and **green** food colouring ... sounding like a **VERY MESSY Church** to me!

It will all take place on Tuesday 21st of this month at the memorial hall from 3.15 onwards.

Do come and join us - all are welcome to join in the mess!

u	h	d	e	b	t	r	g	s	f	s	p
n	c	u	g	i	e	h	t	i	m	e	s
d	o	n	n	v	b	n	r	b	a	v	e
m	i	w	l	d	u	q	p	e	t	e	r
k	n	i	f	o	r	g	i	v	e	n	s
d	s	x	c	m	s	e	r	v	a	n	t
u	b	c	n	h	i	s	d	g	c	j	o
c	a	n	c	e	l	e	d	h	e	r	
o	d	u	f	a	m	i	l	y	e	s	y
u	m	o	n	e	y	m	p	i	r	u	b
n	h	m	j	f	v	g	t	g	o	s	u
t	l	c	a	s	p	r	i	s	o	n	t

king
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times
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coins
Jesus
accounts

much
Peter
three
forgiven
seven
now
count
debt

money
cancelled
million
family
hundred
servant
bad
silver

- Word search solution on page 14



Editor: **Valentine' s Day is coming.**
The Rev Paul Hardingham considers Love ...

Word search solution

How will you express love this Valentine's Day?

Valentines' Day reminds us of the importance of expressing our love to those close to us. But how can we go beyond simply flowers and a card? Jesus says: 'A new command I give you: Love one another. As I have loved you, so you must love one another' (John 13:34). How can we express love in our everyday relationships like Jesus i.e. spouse, children, neighbours or work colleagues?

Listening We need to listen to others, just as Jesus did. He asked questions of people and waited for them to process their answer. According to James, 'everyone should be quick to listen, slow to speak and slow to become angry' (James 1:19). How well do we listen to others? When with somebody, do we find ourselves already thinking of what we want to say before they've finished speaking? Listening takes time; you can't rush it!

Touching Jesus reached out to touch the untouchables in his world, including lepers, the sick and children. This was completely out of character for rabbis of his day. One survey has suggested that we all need at least 8-10 meaningful touches a day to maintain emotional health! A warm handshake, touch on the arm or hug can be of real value. Of course, it should be appropriate touch – helpful for the other person, not just for ourselves.

Speaking Jesus' conversation was always full of grace and truth (John 1:14). Do we speak words of grace, by offering comfort, giving encouragement or expressing care and concern? However, we should also be ready to speak words of truth, in asking for forgiveness, seeking reconciliation or addressing conflict. As Paul urges us, don't avoid: 'speaking the truth in love'.

Where is the challenge for us in expressing love this Valentine's Day?

Any copy for this publication should be sent to Suzanne Cole
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If you would like to receive *InSpire* by email, please let me know on the above email address.

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