

Contents:-

2 & 3 Dates for Your Diary, News from the Pews

4 & 5 Letter from Rev Liz & The Editor

6 Prayers

7 Church Services & Events for October

8 & 9 News from Sally & Bob Cranham

10 & 11 High Days & Holy Days

12 & 13 InSpire for our Younger Readers

14 Bible Society news

15 How to be a School Governor

16 Thanking God

17 Dorking Foodbank update

18 & 19 Puzzle Pages

20 & 21 Pray for the Persecuted Church

22 Puzzle Solutions



Reflection and Remembrance

Issue 9 November 2017

Rev Liz writes



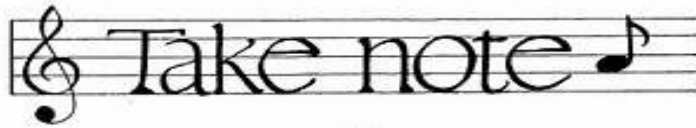
November already and definitely a nip in the air! Where has the year gone?

This month we have entered the season of All Saints journeying towards Advent stopping to commemorate our faithful departed along the way and those who have died serving our country through war on Remembrance Sunday. All Saints is literally about celebrating all the saints, famous or not, who may have lived long ago or are still serving others in our world today. In fact the month of November is very much about service and serving others. The saints served our world, our armed forces served our nation and defended others; both willing to

die for others in the cause of freedom and democracy and the common good. Church wise all of this draws us up to a wonderful Sunday which brings the cycle of the Church's year to a close and that is the Feast of Christ the King. The year that began with the hope of the coming Messiah ends with the proclamation of his universal sovereignty. Great themes to reflect on which also once again remind us of our dependence and our mutual belonging as church and community together. I rather like that idea of 'mutual belonging' and think it describes our community well. So here are some opportunities for mutual belonging!

Café Church kicks off the month in church with informal gathering over coffee and other refreshments followed by a short time of worship. The theme will be All Saints and All Souls and this month we welcome new Capel resident and professional guitarist Bob Cranham to lead our music. (Bob is also holding an evening of praise and worship later on this month featuring songs old and new, in his home, which we hope will raise some funds to help support his daughter Sally Cranham who is working with the anti-trafficking charity 'Source'. See the church calendar for more details).

Rev Liz's letter Continued on page 4



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INTERCESSOR VOLUNTEERS WANTED!

We are currently down to just four people who are on the rota for Intercessions. This puts a huge pressure on so few people to deliver intercessions at regular intervals. If you think you could help but wonder what is involved, please speak to Rev Liz.

The more people we can get on the rota, the less often everyone would have to prepare the Intercessions! Please do think about whether you could help with this valuable contribution to our Sunday services. Thank you.

An Evening of Contemporary Praise & Worship Songs

Thursday 16th November 8.00pm

at The Cottage, 97 The Street, Capel

Come along and enjoy an evening of some well known modern worship songs, together with some that may be brand new to you! The evening will be hosted by Bob & Judy Cranham at their home. There will be a collection taken to help support Sally Cranham and her ministry in the USA.



See updates from Bob and Sally on pages 8 and 9.

Charities we support

The Children's Society - Annual Christmas Coffee Morning, Saturday 11th November 10.00 am—12.00 noon in St John the Baptist, Capel

Please do join us if you can for our annual Christmas coffee morning in aid of The Children's Society which we support as a church. There will be Christmas card packs for sale, together with other items and Sue Partridge will be selling Traidcraft items too, including chocolate Advent calendars! These are always popular so if you know you would like one, please do speak to Sue in advance to ensure she has enough supply to meet demand!

If you cannot make that date or would like to see a Children's society 'Christmas Cards & Gift Brochure 2017', please speak to Suzanne who will be able to give you a copy.

There will be plenty of homemade refreshments available, as well as croissants if you fancy a late breakfast!

Any questions, please ask Suzanne at church or phone 01306 711449. Thank you!



NEWS from the Pews

From the Registers

We welcome into the family of the church

Jayden - Lee Rylan Costick

24th September 2017

Sidney James Tanner Haines

7th October 2017

Robyn Elizabeth Fitzjohn

22nd October 2017

Wooden coathangers wanted!

If you have any wooden hangers you no longer need, Betty would be pleased to receive them and turn them into something crafty and wonderful! Thank you

Christian Aid launches Rohingya Crisis Appeal

Christian Aid has launched an appeal to help all communities displaced by violence in Myanmar's Rakhine State, and Rohingya Muslims who have crossed the country's border into Bangladesh as refugees.

Figures show 412,000 Rohingya people have fled into Bangladesh's Cox's Bazar district since a fresh outbreak of violence recently erupted in Rakhine State. A reported 210 villages have been destroyed in the north of the state, leading to an unknown number of displaced people within Myanmar.

For the last 12 months, Christian Aid in Myanmar has been working in camps and with conflict-affected communities through local partners in Rakhine State and supports all ethnic groups displaced by violence.

Ram Kishan, Regional Emergency Manager South Asia, said: 'The number of refugees arriving in Bangladesh is rising rapidly - an estimated 15,000 people coming across the border daily.'

To donate to the Rohingya Crisis Appeal, visit www.christianaid.org.uk/emergencies



Sunday 5th November 2017 10.00 am—5.00pm in the Parish Hall

For the second year running there will be a St John's Artists Art Exhibition in the Parish Room, Chapel.



Greeting cards from the artists' originals will be available to buy.

Entry is FREE and includes a cream tea.

For further details, please speak to Rev Liz.

DATES FOR YOUR DIARY see page 7 for Events & Services

Rev Liz writes continued

At the same time our art group is holding its second annual art exhibition in the Capel Parish Hall where members and other local artists and craftspeople will display their work, much of which will be offered for sale this year. Lots of beautiful cards will be available to buy as well. Entrance is free but will include a cream tea like last year. Donations are welcomed towards the Church Boundary Wall project. We had a wonderful afternoon last year so do come along and join us, choose your favourite painting, and maybe sort out some Christmas presents?! Speaking of Christmas presents don't forget to come to our coffee morning in aid of The Children's Society on Saturday 11th and order your Christmas cards and other Christmassy items.

