

InSpire 3 April 2017

The monthly publication for St John the Baptist, Capel

Issue 3 April 2017

ALLELUIA—HE IS RISEN! Happy Easter

“We live and die

Christ died and lived”

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Rev Liz writes

Dear all,

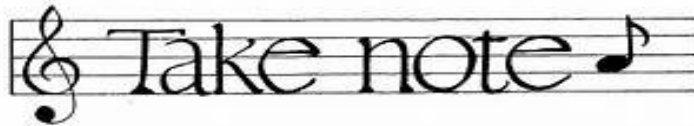
I do love the Easter season! I have been busy preparing our Easter programme of events and services and so anticipating the richness and astonishing events of Holy Week and Easter Day. Easter to me resonates so strongly because it is so much like life itself. There is the triumphal entry of Jesus on Palm Sunday where the people wanted to make him their king – one which was based on worldly ideas of freedom from Roman occupation – a situation which changed rapidly once they realised that was not what Jesus was ultimately about; to Jesus’ last supper, a wonderfully reflective occasion in an Upper Room in Jerusalem which we will relive at our Maundy Thursday Service in church; his betrayal by Judas who also was disappointed it seems about the direction Jesus was heading in, to the injustice and unfairness of his trial and the horrors and cruelty of Good Friday. Those who welcomed him on Palm Sunday shouting ‘Hosanna’ just a few days later were rejecting him and shouting instead ‘Crucify!’ Expectations and disappointments abound in this final week of Jesus’ earthly life. How like life is this with many putting others on pedestals only to try to knock them down later?

Of course Jesus’ ideas and talk about God’s kingdom was hard to understand then and as I often have said understanding the cross is a life’s work and discovery. I have though been reading a small book called ‘Hanging by a thread’ by Sam Wells, which explores the questions that the cross poses to us today. He suggests that the crucifixion was not just about fixing human problems but instead suggests it was the culmination of God’s disarming purpose to be with us, no matter what. It is this desire of God’s to be with us, to enter into our world and our lives, to delve into the evils and sins of this world as he allowed himself to be betrayed, arrested and crucified, that for me makes Holy Week such a special time, when I feel closest to God, perhaps because of his suffering. He is not outside of our suffering you see – that is the amazing thing. He was not outside of our temptations either – he was tempted too yet as the bible says was without sin.

So I am looking forward to Palm Sunday when Holy Week begins and we can have the chance to accompany Jesus, to be with him as we remember his final week. So this year we are going to have a Palm Sunday procession starting from Bennetts Green, just along from Capel News, where the small pond is. Our donkeys that memorably joined our Nativity service last December are coming along and will lead us along the street to church where we will have an all age service followed by Hot Cross Buns. We will be handing out palm crosses which will be blessed at the beginning of the procession. Do join us and maybe bring something to wave as we process down the street! Later that week on Maundy Thursday we will be thinking about the Last Supper and will be re-enacting some foot washing. We will be joined by St Mary Magdalene, Holmwood, and St Peter’s Newdigate.



This letter is continued on page 4



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New extended deadline for items for InSpire ...

PLEASE NOTE : The deadline for contributions has now been extended from 16th to 20th of each month.

Please Notice This



Easter Cards for the community plus Giving Programme 2017 Leaflets

We are now in receipt of these and are looking for volunteers to deliver them prior to Easter. They will be on the table near the doors. Please do take some if you are able to help or speak to Rev Liz. Thank you.



Church APCM Sunday 30th April starting at 11.10 am in church

On Sunday April 30th at 11:10 the Annual Parochial Church Meeting will be held in church. Everyone is welcome.

Could all organisations please send their reports to the churchwardens preferably as word attachment by email before Palm Sunday (April 9th) to be distributed ahead of the meeting?

Christian Aid Volunteers wanted

If you can help with the house to house collections for Christian Aid at the beginning of May, please see Sue or Phil Partridge.

Or call them on 01306 711355.

Local Charities we support

Dorking Foodbank

Please keep the donations coming as they are urgently needed! You can also put items in a box in Waitrose in Dorking for the Foodbank if you find it easier to do so at the time of shopping?

Please see the separate article on the Foodbank on pages 12 & 13.

"Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

Hebrews 13:16

Leatherhead Start

We also support Leather-HEAD START and their Newsletter can be found in church. Also, you can visit their website for more information:-

www.leatherheadstart.org

They aim to improve the lives of homeless people.

NEWS from the Pews

Local news from St John the Baptist, Capel

Scott Broadwood School

We continue to pray for **Scott Broadwood School** as the formal consultation process begins to consolidate both bases to the Capel site. There was a public consultation meeting at The Ashcombe school on Wednesday 22nd March. Please read the consultation documents which outline the reasoning behind this consolidation and please respond whether you agree or do not agree. We need to have both sides properly represented.

You can download the Consultation document from Scott– Broadwood's website:-

<http://www.scott-broadwood.surrey.sch.uk/sites/default/files/files/download/Scott-Broadwood%20Consultation%20document.pdf>

Please continue to pray for Mrs Muat, the staff and the governors as they wait for the County Council's decision and for God's discernment and wisdom as the review of staffing takes place.

Service on Good Friday at 10.00 am

The choir are busy working on the music for our Good Friday service. As some of you have been studying the gospel of John, Liz and I decided that we would sing the chorales (hymn tunes) from J.S.Bach's setting of the St. John Passion.

The story will unfold in words, music, prayers and thoughts. It is very moving music setting the words in a way that only Bach can do.

We hope to see lots of you there on Good Friday.
Anthea Smallwood, Choir Leader & Organist

From the Registers

We welcome into the family of the church in Holy Baptism **Ethan Lawrence Saint** on 26th February 2017

We mourn the loss of:

William James Shiels (Bill) on 16th February 2017.

