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InSpire Issue 29

August 2019

The monthly publication for
the Parish of Capel & Ockley

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- * The Founder of the Samaritans
- * George Ede's Diary of her recovery
- * Prayers
- * Puzzles
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AND MUCH MORE!



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This issue is kindly sponsored by

Debbie & Hugh von Bergen
to celebrate the birthday of their Grandson, Thomas Jacob

**Happy 5th Birthday Thomas!
& Happy 60th to Debbie too!**

Our thanks to Hugh and Debbie

Inspire is available to download from the church website:-

www.capelandockleychurch.org.uk/inspire-magazine/

You can either sign up to receive Inspire as and when it comes out OR download individual issues.

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Please note Rev Liz is on holiday from 24th July and back at work on 13th August. Please either contact your Churchwardens or Rev Andrew Coe on 01306 631848. Thank you.

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St John's, Capel – Boundary wall Newsletter 2

I'm sure you will all have seen the wonderful results of all your donations and Shawn Williamson's hard work on the West wall, but just in case you have forgotten what it looked like before the restoration started, here are the before and after pictures:



BEFORE: Needing urgent repairs

AFTER: Looking lovingly restored



What a difference ... and one we should all be justly proud of! Still, as the saying goes, we 'shouldn't sit on our laurels' – whatever that means, so now our attention is turning to the **North wall** which borders the houses to the right of the church.

This section isn't in quite such bad repair, but it will cost about **£11,500** to remove all the old concrete mortar and replace with lime mortar, which is much better suited to the sandstone, being a more flexible mortar and less hard.



The current state of the North Wall is shown below:-

We are hoping that work may be able to start this Autumn or winter, but first we have to raise the money as I have been advised by various fundraisers that grant making bodies don't like to give to projects that have already started. Having had a generous grant from AllChurches Trust of £1,500 we currently have £4,000 towards the work. Trisha Loveland who is a fundraising manager for Hospice AID UK – when she isn't driving her yellow van around the village – has been a huge help.

Sadly, we were turned down by the Lottery Heritage Fund, but I will be sending in some new applications in the near future. *In the meantime, please do let me know if you know of anyone who would contribute to the project.*

When the work starts again, do look out for Shawn and Tom Stimpson (pictured right), his very able volunteer from Newdigate. They are always happy to have a chat about what they are up to. Anyone who would like to volunteer for a day or even a couple of hours is most welcome. I joined them for a morning in the spring and learnt a lot about how the wall was originally constructed. They have even found a couple of large crystals buried in the wall which were put there to ward off bad spirits!



Some of the volunteers who have helped so far! If you would like to help, do get in touch!

We do need **more donations** to continue the renovations, not only to cover Shawn's time but also the raw materials, *such as lime, sharp sand and stone* where the old stone is unusable.

£12 would buy a bag of lime for the mortar; or £50 for more stone.

This is a community project to save a much treasured part of our village.

All donations can either be sent by cheque, made payable to **'Capel PCC'** and sent on to:

Debbie von Bergen, PCC treasurer, Capel Lodge, Horsham Road, Capel, Dorking RH5 4PQ,

OR you can donate by online bank transfer to Capel PCC, **Sort code 09-01-53, Account no 89053287.**



Rev Liz writes

Dear all,

There is a much loved hymn which has often been claimed to be one of the country's favourite which is called 'Dear Lord and Father of Mankind' ... 'forgive our foolish ways'. It is a beautiful hymn with lovely words which are very gentle and calming. One of the lines I really like begins 'O Sabbath rest by Galilee, O calm of hills above' to me sounds perfect! I will be taking some time off the first part of this month of August and am looking forward at some point to some rest and relaxation. I say at some point, because the first part of the holiday involves going to Eurodisney with our grandchildren! Well they say a change is as good as a rest don't they, despite the fact that the temperatures are once again set to soar here and in France. I am hoping Disney have installed some innovative ways of keeping their visitors cool whilst standing and waiting in the heat for the next ride. Or even perhaps there will be a welcome water spray.



I like the idea of Sabbath time though and this is meant to be taken on a regular basis, not all stored up to be taken on an annual holiday. Sunday, the seventh day has been thought of as being the Sabbath Day, a day of rest for all in latter times. Now though, with the convenience of Sunday trading Sundays have become a different sort of day altogether and a day which is so important to families. Sunday is more of a catching up day for a lot of people. If you are working all week, Sunday is a day when household chores need to be done possibly. Children have activities like football and cricket, not to mention dance, swimming and all manner of other exciting clubs to go to. Friends and relatives need to be seen and their company enjoyed which of course is all part of the Sabbath activities. The only trouble with all of this though is that all these lovely activities cause busyness and require planning quite often. A true Sabbath and this is probably not going to be a Sunday, is about rest and refreshment, allowing us to catch our breath, to re-engage with the things that give us life but which calm any anxieties and stresses. A time to reflect and a time to engage with God through the beauty of the created world or to think about what is important to us; seeking a fresh perspective on things. Would you like such a time? I know I would! As life for some gets ever busier and faster, a Sabbath rest is more and more important. Then when might you get that opportunity? It may be taken at various times throughout the week; it may be walking the dog, or doing the garden. Think about when you might get those precious times and thank God for them! As the country's favourite hymn says:

*'Drop thy still dews of quietness, till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of thy peace.'*

Amen to that!

With my love and prayers

Rev'd Liz

***Please note Rev Liz is on holiday from
24th July and back at work on 13th
August.***

***I'm sure we all wish Liz & Doug a
happy holiday and we hope they
return to us refreshed after their well-
deserved break.***

CHURCH SERVICES & EVENTS FOR AUGUST

SUNDAY	4TH 8.00 am 9.30 am 10.30 am	TRINITY 7 Holy Communion BCP (Capel) Matins at St Margaret's Ockley Family Communion (Capel)	
SUNDAY	11TH 9.30 am 10.30 am 3-5pm	TRINITY 8 Holy Communion (Ockley) Café Church (Capel) Capel Teas in church	
SUNDAY	18TH 8.00 am 9.30 am	TRINITY 9 Holy Communion BCP (Capel) Parish Morning Worship with Baptism (Ockley) Rev Liz back from holidays.	
SATURDAY	24TH 12.00 noon	WEDDING Chloe-Anne Crook and Matthew Stute (Capel)	
SUNDAY	25TH 10.30 am 3-5pm	TRINITY 10 Parish Family Communion (Capel) Capel Teas in church	
MONDAY	26th 3-5pm	BANK HOLIDAY Capel Teas in church	
SATURDAY	31ST 9.30 -10am	PARISH PRAYERS St Margaret's Ockley	

SEPTEMBER

SUNDAY	1st 8.00 am 9.30 am 10.30 am	TRINITY 11 Holy Communion BCP (Capel) Matins at St Margaret's Ockley (<i>Pastor Mike Mullins & his wife Shirley from USA will be with us.</i>) Family Communion with Baptism (Capel)
WEDNESDAY	11th	'My Wishes, My Way' 7.00 pm at Ockley Pavilion (See page 8 for more details)
WEDNESDAY	18th	'My wishes, My Way' 3.00pm at Capel Parish Rooms

An advert in a church magazine:

'Want to finally see the back of our vicar? Then come and join the choir – you get a great view of his head from our choir stalls.'