The following day we move into the theme of remembrance as once again we are joined by the Capel Standard Bearer, a bugler and our uniformed boys and girls to remember those who died and to lay wreaths. It is always such a moving occasion... and then we reach Christ the King Sunday where we will be later hosting a soup lunch followed by teas, the last one of the season incidentally, and the lovely Christmas produce will be for sale all in aid of CMS (Christian Mission Society). Last but not least remember that the first Saturday in December will be the day we put up the community Christmas trees as usual with festive refreshments and more live music, followed by the grand switch on later in the evening, with carol singing and probably more refreshments!

None of these wonderful events would be possible without the many volunteers who give their time and service to us all and thank you everyone who comes along and supports them, helping us all to raise funds for various good causes. There are many unsung heroes and saints in our village today and of course many in past years too. Thank you to all who work so tirelessly to make our village a great place to live and to the many who work to make the church a hospitable and welcoming place to worship God. I would especially like to thank the Horticultural Society for redesigning the circular flowerbed near the church door. It looks wonderful and we look forward to seeing the plants next year and in years to come. Thank you too to Chris Coke who has patiently fought a battle with many slugs and snails and looked after it amongst lot of other things in our churchyard in previous years. So let's keep 'mutually belonging' as we travel through November and enter that other season of Advent and should I mention Christmas again.....?!

My love and prayers as ever.

Rev'd Liz



The vicar's alternative to traditional after-service coffee was having a dramatic effect on male church attendance

LAUGHTER
• is the best •
MEDICINE

Accident

As my five-year-old son and I were heading to McDonald's one day, we passed a car accident. Usually when we see something terrible like that, we say a prayer for whoever might be hurt, so I pointed and said to my son, "We should pray." From the back seat I heard his earnest voice: "Dear God, please don't let those cars block the entrance to McDonald's."

Letter from the Editor

Dear Readers,

Well it seems as Winter is really arriving as I write. The first frost fell this week and the temperature has dipped. We now prepare for a busy month, both as a nation and a local community. There is Bonfire night, enjoyed by so many and then we have Remembrance Sunday. One hundred years ago, the 'War to end all Wars' was still raging and would do so for another year. It is very stirring to see the masses of poppies falling from the ceiling of The Royal Albert Hall on the National Service of Remembrance which is televised, or to remember the hordes of ceramic poppies around the Tower of London in 2014 which was an incredible, but sobering sight. But listening to Baroness Neuberger doing Pause for Thought on Radio 2 this morning, I was reminded of the importance of remembering EACH of the individuals that died. We tend to forget amongst the masses, that each and every one of these men had a life cut short. They had hopes and dreams, just like us, that were tragically cut short. As a wife of an ex-soldier, I am only too aware that my life is a happy one in comparison with so many military wives who have lost their husbands. These days we must not forget that women are also serving around the world and risking their lives, so there will be husbands who are bereaved too. I love our local remembrance service in the afternoon, all gathered round the memorial after the church service, but on a personal level, I also feel the need to watch the National commemoration in London which is televised for us all to see. I feel an overwhelming sense of union with everyone as I watch the crowds in London gathered to remember those who have died and those veterans who are still with us, many of them severely maimed or injured. It is particularly poignant these days to hear the stories of families who have loved loved ones around the world serving in wars that are still going on. I sincerely hope that we continue to pass down the importance of marking this shared act of remembrance to our children. I feel it is so important for them to learn what went before, in the hope that it may stop further bloodshed, together with reminding them of the millions who died.



We have much to look forward to in our church life this month with the Second Art Exhibition by our own St John's group of Artist's on Sunday 5th November, the Children's Society coffee morning on 11th, our services of Remembrance on Sunday 12th, an evening of Contemporary worship at Bob and Judy Cranham's on Thursday 16th and our final church teas in aid of CMS on Sunday 26th. There will also be an opportunity to enjoy a soup lunch that day immediately after church, also in aid of CMS. A busy month, with lots of events to enjoy! No doubt November will pass swiftly and we will soon be in the swing of Advent and enjoying the weekend where we put up the local community group's Christmas trees and all the services marking Advent.

I would particularly like to thank several contributors this month for their input:- Daphne Parkins, Peter Bradley, Bob and Sally Cranham, together with Debbie von Bergen who hopes to update us regularly with financial news. I want InSpire to be 'our' magazine, not just my ideas, so I'm very grateful for them taking the trouble to send me articles. I really hope this aspect will grow so that we may SHARE ideas, prayers, articles and ultimately our shared faith! Please let me know if there is anything you would like to contribute— I will be very happy to share it!

May God's blessings be with you throughout November.

With best wishes,
Suzanne





PRAYERS



A Prayer of Remembrance

Almighty and eternal God,
 from whose love in Christ
 we cannot be parted,
 either by death or life:
 hear our prayers and
 thanksgivings for all whom we
 remember this day;
 fulfil in them the purpose of
 your love; and bring us all,
 with them, to your eternal joy;
 through Jesus Christ our Lord.
 Amen.

5th November is this year's International Day of Prayer for the Persecuted Church (IDOP). The aim is to focus a wave of worldwide prayer on Christians who are being persecuted for their faith.



See Articles on pages 21 and 22

For our Community in Capel

We pray for God's blessing on the marriage of Claire and Nathan who married here recently.

For the children baptised recently: Jayden-Lee Costick, Sidney Haines, Robyn Fitzjohn. We pray for them and their parents and Godparents.

For those who are ill or suffering. Please be with them in their times of pain and anxiety. We remember any that are known to you individually and all those who ask for our prayers on the prayerboard.