Malcolm David Ward on 25th March 2017

Keith Allan Weller (Ken) on 27th March

DATES FOR YOUR DIARY see page 5 for Events & Services

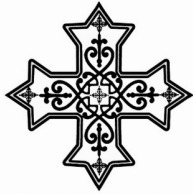
HOLY WEEK 2017

As you will see there is lots going on in our forthcoming **Holy Week!** There are some exciting new additions, such as our Palm Sunday procession to church on Sunday 9th April and the service of music and reflections on Good Friday (14th April) at 10.00 am. Teas will be taking place on Good Friday at 4.00 pm after the walk beginning at 2.00 pm and again on Easter Sunday and Bank holiday Monday from 3.00 – 5.00 pm.



One of my churchwardens is a stickler for 'Health and Safety'...

Letter from Rev Liz continued from Front Cover



WISHING YOU
EASTER JOY!

The service traditionally ends in silence as the disciples follow Jesus out to the garden of Gethsemane where he will be arrested. We take all the vestments from the altar and there is space for prayer and silent reflection for a short while afterwards.

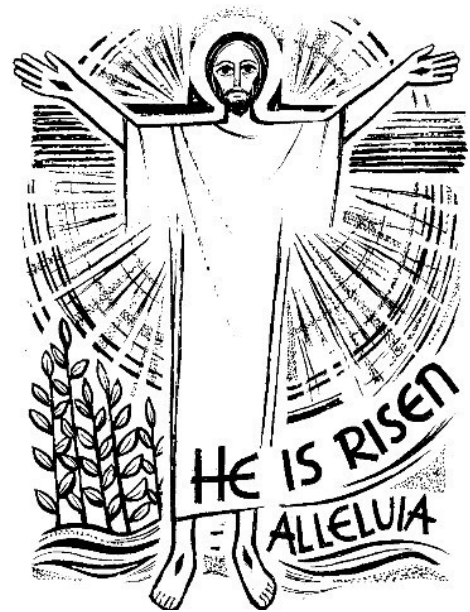
The following day is Good Friday and for our service this year the choir will be leading us in a service of spoken words and sung chorales from Bach's St John Passion. The service begins at 10 am and will run for approximately an hour and a half. There will be time for silent reflection as we relive the Passion according to John's gospel. Do come and go as you wish if you cannot stay for the whole time. It should be very special. Then in the afternoon we will have the usual village walk meeting at the

village hall car park at 2pm and ending back at church for tea at 4pm. It is wonderful to get out into the countryside surrounded this year very much by the spring flowers and new shoots everywhere.

Finally of course, having travelled with Jesus to the cross and to his tomb we return once more on Easter morning to the garden where we discover along with Mary Magdalene and the disciples that Jesus has risen from the grave and death is no more. Jesus has triumphed not in the way the world wished him to, but in a way far better, the way has been opened to the fullness of life intended with God the Father. The great news is that it doesn't just start when we physically die – we can enter into that new life now if we ask him! Resurrection abounds not only through the new life we see around us in the natural world, but in our own lives as one thing may come to an end, but with God, there is always something new to come. Why not let him take you by the hand this Easter and let your journey be his too.

With my love and prayers as ever

Revd Liz



Letter from The Editor Happy Easter to all our readers! This is the third edition of InSpire and I hope everyone is enjoying it. This month's copy will be primarily in black and white as sadly the cost of producing it in colour every month was proving to be prohibitive. It is disappointing, but as we are still wishing to keep this publication free for our readers, this means that we must keep the cost of printing as cost effective as we can. If anyone has something they would like to contribute to future issues, either as a one off or as a regular feature, please do let me know.

Happy
Easter

As we reach Easter after a reflective period of Lent, we proclaim the good news 'Alleluia Chris is Risen!' A yearly reminder amongst all the wonderful new life of Springtime that Christ is our 'new spring' as He rises from death to new life and we are forgiven and renewed in Him. I love the season of Spring with all the hope it brings with it and it is my favourite time of year. There is so much promise of what is to come and the beauty of our wonderful world comes to life once more. 'Hope Springs eternal' seems very appropriate. It has been a sad month with terrorism once more afflicting our country and this time at the very heart of our democracy. But what wonderful acts of kindness were witnessed in the midst of so much evil. It goes to show that there is so much more love than hatred in our world when we look closely. Wishing you all a peaceful and joyful Easter. With my best wishes, **Suzanne Cole**

FOR
GOD
SO
LOVED THE WORLD
HE
GAVE
HIS
ONLY
SON

CHURCH SERVICES AND EVENTS FOR APRIL**SUNDAY 2nd Fifth Sunday of Lent**

8.00 am Holy Communion BCP
 10.00 am Family Communion

SUNDAY 9th Palm Sunday and Holy Week begins

8.00 am Holy Communion BCP
 10.00 am **Palm Sunday Procession and All Age Service - * NEW EVENT***

We meet at Bennetts Green at 10am and with our donkeys process through the village to church where we continue in an all age worship service followed by Hot Cross Buns! Bring or make palms to process with.

THURSDAY 13th Maundy Thursday

7.30 pm **Surrey Weald Team Service of Holy Communion**

We remember Jesus' last supper where he washed the feet of his disciples along with the other churches of our Surrey Weald Team. At the end of the service we strip the altar of its vestments and prepare for Good Friday.

FRIDAY 14th Good Friday

10.00 am **St John's Passion – a service of the spoken word and sung chorales from Bach's St John Passion with times for reflection and silence.**

2.00 pm **Good Friday Walk – meet at Village Hall car park for walk around Capel followed by..**

4.00 pm **Good Friday Teas in church**

**SUNDAY 16th Easter Sunday**

8.00 am Holy Communion BCP
 10.00 am **EASTER DAY FAMILY COMMUNION followed by Easter egg hunt in the churchyard**
 3.00–5.00 pm **Capel teas in church and outside if fine**

EASTER MONDAY 17th April

3.00 -5.00 pm **Capel teas in church and outside if fine**

SUNDAY 23rd Second Sunday of Easter

8.00 am Holy Communion BCP
 10.30 am **Café Church**



23rd April at
 10.30am!

