

Inspire

Issue 25

March 2019

The monthly publication for the parish of capel & ockley



Explore your faith

What's in store
for March ...

1st March-
World Day of
Prayer

31st March
Mothering
Sunday

31st March
First of
2019's Capel
church Teas!

Want to do just that ...
Explore your faith?

- ♦ The opportunity of joining in the Weald Team Alpha Course is coming soon!
- ♦ Alpha is inclusive to all - everyone is welcome!
- ♦ Each talk looks at a different question around faith and is designed to create conversation.

Course begins 17th
April

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*The Lord will guide you continually,
and satisfy you with all good things.*

Isaiah: 58:11

*Taken from: Walk by faith
www.dayspring.com*



This issue is kindly sponsored by

Irene Cole

In loving memory of
Stan Cole 1918 - 2012

*Dear God, we thank You for our mothers.
Bless them for their loving care and grant that,
through Your grace, we will always be their comfort and
support.*

Mothering Sunday: 31st March 2019

Church Contacts:-**Vicar**

Rev Liz Richardson The Vicarage, High Lea, 54 The Street, Capel.
vicar@capel-church.org.uk Tel: 01306 711260

Churchwardens**Capel:**

Norman Ede 01306 713247 & Joy Harman 01306 711482
churchwardens@capel-church.org.uk

Ockley:

Shirley Dean-Webster 01403 822967 & Gill Christie 01306 711917

Treasurers:

Capel Debbie von Bergen debbievonbergen@icloud.com
07774 784008
Ockley Helen Burt familleburt@gmail.com
01306 711671

**Capel Organist & Choir
Ockley Organist**

Anthea Smallwood 01306 711883
Andrew Collings 01403 265794

Weekly Sheets & InSpire Editor

Suzanne Cole editor@capelandockleychurch.org.uk
01306 711449

Church website:

www.capelandockleychurch.org.uk

Webmaster: webmaster@capelandockleychurch.org.uk

**Parish Eco
Team**

ecoteam@capelandockleychurch.org.uk

Rev Liz writes

Dear all,

LENT  2019

March is here and I cannot believe it is now just over a year that our new united parish of Capel and Ockley has been in effect and that later this month we will be holding our first Annual Parochial Church Meeting together to review our first twelve months and set our sights to imagining the future. Just as nature around us is greening so too we are hoping that lots of new shoots and some young tender plants of church growth will begin to flourish and take root around our two communities.

As I prepare to write my report for the APCM I can look back and reflect on all that we have achieved – the highs and lows, joys and challenges we have faced. Everyone has worked so hard to enable ministry to flourish in both villages and we are grateful for all the support both communities have given us. Each church has been able to hold a regular Sunday morning service three out of four Sundays in the month and then on the fourth Sunday we take turns to worship together at either Ockley or Capel. It has worked very well and for me it has been such a pleasure to meet my new parishioners and get to know how Ockley works – I am still very much learning of course (!) Our two congregations also really enjoy being with one another and our PCC (Parochial Church Council) has flourished working hard to ensure everything has run smoothly. I cannot thank everyone enough for their care and commitment to our churches – it really has been a joy!

So looking back at the past year what have we achieved? Well, both churches have made steps forward in maintenance and restoration work on their ancient buildings and surrounds. For all this type of work we are very grateful for the support financially from both the Friends of St John the Baptist and the Friends of St Margaret's. At Capel most notably we have been able to replace our rainwater goods on the church which was long overdue in order to protect the walls; a new fire exit door has been made near the organ and kitchen area; and we are looking at replacing the interior lighting with a new lighting scheme which is very exciting indeed. At Ockley, plans are moving forward for also a new fire exit door along with an outside WC and a new heating system! Again, very much needed and will greatly improve the experience of our congregations and visitors! I stress though that all of these improvements have only been made possible through the money raised over the years by our Friends groups.

As many of you will be aware by our Stewardship campaign, we have to raise money separately throughout the year to support the cost of a full time minister here (that's me!) which is metered out through something called parish share. Every church has to pay thousands of pounds to their Diocese to provide ministry costs and other resources to keep our churches open. Please, please, do think about contributing even a small amount for us to keep our churches open. It is very easy to organise and information is available in our churches or speak to one of our treasurers or myself.

Despite the constant shortfall in finance for ministry we have been able to raise funds in all sorts of creative ways. In November we enjoyed a magical dinner with superb food and magicians in Ockley Village Hall. In October we benefitted from a share of the proceeds from that wonderful Pop up Spanish restaurant in Capel Memorial Hall! We raised money for our local schools in the annual Vicarage Fete, taken collections for The Children's Society at Christingle, a donkey charity 'Safe Haven' in the Holy Land through our Palm Sunday collection; CMS (Christian Mission Society) through Church teas at the end of the season and The Royal British Legion through Remembrance Sunday, not to mention Christian Aid and Traidcraft goods. We also raised awareness through Curry and Comedy for children whose lives are changed by sponsorship through Compassion UK. All in all everyone is so generous with their time and gifts. Thank you all very much.

Continued on page 4

Rev Liz writes continued

And of course who could forget Remembrance Sunday this year as we commemorated one hundred years since the armistice was signed. The noise of that canon gun going off brought it home to us all just what the sounds of war must have been like for our brave soldiers and airmen. Capel Church Teas continued to serve scrumptious teas from Mothering Sunday to the beginning of December and we had the most wonderful exhibition of Quilting and art and crafts which filled St Margaret's with rich colours and textures, part of a very special weekend last April which again raised much needed church funds.

Sometimes it seems like it takes an age for certain projects to get off the ground so to speak and the restoration of the Church Boundary Wall was one of these. Well this year with the help of our new architect and a brilliant stonemason the West wall is nearing completion and I know that many of you have admired Shaun's work and that of his volunteer assistant Tom and have given generously to the project. We have been greatly assisted by the Parish Council in sharing the cost of this long wall which separates the churchyard from the Parish Burial ground. We want to continue the good work and so will be fundraising for the next section of the wall to be completed, so if you appreciate the look of our beautifully restored wall, please do help us!



"The vicar's looked at the weather forecast and is preparing us for another roof-appeal."

Another project or area of ministry which has been simmering away for some time is that of providing teaching and activities for the younger members of our community in the Christian faith. Our church schools do an amazing job of teaching Christian basics and how to live out your faith in everyday life, but Sunday is increasingly a day when it is difficult to attract the young to church. Messy Church has been a constant help in this area as it happens on a Tuesday after school once a month, but there are many more children and families to which we would like to offer opportunities to hear about the love that God has for each one of us. To this end we will be spending a half day away reviewing our children's work and then imagining the future. You may find you are given a short questionnaire in the next few weeks if you have youngsters, in which we are asking for your ideas and feedback as to what you might like to have provided from our churches. We will be using your responses to imagine the future for our children.

There is so much more than I have space here to share with you about our churches life so do come along to the APCM at St Margaret's Ockley which will begin at 11am on Sunday the 24th March after our ECO church team lead us in a special Creation service at 9.30. And that's another thing; both churches have become ECO churches now making Guildford an ECO diocese now. Intrigued? Well come along and find out more. In any case all this and more will be available for you to read if you pop into Capel or Ockley and pick up a copy of our annual report. Otherwise, why don't you just join us one Sunday and journey with us as we imagine the future?!

With my love and prayers,

Rev'd Liz

World Day of Prayer Friday 1st March 2019 at

St Peter's Newdigate starting at 2.00pm

This years service has been compiled by the Christian Women of Slovenia and, as usual, it promises to be a happy and lively service. Everyone is welcome and the service will be followed by a delicious afternoon tea. Do come and see for yourselves.



CHURCH SERVICES & EVENTS for the Parish of Capel & Ockley

MARCH

FRIDAY	1ST	WORLD DAY OF PRAYER at St Peter's Newdigate This year prepared by the Christian women of Slovenia
SATURDAY	2ND 9.30 am	PARISH PRAYER Half hour of prayer at St John the Baptist Capel
SUNDAY	3RD 8.00 am 9.30 am 10.30 am	SUNDAY NEXT BEFORE LENT Holy Communion BCP (Capel) Matins at St Margaret's Ockley Family Communion (Capel)
WEDNESDAY	6TH 6.00 pm	ASH WEDNESDAY (LENT BEGINS) Surrey Weald Team service of Holy Communion Preparation for Lent on this special day as all are welcome to receive the imposition of ashes at the start of the forty days.
SUNDAY 10TH	9.30 am 10.30 am 12.00 noon	1ST SUNDAY OF LENT Holy Communion at St Margaret's (Ockley) Café Church (Capel) FRIENDS OF CAPEL CHURCH AGM All are welcome to attend.
MONDAY 11th	7.30 pm	<u>How to read the Bible</u> St Mary Magdalene, South Holmwood
SATURDAY 16TH	9.30 am	PARISH PRAYERS Half hour of prayer at St Margaret's Ockley – all welcome
SUNDAY 17TH	8.00 am 9.30 am 10.30 am	2ND SUNDAY OF LENT Holy Communion BCP (Capel) Matins at St Margaret's Ockley Family Communion (Capel)
MONDAY 18TH	7.30 pm	<u>How to read the Bible</u> St Mary Magdalene The Holmwood
TUESDAY 19th		MESSY CHURCH – 3.15pm – 5.00 pm in Capel Memorial Hall
SUNDAY 24TH		2ND SUNDAY BEFORE LENT 9.30 am Creation Service at St Margaret's Ockley (<u>Joint parish service</u>) 11.00 am ANNUAL PAROCHIAL CHURCH MEETING (APCM) for the Parish of Capel and Ockley at St Margaret's Church Ockley.
MONDAY 25TH	7.30pm	<u>How to read the Bible</u> St Mary Magdalene, South Holmwood
TUESDAY 26TH		MESSY CHURCH - 3.15 onwards in the Capel Memorial Hall