For everyone involved in our outreach work in our community. We pray for everyone involved in Messy Church and we praise God for all the time the volunteers give up to bring Messy Church to the families in our community.

For Sally Cranham working in the USA for Source and for the valuable work the charity does. We ask for God's blessing on Sally and all the people who work with her.

For our friends at St Margaret's, Ockley as we move towards unifying our two churches. We pray for God's guidance and blessing over the process and thank God for the joy of worshipping together in fellowship.

For those mourning the loss of a loved one. We remember those marking the anniversary of losing a loved one, particularly Betty and her family as they remember Stephen. We also pray for Tina Fairbrother who is mourning the loss of her sister Rosa. We also remember all those who came to the service for the bereaved. Be with them Lord, and comfort them in their time of sorrow.

**TEARS ARE PRAYERS TOO.
 THEY TRAVEL TO GOD
 WHEN WE CAN'T SPEAK**
psalm 56:8



CHURCH SERVICES AND EVENTS FOR NOVEMBER 2017

NOVEMBER 5th

8.00 am

Fourth Sunday before Advent

Holy Communion BCP

10.00 am

CAFÉ CHURCH

ALL DAY (5th)

ST JOHN'S ARTISTS ART EXHIBITION IN THE PARISH ROOM



SATURDAY 11th Children's Society Coffee Morning in church

10.0 am

Breakfast pastries, cookies and cakes, Christmas Cards and other Christmas goodies all in aid of The Children's Society



SUNDAY 12th Remembrance Sunday

8.00 am

Holy Communion BCP

10.00 am

Family Communion

3pm

Remembrance Parade Service and laying of wreaths at the War Memorial.

THURSDAY 16th Evening of Praise and Worship

8.00 pm

An opportunity to meet in an informal atmosphere to sing songs old and new. The Cottage, 97 The Street, hosted by Bob and Sally Cranham

SUNDAY 19th Second Sunday before Advent

8.00 am

Holy Communion BCP

10.00 am

Family Communion

3.00 pm

Capel Teas in church

SUNDAY 26th Christ the King

8.00 am

Holy Communion BCP

10.00 am

Family Communion

12pm Soup Lunch followed by Church teas - all in aid of CMS (Church Mission Society) Come and support CMS and join us for homemade soups or teas or both.

Joy's famous Christmas puddings and mincemeat will be available to purchase along with Betty's Christmas crafts and preserves. ***The last Capel tea of the season. Not to be missed!***



SATURDAY DECEMBER 2nd

Christmas tree decorating and grand switch on of the lights in the churchyard – we set up in the morning from 9am enjoying mulled seasonal refreshments while we work along with live music. Then we return later when it's dark for the big Christmas Tree Switch On! Carol singing and refreshments set us up to begin this festive month!

SUNDAY 3rd Advent Sunday

8.00 am

Holy Communion BCP

10.00 am

Family Communion

TUESDAY 5th

Christmas Messy Church!

Most Wednesdays 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....

Sally Cranham - Source - Minneapolis

I have been in Minneapolis for three weeks now. I am set up in the apartment building which Source calls the Annex. I have made it feel like home and have a good area to write and relax in. There are three apartments here and one is set up to host three women who are coming out of the life of prostitution. For the record we never say "prostitutes". We describe *what* they do but we know that this isn't their essence or what God calls them.

During my first week at Source I served at a local rally which attracted over 100 people to hear about the work and specifically the Purple Light project which focuses on the increase in sex trafficking around the Super Bowl which is here in February next year. We sold purple light bulbs to raise funds for the ongoing work with the hope that the light will be put somewhere in the home where people will remember to pray for the men and women caught in this vicious and sad cycle.

We don't have any residents joining us until November so I have been serving this week specifically by managing the renovation of the apartment for the ladies we will host. We have a team of volunteers from a local church coming in but I have had to clean and paint the entire apartment. It has been amazing - I know every corner! It made me think about what it means to create a space for people to find freedom in. I prayed and thought about who might inhabit the rooms and sleep in those beds.

Along with the painting and the rally I have been on the outreach team. We spend a couple of hours praying and texting women and asking if they would like to meet so we can give them a gift bag. The bags themselves were donated by another charity that empower women into work and we now include an Eden Ministry necklace (a charity I am an advocate for in Asia) which is a gold heart. The outreach has been going well but it has been a while since anyone has wanted or had time to meet. We ask for prayers as we discern how to phrase the text messages to these women and pray that for the women the shame and pain will melt away and hearts will soften towards the care and comfort we simply want to show them.

Prayer points:

For new residents to be prepared and hand picked by God to take the step and join us at the Annex.

For the outreach team's discernment in our continued work in this area.

For the Director of Source, Peter, who has stage 4 cancer and has 4 children and a wife Jessica who have worked in Source for 20 years. They are also the pastors of the church affiliated to the work here. Peter is "praying for a miracle but preparing for a funeral." This will affect the whole team. I do not know him well but please pray that where I can serve and bring comfort during this tough time that doors will be opened.

For the community meal that happens every Wednesday!

Practical needs include a car, especially for the winter months.

I also ask for prayer as I write. I continue in song writing and bible study on a regular basis.

Thank you for your support and prayers. It is a joy to be able to share my news and the work that I am doing here.

Sally



It's been a year of new beginnings; a new start for Judy & I moving to Capel and a new mission role for my daughter, Sally. So what better way to celebrate than host an evening of music and testimony with Sally in our new home! Twenty four friends, neighbours and church members gathered in our Coach House and Sally sang several of her own songs, spoke about the international nature of her ministry and showed videos of the various charities with whom she works. She was greatly encouraged by the conversations with people during the interval and at the end of the evening and I know that people were entertained and challenged in equal measure through the songs and stories that Sally had to share. Thanks to everyone who took the trouble to come along and support the event and also for the generous donations made by those who couldn't come along on the night.