SUNDAY 30th Third Sunday of Easter

8.00 am Holy Communion BCP
 10.00 am Family Communion
 3.-00–5.00 pm **Capel teas in church and outside if fine**

MAY**MONDAY 1st Mayday Bank Holiday**

3-5pm **Capel teas in church and outside if fine**

SUNDAY 7th Fourth Sunday of Easter

8.00 am Holy Communion BCP
 10.00 am **Pet Service – this was a great success last year and so we invite you to bring your pets along for this annual service of thanksgiving for our animal friends and all that they do to help us humans!**

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....

Why Easter will never go away



How do you make sense of the Resurrection? Dead men don't rise, so why believe that this particular dead man did rise?

At the end of St Luke's Gospel we read that: "they still did not believe it because of joy and amazement" (Luke 24.4). This is highly significant. The Gospels do not show us a group of disciples who were in a receptive frame of mind. After the crucifixion, they were in hiding, frightened and scattered. Then suddenly, they came out of hiding and were totally different; excited, joyful. By Pentecost they were confident, with one firm message: "You crucified Jesus, but God raised him up!"

How did they know this? Because of experience. Some of them had visited the tomb of Jesus: it was empty. Others claimed to have seen and touched the risen Lord. Were they hallucinating? People can hallucinate in groups – when taking drugs, for example. But of course each one will see a different hallucination. But the disciples all saw the same thing. Or rather, the same person. Jesus.

Were they lying? Jesus had died a humiliating death as a criminal. Perhaps they wanted to rescue His good name. So did they pretend they had seen Him?

This theory has a big problem. Their preaching led them into trouble with the authorities. They were beaten and imprisoned and some of them killed. People will die for ideas and causes which they believe in passionately. But not for things they have made up. We might suffer for our convictions, we will not suffer for our inventions.

What about the 'swoon' theory? That Jesus didn't die on the cross, despite terrible wounds. He recovered in the tomb, and escaped. The disciples nursed Him back to health. But Roman soldiers knew when a man was dead; and there was the guard on the tomb. Also, the events which followed simply don't fit.

If the disciples had been hiding Jesus, they would have kept very low-key, and out of the way, so that the authorities did not come after him again.

Besides, to preach that God had raised Jesus from the dead – which is exactly what they did preach – would have been a lie. Beatings and threat of death would soon have loosened their tongues. Inventions crumble under pressure; convictions hold fast.

Another reason for believing in the Resurrection is this: Jesus' continuing impact. Thousands and soon millions of people in every generation since have shared an inescapable sense of being 'accompanied' through life. Though unseen, they identify this presence as the Risen Lord.

Sometimes this experience of meeting Jesus is gentle and fitful. Sometimes it is dramatic and life-changing. This reminds us that the resurrection of Jesus is not just an interesting historical puzzle. It is a vital present day reality. It brings wonderful comfort, assuring us of the central Christian truths: death is dead; Jesus is alive; God is love.

This central notion was captured, most movingly, by the great Albert Schweitzer: "He came to those men who knew Him not. He speaks to us the same word: 'Follow thou me', and sets us to the tasks which He has to fulfil for our time. He commands. And to those who obey Him, whether they be wise or simple, He will reveal himself in the toils, the conflicts, the suffering which they shall pass through in His fellowship, and, as ineffable mystery, they shall learn in their own experience who He is." Have a joyful – and a challenging – Easter.

Source: Parish Pump, April 2017

EASTER – the most joyful day of the year

Easter is the most joyful day of the year for Christians. Christ has died for our sins. We are forgiven. Christ has risen! We are redeemed! We can look forward to an eternity in his joy! Hallelujah!

The Good News of Jesus Christ is a message so simple that you can explain it to someone in a few minutes. It is so profound that for the rest of their lives they will be still be 'growing' in their Christian walk with God.



Why does the date move around so much? Because the date of Passover moves around, and according to the biblical account, Easter is tied to the Passover. Passover celebrates the Israelites' exodus from Egypt and it lasts for seven days, from the middle of the Hebrew month of Nisan, which equates to late March or early April.

Sir Isaac Newton was one of the first to use the Hebrew lunar calendar to come up with firm dates for Good Friday: Friday 7 April 30 AD or Friday 3 April, 33 AD, with Easter Day falling two days later. Modern scholars continue to think these the most likely.

Most people will tell you that Easter falls on the first Sunday after the first full moon after the Spring Equinox, which is broadly true. But the precise calculations are complicated and involve something called an 'ecclesiastical full moon', which is not the same as the moon in the sky. The earliest possible date for Easter in the West is 22 March, which last fell in 1818 and won't fall again until 2285. The latest is 25 April, which last happened in 1943 and is next due in 2038.



Why the name, 'Easter'? In almost every European language, the festival's name comes from 'Pesach', the Hebrew word for Passover. The Germanic word 'Easter', however, seems to come from Eostre, a Saxon fertility goddess mentioned by the Venerable Bede. He thought that the Saxons worshipped her in 'Eostur month', but may have confused her with the classical dawn goddesses like Eos and Aurora, whose names mean 'shining in the east'. So Easter might have meant simply 'beginning month' – a good time for starting up again after a long winter.

Finally, why Easter eggs? On one hand, they are an ancient symbol of birth in most European cultures. On the other hand, hens start laying regularly again each Spring. Since eggs were forbidden during Lent, it's easy to see how decorating and eating them became a practical way to celebrate Easter.