Dear Readers,

As I write, many of you are already on your summer holiday or about to depart! Stuart and I had a wonderful week in Venice immediately after the Vicarage Fete and packed a lot of exploring into the seven days! Rev Liz has gone on her well-deserved break with her family for the next three weeks. We wish her and Doug a wonderful time away and pray that they enjoy their family time together. How good it is to read that George Ede has a holiday to look forward to in September after her long recovery in hospitals and rehabilitation centres! Do see her diary on pages 14 & 15. None of us could ever have foreseen how unwell she would be and the lengthy recovery she is still in the midst of. But my goodness she has some willpower and determination and an admirable positive outlook that has surely seen her get thus far and no doubt will see her through the oncoming weeks and months as she gets back to full health.



Unfortunately, the vicar's idea to save on the cost of incense by allowing vaping in church proved to be impractical

It is the first letter I have written to you all since our very successful Vicarage Fete on 22nd June. What a day we had! All the months of planning and preparation came together very smoothly and we were hugely grateful for our wonderful team of helpers! The sun shone, the teas and drinks flowed, the Barbecue did a great trade and the children enjoyed the addition of a carousel and the Cat's Grin Theatre company. On top of all that we managed to raise a whopping £1,000 more than last year! What a marvellous result and one that means we are able to split over £2,500 between the three local schools. Capel Pre-School have kindly written to us already to say thank you and to explain what they will spend the money on! This is what they have said:

"I would like to say a BIG Thank you for the lovely cheque received today. We are over the moon at the prospect and possibilities now open to us because of this donation.

We are looking to replace the Preschool tables and chairs, we have had these chairs for over 20 years and we feel its time for something new.

It was lovely to be a part of the fete and we look forward to next year. Thank you again."

What a wonderful outcome for just one of the three schools we are able to support each year. We look forward to a successful Fete next year and we have already begun planning! Put the date in your diaries now ... Saturday 20th June 2020!

At the beginning of June, we had a wonderful morning 'Imagining the Future' looking at how we might go forward with our work with children, families and young people. It was a valuable and enjoyable morning where ideas were discussed and put forward and then decisions made about what we could do immediately and the things that would have to wait! One exciting thing to come out of the morning is the 'Open the Book' scheme run by the Bible Society. Do read about it on page 17 and if you're able to help in any way, do let us know! It looks to be an exciting venture and one that we hope and pray will be a marvellous outreach to our local schools.

The next few weeks are always busy ones in our local villages with our two Village Shows taking place—see more info on page 11. I hope that everyone enjoys these special events and any holidays that you may have booked!

Best wishes,

Suzanne

Thought for the day

"To be content with what we possess is the greatest and most secure of riches"

Marcus Tullius Cicero (106 B.C — 43 B.C)

Taken from '365 happy Days!'

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.

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 emailthoroldfuters@aol.com

From the Registers

We welcome into the family of the church
Stanley James Hoskin Buckingham
14th July 2019

We celebrate the marriage of
Deeann Lesley Smith
and
Simon Phillip Light
20th July 2019

We mourn the loss of
Anthony John David Elsbury
5th July 2019

Stephen Ronald James Redford
July 2019

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.

Dates for your diary:-

**11 September 7.00 pm at Ockley Pavilion
and**

18 September 3.00 pm at Capel Parish Rooms



**Dandelion
Farewells**
A funeral for our times...

An opportunity to listen to Judith Dandy of Dandelion Farewells talk about funerals and the choices available to you in a free talk entitled:

'My wishes, My Way'

Judith has developed this free workshop for anyone who would like to explore and understand the funeral planning decisions that need to be made on your behalf or those of others. It will give an insight into the choices around funerals and the elements that your family will need to know about your personal wishes. By learning what is possible, and maybe even planning ahead, not only can you save your family the worry of trying to discern what you would have wanted, you could also personalise your last celebration, ensuring that it reflects what is important to you.

No need to book, but any queries please ring Debbie von Bergen 07774 784008

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!



Coffee Fellowship

Entertainment for Harvest 2019

There are still one or two parts to be filled ... so if you would like to take part in the play, which will be performed with scripts so you don't have a lot to learn, please contact Yvonne on 01306 886241. Rehearsals begin next week (w/c 5th August).

**Friday 4th October
at 7.00pm in
Ockley Village Hall
AND**

**Saturday 5th October at 7.00pm
in Capel Memorial Hall**

Doors will open at 7pm for curtain up at 7.30pm. Tickets are £12.50 each, including a two course supper and tea or coffee, available from Andrew Forsyth on 01306 712422 and andrew.forsyth@talk21.com.

There will be a bar at the Ockley event and we are waiting for confirmation on whether there will be one at Capel too!

We hope to see you there!

Capel lunches 5 September 2019

St John's is hosting the Capel lunch on 5 September this year, so this is an appeal for helpers.

We need all sorts of help, both beforehand – setting up tables and chairs, laying up, during – serving, clearing, making coffee and afterwards – washing up, putting everything away etc etc. Please do give an hour or so of your time if you can, there will be a sheet at the back of the church to sign up on.

Any queries please contact Debbie 07774 784008 or Jessie 01306 711250.

This month's
"Stars of the Month" goes to ...



Chris Coke

who kindly does a lot of churchyard maintenance at St John's for us every week!

Thank you Chris!

The Editor

** Please help me by giving me your nominations from Capel & Ockley as to who needs a little thanks for everything they do! Let me know on slc@ansford.me.uk*

Important Announcement!

We are very pleased to announced that Pastor Mike Mullins and his wife Shirley are joining us at St Margaret's on Sunday 1st September 2019!

There will be a 'Bring & Share' lunch in Ockley Village Hall that day too. Please look at your weekly sheets for further information.

We very much look forward to welcoming Pastor Mike and Shirley Mullins to our Parish!



Giving Thanks For Summer

Father, Creator of all, thank You for summer!
 Thank you for the warmth of the sun and the increased daylight.
 Thank You for the beauty I see all around me
 and for the opportunity to be outside and enjoy Your creation.
 Thank You for the increased time I have to be with my friends and family,
 and for the more casual pace of the summer season.
 Draw me closer to You this summer.
 Teach me how I can pray no matter where I am or what I am doing.
 Warm my soul with the awareness of Your presence and light my path with Your Word and Counsel.
 As I enjoy Your creation, create in me a pure heart and a hunger and a thirst for You.



Prayers for August

We give thanks for the continuing recovery of our friends **George Ede and Daphne Parkins**.

We pray for **Deeann Smith and Simon Light** who were married in our parish recently. We pray for God's blessing on their marriage and wish them many happy years together.

Also we give thanks and pray for the Baptism of **Stanley Hoskin Buckingham**. We pray for God's blessing on him, his family and Godparents.

- Author Unknown

We remember those who have died recently including:-

Anthony Elsbury, Stephen Redford, Sue Weinberg, Jean Self, Briony Thomas, Hazel James and any who are known to you.



We pray for God's comforting love to be with those who mourn their loss.

We pray for those who are unwell and ask for our prayers including any on our Prayer Boards in our churches.

We remember **Neville, Eileen Steeden, Clare, Anne, Jennifer Morshead, Charlie, Nic Williamson, Ron Backhouse, Mike Brady, Mary and Peter Ede and Douglas James**.