CHURCH SERVICES & EVENTS for the Parish of Capel & Ockley continued

SATURDAY 30TH

9.30am

PARISH PRAYERS

Half hour of prayer at St John the Baptist Capel – all welcome

SUNDAY 31ST

9.30 am

10.30 am

3.00 pm**4TH SUNDAY OF LENT****MOTHERING SUNDAY SERVICES at both churches with flower posies**

Matins at St Margaret's Ockley

Family Communion

Capel Church Teas begin!**APRIL**MONDAY 1ST

7.30 pm

How to read the Bible

St Mary Magdalene The Holmwood

SUNDAY 7TH

8.00 am

9.30 am

10.30 am

5TH SUNDAY OF LENT

Holy Communion BCP (Capel)

Matins at St Margaret's Ockley

Family Communion (Capel)

Sadly that there was a mis-print in both InSpire and the local village magazine last month for Sunday 24th February where the Joint Service at Capel should have read 10.30am. Apologies for anyone who turned up at 9.30am and had to wait an hour.

Joint Parish Services at Ockley will always be 9.30am and the Joint ones at Capel will be 10.30am unless notified otherwise.

In celebration of Mothering Sunday: 31st March

Motherhood takes...
the strength of Samson,
the wisdom of Solomon,
the patience of Job,
the faith of Abraham,
the insight of Daniel
and the courage of David!

*There is an old Jewish
saying:*

*God could not be
everywhere, and
therefore He made
mothers.*

The Rev Paul Hardingham on how to have a great Lent...

Making sense of Lent

This month sees the start of Lent, the six-week period leading up to Easter. In the early Church, it was a time when new converts were instructed in the faith, ready for their baptism at Easter. Over the years, Lent has become a season of penitence, self-examination and fasting. Jesus began His earthly ministry by fasting in the wilderness for 40 days and taught his disciples to fast, *'when you fast..'* (Matthew 6:17).

Fasting might involve missing one or two meals in a day, refraining from TV or alcohol, or whatever gets in the way of us fully focusing on God. What are the reasons for fasting?

- The act of giving up something is a tangible sacrifice to God, reminding us of our desire to put him first in our lives.
- Giving up things I value shows me how depend I can be on other things rather than God.
- Fasting helps me to surrender my *'idols'* to God.
- When fasting I am reminded of a deeper hunger and need for God in my life: *'Blessed are those who hunger and thirst for righteousness, for they will be filled.'* (Matthew 5:6). I learn to be more dependent on God, while releasing the stuff I depend on in my life.

Lent can also be a time to embrace new spiritual disciplines eg joining a study group, *'random acts of kindness'*, giving more time to prayer and Bible study Whatever you do, have a great Lent!

'Jesus takes it for granted that his disciples will observe the pious custom of fasting. Strict exercise of self-control is an essential feature of the Christian's life. Such customs have only one purpose – to make the disciples more ready and cheerful to accomplish those things which God would have done.' (Dietrich Bonhoeffer).

What's wrong with having time?

A popular way to 'show off' these days seems to be telling people on Facebook that you are too busy to accept their invitation to whatever. This lets everyone know that you are in more demand than they are, and that they would be lucky to get five minutes with you. You are a busy person! Busy, busy *busy*!

Why do we feel under constant pressure to cram more and more activities into our lives, and then to keep everything going at a frenzied pace? Why do we have to live like hamsters on a wheel? If ever we slow down, or falter, there is always that little voice in our head which accuses us of being idle – or inadequate.

We admire people who seem to endlessly juggle family, work, hobbies, sports and whatever else in their lives. But why? Why is it so good to never have time to stop and think and just BE? Why is risking burn-out and complete exhaustion something to be admired?

This Lent, why not prayerfully try and discern what is really worthwhile in your life. There is no need to charge from one thing to another, hoping to find some meaning in it all. Remember, at the end of the day, the hamster gets nowhere.

Both the above articles from Parish Pump



The Pavilion Café at Ockley



This community cafe is held at the cricket pavilion in Ockley and opens each Wednesday from 9.00 am—12 noon.

Do pop in for delicious homemade cakes, freshly brewed coffee and a range of teas!

We hope to see you there!

MORE New hymn books available for Sponsorship!

We have increased our hymn books in both churches to take account of the full church services we have had recently so if anyone would like to sponsor one there are plenty available!

Please contact Debbie von Bergen for a form on **07774 784008** or forms can be found in church.

LENT 2019

At St Mary Magdalene Church,
South Holmwood

‘HOW TO READ THE BIBLE’

Featuring videos from The Bible Project
Monday at 7.45pm
and Friday at 12.00 noon

At a glance ...

March 11/15th What is the Bible?
The Story of the Bible

March 18th / 22nd

Literary styles in the Bible
The Bible as Jewish Meditation literature

March 25th / 29th

Plot in Biblical narrative
Character in Biblical narrative

April 1st / 5th

Setting in Biblical narrative
Design patterns in Biblical narrative

April 8th / 12th

The Art of Biblical Poetry
Metaphor in Biblical Poetry

FROM THE REGISTERS

We welcome into the family of the church

Perdita Persephone Peacock
St Margaret's Ockley
12th January 2019

Piper Lauren Jacob
St John the Baptist Chapel
17th February 2019

We mourn the loss of

Terence Ronald Wheelwright
23rd January 2019

Cynthia Phyllis Hewlett (Cindy)
23rd January 2019

David James Donohoe
14th February 2019



As a general rule we won't advertise in InSpire but we were contacted by the owners of **Bits & Bobs** to ask if we would alert everyone to the fact that they are still trading and in fact in our Parish instead of on the Dorking High Street! So this is just a little reminder that you can still go to them for all your Party needs and celebrations!

BITS & BOBS

Open 10am—5pm Monday - Friday
Saturday by appointment

Contact them on 01306 743119

Unit 2 Jayes Park Courtyard, Forest Green Road,
Ockley, Surrey, RH5 5RR

www.partybitsnbobs.co.uk
email: partybitsnbobs@gmail.com

St Margaret's Bible Study Group

Held every fortnight on a Thursday at 2.00 pm
at Gill Christie's house:

'Elderslie', Stane Street, Ockley, Surrey RH5 5TD

Phone: 01306 711917 for more details.

Ockley Mothers and Toddlers Group

are starting a *"Mum to Mum"* market
during the usual weekly sessions
on

**Thursday mornings from 9th January 2019 at Ockley
Village Hall 9.30am-11.30am.**

Good quality clothes and toys available
for exchange or a small donation to
the Group's funds.

KINDRED SPIRITS - JOINT BREAKFAST 30/3/19

Book early to avoid disappointment!

The Kindred Spirits team are very excited about their next
breakfast meeting. They are joining with the Men's
Ministry group and our speaker is Jennifer Rees-
Larcombe. Many of you will know her as an author and
Christian speaker with a powerful testimony. Her talk has
the enigmatic title *'The Secret Weapon'*!

The breakfast is on **Saturday 30th March in Oakwood
Village Hall starting at 8.45am.** It will be a popular event
so please book by email or phone if you wish to attend.

Belinda Kerry

belinda.kerry@gmail.com OR 01306 627386

Allotments Available in Capel There are plots
available now, at both The Recreation Ground,
Capel, and at Temple Lane, Capel. For the
Recreation Ground, they are run by Capel Parish
Council, on 01306 712 447, or
email capelpc@btconnect.com

At Temple Lane the allotments are run by Temple
Lane Allotments Society, contact Viv Taylor on
07788 494 429, or email vivtaylor06@aol.com

T.L.C. Teas @ Ockley Village Hall

TLC meets monthly for a friendly afternoon chat,
scrumptious teas and lots of Tender Loving Care.

**Normally held on the THIRD Monday of every
month from 3.00—4.30 pm in Ockley Village Hall**

Our aim is to provide a happy and relaxed
atmosphere for those who just want to meet
together.

For further details contact: **Judie on 01306 888456**
OR email thoroldfuters@aol.com

**WEDNESDAY 6TH MARCH
ASH WEDNESDAY**

LENT BEGINS

CAPEL & OCKLEY CHURCH RUNNERS! A few of us from Capel & Ockley Churches are starting an
informal running group. The initial plan is to meet and join in with the Park Run at Denbies on Saturday mornings at
9.00 am. If you are not familiar with Park Run you can find out more here: www.parkrun.org It is free to join, you
register online [very quick & easy - go to register & our Home Run is the **Mole Valley Park Run**], print up your bar code
and turn up at Denbies 8:45am on a **Saturday for a 9am start** and do a lovely 5km run (circa 3.1 miles) around the
vineyard. There are normally 200-300 people who take part. Anyone can join in, it is completely inclusive all ages,
speeds, experience. It is great fun and a good way to start the weekend. If you need help getting there let us know and
I am sure we can work something out.