Source: Parish Pump, April 2017

RECIPE IDEA

Butterfly or bunny biscuits

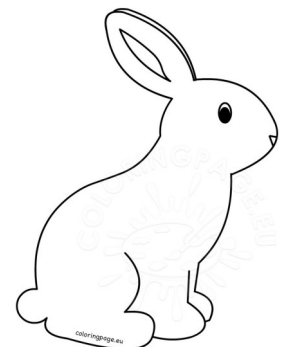
These are pretty biscuits for Easter. You will need:

Biscuit: 120g butter; 60g caster sugar; 180g plain flour; a little lemon zest

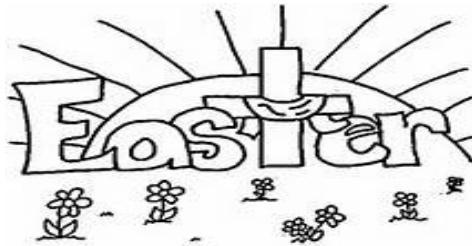
Icing: a few drops of vanilla essence, icing sugar, lemon juice, few drops of food colouring

Cutters or paper templates in the shape of a butterfly or bunny

Method: Mix together the biscuit ingredients, add water to bind them. Knead the dough, wrap it in cling-film and chill for two hours. The roll out to a thickness of 8mm and cut out the shapes using a butterfly cutter or a paper template. Bake in preheated oven at 180 degrees C (gas mark 4) for 20 minutes. To make the icing, mix the icing sugar with lemon juice and food colouring. Pipe the icing and leave it to set.



InSpire for our Younger Readers



Bible Bite

A short story from the Bible

It can be read in the Bible in Mt 21:1-11, Mk 11:1-11, Lk 19:28-38, Jn 12:12-19

Thousands of people went to Jerusalem to celebrate the Passover feast each year. This year Jesus and his friends went too.

Two miles outside Jerusalem Jesus said to two of his friends



Go into that village and bring back the donkey you find there.

If anyone asks, say 'The Lord needs it.'



So off they went...

and they found it as Jesus had said



Why are you taking our donkey?

The Lord needs it.



That's alright then

They brought it back to Jesus, and made a saddle from a cloak.



They spread more cloaks on the road to make it a way fit for a king.



Others cut palm branches and waved them.

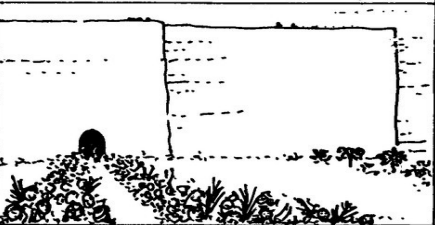


They shouted the traditional welcome to the Passover feast

God bless the one who comes in the name of the Lord!



As they got closer to Jerusalem the crowd grew.



Everyone shouted to welcome Jesus as king



The teachers of the laws were angry



Teacher, you should stop them calling you 'king'.

But Jesus replied



What they say is so true that even if I made them stop, the stones would shout!

Testing Times Words Search

Have you read the story on the
opposite page?

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

king

bless

name

thousands

Passover

village

needs

miles

anyone

Jerusalem

saddle

donkey

teachers

friends

Lord

outside

feast

stones

cloak

road

branches

God

crowd

welcome

The Solution to the wordsearch can be found on Page 20.



News from Rev Liz of March's Messy Church 'The Unforgiving Servant'

This month we had lots of fun exploring the story of the unforgiving servant. He was a servant who was quick to ask for forgiveness, but not very good at forgiving others. Jesus teaches us how forgiveness during our life on earth is important for our eternal life in heaven. We know that forgiveness is not easy for everyone but we learnt that God wants to and can help us. We must try to be ready to forgive people who do wrong to us, but of course we must also be aware of doing wrong to others, asking for our own forgiveness. The story was told by Revd Martin Gilpin from St Peter's Newdigate from a prison cell made out of junk! He pretended that he was the servant who had been put in prison and he had us all enthralled by his tale. We let him out at the end though!

We had some wonderful singing from the children who sung us some of the worship songs they know complete with actions. We then had a lovely supper of macaroni cheese followed by some cup-cakes iced by the children. So lots of fun activities, making shackles out of string and tin foil – very effective (!) an obstacle course which involved tying a weight of some sort to someone's waist so it dragged on the floor, timing them to see how long it took to cover a distance and then again this time without the weight to see the difference. The point here was to experience how good it was to be able to 'unburden' whether from debts or forgiving another. Broken biscuits were glued together to make a whole, talking about how much it hurts to fall out with a friend. If we love one another like God loves us, we can mend the broken friendship.

Although Messy Church is aimed at young children it is a church congregation for all and we can all learn from the simple message which is of course at the heart of the gospel. We don't have Messy Church this month as it would fall at Easter time but we will be meeting again on the **16th May**. There is however an **Easter messy church** session on Good Friday morning organised by St Peter's Newdigate so do look out for further details if you are interested or know someone who is.

The **Easter Messy Church** at Newdigate will take place between
9.30 and 11.30am in Newdigate Village Hall
on Good Friday, 14th April 2017.

For further details, please call their Parish office on: 01306 631848
The **Parish Office** is open at the Church from 10am to 12pm, Monday to Friday.



PRAYERS

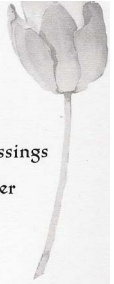
Anglican Prayer for Easter Sunday

Almighty God, who through your only-begotten Son Jesus Christ overcame death and opened to us the gate of everlasting life: Grant that we, who celebrate with joy the day of the Lord's resurrection, may be raised from the death of sin by your life-giving Spirit; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.
Amen.

FOR EASTER



May the special blessings
of this joyful Easter
fill your heart
with gladness.



Easter Prayer

This prayer has been written by the Revd Michaela Youngson, Superintendent Minister of the Ealing Trinity Circuit. (<http://www.methodist.org.uk/prayer-and-worship/lent-and-easter/prayers-for-lent-and-easter>)

When everything was dark
and it seemed that the sun would never shine again,
your love broke through.

Your love was too strong,
too wide,
too deep
for death to hold.

The sparks cast by your love
dance and spread
and burst forth
with resurrection light.

Gracious God,
We praise you for the light of new life
made possible through Jesus.
We praise you for the light of new life
that shone on the first witnesses of resurrection.
We praise you for the light of new life
that continues to shine in our hearts today.

We pray that the Easter light of life, hope and joy,
will live in us each day;
and that we will be bearers of that light
into the lives of others.