Also we pray particularly for **Pat Wombwell** and her family as her health deteriorates. Give them your comfort and strength to see them through the coming weeks and months.

For the silent prayers
 deep in our hearts
 that have no words
 but simply images
 held out to you
 of those we love
 and those we miss,
 the suffering, the sick,
 the lonely and the lost.
 Hear our prayers,
 the offering of our hearts,
 and bless the ones
 we lay before you now.



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Don't forget the Diocesan 'Calendar of Prayer' too. You can find it at:- <https://www.cofeguildford.org.uk/life/calendar-of-prayer>

Calendar of Prayer

The Diocese of Guildford prayer diary functions to provide a focus for daily prayer in the diocese, with every parish featuring as the daily focus once every six months, with information such as Saints days, and the Anglican Communion cycle of prayer also included.

Its purpose is to draw the clergy and people of the diocese into greater awareness of and fellowship with one another through daily intercession. It also helps to make us aware that we belong to a world wide Communion of fellow Anglicans.

Dates for your Diaries!
Our two local Summer shows!



**OKEWOOD, OCKLEY & FOREST GREEN
SUMMER FAIR & FLOWER SHOW**

SATURDAY 10TH AUGUST 2019
12.00pm onwards



THE CAPEL SHOW

Saturday August 17, 2019

Also ... Forest Green's Village Day — Fete & Fun Dog Show
on Sunday 7th July from 2pm

Capel Show – Barbecue on 17th August 2019

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Capel and Ockley churches are running the BBQ at the Capel Show this year for the first time. We want to raise money for our churches but also will be donating 10% of our profits to Cancer Research.

There are a couple of ways in which you can help ...



Help on the day

We need lots of volunteers to help on the day from flipping burgers, to taking cash, helping clear tables, washing up, tidying up at the end of the day, or sitting down cutting up burger buns. If you can give an hour or more, we would love to have you and will find a job to suit you. Please sign the schedules that will be in church from the beginning of June.

Help the day before

We need a few people to help do some of the preparation the day before (Friday 16 August). If you can spare a couple of hours, we would be most grateful.

Sponsorship

In order to keep our costs as low as possible we are looking for sponsorship.

£10 would buy 40 rolls or 11 burgers or 20 sausages – it all helps, particularly if you can gift aid your donation.

Please talk to Debbie, Helen or Dineke about this, our details are on the inside cover of InSpire.

Capel lunches 5th September 2019

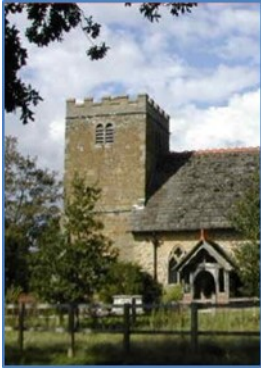
St John's is hosting the Capel lunch on 5 September this year, so this is an appeal for helpers.

We need all sorts of help, both beforehand – setting up tables and chairs, laying up, during – serving, clearing, making coffee and afterwards – washing up, putting everything away etc etc.

Please do give an hour or so of your time if you can, there will be a sheet at the back of the church to sign up on.

Any queries please contact Debbie 07774 784008 or Jessie 01306 711250.

Competitive Bellinging



Bellinging contests are called Striking Competitions as the ringing is judged on the regularity of the sounds made when the clappers strike the bells. During the summer Surrey Association hold a Striking Challenge in which participating bands compete in a local league holding Home and Away matches with other towers. In September the Guildford Guild holds an annual 6-bell Striking Competition, open to all in the district and this year Ockley are the host tower giving us a slight home advantage.

Good striking takes a lot of practice, especially the habit of listening to each blow. As well as ringing your bell you must keep the space between you and the adjacent bells evenly spaced.

At normal ringing speed bells swing full circle in about 2 seconds; with 6 bells striking evenly there is a third of a second gap between successive bells. If one bell is too fast or slow by 10% of that interval, it can just be detected; if the deviation is 25% it is very noticeable. So for good striking every blow needs to be within about a twentieth of a second of its correct position. This is amazing precision considering the weight of the bell, with only a rope to control it.

The object of the competition is to ring a piece; either a set number of minutes of call changes or a doubles or minor method of similar length, all the while trying to strike the bells correctly. An independent judge sits outside, so that the identity of the band is not known, and listens to each entry and records all the faults. At the end there is a general summing up and the band with the least number of faults is declared the winner. In any event it is a social occasion and the feedback is invaluable in improving the overall striking.



Bellinging is an art which has developed and passed from generation to generation in Britain for over three hundred years. It is a wonderful blend of sport, music, exercise, friendship, a challenge of wits and skill which gives great satisfaction when it goes right.

If you would like to find out more, please come along.

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

As many of you will know I have been absent from Capel for some time now. The totally unexpected course of events has turned our lives upside down. I am pleased to report that I am making good progress and will return home in mid August to continue along the road to recovery. Throughout the experience I have been overwhelmed by the love and support shown to me by so many family members and local friends. I feel very lucky to be part of such a fabulous community and I thank God that I am still alive to share many more adventures with so many important people in my life. Below I have tried to summarise the high (and low) lights of the last 15 weeks.



7/4 I woke with a twinge in my back but proceeded with a family day out in London assuming it would ease off as the day went on. Pain and mobility became increasingly difficult and we attended St Thomas' Hospital A&E department where muscle strain was diagnosed and pain killers prescribed and we were sent home.

11/4 After 4 nights and days in bed in increasing pain a 111 service GP agreed to send for an ambulance to transfer me to East Surrey Hospital. The next 10 days are rather a blur. For 4 days I was given several pain relieving and anti inflammatory drugs but remained very unwell.

15/4 An MRI scan was performed revealing an abscess on my psoas muscle leading ultimately to a diagnosis of arachnoiditis. I was rushed to the High Dependency Unit where I was closely monitored, hydrated, and given oxygen, penicillin (in spite of an allergy to it) and pain relief. As a result of my allergy I experienced hallucinations and a skin rash. I had little movement or comprehension of what was happening.

17/4 Blood test results revealed that I had sepsis - blood poisoning which can lead to organ failure.

20/4 I had responded well to treatments and was moved to a general ward. I was still quite unwell and experiencing an allergic reaction.

I remained on Leigh Ward until 6th June. I was given intravenous antibiotics plus a cocktail of pain relieving, muscle relaxing and anti blood clotting medication.

24/4 Having been flat on my back since coming into hospital, 3 physiotherapists came to sit me up for the first time. I was like a rag doll unable to support my own weight and in a lot of pain.

25/4 The physios introduced a hoist to get me from laying in bed to sitting in a chair. 30 minutes sitting was more than enough as everything ached especially my now bony bottom!



28/4 By now I had regained some of my appetite and was able to feed myself again. I had lost 1.5 stone in the last three weeks! The nerves in my legs have been damaged by the infection and the muscles have wasted due to inactivity.

Over the following weeks I was blessed by visits, support and encouragement from a multitude of family and friends, in addition to the wonderfully professional, caring and cheerful staff on Leigh Ward at East Surrey Hospital. The physios and Occupational Therapists (OT's) gradually introduced mobility and independence to perform basic tasks.

8/5 The physios got me sitting on the side of the bed and then standing using a device called a 'sarasteady'.