In addition to this we plan to have 3—4 other runs each year – starting from the Churches and other places – details
to be planned. I will set up a WhatsApp Group and we will use email to stay in touch. A few of us (James, Dean,
Sophia, Vittoria and myself) are already meeting at the Park Runs at Denbies on Saturday mornings. We hope to see
you there!

Tom Chambre

Any queries, please contact 0771 890 2345 or tom@chambrepm.com

Dear Readers,

I find myself writing this letter in unseasonably warm weather for February! A frost in the morning followed by 18-20 degrees in the sunshine by lunchtime. I'm not complaining as it's very welcome after the long and often dreary weather of winter! However, it does suggest that global warming is definitely happening, despite what Mr Trump would have us believe!

New season, new beginnings and as we begin Lent on March 6th we seek to look at ourselves and our faith as we follow Jesus' lead of 40 days in the wilderness. There is a Lent course on offer at St Mary Magdalene at South Holmwood - more information can be found on the News in the Pews page 8. We also have opportunities coming up to discover more about ourselves and our faith at the forthcoming Alpha course taking place at St Peter's in Newdigate starting on 17th April with 'Who is Jesus'.

There is plenty going on in our united Parish to celebrate, for example the recent 'Evening of Classical and Jazz Guitar' concert with our very own Bob Cranham and Andrew Scott. Debbie von Bergen has written a review on the back page. More concerts are planned - so pop the dates in your diaries! We are already beginning to plan this year's Vicarage Fete on Saturday 22nd June and would welcome any help, either planning it or taking part on the day. We are aiming to invite local stallholders wherever possible and if you know of anyone who might like a stall, please get them to contact myself or Debbie von Bergen - both our contact details are in the front of this magazine. We are aiming to make it a happy and successful day and hope to attract lots of visitors. We are hoping to provide gazebos again to all stallholders to protect them from either hot sunshine or pouring rain! If you or anyone you know has a shelter or a gazebo we can borrow please let us know? Also, we would love to decorate the fete with as much bunting as we can to make it look attractive. If you have any or would like to make any for us, we would be DELIGHTED to hear from you!

In the meantime, as we approach Lent, a season of spiritual preparation, I hope that you will all find Lent a time of personal reflection and that it brings you closer to God.

Best wishes,

Suzanne

LENT  2019

How to strengthen your family

With **Mothering Sunday this month**, we praise our mothers for all the good that they do for us. And it is good to remember what a precious thing a good family can be.

Here is one tip to strengthen your family: give your children TIME. Turn off your smart-phone for a couple of hours and *do things together*; play with them, read to them, cook with them, help them develop any talents that they have. Simply enjoy their company.

Here's another tip: TALK to them. The Bible urges us to pass our faith on to our children. Talk to them when you are sitting with them, or even just walking along the road. (Deuteronomy 6:7) Tell them about your experiences of God. If you don't, who will? Discuss your Christian values with them, and how they influence the way you react to various things.

Finally, *live what you say* your values are. Your children will spot hypocrisy a mile off.

Source: Parish Pump

NEWS FROM THE BELFRY

Called Changes

Once a new ringer is able to handle a bell it is time to start ringing with the rest of the band. Initially they will ring 'rounds' where the bells sound in a descending scale from the treble to the tenor. It takes practice to get the bell to strike in the right place, so that the gaps between each bell sound evenly spaced.

The treble leads off the tenor on the opposite stroke, handstroke on the sally to follow the backstroke on the tail and vice versa, leaving a one beat pause before each lead handstroke;

1-2-3-4-5-6-1-2-3-4-5-6---1-2-3-4-5-6-1-2-3-4-5-6—and so on.

By altering the handling the rate of swing of each bell can be varied, within limits, so that a pair of bells can change place and thus vary the tune. For example the conductor may call 3 to 1 so that the order of the bells becomes 1-3-2-4-5-6. Three bells are affected by a call, one rings slower, one quicker and the third stays in the same place but following a different bell. In this case, the 2 has to pull harder to hold the bell up a bit longer, the 3 has to check his pull to bring the bell down quicker and the 4 rings at the same speed but following the 2 instead of the 3.

Further calls are made to continue changing the order of the bells with the aim of eventually bringing them back to rounds. At the end the conductor calls 'Stand' indicating all the bells should set at the next handstroke, so that they all stop together.

Anyone who would like to come along and have a go, under supervision, or just to watch, would be most welcome. Practice nights are at St. Margaret's in Ockley, on the 1st and 3rd Wednesday of each month from 7.45 to 9.15, and at St John's in Capel on the 2nd, 4th and 5th weeks.

For more details call Sue on 01306 627168 or email ockleybellringers@btinternet.com



"I'm updating the 'rota notice-board' rota, rota... do I see a hand...?"

The Children's Society support group of St John the Baptist, Capel



Our recent **Christingle Service** raised £120.87 from the collection and the guiding and scouting units have raised £79.04 in their collecting candles! This makes our total Christingle fundraising to £202.91!

House boxes are still being gathered in but a special mention of thanks must go to Alfred Sparkes of Beare Green who used to sing in our choir a few years ago. She had raised over £65.00 for The Children's Society in her box. The total raised for the boxes this year to date is £429.78. Thank you to all the house box collectors for your help every year in raising money for the society we support as a church.



A wonderful amount and thank you everyone for your generosity!

Suzanne Cole

Church representative for Capel St John the Baptist

CAPEL LUNCHES

at Capel Memorial Hall, 55 The Street, Capel,
Dorking, RH5 5LD

Thursdays 12.20 - 2.00 pm

7th March
6th June
5th September
5th December

4th April
4th July
3rd October
2nd January 2020

2nd May
1st August
7th November



<https://www.capelandockleychurch.org.uk/activities-and-groups/capel-lunches/>

CAPEL CHURCH TEAS 2019

Sunday 31st March	3.00 - 5.00 pm	MOTHERING SUNDAY
Friday 19th April	4.00 - 6.00 pm	GOOD FRIDAY (Bank Holiday)
Sunday 21st April	3.00 - 5.00 pm	EASTER SUNDAY
Monday 22nd April	3.00 - 5.00 pm	EASTER MONDAY (Bank Holiday)
Sunday 5th May	3.00 - 5.00 pm	
Monday 6th May	3.00 - 5.00 pm	BANK HOLIDAY (MAY DAY)
Sunday 19th May	3.00 - 5.00 pm	
Sunday 26th May	3.00 - 5.00 pm	
Monday 27th May	3.00 - 5.00 pm	BANK HOLIDAY
Sunday 9th June	3.00 - 5.00 pm	
Sunday 23rd June	3.00 - 5.00 pm	
Sunday 7th July	3.00 - 5.00 pm	
Sunday 21st July	3.00 - 5.00 pm	
Sunday 28th July	3.00 - 5.00 pm	
Sunday 11th August	3.00 - 5.00 pm	
Sunday 25th August	3.00 - 5.00 pm	
Monday 26th August	3.00 - 5.00 pm	BANK HOLIDAY
Sunday 8th September	3.00 - 5.00 pm	
Sunday 22nd September	3.00 - 5.00 pm	
Sunday 6th October	3.00 - 5.00 pm	
Sunday 20th October	3.00 - 5.00 pm	
Sunday 3rd November	4.00 - 5.00 pm	Following the service for the bereaved (ALL SOULS)
Sunday 17th November	3.00 - 5.00 pm	
Sunday 24th November	12.15 - 1.45 pm 3.00 - 5.00 pm	Capel Soup Lunch Capel Teas
Sunday 1st December	12.15 - 1.45 pm 3.00 - 5.00 pm	Capel Soup Lunch Capel teas



*Do come and join us for
delicious, refreshments
and homemade cakes!
All in aid of The Friends
of St John the Baptist,
Capel!*

Prayer Diary for March

MARCH 2019

Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. Ephesians 4:2-3

Pray every day this week for people who are suffering with addictions
FORGIVENESS cont..

FRIDAY 1st

Loving Father, we know that our sins have separated us from You. We are truly sorry; please help us to turn away from our past sins and reach towards You.

SATURDAY 2nd

Merciful Father, we believe that Your son, Jesus Christ died for our sins, was resurrected from the dead, is alive, and hears our prayer. We invite Jesus to reign in our hearts from this day forward.

SUNDAY 3rd

Dear Lord, help us to rid our minds of any negative feelings we may have about someone who we feel has done us wrong. Help us to live free from resentment and bitterness, filled with hope, joy and love.
'Put on the full armour of God so that you can take your stand against the devil's schemes.' Ephesians 6:11

MONDAY 4th

'And God is faithful; he will not let you be tempted beyond what you can bear.' 1 Corinthians 10:13.
Loving Father, we thank You that You will help us resist temptations by helping us to recognise the people and the situations that cause us to turn away from You.

TUESDAY 5th

'But when you are tempted, he will also provide a way out so that you can endure it.' 1 Corinthians 10:13
Dear Lord, we pray for Your help to guide us to friends who love You and who can provide comfort and support when we are in need of it.