We remember those who ask for our prayers at this time ...

The family and friends of Keith Weller who died this week and also Malcolm Ward who died suddenly last week. We pray for Rob and Charmaine and all of Malcolm's family.

We pray too for those who are awaiting tests and procedures and we give thanks for successful surgery.

We pray for all those affected by the catastrophic events on Westminster Bridge last week. We pray for the bereaved families as they struggle to come to terms with what has happened. We pray for all those injured that they will make a good recovery.

For anyone that is known personally to you ...

For all who have come into our church and put prayer requests on our Prayer Boards. We bring their prayers to you dear Lord.

If you have any particular prayer you would like featured, please do let the Editor know. Also if you would like us to pray for someone you know, please do ask. Thank you.

My Favourite

This month's contributor is ... Sylvie Beckett and it highlights her work with the Dorking Foodbank.

Sylvie has a favourite hymn that evokes childhood memories of time spent with her Grandmother and that hymn is 'The Church is One Foundation'. Her Grandmother had a deep faith and Sylvie loved this hymn but admitted that she probably didn't understand the words as a child!

However, Sylvie wanted to draw our attention to the hymn that currently resonates the most with her due to her voluntary work with Dorking Food Bank. That hymn is '**Beauty for Brokenness, Hope for Despair**' written by the prolific modern day hymn writer, Graham Kendrick .

**Beauty for brokenness
 Hope for despair
 Lord, in your suffering
 This is our prayer
 Bread for the children
 Justice, joy, peace
 Sunrise to sunset
 Your kingdom increase!**

**Shelter for fragile lives
 Cures for their ills
 Work for the craftsman
 Trade for their skills
 Land for the dispossessed
 Rights for the weak
 Voices to plead the cause
 Of those who can't speak**

**God of the poor
 Friend of the weak
 Give us compassion we pray
 Melt our cold hearts
 Let tears fall like rain
 Come, change our love
 From a spark to a flame**

**Refuge from cruel wars
 Havens from fear
 Cities for sanctuary
 Freedoms to share
 Peace to the killing-fields
 Scorched earth to green
 Christ for the bitterness
 His cross for the pain**

**Rest for the ravaged earth
 Oceans and streams
 Plundered and poisoned
 Our future, our dreams
 Lord, end our madness
 Carelessness, greed
 Make us content with
 The things that we need**

**Lighten our darkness
 Breathe on this flame
 Until your justice
 Burns brightly again
 Until the nations
 Learn of your ways
 Seek your salvation
 And bring you their praise**

1993 Make Way Music (Admin. by Music Services, Inc.)

The most wanted items currently by Dorking Foodbank are:-

Pasta sauces

Shampoo

Rice

Tinned ready custard

They have a plentiful supply of Baked beans!

Sylvie has found that this hymn resonates in so many ways since working at the Foodbank. Lyrics such as 'hope for despair; and 'voices to plead the cause of those who can't speak' are so relevant of so many of the clients of the Foodbank clients. The Foodbank has now operated in Dorking for 2 years and is run by volunteers such as Sylvie.

We all assume that poverty is something that can come on over a period of time, but Sylvie pointed out that more and more people are finding themselves in this desperate situation of not being able to feed themselves and pay bills etc. This can happen remarkably quickly after something such as redundancy from a job.

As the hymn says the clients of the Foodbank need '**voices to plead the cause**'. At the Foodbank, the volunteers meet the Clients at The Christian Centre on Tuesdays and Thursdays and the Citizens Advice Bureau attend too to provide useful and potentially life changing advice to those that need it most in their time of despair.

My Favourite continued

Sylvie told me that the Foodbank is so grateful for everything received as it really does make a difference. Although ideally they could do with less tins of baked beans being donated! This seems to be the favourite donation!

When clients come they are given supplies to last them three days. This would include staple items such as coffee, tea and powdered milk. But items such as a few washing capsules are also given as they are expensive to buy. For the same reason, feminine hygiene products and general hygiene products such as shampoo and shower gels are very welcome as they are more expensive items for someone to buy. The clients should all come with vouchers from people such as Rev Liz who are authorised to give them.

Sylvie got involved with the Foodbank after seeing an advertisement in our weekly sheets in church. After a process of interviews and induction, she found herself as one of the volunteers who regularly turn up to the twice weekly sessions. She finds it so rewarding and is so pleased that she pursued the advertisement in church.

So with her very personal experience of helping others in the Dorking area at the Foodbank, the words of her chosen hymn seem both relevant and for her are 'heartfelt'. Everyone deserves the basics in life that we take for granted everyday and it is a sad fact that more and more people are finding themselves in a place they never envisaged. So the words of verse 1 seem to be particularly poignant ...

**Beauty for brokenness
Hope for despair
Lord, in your suffering
This is our prayer
Bread for the children
Justice, joy, peace
Sunrise to sunset
Your kingdom increase!**

My thanks to Sylvie for sharing her thoughts and experiences with us all for InSpire. The Editor

Facts about Dorking Foodbank



The Foodbank takes place at The Christian Centre in Dorking, next to St Martin's Church. There are two sessions a week:-

Tuesdays 5.00 — 6.30 pm and
Thursdays 2.30 — 4.30pm

All the Clients are referred and receive vouchers. If you know of anyone who may need help, please speak to Rev Liz who can administer vouchers or Sylvie Beckett.