17/5 I was introduced to a piece of equipment called a 'banana board.' This would enable me to transfer myself from the bed to a chair allowing freedom to get into the bathroom for my first shower or even to get off the ward to the hospital coffee shop or gardens!

23/5 I was given a self propelling wheelchair to use for increased independence.

30/5 With the help of the physios I stood up in the parallel bars.

4/6 I received confirmation that a bed is available for me at NEECH in Epsom for 6 weeks neuro rehab.

5/6 My PICC line was removed marking the end of the IV antibiotics meaning the infection was under control.

6/6 I moved to NEECH (New Epsom & Ewell Community Hospital) and enjoyed a regular timetable of physio, OT and psychology sessions plus of course the regular visits from family and friends.

13/6 Having stood in the parallel bars, I took my first (aided) steps in over 9 weeks. I was also assessed for transferring from the wheelchair into a car. I can now be taken out!

19/6 I was given the use of an electric wheelchair which gave me access to the garden centre and cafe at the top of the road. This was to become a regular place to visit with friends for coffee or lunch.

24/6 With the encouragement and endorsement of the therapists Norman has booked us a holiday for September. I walked 8 meters on crutches.

27/6 Walked 37m with a gutter frame. Norman collected me and took me home for the first time. It felt strange yet so familiar.

1/7 I started regular kitchen sessions with the OT where I was cooking my own lunches.

12/7 I had a physio session on the treadmill to start trying to correct my gait and remind the legs what they should be doing.

18/7 I moved from NEECH to Ascot Rehabilitation in Bagshot. It is a specialist neuro rehab centre where I will receive 4 weeks inpatient therapy before going home to continue my journey.

I am now almost medication free and whilst I arrived at Ascot in a wheelchair I have high hopes of leaving on my own two feet.

Thanks for reading the story so far. Thank you for your continued prayers and good wishes. I look forward to being back with you at Sunday morning services and other occasions soon.

George Ede
21.07.19

I know everyone will join with me in wishing George a continued recovery and we very much look forward to having her back with us in Capel where she belongs! The Editor



The Badly Behaved Bible: Thinking again about the story of scripture

by Nick Page

12 July 2019

The Bible isn't tame, agrees *John Pritchard*

THE Bible may be the most-owned book in the world, but it's also the least understood. This is the starting-point for Nick Page's valuable romp through a multitude of issues that confuse casual readers of the Bible — which probably means most Sunday churchgoers.

The problem is, the writer maintains, that we have been misinformed, and have tried to force the Bible into our own categories of thought. Page tackles issues of inspiration and authority, how the Bible was written and put together, the key category of story, the problem of a God who seems to do a lot of "smiting", the inconsistencies of various texts, and much more.

The author clearly loves the sacred texts and longs for them to speak to us on their own terms, with all their life-changing potential. He sets about shaking them free of false straitjackets, so that the rich strangeness of these documents can bring the reader to life.

"We want to pin the Bible down so that it proves our theology, but the Bible evades capture and plays hide-and-seek. We want answers, but the Bible keeps firing questions. We want the Bible to dance to our tune, but the Bible has music of its own."

The writing is lively and laced with humour, but that serves only to make Page's considerable biblical scholarship the more accessible. I could have wished for a little more attention to New Testament issues, but there is much fascination in his unpacking of apparent problems in the Old.

This book will be of real value to those wanting to engage or re-engage with the Bible, but finding themselves confused and sometimes repelled by it. They will find that Page is a congenial and reliable companion, and the badly behaved Bible might well sing again.

The Rt Revd John Pritchard is a former Bishop of Oxford.

The Badly Behaved Bible: Thinking again about the story of scripture

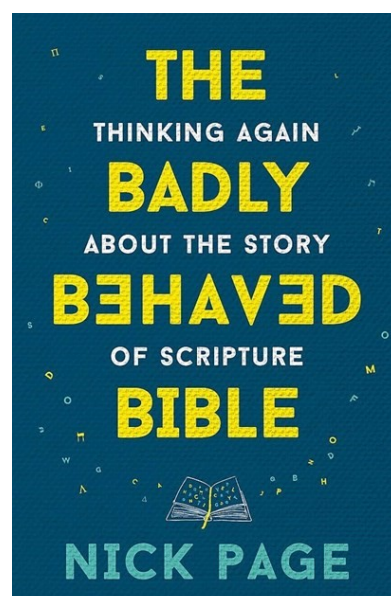
Nick Page

Hodder and Stoughton £16.99

(978-1-473-68619-9)

Article source: The Church Times 12.07.19

<https://www.churchtimes.co.uk/regulars/podcast>



Open the Book



If you're excited about sharing Bible stories with school children and want to have fun with a team dressing up in costume to act the part, or perhaps you'd like to be a Storyteller and narrate the scene. Then **'Open the Book'** might be just the thing for you!

This wonderful initiative brings Bible stories to life in our primary school classrooms. We'd like to start a new Parish team and would love to have your help. It would involve about an hour of your time every couple of weeks, along with an initial training course on 20th September from 9.30am to 3.00 pm in the Parish Room in Capel. Everyone is welcome!

Please talk to Debbie von Bergen debbievonbergen@icloud.com or Eric Sutcliffe eric.sutcliffe94@tiscali.co.uk about what is involved and

If you have a chance, do have a look at the Open Book website:-

<https://www.biblesociety.org.uk/get-involved/open-the-book/>

You could be joining over 17,000 volunteers all over England and Wales doing the same thing!

Parish Giving Scheme

Many of you will remember we introduced the **Parish Giving Scheme** ('PGS') nearly two years ago in order to make giving to your churches easier and to take some of the admin of claiming gift aid off the treasurer's shoulders.

You will be pleased to hear we now have 26 people giving using this method across the two churches. Thank you, all of us on the PCC are really grateful as regular giving is the lifeblood of the church and helps us to pay not only for the services every Sunday but the upkeep of these wonderful ancient buildings that we are privileged to worship in.

If you haven't yet had a look at a **PGS pack** please do ask Helen Burt, Debbie von Bergen or Dineke van den Bogerd for one, setting the payment up is easy, there is even a box to tick to increase your donation yearly in line with inflation. Your payment can be stopped or changed at any time by a quick phone call or email to the PGS team. Do talk to other members of the congregation who have signed up if you would like reassurance.

Debbie von Bergen

We are also starting a new scheme called 'Givt' - more details coming in next month's issue.

www.givtapp.net

Givt

Givt for churches

Prepare your service
for the future



Bible Bite


A short story from the Bible

It can be read in the Bible in Ruth chapters 3 and 4

Naomi and Ruth had returned to Bethlehem as widows. Ruth had worked during the harvest in the fields of Boaz, a near relative.

Naomi told her daughter-in-law Ruth

You need someone to marry and look after you. I have a plan



I will do all you ask of me

So Ruth went to where the grain was threshed. Boaz was on guard that night..



but she stayed out of his sight until he was asleep.

Then she uncovered his feet and lay down by them.



At midnight, Boaz woke, and was shocked to find her there.



As my relative who must look after me, will you marry me?

You have a closer relative; I will ask him tomorrow. If he will not marry you, I will do so gladly. Lie down now, and sleep.



Just before dawn, Ruth returned to Naomi.



All we can do now is wait.

Boaz went to the meeting place, and waited for the relative to pass.