WEDNESDAY 6th

'Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate...' Joel 2:13.
Lord, as the holy season of Lent begins, turn our hearts towards You. May our repentance be truthful and sincere.

THURSDAY 7th

Loving Father, help us to see this holy season of Lent as a time of spiritual renewal rather than a time of deprivation. Motivate us to reach a new level of experiencing Your grace.

FRIDAY 8th

Dear Lord, we sometimes find ourselves saying 'tomorrow I will spend more time in prayer'. Help us to strengthen our resolve and know our need for You daily.

SATURDAY 9th

Heavenly Father, as Jesus resisted temptation by the devil in the wilderness, help us to reflect on His faithfulness to God, His rejection of worldly values and to hold these thoughts in our hearts throughout Lent and beyond.

SUNDAY 10th

Lord Jesus, we are thirsty and we are weak. Lead us to Your Living Water to refresh us body and soul, for this water will never run dry. We thank You for the groups, meetings and courses taking place over the Lent time and for opportunities to have fellowship and learning.

Pray every day this week for farmers

NEW LIFE

MONDAY 11th

Creator God, we thank You for the promise of new life in our gardens and in the wild. We rejoice in Your creation. Holy Spirit, come now into our hearts to give us new life with You.

TUESDAY 12th

Lord, we see the Creator's hand in the emerging of spring flowers, the lengthening of the days and new-born lambs in the fields. We thank You Father for new life. Open our eyes to see, our lips to praise and our hands to share.

WEDNESDAY 13th

Thank you, Lord, for the hope and renewal that You bring, both to this world and to our hearts and lives.

THURSDAY 14th

'See! The winter is past; the rains are over and gone. Flowers appear on the earth;' Song of Songs 2:11-12
Gentle Father, Your gifts bring us joy. We pray that neither problems nor conflicts will spoil our ability to enjoy the wonders of Your creation.

FRIDAY 15th

Lord, in our spiritual lives, help us to spring clean

SUNDAY 17th

*'Because of the Lord's great love, we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness'.
Lamentations 3:22-23 Thank You Lord for Your promise to us; for Your forgiveness, Your love and Your mercy.*

'See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!' 1 John 3:1

OURSELVES**MONDAY 18th**

Dear God, into Your hands we place ourselves today, choosing to depend on You to light and guide our way.

Loving Father, we bring our lives to You, laying our lives before You. Cleanse us from guilt and sin and prepare our hearts for Your divine guidance.

WEDNESDAY 20th

Lord, may Your love flow through us to others, may we be patient when change comes slowly and kind when life seems harsh. May we be gentle when others are hurting and humble when things are going well.

THURSDAY 21st

Lord, we pray that we might know more of Christ's love and be inspired by His Spirit to live and to work as His people in the world.

FRIDAY 22nd

Lord Jesus, we pray that You would dwell in our hearts by faith so that we will be able to understand the breadth, the length, the depth and the height of Your love that surpasses all knowledge.

SATURDAY 23rd

Dear God, we pray for our own well-being and health. We pray for energy, for a good night's sleep and to be free from pain and disease.

SUNDAY 24th

Precious God, we thank You for Your greatness. Thank You that when we are weak, You are strong. Help us not to give in to discouragement, deception and doubt.

Pray each day this week around the events we see on the news

MOTHERS**MONDAY 25th**

Dear God, we thank You for our mothers. Bless them for their loving care and grant that, through Your grace, we will always be their comfort and support.

TUESDAY 26th

.Lord God, give all mothers joy and strength. Fill them with Your strengthening presence. Give them a real hunger for the Holy Spirit and for the Word of God and grant them health in spirit, soul and body.

WEDNESDAY 27th

Father, we pray for those who are grieving for the loss of a mother. Help them to remember every loving moment spent with their mother and to be comforted that You also know the sacrifices and the love that was poured out to their children.

THURSDAY 28th

Comforting God, we pray for single mothers. Give them the strength to cope each day; the courage to face those who judge; the ability to maintain a loving life at home; and the deepest knowledge in their hearts that You love them.

FRIDAY 29th

Father of Life, we thank you for first time mothers. Bless them and the living promise of a child and help them to manage the mix of joys, fears and anxieties they may have about the time ahead.

SATURDAY 30th

Gracious Lord, may all mothers turn to You for thanks for the gift of children. Help them to find You in their busy lives and in a time of need.

SUNDAY 31st Mothering Sunday

Dear Lord, on this special day, we give you thanks for mothers everywhere. We thank You for their tenderness, patience, love and care; for teaching children to walk and talk, for making children laugh, for healing cut knees and for discipline.



BBC to run a 'Year of Beliefs'

The BBC is going to 'shine a light' on faith and spiritual values in Britain today by running a year of programmes dedicated to religion and ethics.



The move comes a year after the BBC promised to 'raise our game' in the way that it treated religion. That promise followed a year-long review of its religious and ethics output.

So what series should we look out for? Here are just some:

On BBC 1, *Earth's Sacred Wonders* will look at the rituals and monuments of faith around the world; *Medical Ethics* will be a documentary filmed at Great Ormond Street Hospital; and *Pregnant and Platonic* will be a documentary on people who have children without being in a romantic relationship.

On BBC 2, *Inside the Vatican* will show a year in the life of the Vatican community, including Pope Francis; and the popular *Pilgrimage* series will return.

The Bishop of Repton, the Rt. Revd. Jan McFarlane, who chairs the Sandford St Martin Trust, welcomed the BBC's plans. Especially "bringing issues of faith, belief and ethics to as wide an audience as possible."

Editor: The Ven John Barton considers a Christian reaction to Brexit. You may find this useful as it does not react to any specific outcome. (Because who knows quite what will be happening by the end of March?!)

BREXIT: where do we belong now?

I was in France when the clock struck midnight on New Year's Eve 1973 - the moment Britain joined the European Union - and later I received the maroon passport which identified me as one of its 743m citizens.

Almost all our new-found friends had been Britain's enemies in the past, so this union seemed to be a breakthrough. Perhaps that was naïve. International relations have always been treated as opportunities to further national interests and if others also benefitted, well, that was a bonus.

We are now retracing our steps and no one can be sure whether our communal fortunes are going to improve or deteriorate.

The Bible doesn't offer a blueprint for Brexit, but it does remind us of our routine responsibilities towards our nation. Here are three extracts, written at a time when the State was far from Christian.

The little church in Rome was instructed: "Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God."

And in the First Letter to Timothy, "First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Saviour, who desires all people to be saved and to come to the knowledge of the truth."

The First Letter of Peter actually instructs readers to "honour the Emperor", which is surprising when you consider what blackguards some of the post-holders were.

The Christian's ultimate citizenship will be in a recreated fusion of heaven and earth, but that's not an excuse to opt out of our duties here and now. We must guard against narrow nationalism which pits us against the rest of the world, but rather develop a gracious patriotism which begins with gratitude and ends with generosity.

Both articles above from Parish Pump

"For I am about to do something new. See, I have already begun!..." Isaiah 43 v 19

As a friend keeps on saying to me, "New Year, more you!" and it seems with some changes in the air and with the encouragement from my dad and others, this really is the only way forward. I will be stepping away from my full time volunteer role at Source and will primarily continue in advocacy and outreach for and with the anti-trafficking work. You can read more about the work at Source MN by visiting their website www.sourcemn.org

This New Year will start with me doing what I love most. Aside from leading worship at my church, on January 8th I will be sharing and singing at an event ran by Amplify Mission (www.amplifymission.org) who are highlighting three anti-trafficking charities in the Twin Cities at their first event of the year. I will be singing a couple of songs at this event, one of which I wrote after an online outreach session that I was involved with in early 2018 with Source anti-trafficking. Please pray that this will be an evening of inspiration, divine connections and hope.

Another fun thing that will unfold early this year will be my journey back into the recording studio. I received a small grant specifically given to help young women finish a creative project and I am hoping that I will be able to make a good dent in the album that I started to record in the summer of last year. I still need about \$2000 for this project. Please pray that as I record these songs they will be filled with the Holy Spirit and will be a tender reminder of the human condition and how Jesus has come to save, heal and restore. I believe that creativity and music is a tool for healing and restoration.



God has been so faithful and His provision continues to speak to me of his grace and love. I received a car from a couple who wanted to support someone who for whatever reason needed one and despite having very generous friends who would always make a way for me to have transport it is a huge blessing to be independent in this area. As I have to move out of Source housing I have also been provided with a space to live for two months as I house sit for a couple who will be out of town and are part of my church community.

As my volunteer work with Source will not take as much of my time in these first few months of 2019, I will be taking this space and time to continue in bible study, leading worship, writing and being available and present to others. These are the things that I am excited to grow in and have more opportunities to share the God given gifts that I have been given, with more communities around the USA and beyond.

The final thing that I am excited to share about is that I am now part of a small publishing company called Heart Matters Publishing. I have been invited to write a monthly blog and I am in conversation with them about publishing a little book of meditations on rest and resting in God. Please see the piece that I wrote for the New Year for Heart Matters at www.heartmatterspublishing.com .