Since writing this article, I have received an update from Sally herself which I am pleased to share with you on the opposite page. If you'd like to know more about Sally's work or receive regular newsletters please let me know. Tel: 01306 713349 or email bobcranham@gmail.com. Or you can visit Sally's website which is www.feathersandwhirlwinds.com and read her blogs. Sally also needs to raise some financial support for the next 12 months. Her role with Source MN is as a volunteer and her visa is for a charity worker which precludes her from working. This is a real step of faith. I know Sally would really appreciate your prayers.



Sally Cranham

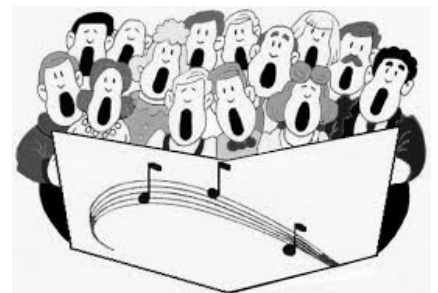
Galatians Ch.5: v.1

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

By Bob Cranham

An Evening of Contemporary Praise & Worship Songs Thursday 16th November 8.00pm at The Cottage, 97 The Street, Capel

Come along and enjoy an evening of some well known modern worship songs, together with some that may be brand new to you! The evening will be hosted by Bob & Judy Cranham at their home. There will be a collection taken to help support Sally Cranham and her ministry in the USA.



If you would like any more details, please speak to either Bob or Rev Liz.

Bob Cranham: 01306 713349 bobcranham@gmail.com

1st All Saints' Day – the feast day of all the redeemed

All Saints, or All Hallows, is the feast of all the redeemed, known and unknown, who are now in heaven. When the English Reformation took place, the number of saints in the calendar was drastically reduced, with the result that All Saints' Day stood out with a prominence that it had never had before.

This feast day first began in the East, perhaps as early as the 5th century, as commemorating 'the martyrs of the whole world'. A Northern English 9th century calendar named All Hallows as a principal feast, and such it has remained. Down the centuries devotional writers have seen in it the fulfilment of Pentecost and indeed of Christ's redemptive sacrifice and resurrection.

The saints do not belong to any religious tradition, and their lives and witness to Christ can be appreciated by all Christians. Richard Baxter, writing in the 17th century, wrote the following:

He wants not friends that hath thy love,
And made converse and walk with thee,
And with thy saints here and above,
With whom for ever I must be...

As for my friends, they are not lost;
The several vessels of thy fleet,
Though parted now, by tempests tost,
Shall safely in thy haven meet....

The heavenly hosts, world without end,
Shall be my company above;
And thou, my best and surest Friend,
Who shall divide me from thy love?

1,255 ancient English churches were dedicated to All Saints - a number only surpassed by those dedicated to the Virgin Mary.

Of course, very many of the early 'saints' were also martyrs, and so ...

1 The first martyrs – the 'seed' of the Christian Church

The first martyrs of Rome are recorded in the old Roman Martyrology, which states that:

'At Rome, the birthday is celebrated of very many martyrs, who under the Emperor Nero were falsely charged with the burning of the city and by him were ordered to be slain by various kinds of cruel death; some were covered with the skin of wild beasts, and cast to the dogs to be torn asunder; others were crucified, and then when daylight failed used as torches to illuminate the night. All these were disciples of the apostles and the first fruits of the martyrs whom the Holy Roman Church sent to their Lord before the apostles' death.'

2nd All Souls' Day – a time of reckoning with the past

The early Church was slow to dedicate a liturgical day to offering prayers and masses to commemorate the faithful departed. But in time prayers were offered on behalf of dead monks, that they might attain 'the Beatific Vision' through purification, which the Church later described as Purgatory. Odilo, the powerful abbot of Cluny, (d 1049) decreed that All Souls' Day should follow the feast of All Saints' Day.

At least four ancient English dedications are known, the most famous of which are All Souls College, Oxford and the church in Langham Place in London. In bygone centuries All Souls' Day was certainly uncomfortable for anyone who had wronged a person who had then died. For it was believed that souls in purgatory could appear on earth on this day, in the form of ghosts, witches or toads, to haunt anyone who had wronged them in life.

On a more cheerful note, it was also believed that you could help the dead on this day by almsgiving in cash or in kind. Some of these beliefs seem to have been caught up in the popular customs of Hallowe'en. When the Reformation came, the Protestants disregarded the idea of Purgatory, and this feast day remained with the Roman Catholic Church.

5th Guy Fawkes – an early terrorist

Back in 1605 Guy Fawkes managed to stow a good few barrels of gunpowder under the House of Lords without anybody noticing. He was part of a Roman Catholic plot to murder James 1 of England and his parliament at the state opening. Fortunately, Guy Fawkes was found - and stopped - in time.

Information about a New Scheme for Regular Givers!

We would like to introduce you to a *new scheme for regular givers*, backed by the Diocese which is much easier to administer than standing orders. **The Parish Giving Scheme** allows regular donations easily using a centrally operated direct debit system. The system also claims all gift aid, where authorised by the giver and passes it on to the parish the same month. This is much quicker and more convenient than the current standing order.



We have trialled the system with some willing volunteers who have found it easy to sign up. We now hope that you will follow suit.

Please speak to Dineke or Debbie for more information and a pack to sign up. If you currently have a Standing Order there are guidelines in the pack on how to make a smooth transfer.

Treasurer:

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Donations:

Dineke van der Bogerd
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InSpire for our Younger Readers

Bible Bite

A short story from the Bible

It can be read in the Bible in Genesis chapters 41:46 - 45:28

Joseph: sold by his brothers, taken to Egypt, now in charge of the stored food as famine spreads through Egypt, and beyond...

Joseph's father sent 10 of Joseph's brothers to Egypt to buy food.