Naomi wants to sell the land she inherited from her husband, and as nearest relative, you get first refusal.



I want to buy the land.


Then you must marry Ruth as the land must be inherited by her son

In that case, I don't want to buy it.

Then I will buy the land and marry Ruth.



So Boaz married Ruth and they had a son.



My life is no longer bitter!

and he was an ancestor of King David!

A prayer for the Summer holidays

Dear father,
 No more homework, no more tests.
 No more getting up for school.
 No more book reports or studying.
 My summer holiday begins today!
 I'm so happy and I'm so free.
 I want to read and get up late.
 I want to ride my bike and swim.
 I want to play more with my friends.
 Please bless my summer days, dear God.
 Keep me safe and happy.



Maybe look into some Bible & Prayer apps to download but please ask your parents first!



Bible App for Kids 4+
 Bible stories for children
[Life.Church](#)
 #94 in Education
 ★★★★★ 4.6, 3.2K Ratings
 Free

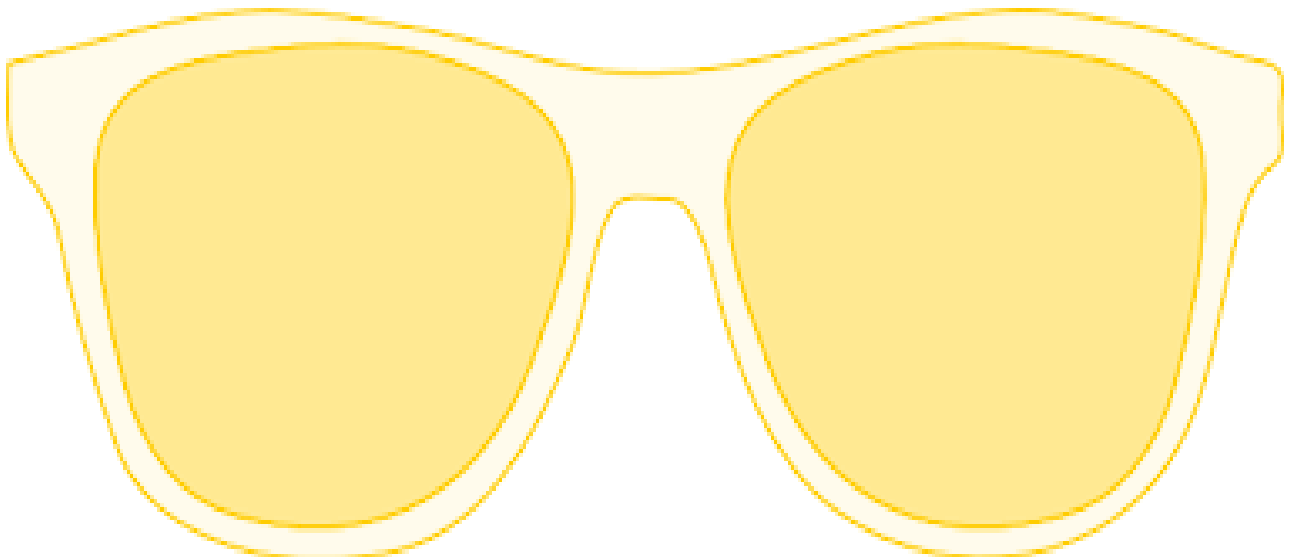
sight	Boaz	midnight
widows	harvest	dawn
relative	asleep	Ruth
marry	land	uncovered
threshed	meeting	refusal
inherited	feet	bitter
tomorrow	Naomi	ancestor
Bethlehem	shocked	grain

Amen

Can you write a Summer prayer in the sunglasses below?

- * Will it include someone you know?
- * Will it include your school?
- * How about some things you'd like to do over the summer holidays?

Don't forget to say thank you to God for all the things you love!



Trip to the Holy Land - Autumn 2020 or Spring 2021 led by Rev Haydon Wilcox

An exciting trip to Israel and Palestine is planned for either Autumn 2020 or Spring 2021 led by Rev Haydon Wilcox who has taken many groups there over the last 30 years.

Rev Haydon visited us recently to give a talk on what the trip would include, if you weren't able to be there please do ask Gill Christie or Rev Liz for a copy of the itinerary titled 'Walking in the steps of Jesus'.

The tour will start in Jerusalem and Bethlehem with a chance to meet both Israelis and Palestinians and learn about their lives. Day trips out to both the Dead Sea and Jericho will also be included. We will then stay on the West Bank for a couple of nights to meet orthodox Jews and a representative of the Samaritan community, before finally journeying to Galilee to stay and visit the many sights there including Nazareth and Mount Tabor thought to be one of the possible sites of the transfiguration.

The trip will be 12 nights away staying in three different locations. All flights, accommodation, tours, Breakfast and Supper will be included. Lunches and drinks will be paid for separately and some money will be needed for extra tours and tips, which will be calculated by Rev Haydon.

If you are interested in this wonderful opportunity to see the Holy Land guided by a very knowledgeable and caring guide, please tell us that you are interested so that we can gauge numbers.

Debbie von Bergen



CAPEL & OCKLEY CHURCH RUNNERS

A few of us from Capel & Ockley churches and community have started an informal running group. We meet and join in with the Park Run at Denbies on Saturday mornings at 9am. 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. Anyone can join in:- it is completely inclusive all ages, speeds, experience. It is great fun and a good way to start the weekend!

In addition we are going to meet at St. Margaret's Church on Coles Lane in Ockley on the following Wednesday evenings at 6:30pm over the Summer for a 5-8km / 3 — 5miles run starting simple and seeing how we go! 7th August, 4th September, 2nd October.

We have set up a **WhatsApp Group** so please contact Tom who will add you to it and will confirm the runs on here as well.

Tom Chambré

0771 890 2345 or tom@chambrepm.com

CAPEL VICARAGE FETE



After days of rain and gloomy weather forecasts, the team charged with the task of organising the 2019 Capel Vicarage Fete were delighted with the weather which dawned on Saturday 22nd June. The yards of colourful bunting fluttered in the breeze and the rainbow arch of balloons stood out proudly to welcome all and sundry to this year's event. The carousel on the driveway added a truly "fair" sense to the occasion while the stalls set out on the gardens both at the front and to the rear of Rev Liz's home were kept busy as children and their families came to support. The grass snakes brought along with the more usual farm animals proved a most exciting draw as did the interactive theatre. The barbecue and ice cream stands made sure no one missed out on lunch while



the tea stall did a roaring trade! The highlights of the afternoon were the children's performances as the infants from Scott-Broadwood School performed some country dancing and the young from The Weald demonstrated their talents firstly with music on their recorders and then with some modern dancing.

All in all the afternoon was a great success raising nearly £3,000 which after the payment of various costs incurred allows for over £2,500 to be distributed between the 3 major providers of education in the parish of Capel and Ockley; namely Capel Pre-school, Scott-Broadwood School and The Weald.



The organising team would like to thank everyone who supported the fete from providing the super raffle prizes, setting up and manning the stalls on the day, to attending the event and clearing away afterwards. Everyone's efforts made the day a huge success.

Please keep the date **20th June 2020** clear in your diary for next year's fete – plans are already afoot!!