Many thanks for your continued prayers and support as a community. May you know more of who you are and what you are designed by God to bring forth into the world in this New Year.

If you would like to support Sally as she works as a volunteer and continues the missional call on her life in the USA please email bobcranham@gmail.com

OUR THANKS TO SALLY & BOB FOR HER UPDATES.
WE PRAY FOR GOD'S BLESSING ON HER AND HER WORK.

It was:

400 years ago, on 12th March 1619 that Richard Burbage, English actor, died. A major shareholder in the Globe Theatre, and a friend and business partner of William Shakespeare.

200 years ago, on 28th March 1819 that Sir Joseph Bazalgette, British civil engineer, was born. He created London's sewer network as well as several notable bridges, embankments and streets.

150 years ago, on 6th March 1869 that the first recognisable periodic table of the elements was published by Russian chemist Dmitri Mendeleev.

100 years ago, on 17th March 1919 that Nat King Cole, the American jazz/swing/pop singer and pianist was born. (Died 1965)

80 years ago, on 2nd March 1939 that Howard Carter, the British archaeologist and Egyptologist died. He discovered the tomb of the pharaoh Tutankhamen in 1922.

Also **80 years ago**, that the fictional superhero Batman made his first appearance, in *Detective Comics no. 27*.

75 years ago, from 24th to 25th March 1944 that World War 2's 'Great Escape' took place. 76 Allied prisoners broke out of the Stalag Luft III prisoner-of-war camp near Sagan, Germany after digging tunnels. 73 were recaptured and 50 executed. The event was dramatised in the classic film *The Great Escape*.

60 years ago, on 9th March 1959 that the Barbie doll was launched at the International Toy Fair in New York City, USA.

50 years ago, on 4th March 1969 that British gangsters Ronald and Reginald Kray (the Kray twins) were found guilty of murdering the criminals Jack McVitie ('Jack the Hat') and George Cornell. They were sentenced to life imprisonment.

40 years ago, on 26th March 1979 that The Camp David Peace Accord was signed by Israeli Prime Minister Menachem Begin and Egyptian President Anwar Sadat, ending 30 years of war.

30 years ago, on 12th March 1989 that Tim Berners-Lee invented the World Wide Web while working at CERN.

25 years ago, on 12th March 1994 that the first women priests in the Church of England were ordained.

Twenty Five Years of Women Priests

As mentioned above, it was 25 years ago, on 12 March 1994, that the first 32 women priests in the Church of England were ordained.

It happened in Bristol Cathedral, and Bishop Barry Rogerson ordained them in alphabetical order; so Angela Berners-Wilson was considered the very first woman to be ordained. The daughter of a priest, *she is now chaplain at the University of Bath and Prebendary at Wells Cathedral*.

The youngest was Karen MacKinnon, now spiritual care manager at Southampton Hospital.

The legality of the ordination was challenged unsuccessfully in the courts by Anglo-Catholic the Rev Paul Williamson. Ten years later, one in five priests was a woman.

The first Anglican province to officially permit the ordination of women was Hong Kong and Macao in 1971. Florence Li Tim-Oi had been unofficially ordained there in 1944.

The idea of women priests began to be discussed in the 1920s. In 1978 a meeting chaired by Dame Betty Ridley agreed to set up what eventually became the Movement for the Ordination of Women (MOW).

Of the 542 candidates entering training this year, more than half (274) are women, which is 19 per cent more than last year – a record rise.

***NEW 5th March - SHROVE TUESDAY: Pancake Day** Ever wonder why we eat pancakes just before Lent? The tradition dates back to Anglo-Saxon times, when Christians spent Lent in repentance and severe fasting.

So on the Tuesday before Ash Wednesday, the church bell would summon them to confession, where they would be 'shriven', or absolved from their sins, which gives us *Shrove* Tuesday. At home, they would then eat up their last eggs and fat, and making a pancake was the easiest way to do this. For the next 47 days, they pretty well starved themselves.

Pancakes feature in cookery books as far back as 1439, and today's pancake races are in remembrance of a panicked woman back in 1445 in Olney, Buckinghamshire. She was making pancakes when she heard the shriving bell calling her to confession. Afraid she'd be late, she ran to the church in a panic, still in her apron, and still holding the pan.

Flipping pancakes is also centuries old. A poem from Pasquil's Palin in 1619 runs: "And every man and maide doe take their turne, And tosse their Pancakes up for feare they burne."

Some people have noted that the ingredients of pancakes can be used to highlight four significant things about this time of year: eggs stand for creation, flour is the staff of life, salt keeps things wholesome, and milk stands for purity.

Shrove Tuesday is always 47 days before Easter Sunday and falls between 3rd February and 9th March.

8 March – Woodbine Willie: bringing love with cigarettes and the Bible Here's a 'saint' that the Church of England remembers from the 1st World War – the Revd. Geoffrey Studdert Kennedy MC, or 'Woodbine Willie', as everyone knew this popular, much-loved army chaplain on the Western Front.

Studdert Kennedy (27th June 1883 – 8th March 1929) had been born in Leeds as the seventh of nine children. After reading divinity and classics at Trinity College Dublin, he'd studied for ordination at Ripon Clergy College, and served his curacy at Rugby.

By the time war broke out in 1914, Studdert Kennedy was vicar of St Paul's Worcester. He soon volunteered to go to the Western Front as a chaplain to the army. Life on the front line in the trenches was a desperate affair, but soon Studdert Kennedy had hit on a way of bringing a few moments of relief to the stressed out soldiers: as well as good cheer he gave out copious amounts of 'Woodbines', the most popular cheap cigarette of the time.

One colleague remembered Kennedy: "he'd come down into the trenches and say prayers with the men, have a cuppa out of a dirty tin mug and tell a joke as good as any of us. He was a chain smoker and always carried a packet of Woodbine cigarettes that he would give out in handfuls to us lads. That's how he got his nickname. He came down the trench one day to cheer us up. Had his Bible with him as usual. Well, I'd been there for weeks, unable to write home, of course, we were going over the top later that day. I asked him if he would write to my sweetheart at home, tell her I was still alive and, so far, in one piece... years later, after the war, she showed me the letter he'd sent, very nice it was. A lovely letter. My wife kept it until she died."

Kennedy was devoted to his men, so much so that in 1917 he was awarded the Military Cross at Messines Ridge, after running into no man's land in order to help the wounded during an attack on the German frontline.

During the war, Kennedy supported the British military effort with enthusiasm, but soon after the war, he turned to Christian socialism and pacifism. He was given charge of St Edmunds in Lombard St, London, and took to writing a number of poems about his war experiences: *Rough Rhymes of a Padre* (1918) and *More Rough Rhymes* (1919). He went on to work for the Industrial Christian Fellowship, for whom he did speaking tours. It was on one of these tours that he was taken ill, and died in Liverpool in 1929. He was only 46.

His compassion and generosity in the face of the horrors of the Western Front was immortalised in the song 'Absent Friends': "Woodbine Willie couldn't rest until he'd/given every bloke a final smoke/before the killing." He himself had once described his chaplain's ministry as taking "a box of fags in your haversack, and a great deal of love in your heart."

Hard Times The last few months have been some of the hardest in our history. Facing up to the fact that the old way of conducting business simply wasn't working any longer was tough.

We were trying to cover too many bases in an ever more competitive world, and had to face the fact that a business model which worked 40 years ago, may not be so relevant in the 21st century. But, once we knew what we had to do, and once we felt the surge of support from so many of you, the ride was easier to negotiate. Thank you.

We have completely restructured the way Traidcraft will function going forwards, but have also ensured that every single supplier received full payment for all their deliveries.



Excitement Looking forward I feel genuine excitement. We are leaner and nimbler, and we share enormous passion about what we do.

Fair trade has been the most monumental success, far beyond the dreams of the pioneers who started things off back in the 1970s. It is mainstream and it's here to stay. We need to just take a moment and be thankful for all the hours of effort and (mostly unpaid) work from volunteers who got us here.

We know also that fair trade will never be perfect, and that it's easy to snipe and complain that supermarkets have merely jumped on the bandwagon of convenience, but it is still possible to enjoy the knowledge that hard-nosed, passionless and ruthless buyers in multinational corporations know that they can't drop the label without a huge stink and plenty of adverse publicity.

This is fantastic. How wonderful that we are such a pain in the neck!

Deal or No Deal As for Traidcraft, we are looking at the future and we see a lot of turbulence ahead. We don't know whether tariffs of around 10% will hit us on April 1st, or if the pound will drop again if we leave the EU without a deal. We don't know what paperwork will have to be completed to move goods in or out of the UK.

This is frustrating, but almost irrelevant in the face of the real challenges ahead.

Good Stewards Climate change is having a significant, occasionally existential, impact on our producer friends. As one coffee farmer told us, each year the co-operative is having to plant its coffee bushes further up the mountain to escape the rampant infestations plaguing the valleys due to the warmer weather. At some point, he told us, you run out of mountain, and what does he do then?

We know that the health of the soil is the beginning of all good farming and we are keen to pursue our work with cooperatives who are working organically, feeding bio-diversity, developing rain capture systems, processing and re-mulching their waste efficiently. It may mean that we all have to learn to live a little more simply, investing in what is good rather than buying what is cheap.