Joseph saw they did not recognise him. He wanted to see his little brother Benjamin.

To prove you are not spies, you must bring your other brother to me...



They needed more food so they had to take Benjamin to Egypt.



Joseph gave them food...



but to test them he had his cup put in Benjamin's sack.

Then as they went home...



Stop!

You have stolen my master's special cup.



It was in Benjamin's sack.

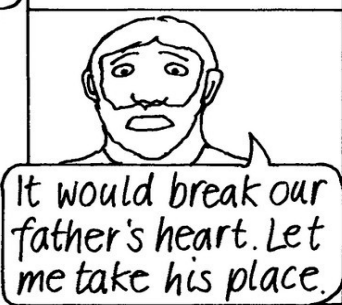
The servant took them back to Joseph.



You are a thief and must stay as a slave.



But Judah said



It would break our father's heart. Let me take his place.

Joseph saw that his brothers had changed.



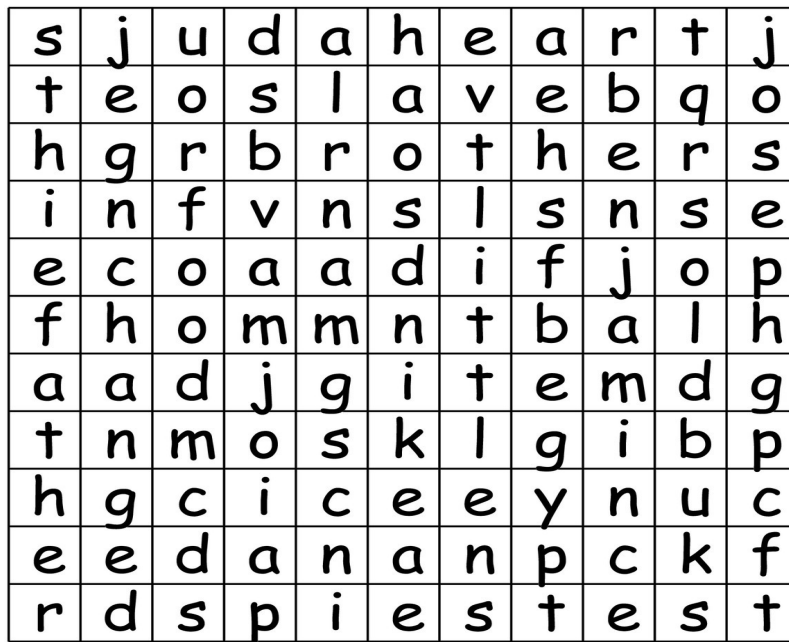
I am your brother Joseph. You sold me but God sent me to Egypt.

I can look after you. Come and live with me.



So all of Joseph's family moved to Egypt.





Wordsearch solution
On back page

little
changed
sack
sent
test
Joseph
brother
God

family
slave
cup
food
spies
Egypt
father
master

sold
Judah
famine
heart
recognise
Benjamin
servant
thief

Some fun Autumn mice to colour in!





Ever wonder what real difference reading the Bible could make in your life?

Now the Bible Society can tell you, by sharing examples of what Bible reading has done for other people. It has been gathering modern day stories of how the Bible can impact on people's lives. Just visit: www.biblesociety.org.uk/latest/mybible/

Of course, the Bible has inspired many social causes over the centuries. It was Scripture that inspired William Wilberforce to fight tirelessly against the slave trade, Elizabeth Fry to bring prison reform by teaching convicts to read and Martin Luther King to lead a powerful campaign of peace for racial equality.

The 'My Bible' series introduces itself by saying: 'Whether you connect with a former financial manager convinced of God's existence by the words of Colossians 1; a student worker sustained by the words of Isaiah or an 82-year-old who's recently rediscovered the Bible, we hope you feel uplifted by these stories. And - if you've got a story of how the Bible has impacted your life, we'd love to hear it.'

Just email mybible@biblesociety.org.uk and the Bible Society will be in touch.

Dyslexia-friendly bibles

<https://www.biblesociety.org.uk/products/bibles/dyslexiafriendly/>

Our dyslexia-friendly products all have the following features:

- Increased line spacing
- Larger type face
- Cream coloured paper rather than bright white
- Paper has high opacity so very little text shows through from the next page
- Paper has matt finish rather than glossy paper limiting reflection
- Follows formatting principles of British Dyslexia Association.

New Online Bible from The Bible Society

<https://youtu.be/-6-zzoJSjEI>

Lots of features to enjoy and study the Bible on your tablet or mobile phone!

Might There Be More to Christmas?

Might there be more to Christmas – more to Jesus – than meets the eye? Explore these questions and more through this Gospel of Luke – taking you on a journey from Jesus' birth, through to Jerusalem, where the story reaches its climax, in a modern, easy-to-read translation. £2.50 from The Bible Society.

This is just one of many publications available from The Bible Society!



Make a difference-be a school governor!



About 15 years ago as a member of the Parochial Church Council in Capel I was asked whether I “could spare a few evenings a year to become a school governor at Scott-Broadwood school?”. Little did I know that a simple “yes I can do that” would lead to a long and deeply fulfilling time supporting the school through exciting changes and that I would spend four years as Chair of Governors. Since I retired in September I have been reflecting on my experiences.

The first thing you pick up is that as a Church school it is very much at the heart of the community and the staff are extremely dedicated to giving its young children the best start in life. During my time I have worked very closely with three Headteachers:- Christine Prosser, Rebecca Bacon and latterly Susan Muat, all of whom were very talented and caring leaders. I am indebted to them and their staff for having taught me so much about how the education system works, funded and monitored; it is a lot of information to take in!