Written by Gill Christie



Apollo programme: an act of magnificence

by Canon Andrew Davison

Article from The Church Times 19 July 2019

Canon Andrew Davison is the Starbridge Lecturer in Theology and Natural Sciences at the University of Cambridge, and Fellow and Dean of Chapel at Corpus Christi College, Cambridge.



AS THE crowning achievement of the Apollo Project, two people landed on the Moon in July 1969. The project cost \$25 billion (£20 billion), which translates to around \$160 billion (£130 billion) in today's terms. It was the most expensive peace-time project in human history.

Was the cost justified? Should it not have gone to tackling poverty? The Christian impulse might lie in that direction. "It seems unsophisticated to point out that the money could have been better spent," the Bishop of London, Robert Stopford, observed at a "moon breakfast" at the Savoy on 21 July 1969 (*Church Times*, 25 July 1969). Yet, he added, "there must be a way of asking that there now be a pause . . . of saying that we should also spend money on poverty and famine, without detracting in any way from the stupendous achievement."

The question might put us in mind of the anointing in Matthew 26. "Why this waste? For this ointment could have been sold for a large sum, and the money given to the poor." Yet, on that occasion, Jesus took the side of extravagance: "Why do you trouble the woman? She has performed a good service for me."

Was landing a person on the Moon a noble act of extravagance? Was the Moon landing a "good service" (*ergon kalon* — a beautiful act), for God and the human race? I think it was.



I WILL come to a specifically theological perspective on the question in a moment, but the theologian ought to be just as open to straightforward, mundane analysis, where that has something to offer. Here, some point to technological pay-offs as justification for the mission. Or there is the value of samples of Moon rock for our understanding of planetary science in general, and for understanding our own planet and its history, in particular. Or consider the pictures of the Earth that were taken on that mission, so beautiful and yet somehow also so delicate. They helped galvanize the ecological movement.

A yet more mundane approach would be to look at numbers, and sums of money. The Apollo programme stretched over about 12 years; so \$160 billion (in today's money) works out as \$13 billion (£10 billion) per year. The population of the United States was almost exactly 200 million at the time, making it \$65 (£52) per person each year.

I imagine most Americans were happy with that sort of expenditure on their behalf. The programme wasn't only on their behalf, however: the Moon landings were an achievement for the entire human race. At the time, that ran to around 3.4 billion people: so \$3.80 (£3) per person, per year. For landing people on the Moon, and returning them home, that's starting to look quite reasonable.

WHAT of a theological perspective? It's fair to say that Christian theology is divided when it comes to grandeur and munificence. There is what I think of as a "Franciscan" outlook, which prizes simplicity, and there's what I think of as a "Dominican" outlook, which sees magnificence — all other things being equal — as a hallmark of the greatness of the human being, made in the image of God. The labels may or may not be helpful; we can discard them if not.

If I am going to stick my neck out, and speak well of the Apollo programme, as a good use of resources, I will do well to turn to Dominican sources. Sure enough, that great Dominican St Thomas Aquinas singles out two virtues that bear upon the question: "magnanimity" and "magnificence".

"Magnanimity" here (*magnanimitate*) isn't magnanimity in the modern sense: generous-spiritedness in victory. It's something closer to the root of the word, namely "greatness of soul" (*magnitudo animi*); it's a disposition towards being able to achieve demanding projects that are worthy of great honour. It can be a religious impulse: "magnanimity makes people deem themselves worthy of great things in consideration of the gifts they hold from God," Aquinas wrote — naming gifts such as science or fortune.

Even more relevant for the Moon landings is the virtue of magnificence. Again, the etymology is significant: this is *magna facere*, the making — or doing — of great things. Magnificence is a disposition towards lavish expense, with excellence in the concurrent skills of “administration”, for the sake of noble ends. But what sort of ends justify such outlay? Things especially, Aquinas writes, that one wishes only to do once (a wedding is his example), or which last (like building a house).

If we have a place in our vision of the human being for greatness of soul and — even more — for magnificence, then the Apollo Project aligns fair and square. It was a fitting celebration of science and fortune, and since it attempted to do something for the first time, it was also something that could be done only once, and an achievement that would last for ever.

Indeed, the Moon landing serves as a particularly fine example of these virtues. The Dominican tradition has seen both greatness of soul and magnificence as aspects of courage, but not as perfect examples, since courage involves willingness to risk danger to life and limb, which expenditure of money, in itself, does not. With the Apollo Project, however, exactly such a risk entered the picture. Indeed, three lives were lost in the Apollo 1 cabin fire of 1967, and the extraordinary survival of the crew of Apollo 13 is the stuff of legend.

IN CLOSING, we might consider two more points. One returns us to the realm of figures and sums of money; the other asks what suitably magnificent endeavours might look like for our own time.

My earlier calculations treated the Apollo space programme as a public outlay, as indeed it was. Discussion of figures in the billions of dollars, however, should remind us that extraordinary inequalities of income and resources exist today not simply between one public programme and another, but also — most strikingly — between one individual and another. The scandal, to my mind, is not that the world’s richest nation decided to do such a great thing, acting in common; the scandal is that our schemes of taxation would allow even *individuals* to do so.

As Oxfam pointed out a few years ago, the eight richest people today own as much as the poorest half of the world’s population put together. The world’s single richest person, the Amazon founder Jeff Bezos, came within a whisker of being able to fund the Apollo programme himself. (The whisker grew wider following his recent \$38-billion divorce settlement.)

Perhaps six 20th-century billionaires could have paid for the programme in its entirety; two — John D. Rockefeller and Andrew Carnegie — could have paid for it twice over. The 2700 current US billionaires possess a wealth between them of around \$9 trillion (£7.2 trillion). That would run to the Apollo programme 56 times.

Or, if we are enumerating scandals, how about this one: according to a project at Brown University, US involvement in wars after 9/11 cost an estimated \$3.6 trillion (£2.9 trillion). That’s enough to cover the Apollo Project 12 times. The Apollo Project left three dead; those wars are pushing half a million.

That makes for grim reading. Wondering about magnificent acts for our own time might restore our cheer. Eliminating smallpox, once a significant cause of death, cost about \$300 million (£240 million) in the 1960s, equivalent to somewhere around \$1 billion (£800 million) today.

The cost, to date, of our attempt to eliminate polio is difficult to track down: perhaps \$15 billion (£12 billion) so far. That’s brought the number of new cases of polio down from 350,000 in 1988 to 22 in 2017. For that we should each recite a Te Deum in gratitude. It might cost a further \$4.2 billion (£3.3 billion) to eliminate polio for all time. That’s magnificent. Malaria next? I hope so.

And what about climate change, the greatest threat of our age, and particularly deserving of magnificence in response? A recent paper in *Science* suggested that planting trees, or replanting them, wherever the Earth might sustain them (without affecting food production), would need a trillion seedlings. The result would to remove two-thirds of all the carbon dioxide that human beings have ever released into the atmosphere. It would cost a minimum of \$300 billion (£240 billion): that’s two Apollo programmes. To put the finances into perspective, the two richest people in the 20th century could each have paid for it on their own, and it is one twelfth of the cost to the US of the post-9/11 wars. The combined wealth of the billionaires of that country alone could run to it 30 times over.

To attempt the Apollo programme was an act of magnificence. An attempt to reforest the planet would be similarly magnificent; indeed, not to attempt it would be madness.