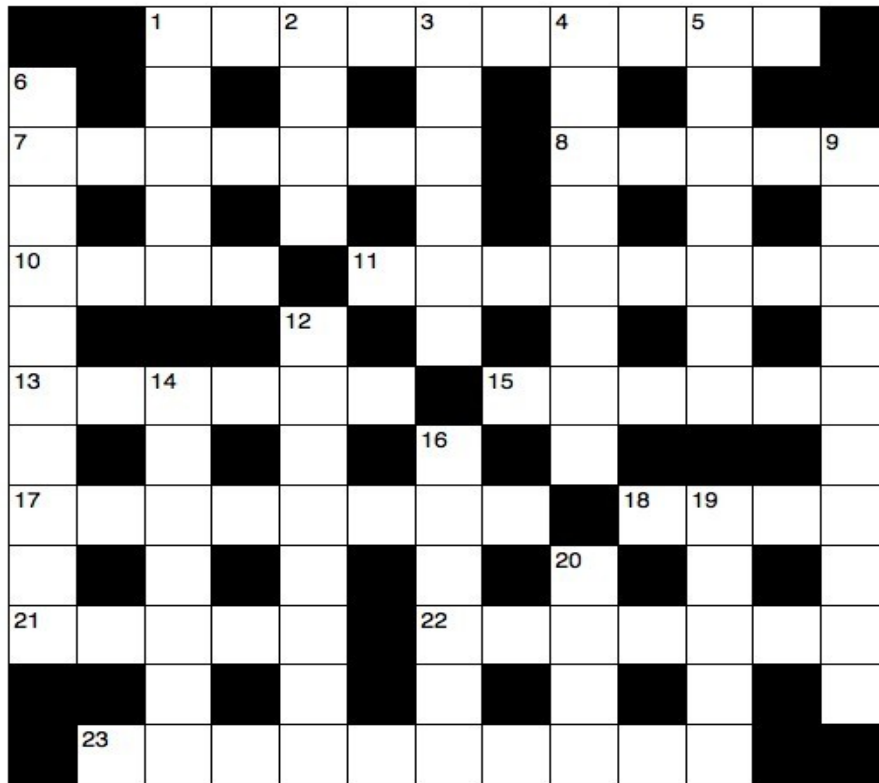
Donations most needed:-

**Tinned fruit and vegetables
Tinned rice pudding
Longlife puddings
Rice
Powdered milk
Tea & Coffee
Feminine hygiene products
Washing powder or gel capsules
Toilet rolls and Kitchen Rolls
Pet foods
Special treats such as biscuits, chocolate.**

Sadly the Foodbank CANNOT accept homemade products due to Health & Safety regulations. They need to be sure exactly what is in the product and that it is hygienically sealed.

They provide three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. They are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

**For further details, please log on to their website:-
<https://dorkingarea.foodbank.org.uk/>**



Crossword Clues

Across

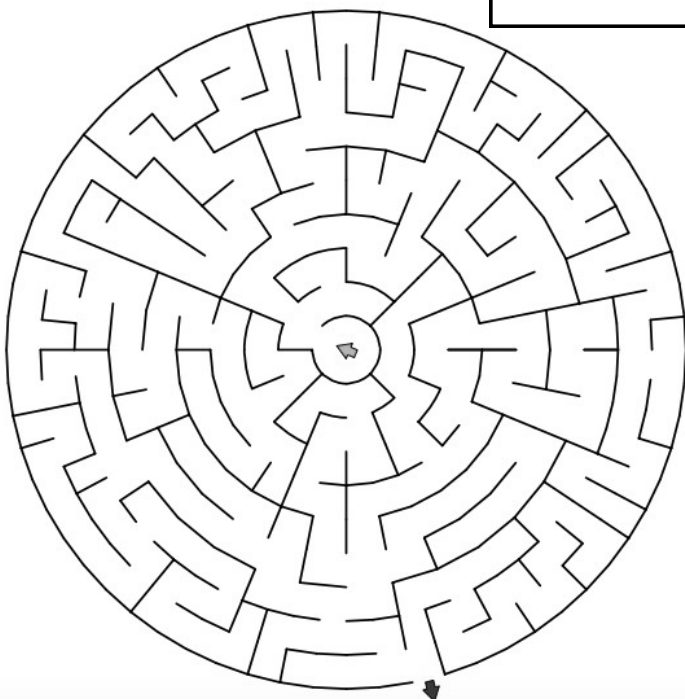
- 1 'You are a chosen people, a royal — ' (1 Peter 2:9) (10)
- 7 Exact copy (Joshua 22:28) (7)
- 8 Jesus' first words to Jairus's daughter, 'My child, — — ' (Luke 8:54) (3,2)
- 10 Idol made by the Israelites while Moses was on Mount Sinai (Exodus 32:4) (4)
- 11 Role allotted to Joseph in Egypt (Genesis 42:6) (8)
- 13 'Lord, when did we — — hungry and feed you?' (Matthew 25:37) (3,3)
- 15 'Though seeing, they do — —; though hearing, they do not hear or understand' (Matthew 13:13) (3,3)
- 17 Happening (1 Kings 21:1) (8)
- 18 'Whatever was to my profit I now consider loss for the — of Christ' (Philippians 3:7) (4)
- 21 National Society for the Prevention of Cruelty to Children (1,1,1,1,1)
- 22 Stamp on (Amos 2:7) (7)
- 23 Liable to rot (1 Corinthians 15:42) (10)

Down

- 1 Of the pope (5)
- 2 'The earth is the Lord's, and everything — — ' (Psalm 24:1) (2,2)
- 3 Hebrew word for the kind of peace that Jesus promised (6)
- 4 Member of a 16th-century Protestant reform movement in France (8)
- 5 Sing out (anag.) (7)
- 6 Ceremonial column of people on the move (1 Samuel 10:5) (10)
- 9 One of the things love always does (1 Corinthians 13:7) (10)
- 12 Esther's cousin who foiled a plot to assassinate King Xerxes (Esther 2:7, 22) (8)
- 14 See cape (anag.) (7)
- 16 'No one can — them out of my hand' (John 10:28) (6)
- 19 Often mistakenly identified as the fruit that led to the first sin (Joel 1:12) (5)
- 20 'He was led like a — to the slaughter' (Isaiah 53:7) (4)

CROSSWORD SOLUTION ON BACK PAGE

Now try your hand at the
Maze!



If you enjoy puzzles and would like to see more of them in future editions of InSpire, please let the Editor know!

There could be word searches and Sudoku puzzles?