I have learnt that being a school governor is not about attending a few meetings a year. If you are able to, there are opportunities to monitor key areas of the school development plan, pupil progress, keeping children safe, building projects, etc.. There are so many areas a governor can help with! In my time I have concentrated my efforts on Buildings, Health and Safety and Performance Management. I have to say that the most rewarding and challenging time for me was stepping up to becoming Chair and having to grapple with some very serious logistical and financial issues that threatened the survival of the school.

You may think that being a governor is all work and no play? One thing you will be impressed about is that governors generally are multi-talented and can organise a whole host of social events including various fund raisers such as quizzes and sponsored walks to name a few. Governors come from all walks of life and it is amazing how their skills all complement one another so that all aspects of monitoring school life are covered. I have to say a big thank you to them for their support and encouragement.

Would I recommend being a school governor? If you want to give something back to the community you live in (as I did) and are prepared “to roll your sleeves up” then please give it a go. Vacancies appear from time to time and if you are interested go and have a chat with the Head and current Chair of governors; you never know maybe you’ll be there in 15 years’ time!

A note from our new Treasurer—Debbie von Bergen

Thank you to everyone for making me so welcome as the new treasurer of St John the Baptist, I’ve had a lot of help settling into my new roll and am most grateful. This is the first of what I hope will be a regular article in Inspire updating you on our finances.

You will be pleased to hear that we raised almost £2,000 at the murder mystery play which was held in the Memorial hall recently. This money has been split with Capel cricket club, the church portion being put towards the renovation of the church perimeter wall.

Our Harvest Festival special collection this year has been sent to the Disasters Emergency Committee for their East Africa appeal, where there is hunger on a massive scale and 19 million people are in urgent need of food, water and medical treatment. We were able to send £200.

Do please come and talk to me if you have any suggestions or questions about the churches finances, my contact details are on page 2.

Debbie von Bergen



Giving thanks to God

By Daphne Parkins

Count your blessings, name them one by one,
Count your blessings, see what God hath done!
Count your blessings, name them one by one,
And it will surprise you what the Lord hath done.



Speaking from experience I have always found something incredible happens to me when I give thanks to God for his goodness. I came across five practical ways we can access the goodness of God :

- 1) Commit your life each day to Him
- 2) Begin and end your day with a short prayer of thanksgiving
- 3) Avoid negative conversations
- 4) Encourage people around you with positive words and actions
- 5) It's good to say "thank you" to people even when they have helped you in some very small way.

There was a song in the 1940s which included the words - "Accentuate the positive, eliminate the negative and don't mess with mister in between". How true!



Smile Lines

A question

Can an atheist get insurance against acts of God?



Bible knowledge

A minister was approached by his small son who told him proudly, 'I finally figured out what the Bible means!' The minister thought of his extensive theological library and smiled indulgently. He asked his young son what he thought the Bible meant.

'It's easy, Daddy...,' the young boy replied excitedly. 'It means 'Basic Information Before Leaving Earth.'

Morning

There are only two kinds of people in the world. There are those who wake up in the morning and say, 'Good morning, Lord,' and there are those who wake up in the morning and say, 'Good Lord, it's morning.'

Dry

My minister friend put hot-air hand dryers in the rest rooms at his church and after two weeks, took them out. I asked him why and he confessed that they worked fine, but someone had scribbled on the dryer: 'For a sample of this week's sermon, push the button.'



Autumn Update

Thank you to you and your Church communities for your continued support of the Dorking Area Foodbank. We are so grateful to every single person who donates food and/or gives financially to our operation. It is only through the generosity of the people of Dorking and the villages that we continue to be able to feed those who seek our help. Thank you especially for praying for us - this is what makes the difference.



We are currently receiving tons (literally) of food from local schools, Churches and community groups as Harvest is celebrated around the town and in our local villages. The warehouse volunteers are working extremely hard to weigh and sort all of this produce as every single item is checked for date and condition before storage.

This food is essential for us to be able to meet all our Christmas responsibilities, whether it is through the distribution centre, through emergency food boxes, the Christmas Pop Up at the Children's centre on the Goodwyn's Estate or through hampers and Christmas donations given out by local charities.

And as time is going on, the demand for food is increasing.

Many thanks if you are one of our many donors – every item that you give, counts.

Our current prayer requests:

- That those who need food would find us this Christmas
- For energy for volunteers in this busy season
- That we would be able to find the right way to get food to families who experience 'holiday hunger' during the school holidays when extra food has to be found to cover for school meals

'for I was hungry and you fed me, thirsty and you gave me drink, I was a stranger and you invited me in.....'Matthew 25, 35

Many thanks to you all

Ali Studley

Volunteer Coordinator at Dorking Area Foodbank

www.dorkingarea.foodbank.org.uk

You can also like and follow the Dorking Area Foodbank on Facebook and Twitter!

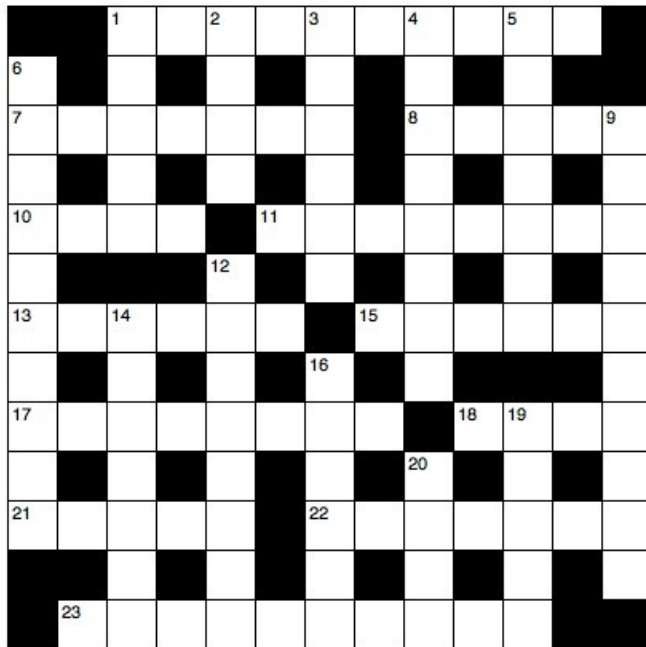
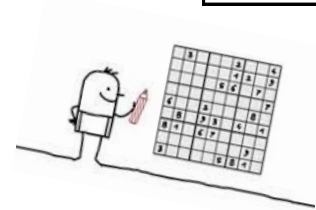