The story is told by Brother Andrew, who worked for many years with the Persecuted Church, of a Christian pastor who was travelling some years ago on a train in the old Soviet Union.

There was just one other passenger in the railway car, and soon the two men were chatting. The subject of religion came up, and the other man extolled the logic of atheism and criticised religious belief. Then the Christian bravely expressed his own views, and even took out his Bible to show the man some relevant verses. But the atheist was both unmoved and annoyed.

As the futility of their argument became clear, the men lapsed into silence. When a little later the Christian was nearing his stop, he left the compartment for a few moments to get his suitcase. He returned to find his Bible was missing. The atheist was just closing the train window and sneered at him. It was clear that he had thrown the Bible out. The journey continued the final few miles in stony silence.

A few months later, a stranger came to call upon the Christian pastor in his village. It was a man from a neighbouring village who asked to be baptised. The pastor was astonished and asked him what he knew about such things. The stranger told him this story:

“Until a few months ago I knew nothing of Christianity. I am just a local builder, working on a site near the railway track. Then suddenly one afternoon a book came flying out of the window of a passing train and landed in the dust nearby. I walked over and picked it up. It was a Bible – the first I had ever seen.

“So I took it home and out of curiosity began to read it. I was amazed by what I read, and I have become a Christian. Now I want to be baptised and meet with other Christians. I have heard rumours that you are also a Christian, so I hoped that you would help me.”

The astonished Christian pastor did indeed baptise the builder, and also confided his side of the story of the flying Bible. Within a few years the builder had converted several of his neighbours, and a tiny Christian church had been planted within his own community. All because of a thrown-away Bible.

Source: Parish Pump

Are you in the right place? Are you doing the right thing?

God has created me to do Him some definite service. He has committed some work to me that He has not committed to another. I have my mission. *John Henry Newman.*

Your role at church

Do you feel under-appreciated?

God did not save you to be a sensation. He saved you to be a servant. *John E Hunter*

Give

How do you decide how much to give?

Give God what's right — not what's left.

All the above quotes sourced from Parish Pump

Editor: We will feature one of these regular 'God in the Sciences' articles whenever possible. It is written by Dr. Ruth Bancewicz, who is based at The Faraday Institute for Science and Religion in Cambridge. Ruth writes on the positive relationship between Science and Christian faith.

God in the Sciences

One of the most famous stories about Jesus is the calming of the storm (Luke 8:22-25). Of course, anyone could say that the wind stopped suddenly of its own accord, but the disciples were not fooled. They had seen a number of these 'coincidences' in Jesus' ministry, and they weren't about to ignore this one. Jesus had calmed the waves with only His words. Wasn't this an act of God? Who else could be in complete control of creation?

Jesus dealt graciously with the very pressing and practical issue of the raging storm before He did a bit of teaching, asking His followers "Where is your faith?" It's not surprising that they were scared, given the circumstances, but clearly Jesus expected better of them. He had already been teaching them for some time, and clearly knew they were ready to trust Him.

In similar circumstances, Christians often do several things in quick succession. We start by panicking and being afraid. After a while we might remember what we know about God's character and pray for help, trusting that whatever happens He will help us to handle it. Most often, we don't get the storm-calming effect when we ask for it, but battling on with faith and God's help is much easier than trying to keep going in a panic.

'Peace' in this kind of situation is a very active holding on to what we know about God. The difference between trusting and not trusting can be like night and day in terms of stress levels. I have found that it can make the difference between unmanageable stress and something that stretches me and teaches me something new.

Knowing some science can help us to trust God. A Being who created the whole universe, sustaining the wonderfully creative processes that produced diverse life on earth, must be both extremely powerful and extremely wise. The God who can both calm the waves and walk on them must be in complete control of the things He made.

When this knowledge goes hand in hand with experience of God's intimate love for us and care for us in every situation that we find ourselves in, I am reassured that He's got things in hand. I will always need help from others to pray faithfully in stormy situations, but hopefully I've seen enough now not to panic for too long.

Time (and my closest friends) will tell!

© Ruth Bancewicz

Source: Parish Pump



News

Bishop Jo heads up triumphant Diocesan Triathlon team

Date: 16 July 2019

In bright sunshine Bishop Jo and 21 other brave volunteers from around the diocese completed Guildford Triathlon, a 500m pool swim, 22km road cycle and 5km trail run, on Saturday 13 July.

The team included 19 first-time triathletes (including +Jo), members of the Sports Ministry Team: Vicar Greg Cushing Oli Deeks, Youth Director at Camberley Youth for Christ and John McCabe, Rector of Byfleet and a number of volunteers from around the diocese.

Running, swimming and cycling for the Bishop of Guildford's Communities Fund the diocesan team has so far raised an incredible £2,200 to help the fund support the most disadvantaged in Surrey and North East Hampshire.

[Sports ministry](#) seeks to engage with the local community through sport. Last year in the UK the number of over-16s playing sport once a week, every week has risen to a new record - 15.6 million – offering churches a huge opportunity for community engagement. [Contact the sports ministry team](#) for support and guidance in this growing ministry.

Commenting on the event +Jo said:

“Well I never imagined becoming a bishop might involve this, but it’s been all adventure and no regret - I haven’t felt so healthy in years!

“It has been amazing to see a team with a majority of beginners become empowered and excited. I’m struck by the impact of a team (as well as John’s coaching) that makes possible what individually would be impossible. There is no way I would have found the strength to run across the finish line without their cheers of encouragement.

“Huge thanks to all those brave enough to join me and all those that have donated so much for the wonderful Communities Fund!”



25 Years of Legal Sunday Trading

Sunday trading was legalised in England and Wales 25 years ago, on 28th August 1994.

Until then, under the Shops Act of 1950, the situation had been rather chaotic, and some of the rules laughable, but Sunday had been recognised as a 'special' day. The Shops Bill of 1984, which would have allowed widespread Sunday trading, had been defeated unexpectedly, largely because the unions resisted it on the grounds that it would take family time away from shopworkers.

The debate continued, and the 1994 legislation was something of a compromise, restricting opening times of larger stores to a maximum of six hours on Sunday. The shopworkers' trade union USDAW agreed to support this in return for a promise that Sunday working would be strictly voluntary.

In 2015 there was an attempt, in the Budget, to relax Sunday trading laws further, but this was defeated in the Commons. Shops in Scotland, where Sunday trading had been unregulated, retained the right to open at any time.

Many Christians have supported organisations such as Day One Christian Ministries – formerly the Lord's Day Observance Society – and groups such as Keep Sunday Special, who campaigned for Sunday closure to stop secularisation and protect the spiritual nature of Sundays.

David Winter in praise of Mary Sumner

Mothers' Union – changing women's lives for the better



Most people have heard of the Mothers Union, though it's not quite the force it was in its heyday of 70 years ago. This month the church celebrates its founder, Mary Sumner on 9th August, and it would be a pity if we forgot her contribution to the social wellbeing of women.

She was a vicar's wife in Hampshire in the late Victorian period. A young woman herself, she saw the emotional and practical burdens borne by most of her contemporaries. Before the widespread introduction of medical care during pregnancy and childbirth, natal mortality was high and for those who survived into childhood common but deadly diseases – measles and scarlet fever, for example, brought tragedy to many homes.