Do let me know if you like this idea? Suzanne

Thoughts on Psalm 23 by Daphne Parkin



This is the time of year when lambs are born. Last Tuesday I was visiting Muriel Dale at Rose Hill Nursing Home when her great grandson, Jack, together with her son, John Dale brought a little black lamb into her room. It gave her such pleasure. She remembers that her father kept sheep in their orchard at Biggin Hill.

And then this came to mind: King David was anointed by God to rule over the people of Israel. He was chosen, albeit the youngest son of Jesse who tended his father's sheep. This served him well when he was confronted by Goliath and using a sling and a stone, the weapons he used to defend his sheep from the lion and the bear, he struck down the Philistine. David is described in 1 Samuel 13:14 as a man after God's own heart even though he had committed terrible sins.

He wrote this wonderful, familiar **Psalm 23**

The LORD is my shepherd, I shall not want

He makes me lie down in green pastures,

he leads me beside quiet waters,

he restores my soul.

He guides me in path of righteousness for his name's sake.

Even though I walk through the valley of the shadow of death

I will fear no evil for you are with me; your rod and your staff they comfort me.

You prepare a table before me in the presence of my enemies.

You anoint my head with oil; my cup overflows.

Surely goodness and love will follow me all the days of my life,

and I will dwell in the house of the LORD for ever.

Then this led me to consider the words Jesus uses in John 10, Jesus who was born of David's line but came as the Lamb of God who takes away the sin of the world. "I am the good shepherd. The good shepherd lays down his life for the sheep..... I am the good shepherd; I know my sheep and my sheep know me."

Yes, Jesus, the Lord God Almighty, is our good shepherd and all that this psalm speaks about speaks to us who love Him and trust Him to bring us home at the end of our days to live with him for ever.

Daphne



NEWS from



THE CHURCH
OF ENGLAND

New Executive Director appointed to lead Archbishop of Canterbury's initiative to promote fairer finance

The Archbishop of Canterbury's Just Finance Foundation announced today the appointment of Rowena Young as the charity's first Executive Director.

The Just Finance Foundation (JFF) will oversee and continue the programmes previously initiated by the Archbishop's Task Group on Responsible Credit and Savings in partnership with the Church Urban Fund. The Just Finance Foundation has three key areas of work:

- Promoting saving through the LifeSavers programme working in primary schools.
- Through the Just Finance Network, building money skills, increasing the quality of low-cost credit where people need small loans and offering specific support for those in crisis.
- Encouraging a wider debate about money and its place in our lives, building on the Archbishop of Canterbury's concerns about the responsible use of money.

Rowena Young will join the Just Finance Foundation from the Young Foundation where she is Director of Health and Education. Her appointment is effective from 27 March 2017 and the full time role will be based out of the London offices of the Church Urban Fund.

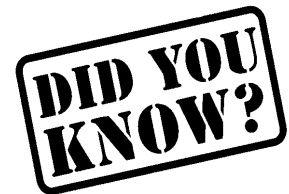
Commenting on her appointment as the charity's first Executive Director, Rowena Young said: "*The Just Finance Foundation is being established at an extraordinary point in time, when both more people are struggling to make ends meet and there is more recognition we need to change the conditions so that prudent financial management pays. With its combination of ethics and pragmatism, and a phenomenal network of Church members in communities across England, the JFF brings powerful new assets to the cause and I feel inspired by their example to make long-term change.*"

Rowena will work alongside Paul Hackwood, Executive Director of the Church Urban Fund. Commenting on the appointment, Paul Hackwood said: "*We are delighted Rowena will be joining us to lead the new charity along with its newly appointed Chair, Douglas Flint, and the rest of the Board of trustees. Rowena brings a wealth of experience and expertise, as well as the passion and commitment to lead JFF to deliver real change and address the financial distress that blights the lives of so many.*"

Key facts about the Church of England

Church attendance and visits

- In October 2015, approximately **960,000** people participated in a Church of England service each week.
- An additional **165,000** people attended services for schools each week in October 2015.



Around **9.4 million** people visited a Church of England Cathedral in 2015. Each week, around **37,000** people took part in services in Cathedrals.

InSpire will bring more of these facts in future editions!

All information taken from The Church of England website: www.churchofengland.org

News from The Diocese



Some news from one of our most local schools, The Weald Primary which is now part of The Good Shepherd Trust (GST). The GST is a family of church school academies with the Diocese of Guildford and was established in 2013.

Weald pupils raise the roof at London's O2 Arena

Pupils from the Weald CofE Primary School raised their voices together with over 7,000 pupils from around the country in 'one of the most inspirational experiences' at London's O2 Arena.

Forty-eight pupils from years four and six took part in **Young Voices 2017** which creates huge primary-age school choirs giving pupils a unique experience of live music in a setting where many of their musical heroes also perform.

The pupils had learnt 12 songs covering a range of genres including rock, pop and folk and were watched by parents who travelled to London with them.

Headteacher of the Beare Green Good Shepherd Trust academy school Rachel Jacob said: "I would like to say a massive congratulations and well done to all of the children who performed.

"They were an absolute credit to our school and were true ambassadors for our vision 'to be outstanding in all that we do' .

"Particular thanks must go to our music teacher Ms Tainton and the pupils for learning all the songs – and their parents for supporting them.

"Some of the lyrics hit a real chord and resonated with all pupils in the school: 'Together we are stronger we can overcome, we can walk this road together we can stand as one, and now nothing can divide us we are stronger than ever' - an extract from *Stronger Together*."

Pupils Nye, Daisy, Emma and Lola said: "Once the musicians were ready they began playing the music and we began to sing. We were singing so loud we couldn't hear ourselves and the songs were phenomenal.

"Our Young Voice's lights looked like stars going across the arena.

"This was the best time in our lives. The last song we sang was 'Ain't No Mountain High Enough'.

Some lines to make you smile!

The end

Seen in a pew-sheet: Tim and Jessie were married on 29th April. So ends a friendship that began in their school days.