"We are determined to be good stewards of our resources: this means putting the true principles of fair trade into commercial practice."

We have enough to be getting on with, and we want to make sure that our partners have enough too. I hope you will continue to support us on this mission.



You don't need to sign up to never buying anything again to be an ethical consumer, but you do need to be more conscious about your purchasing. Georgina Wilson-Powell, founder of stylish, sustainable living magazine, Pebble, has five tips for shopping more ethically this winter.

Do you really need it? Want a new pair of jeans? Count to 10. Bookmark it. Sleep on it. One of our biggest challenges across the world is that of overconsumption. From fast fashion that's now almost supersonic to disposable cutlery, we have put convenience and 'want it now' over common sense. We literally don't have any more room for us all to buy more and throw it away a year later.

Take a more mindful approach to stuff and try to live with less.

Secondhand star One of the most budget friendly - and easiest - things you can do to be a more ethical shopper, is shop secondhand. There are more than enough clothes in the world for us all, even if the entire fashion industry shut up shop tomorrow.

Buying secondhand clothes especially saves using up yet more virgin materials and ever more factory emissions. Charity shops have stepped up lately, Crisis, TRAIID and Oxfam Fashion are trend-led and echo what you'll find on the high street while pop-up secondhand boutiques, vintage fashion through Etsy and Depop and clothing swaps and swishes are more prevalent than ever before. You can even get your vintage on demand, with new monthly box subscription businesses.

Buy from social enterprises Social enterprises, businesses which give a portion of their profits to charities or programmes that want to make a positive impact, have changed beyond all recognition from the slightly hippy, activist past.

From the award-winning Toast Ale (made from surplus bread) giving all their profits to food waste charity Feedback, to The Soap Co, who make luxury skincare by hand. 80% of their 100 staff are blind, disabled or otherwise disadvantaged as a step into employment. There's no end of options and opportunities to make the money in your pocket work harder.

Repair and reuse Look after your stuff. Whether it's a coat or a toaster, the better you can care for it and repair it, the more money you'll save and it's better for the environment. We want to be keeping stuff out of landfill as much as possible. Repair Cafes have sprung up all over the UK where you can take electronics and clothes to be repaired - the volunteer experts are there to show you how to mend things - a skill we seem to have thrown out like an old printer.

I've also seen a huge increase in the number of sewing, darning and knitting workshops and classes pop up this year. Don't assume you can't learn a new skill, no matter how old you are. You might even make some new friends.

Support small There's a saying floating around the social media scene along the lines of 'Every time you buy from a small business, someone somewhere does a little dance.' Supporting smaller, independent businesses means you're putting money directly into other people's pockets - not a global corporation.

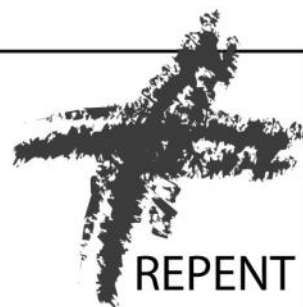
While it's sad the physical high street everywhere has declined, technological advances have made it so much easier for entrepreneurs to set up shop online and there are some incredible ethical brands out there, from swimwear to sustainable packaging, ethical fashion to organic skincare. For a dose of inspiration, subscribe to pebble magazine's weekly issue:- <https://pebblemag.com/>

Junior InSpire



During Lent read through the Gospel of Luke and each day pray for God to help you become more like Jesus

Lent is the name given to the **40 days** before Easter and is a time to *pray*, to *read* the bible and to *turn* to God. The first day of Lent is **Ash Wednesday**, a day to *repent* and say *sorry* to God for the wrong things we have *said* or *thought* or *done*.



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

Can you find these words in the word search above?

LENT • ASH WEDNESDAY • FORTY DAYS
JESUS • WILDERNESS • TEMPTATION • PRAY • FAST
DENY • REPENT • SORRY • FORGIVE • GIVE • HELP
PREPARE • REFLECT • THINK • READ • SCRIPTURE
BIBLE • WORD • REMEMBER • WORSHIP • GOD

Colouring in Activity ...

LENT

**REPENT**

- say sorry to God
for the wrong
things you have said,
thought or done

**FAST**

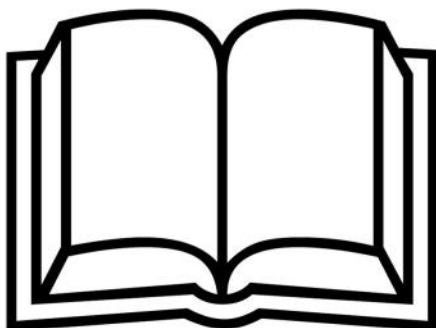
- go without

**REFLECT**

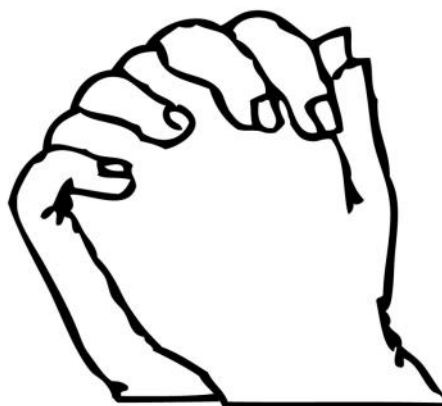
- think about God

**FORGIVE**

other people

**READ**

the Bible

**PRAY**

Eco Tip for Lent

We received this tip from Debbie, a regular reader of Inspire. Lent is coming, so why not review your wardrobe/cupboards and each of the 40 days take out something you no longer use, then gift it, take it to a charity shop or recycle. Your house will be tidier at the end of it and worthy causes will have benefitted.

If you have any tips you would like to share please send them to ecoteam@capelandockleychurch.org.uk and we will share it on the church website and in Inspire.

See also 'How to be an Ethical Consumer' on page 21 of this issue.



Candle-lit Dinner / Tony Romero Live at the Crown, Capel

Saturday 30th March 2019 - 7.45/8.00 pm to mark Earth Hour 2019

To mark Earth Hour, when locations across the world turn off their lights, The Crown in Capel is holding a special candle-lit dinner, followed by live music from our very own Capel crooner, Tony Romero.

The Crown is under new management, who are keen to engage in Capel village life. **Tony Romero** who has wowed audiences for longer than he cares to remember and always goes down well.

Starting as a symbolic 'lights out' event in Sydney in 2007, **Earth Hour** is now the world's largest grassroots movement for the environment, inspiring millions of people to take action for our planet and nature. See www.earthhour.org for more information.

Eco-church is an environmental awareness movement in the C of E - and here in The Parish of Capel & Ockley, we link this with fun! For more information see: ecochurch.arocha.org.uk OR www.capelandockleychurch.org.uk/eco-church/

To book for dinner, call 01306 713 250, but do feel free to come along just for the atmosphere and music, and to join us at Earth Hour. For more info contact Phil Partridge on philip_partridge@btinternet.com OR call 07813 829 326

Sign in church

The new curate had put some signs around the church. They read:
Keep your eyes on me preaching! Stop reading these signs!

Why do they do that?

Aiming to take away the mystery of some of the things
which happen in Church

Editor: The Rev Dr Jo White writes a series entitled 'Why do they do that?'. It will look at things that happen in churches which don't need to remain mysterious...this series began in January and will run until December. We will aim to share as many as we can with you!

Signs & Symbols: the bells, the bells!

Last month we thought about 'crossing ourselves' and in a way I wanted to continue that by asking 'when would you cross yourself?' I can recall people doing it almost superstitiously at times of danger, seeing an ambulance rushing on the road or even as a sign of gratitude at good news.

Many sign themselves to psychologically draw a line before and after their time of prayer. Marking out that time as 'special'. I continue to do so before I eat a meal as a sign of gratitude for the food I shall consume and a request that God will use it to strengthen me to serve him in my day.

Many times in church I notice people do so when the prayer of the Trinity, Father, Son and Holy Ghost is mentioned.

Did you know that church bells also were and still are sometimes used to reinforce 'holy points'? In the Church of England, Canon Law still requires every church and chapel to provide at least one bell to ring the people to divine service (Canon F8).

When church services were held in Latin (*not so long ago!*) a bell was usually rung prior to the saying of any and all Trinitarian prayers to forewarn the people so that they could join in with that prayer and specific action. In some churches this continues today even though it is the language of the country being used.

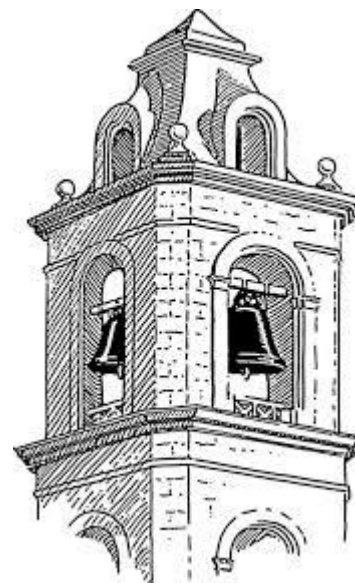
Bells may also be rung at other significant points such as the lifting of the consecrated bread and wine.