Puzzles Page



CROSSWORD

Solution on back page



Across:

- 1** He was replaced as king of Judah by his uncle Mattaniah (2 Kings 24:17) (10)
- 7** 'Let us fix our eyes on Jesus... who for the joy set **before him — the cross**' (Hebrews 12:2) (7)
- 8** Relieved (5)
- 10** Impetuous (Acts 19:36) (4)
- 11** Surprised and alarmed (Luke 24:37) (8)
- 13** 'It is — for a camel to go through the eye of a needle than for the rich to enter the kingdom of God' (Mark 10:25) (6)

- 15** Directions for the conduct of a church service (6)
- 17** One of the acts of the sinful nature (Galatians 5:19) (8)
- 18 and 20 Down** 'She began to wet his — with her tears. Then she wiped them with her —' (Luke 7:38) (4,4)
- 21** 'We will all be changed, in a flash, in the twinkling of an — , — the last trumpet' (1 Corinthians 15:51–52) (3,2)
- 22** 'But he replied, "Lord, I am — — go with you to prison and to death"' (Luke 22:33) (5,2)
- 23** Third person of the Trinity (2 Corinthians 13:14) (4,6)

Down

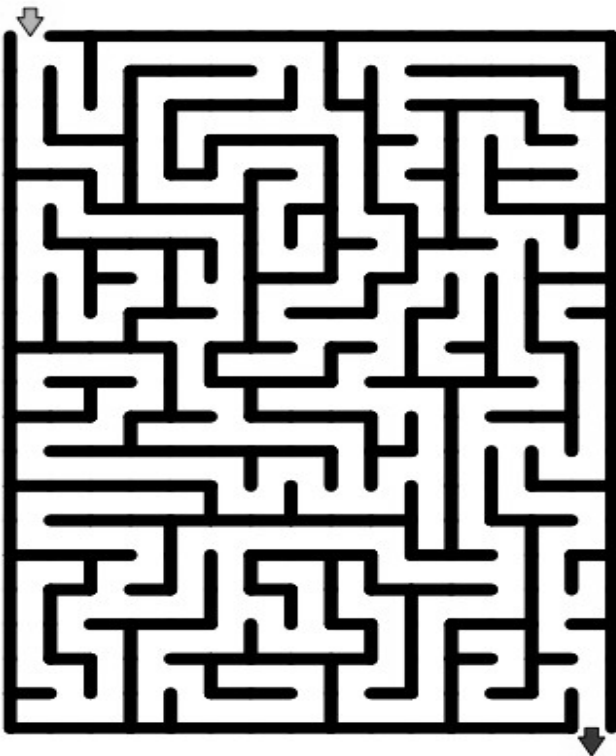
- 1** He betrayed Jesus (Matthew 27:3) (5)
- 2** Paul's assurance to the Philippian jailer: 'Don't — yourself! We are all here!' (Acts 16:28) (4)
- 3** 'Fear God and keep his commandments, for this — the whole — of man' (Ecclesiastes 12:13) (2,4)
- 4** The sort of giver God loves (2 Corinthians 9:7) (8)
- 5** Sun rail (anag.) (7)

Down



CROSSWORD solution on page 20 (back page)

- 6 Naboth, the ill-fated vineyard owner, was one (1 Kings 21:1) (10)
- 9 Paul said of young widows, 'When their sensual desires overcome their — to Christ, they want to marry'
- 12 This was how Joseph of Arimathea practised his discipleship 'because he feared the Jews' (John 19:38) (8)
- 14 Mop ruse (anag.) (7)
- 16 Foment (Philippians 1:17) (4,2)
- 19 Where Joseph and Mary escaped to with the baby Jesus (Matthew 2:14) (5)
- 20 See 18 Across



Can you find your way out of the maze starting at the top?

2		5				8		
			6	5	3			
9							6	
			4		6			1
3								4
7			2		9			
	2							9
			5	7	4			
		4				6		5

Medium level Sudoku

Solution on back page

Remember, remember the 5th November – and pray for the Persecuted Church

5th November is this year's International Day of Prayer for the Persecuted Church (IDOP). The aim is to focus a wave of worldwide prayer on Christians who are being persecuted for their faith.

IDOP began in 1996, when a coalition of Christian organisations decided that the global Church could no longer be silent in the face of such suffering. They were 'appalled' by the possibility that more people had died for their Christian faith in the 20th century than in all the previous centuries combined. In a statement, they pledged to end 'our own silence in the face of the suffering of all those persecuted for their religious faith.'

If you would like to understand a bit more about what is happening, and just some of the organisations who support the Persecuted Church worldwide, the following websites will be of interest:

Barnabas Fund: <https://barnabasfund.org/>

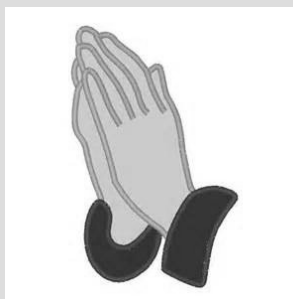
Christian Solidarity Worldwide: <http://www.csw.org.uk/home.htm>

Open Doors: <http://www.opendoorsuk.org/>

Release International: <http://www.releaseinternational.org/>

World Watch Monitor: <https://www.worldwatchmonitor.org/>

**O Lord God,
your Son Jesus Christ suffered and died for us.
In his resurrection
he restores life and peace in all creation.
Comfort, we pray, all victims of intolerance
and those oppressed by their fellow humans.
Remember in your kingdom those who have died.
Lead the oppressors towards compassion
and give hope to the suffering.
Through the same Jesus Christ our Lord.
Amen.**