Sedative

The church pew-sheet reported: Barbara remains in the hospital and welcomes your visits. She is also having trouble sleeping, and requests a CD of the minister's sermons.



Faiths unite in peace vigil condemning Westminster attack

Representatives of five local faith communities have held a peace vigil in response to last week's Westminster terrorist attack, in which four victims and the attacker died.

At 12 o'clock on Wednesday 29 March – a week since the fatal events in London – Muslim, Christian, Baha'i, Jewish and Hindu members of Surrey Heath Faith Forum gathered in solidarity on the steps of the Surrey Heath Council Offices in Camberley. They were joined by Michelle Carroway from Surrey Police.

Sending out a deep message of public unity, Revd Susan Bolen, curate for the parish of Frimley and Churches of GU16 representative, delivered a Statement of Peace written and signed by the faith forum. Condemning the attack and calling for love and solidarity in its wake, it reads:

Statement of Peace

"We, as members and representatives of faith groups in Surrey Heath, are deeply saddened at the loss of innocent lives and the misery caused by the recent tragic event in London. Our thoughts and prayers go out to the families and to all who have been affected, directly or indirectly, by this atrocity.

"We stand united for peace and respect for all people, of all faiths and none. We believe in offering love in the presence of hatred and solidarity in the face of division. We encourage all people, and especially those in authority, to seek careful discernment during these challenging times and to pursue peace and unity, for this is what honours the God of all our faith traditions."

After a minute's silence to remember those killed in the attack, each faith community read a passage from their sacred text or tradition and said a prayer. The seventeen-strong multi-faith group then lit candles of hope and remembrance.

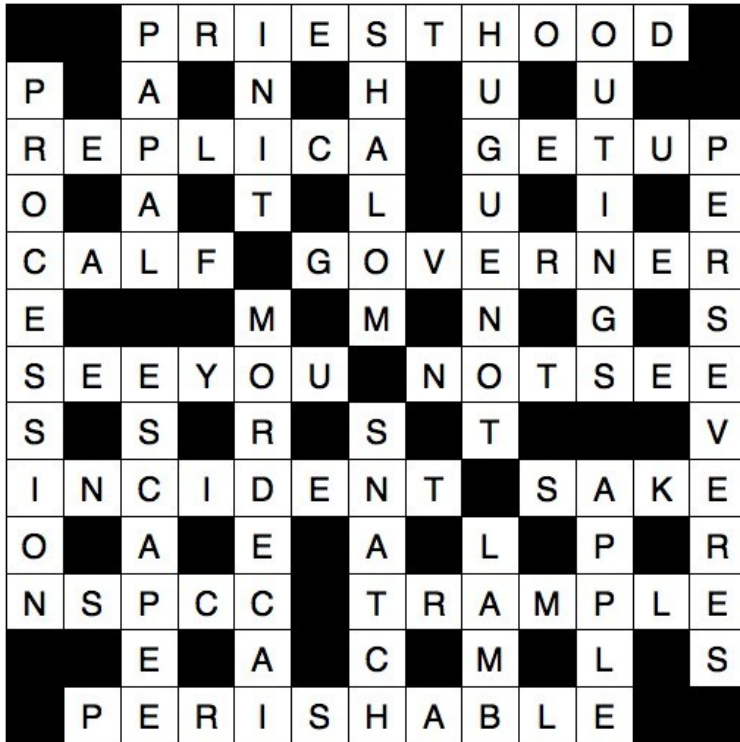
Kauser Akhtar, Surrey Faith Links Adviser for the Diocese of Guildford, said: "We wanted a way to express our profound sorrow at the events in Westminster last week and to openly demonstrate our rejection of such atrocities being committed in the name of religion – terrorism has NO religion."

Taken from The Guildford of Diocese website.

As we take time to reflect on the atrocities in London last week, we remember those affected in our prayers. The prayer on the right is taken from The Church of England website.

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



Crossword Solution

Crossword can be found on page 15

A LITTLE HUMOUR

What the Bible really means....

A father was approached by his small son who told him proudly, 'I finally figured out what the Bible means!' His father smiled and replied, 'What, then?' The son replied, 'It stands for "Basic Information Before Leaving Earth".'

Preach

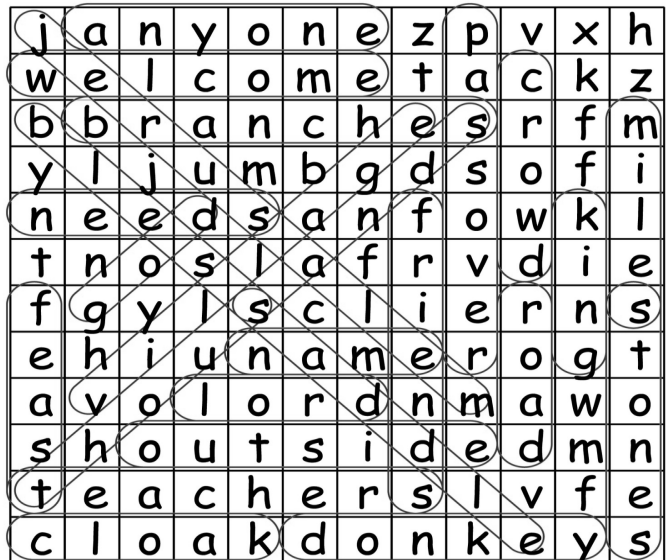
Having preached for half an hour, the old Scots minister paused for dramatic effect: 'And what shall I say more?'

A voice from the back called: 'Say Amen, and sit down.'



"...and finally I'm happy to report that decision-making has become much easier following the downsizing of the Church Council."

Testing Times Wordsearch Solution



Any copy for this publication should be sent to Suzanne Cole editor@stjohnthebaptistcapel.org.uk

By 20th of each month please. This is a new and extended deadline.

If you would like to receive *InSpire* by email, please let me know on the above email address. It can also be downloaded from the new church website:- www.capel-church.org.uk

Any queries, please do contact me either by email or phone: 01306 711449. Thank you The Editor