Whilst the bells were normally handbells, within rural communities where locals were unable to attend the service due to farming obligations the tower bell may also be rung so they could effectively 'join in as they are able'.

When do you hear church bells this month?

Source: Parish Pump

Don't forget there is 'News from the Belfry' on page 11.





- ♦ Would you like an opportunity to explore the Christian faith, ask questions and share your point of view?
- ♦ Alpha is a series of sessions exploring the Christian faith. Each talk looks at a different question around faith and is designed to create conversation.
- ♦ Alpha is inclusive to all – everyone is welcome!
- ♦ Alpha courses are run all around the globe, in cafes, churches, colleges, homes – you name it!
- ♦ The three key things they have in common are food, a talk and good conversation.
- ♦ There's nothing you can't say (seriously) and it's an opportunity to hear from others and contribute your own thoughts and perspective on life in an honest, friendly and open environment.

If you would like to explore further contact:-

Liz Richardson 01306 711260 or Andrew Coe 01306 631469 for more information.

Course begins Wednesday evening 17th April

All Wednesday evenings in Newdigate Church, except Saturday daytime 11 May in Newdigate Church and themes are:-

Wednesday 17 April	Who is Jesus?
Wednesday 24 April	Why did Jesus die?
Wednesday 1 May	How can I have faith?
Wednesday 8 May	How do I read the Bible?
<u>Saturday 11 May</u>	Holy Spirit Day
Wednesday 15 May	How does God guide us?
Wednesday 22 May	How can I resist evil?
Wednesday 29 May	How do I make the most of the rest of my life? (with guest testimony)

Adam & Eve

At Sunday School the children were learning how God created everything, including human beings. Little Josh was especially intent when the teacher told him how Eve was created out of one of Adam's ribs. Later in the week his mother noticed him lying down and looking scared. "Josh, what is the matter?" Josh whispered "I have pain in my side. I think I'm going to have a wife."

Mix-up

What do you get when you cross an atheist with a Jehovah's Witness?
Someone who knocks at your door for no apparent reason.



New Daylight is The Bible Reading Fellowship's most popular series of Bible reading notes, with many thousands of devoted subscribers. Now, for the first time, BRF is breaking new ground with a special edition of *New Daylight* for Lent 2019.

As well as daily reflections from some of the series' best-loved writers, *Lent with New Daylight* offers a range of thought-provoking discussion material for weekly Lent groups.

Helping people engage with the Bible and apply it to their lives has been central to BRF's work from its humble beginnings at St Matthew's Church, Brixton, in the 1920s. This new publication is designed to appeal to regular readers and newcomers alike. For those already committed to daily Bible reading, these writers – Margaret Silf, Liz Hoare, Michael Mitton and Naomi Starkey – are faithful friends; for those new to the practice, the engaging content and convenient format offers an attractive, accessible, competitively priced introduction.

David Winter has written for *New Daylight* for almost 30 years: 'I know how much many Christians value them,' he says, '... but a recent survey showed that most churchgoers only hear the Bible when it's read to them in church, although they admit they would like to know the Bible better. Well, it won't communicate from the bookshelf or a cupboard! Surely, it's worth giving daily Bible reading a try, and with *New Daylight* I promise you it's not a chore, but a daily delight.'

Readers of *Lent with New Daylight* will find themselves in good company. Debbie Thrower, team leader of BRF's The Gift of Years programme, has read *New Daylight* almost without a break since her teens: 'I like the fact that you get a sense of who these authors are: they're people who have done their own reading and they're giving you the gems that they've culled... Very often I find their words will come back to me during the day and I'm sure this is the work of the Holy Spirit.'

Lucy Moore, founder and team leader of BRF's innovative Messy Church programme, explains why she's another fan: 'It's... like having a group of friends you hang out with, who you chat over things with... when you look back, you realise that hanging out with them for so long has changed your attitudes and a little bit of your character.'

To find out more go to www.brfonline.org.uk and search for Lent with New Daylight.

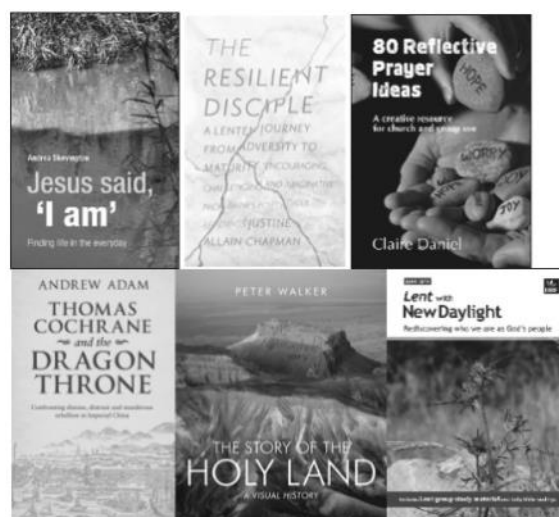
80 Reflective Prayer Ideas – a creative resource for church and group use

By Claire Daniel, BRF, £8.99

Following the success of her *80 Creative Prayer Ideas* (BRF, 2014), Claire Daniel has written a new collection of prayer ideas, focusing on rest and reflection.

We need to replenish our spirits in a busy world... we need to consider how we take time to breathe and refocus on our own relationship with God. There is benefit in finding ways to reconnect with him and to rest and reflect, especially in the hectic seasons of life.

Her book is a treasure chest of ideas for church leaders, small group leaders and youth leaders, suggesting all sorts of imaginative ways to help people bring their prayers to God through practical yet reflective responses, using visual prompts, creative actions, Bible verses and suggested prayers.



BRF writer and *Woman Alive* Book Club editor, Amy Boucher Pye, has written the Foreword.

'I warmly recommend Claire's *80 Reflective Prayer Ideas*,' writes Amy. 'She provides a variety of ways to engage our senses with themes that are firmly rooted in the Bible as she leads us to reflect on God's word, nature, the church community, our journey of faith and our personal walk with God... Feeling the soil in between our fingers while planting seeds or hearing the pop of bubble wrap or smelling the coffee or tea will help us to enter more fully into the experience of meeting with God, being present and receptive to how he speaks into our lives.'

Book Reviews from Parish Pump

Crossword Clues & Answers

Across

1 These letters come between Romans and Galatians (11)

9 'You will not — me to the grave' (Psalm 16:10) (7)

10 King of Moab to whom the Israelites were subject for 18 years (Judges 3:14) (5)

11 Town possessing mineral spring (3)

13 Mede (anag.) (4)

16 High-fidelity (abbrev.) (4)

17 He succeeded his father Rehoboam as king of Judah (1 Kings 14:31) (6)

18 A son of Simeon (Genesis 46:10) (4)

20 Controversial religious book of the 1970s, The — of God Incarnate (4)

21 'He has received from the Father the promised Holy Spirit and has poured out what you — — and hear' (Acts 2:33) (3,3)

22 'You — me together in my mother's womb' (Psalm 139:13) (4)

23 Edit (anag.) (4)

25 'Who has believed our message and to whom has the — of the Lord been revealed?' (Isaiah 53:1) (3)

28 Abraham's brother (Genesis 22:23) (5)

29 'When Mordecai learned of — that had been — , he tore his clothes' (Esther 4:1) (3,4)

30 Sympathetic (Proverbs 11:16) (4-7)

Down

2 'That was why his parents said, "He is — —; ask him"' (John 9:23) (2,3)

3 Integrated Services Digital Network (1,1,1,1) 4

4 'Saul has slain his thousands, and David his — of thousands' (1 Samuel 18:7) (4)

5 Concept (John 8:14) (4)

6 'Do we, then, — the law by this faith? Not at all! Rather, we uphold the law' (Romans 3:31) (7)

7 Industrious (2 Timothy 2:6) (11)

8 'I pray also that the eyes of your heart may be — in order that you may know the hope to which he has called you (Ephesians 1:18) (11)

12 'Out of the same mouth come — and cursing' (James 3:10) (6)

14 This was how many of the Jewish leaders described Jesus (John 10:20) (3)

15 Vitality (Job 20:11) (6)

19 He urged David to kill Saul at Hakilah (1 Samuel 26:8) (7)

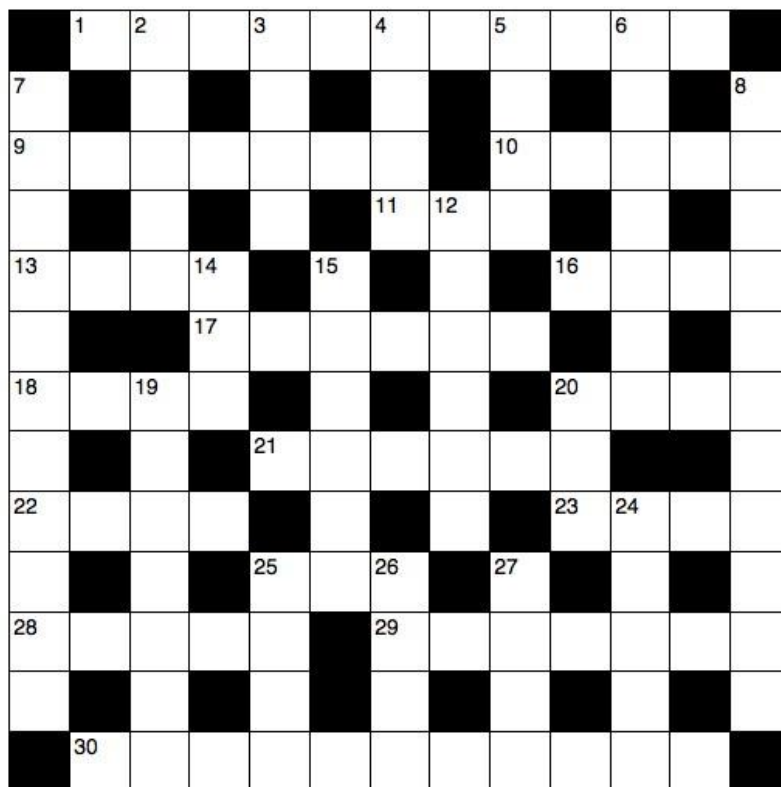
20 'So for a whole year Barnabas and Saul — with the church and taught great numbers of people' (Acts 11:26) (3)