Source: The Church of England website

5th November is this year's International Day of Prayer for the Persecuted Church (IDOP). It is a 'day' when Christians around the world are being asked to join in prayer for their suffering brothers and sisters in Christ. Here are just some examples of what Christians are facing:

India: In late September, a church in the southern state of Karnataka was broken into and items inside, including Bibles, were set on fire. "By the time I reached [the church], everything had turned to ashes," said Pastor Vaddar Nagaraja. As well as Bibles and Christian literature, the furniture and the church's P.A. system were set ablaze. (Barnabas Fund: <https://barnabasfund.org/>)

Nigeria: Hundreds of Christians have been killed by Fulani militia in central Nigeria. Men, women and children are being murdered, their land taken away and their homes destroyed. These Internally Displaced Persons then flee to a number of camps, where life is very harsh, and disease rampant. (Christian Solidarity Worldwide: <http://www.csw.org.uk/home.htm>)

China: Chinese authorities in several provinces have banned children from attending church. Recently more than 100 churches in Zhejiang province were notified that minors would not be permitted to participate in religious activities, including Sunday School or summer camps, even if accompanying their parents. Meanwhile, all the activities of believers who are part of China's flourishing "house church" movement are already illegal. (Barnabas Fund: <https://barnabasfund.org/>)

Kenya: Four gunmen attacked St Paul's Anglican Church in Ukunda, south-east Kenya, while a service was taking place. Just as the pastor was about to begin his sermon, gunshots were heard outside. Two policemen were killed. It has been suggested that militants from the Somali-based terror group Al Shabaab were behind the attack. Barnabas Fund: <https://barnabasfund.org/>

Sudan: In a recent open letter to the United Nations, the international organisation Human Rights Watch (HRW) highlighted the ongoing persecution and suffering of Christians in (north) Sudan. The letter stated: "The [Sudanese] government continues to restrict freedom of religion and belief. In early 2017, officials in Khartoum announced they would demolish at least 27 churches within Khartoum. In May the Sudanese Church of Christ building in Soba Aradi was demolished without notice by security officials. The church was the sole remaining Christian place of worship in the Soda Aradi district. Officials have also prohibited construction of new churches under the rationale that no new churches are needed due to the secession of South Sudan and the presumed exodus of ethnic Southerners, who were predominantly Christian."

On 5th November, please pray for these suffering Christians, and millions like them.

IRAQ – UN Security Council agrees to investigate genocide by Islamic State

As Christians worldwide prepare to mark the International Day of Prayer for the Persecuted Church on 5th November, there is one bit of news for which we can give thanks: the United Nations' Security Council has recently agreed to formally investigate crimes against humanity committed by Islamic State (IS) in Iraq "motivated by religious or ethnic grounds."

The resolution was unanimously passed by the Security Council on Thursday 21st September. While it does not specifically name any ethnic religious group, it has been widely recognised that Christians, Yazidis and Shia Muslims have been specifically targeted. The British Foreign Office said the resolution represented a concerted effort of coordinated global action to bring IS to justice for its crimes, and added that Britain will contribute £1 million (\$1.3 million) towards the establishment of the UN's investigative team.

Meanwhile, on 5th November, please pray for all Christians who have suffered at the hands of Islamic State (IS).

ACROSS: 1, Jehoiachin. 7, Endured. 8, Eased. 10, Rash. 11, Startled. 13, Easier. 15, Rubric. 17, Impurity. 18, Feet. 21, Eye at. 22, Ready to. 23, Holy Spirit.

DOWN: 1, Judas. 2, Harm. 3, Is duty. 4, Cheerful. 5, Insular. 6, Jezreelite. 9, Dedication. 12, Secretly. 14, Supremo. 16, Stir up. 19, Egypt. 20, Hair.

2	6	5	1	9	7	8	4	3
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9	1	3	8	4	2	5	6	7
8	5	2	4	3	6	7	9	1
3	9	6	7	1	5	2	8	4
7	4	1	2	8	9	3	5	6
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6	3	9	5	7	4	1	2	8
1	7	4	9	2	8	6	3	5

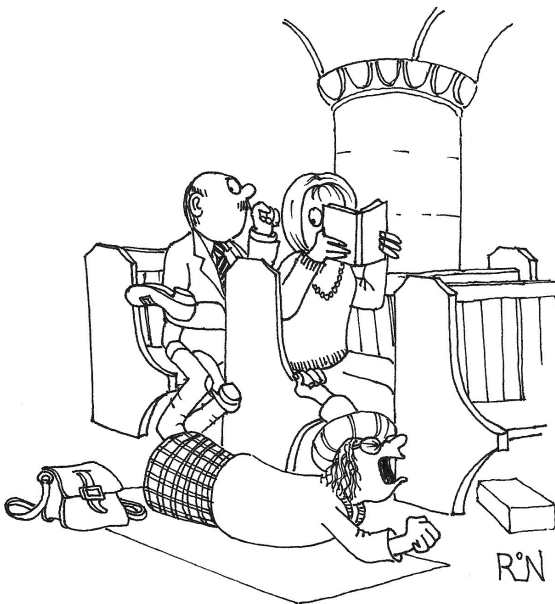
Sudoku Solution
Puzzle on page 17

Don't forget the final Church Teas
of the Year!

Sunday 26th November 2017
3.00 pm—5.00 pm



All in aid of CMS
We hope to see you
there!



Somebody sat in Minnie Hyssop's pew

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

Bible Bites Wordsearch solution
from page 13

Your contributions would be most welcome and any copy for this publication should be sent to Suzanne Cole
editor@stjohnthebaptistcapel.org.uk **By 20th of each month please.**

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www.capel-church.org.uk

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