24 'Hear, O Israel: The Lord our God, the Lord — — ' (Deuteronomy 6:4) (2,3)

25 Parched (Matthew 12:43) (4)

26 'In the image of God he created him; — and female he created them' (Genesis 1:27) (4)

27 Disparagement (Psalm 15:3) (4)



25 years of ordaining women

25 years ago, on 12th March 1994, the first 32 women priests in the Church of England were ordained. It happened in Bristol Cathedral, and Bishop Barry Rogerson ordained them in alphabetical order; so Angela Berners-Wilson was considered the very first woman to be ordained. She *is now chaplain at the University of Bath and prebendary at Wells Cathedral*. The youngest was Karen MacKinnon, now spiritual care manager at Southampton Hospital. Ten years later, one in five priests was a woman. Of the 542 candidates entering training this year, more than half (274) are women, which is 19 per cent more than last year.

E S C N B E E E O I R T H
A R R Y N E M O W I A O M
A L O T S I R B T Y S A A
L A C I T E B A H P L A R
D R A S E T A D I D N A C
D D R R P Y E T R E S S H
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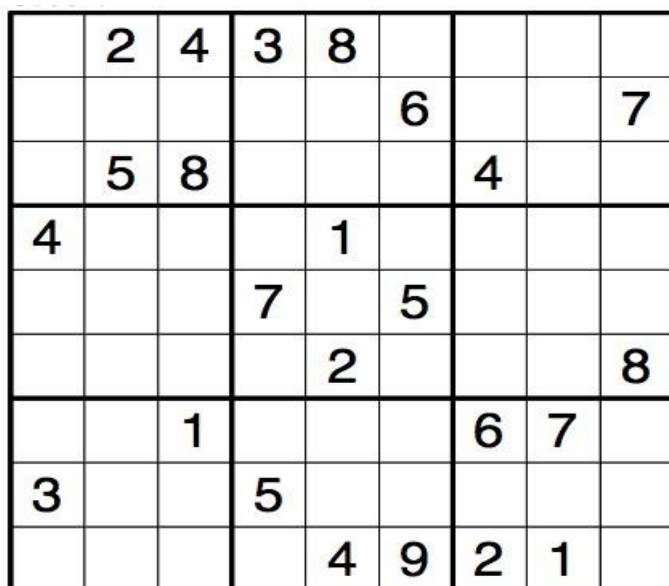
Years
March
First
Thirty
Two

Women
Priests
Ordained
Bristol
Cathedral

Rogerson
Alphabetical
Angela
Chaplain
University

Karen
Spiritual
Care
Hospital
Candidates

Medium level Sudoku



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‘Reasons to Believe’ conference with Amy Orr-Ewing and team:

Saturday 15 June 10am-1pm I wish you every blessing as we work together in this new year to follow Jesus more closely and make Him known. The golden thread running through 2019 will be the first goal of *Transforming Church, Transforming Lives*, namely developing an ‘appropriate plan’ for ‘making prayerful, confident disciples in daily life’. We begin the year with a focus on prayer, followed by confidence and concluding with discipleship in daily life.

Looking ahead to our emphasis in the summer on building confidence in our faith, I am delighted that Amy Orr-Ewing and her team from the Oxford Centre for Christian Apologetics have agreed to partner the Diocese in staging a major half-day conference for clergy and congregations to be held on the morning of Saturday 15 June.

I look forward to opening what I believe will be an inspiring and faith-building event. Amy is a brilliant and internationally recognised communicator in this field. Speaking alongside her colleagues, Simon Edwards and Lara Buchanan, Amy will equip us to talk confidently to others outside the church by setting out the rational basis of our faith - why we can be confident that God is real, Jesus is risen and the Bible can be trusted – and helping us to answer tough questions, for instance on ‘God and science’, other religions and why a loving God ‘allows’ suffering in the world.

You can book free places now at www.cofeguildford.org.uk/reasonstobelieve. The conference will take place from 10am to 1pm at St Paul’s Howell Hill, SM2 7HS and be followed by an optional networking lunch with Amy and her team, which offers an opportunity to explore how the Oxford Centre for Christian Apologetics might be able to partner your parish in mission.

The conference is still some way off but I suspect that the available places will go quickly. Please join us if you can and encourage others in your congregation and networks to come too. We look forward to seeing you.

May the Lord bless you and yours,
Bishop Andrew

The Diocese of Guildford, Church of England

Hair-cut

A minister, known for his lengthy sermons, noticed a man leave during the middle of his message. The man returned as the service concluded. Afterwards the minister asked the man where he had gone. “I went to get a hair-cut,” was the reply.

“But,” protested the minister, “why didn’t you do that before the service?”

“Because,” said the man, “I didn’t need one then.”

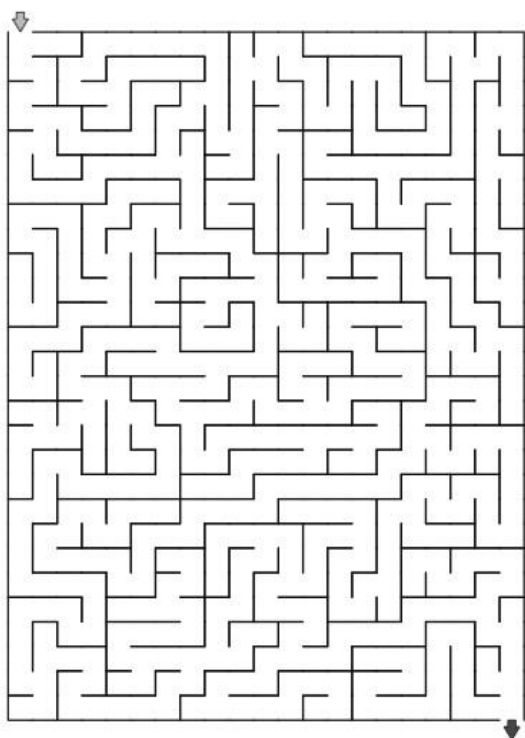
CROSSWORD solution

ACROSS: 1, Corinthians. 9, Abandon. 10, Eglon. 11, Spa. 13, Deem. 16, Hi-fi. 17, Abijah. 18, Ohad. 20, Myth. 21, Now see. 22, Knit. 23, Tide. 25, Arm. 28, Nahor. 29, All done. 30, Kind-hearted.

DOWN: 2, Of age. 3, ISDN. 4, Tens. 5, Idea. 6, Nullify. 7, Hardworking. 8, Enlightened. 12, Praise. 14, Mad. 15, Vigour. 19, Abishai. 20, Met. 24, Is one. 25, Arid. 26, Male. 27, Slur.

**Wordsearch solution****Medium Sudoku solution**

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



Why not
have a go
at the Maze?

Classical and Jazz guitar concert held on 23rd February at St John's Church, Capel

The first of the concerts arranged for St John's this year took place on the 23rd February, and what a delight it was. Not only were we treated to some beautiful and very complicated classical guitar pieces we were also played more modern jazz delights. How did Andrew Scott and our own Bob Cranham the two guitarists know that one of my favourite tracks is Summertime? Not only that, we also heard, amongst others, Take Five by Dave Brubeck, Moondance by Van Morrison and finally a great rendition of She's Not There by the Animals.



Andrew is a classical guitarist who has played all over the world and was last heard in Capel at the Spanish pop up restaurant. He was back by popular request, this time playing some pieces solo and others in conjunction with Bob who for those who don't know is a music producer and very fine musician.



In between the tracks Bob and Andrew told us a little bit about the artists they were emulating. Did you for instance know that Ranki Shankar a well known Indian musician was Norah Jones' father? Or that Django Reinhardt was involved in a tragic accident when young that meant he only played the guitar with 2 fingers on his left hand? Or, have you ever heard of Laurindo Almeida before? He is responsible for some wonderful guitar arrangements including Blue Moon, Over the Rainbow and The Shadow of Your Smile.

So, an evening of delight and knowledge, a magical couple of hours, with wine and soft drinks in the interval.

Two further concerts are planned this year **Saturday**

8 June, Smith and Brewer, and **Friday 13 September** Mike Piggott's Hot club trio. Book early, I suspect they are going to be very popular!

Debbie von Bergen



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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