These childhood illnesses partly rose from poor living conditions. Life itself was often hard, in cramped homes and without the amenities we take for granted like piped water, electricity, sewage disposal.

Mary Sumner created a simple support group for these women where they could share their experience, support one another and learn the essentials, as she saw it, of a Christian home. The idea caught on, and by the beginning of the century there were many similar groups in various parts of Britain. By 1921 the Mothers Union existed as a national and international resource of young mothers.

My own mother was a keen member in the 1930's. Of course, lifestyles change and today most women have a job, once their children start school. Churches tend to support families through mum and toddler groups with much the same agenda, but in a less formal style.

And so the Mothers Union has effectively become a modern Grandmothers Union, which is fair enough in view of the active role of modern grandparents in childcare. In those ways, at least, the vision of Mary Sumner long ago is still fulfilled.

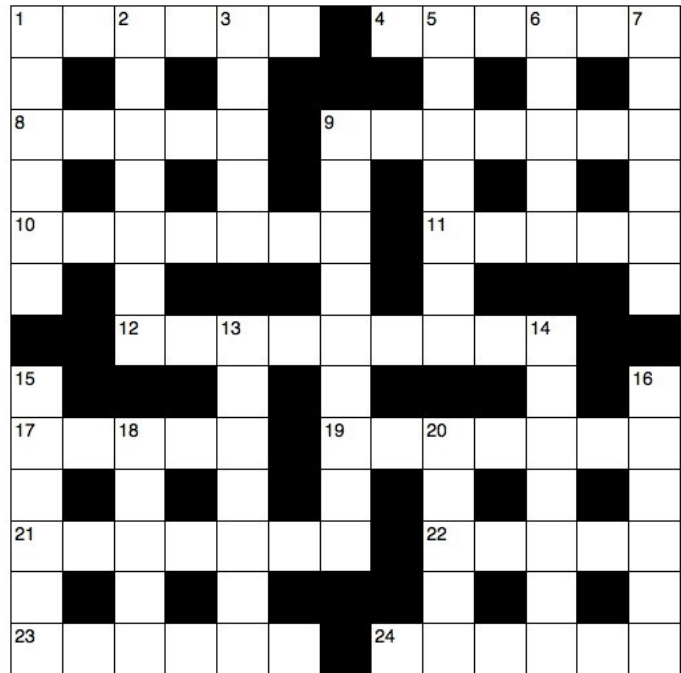
Both the above articles from Parish Pump

Puzzles Pages

Crossword Clues

Across

- 1 'The people were — at his teaching' (Mark 1:22) (6)
- 4 'He saved —; let him save himself' (Luke 23:35) (6)
- 8 He addressed the crowd in Jerusalem on the day of Pentecost (Acts 2:14) (5)
- 9 Father of James and John (Matthew 4:21) (7)
- 10 One who charges another with an offence (Job 31:35) (7)
- 11 ' — thy ministers with righteousness' (Book of Common Prayer) (5)
- 12 and 15 Down 'All — is God-breathed and is — for teaching, rebuking, correcting and training in righteousness' (2 Timothy 3:16) (9,6)
- 17 'No — of the field had yet appeared on the earth and no plant of the field had yet sprung up' (Genesis 2:5) (5)
- 19 Made to feel embarrassed (Isaiah 24:23) (7)
- 21 This man built his house on sand (Matthew 7:26) (7)
- 22 David's hypocritical message to Joab on the death in battle of Uriah: 'Don't let this — you' (2 Samuel 11:25) (5)
- 23 Detest (Job 10:1) (6)
- 24 'God made two great lights, the greater light to govern the day and the — light to govern the night' (Genesis 1:16) (6)



Down

- 1 To make a serious request (1 Corinthians 1:10) (6)
- 2 Launches an assault against (Genesis 32:8) (7)
- 3 'The wicked man — deceptive wages' (Proverbs 11:18) (5)
- 5 Tuba ale (anag.) (7)
- 6 'The day thou gavest, Lord, is — ' (5)
- 7 Old Testament measure of weight, equivalent to about 12 grammes (Exodus 30:13) (6)
- 9 Where Elijah restored life to the son of a widow with whom he lodged (1 Kings 17:10) (9)
- 13 Paul said of whatever was to his profit, 'I consider them — , that I may gain Christ and be found in him' (Philippians 3:8) (7)
- 14 City visited by Paul, described by the city clerk as 'the guardian of the temple of the great Artemis' (Acts 19:35) (7)
- 15 See 12 Across
- 16 Rioted (anag.) (6)
- 18 She had a surprise when she answered the door and found 8 Across outside (Acts 12:13) (5)
- 20 Maltreat (1 Chronicles 10:4) (5)

Wordsearch

Clare of Assisi - prayer and simplicity

This month (11th August) the Church remembers Clare, the daughter of a local Count, who first heard St Francis of Assisi in 1212, when she was 18. He had renounced his wealth and soon she did too. In time Clare and her sister Agnes moved into the church of St Damiano, which Francis and his friends had restored, and gathered there a group of like-minded women. It became a religious Order, eventually known as the 'Poor Clares'. Unable to operate an itinerant ministry like the men, Clare's sisters concentrated on a life of prayer and simplicity. For them, poverty was not a burden but a joy - a release from the delusions of power and ambition. Their witness made an enormous impact on the poor people of Umbria and beyond. Clare helped to nurse Francis through his final illness, which lasted several years.

- Clare
- Assisi
- Prayer
- Simplicity
- Francis

- Count
- Renounce
- Wealth
- Agnes
- Church

- Damiano
- Restored
- delusion
- Poor
- Religious

- Order
- Itinerant
- Poverty
- Burden
- Joy
- release

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

Medium level
Sudoku

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



First meal on the moon: how Buzz Aldrin took communion (and why NASA hushed it up)

Almost everyone knows Neil Armstrong and Buzz Aldrin were the first people to stand on the moon. Almost everyone knows what Armstrong said: 'That's one small step for [a] man, one giant leap for mankind.' But how many know what Buzz Aldrin did before they stepped out on to the moon's surface?

Aldrin was a convinced Christian and an elder at Webster Presbyterian Church, Houston, Texas. Before the flight he had wondered about how to mark the landing. He wrote in an article for Guideposts magazine in 1970 that his pastor Dean Woodruff had told him 'God reveals himself in the common elements of everyday life' – like bread and wine. Woodruff gave him a silver chalice to take with him on the flight, and there was just enough gravity for him to be able to pour the wine from a plastic container.

He wrote in Guideposts: 'In the one-sixth gravity of the moon the wine curled slowly and gracefully up the side of the cup. It was interesting to think that the very first liquid ever poured on the moon, and the first food eaten there, were communion elements.'

He also read from John 15.5: 'I am the vine, you are the branches. Whoever remains in me, and I in him, will bear much fruit, for you can do nothing without me.'

Before he took communion, he radioed back to NASA: 'I would like to request a few moments of silence. I would like to invite each person listening in, wherever and whomever he may be, to contemplate for a moment the events of the past few hours and to give thanks in his own individual way.' NASA kept quiet about what he was actually doing, though. It was bruised by the activities of atheist campaigner Madalyn Murray O'Hair, who had fought a series of court battles – all of which she lost – against it because the crew of a previous mission, Apollo 8, had read out the creation story from Genesis during their orbit. She thought it violated the constitutional division between church and state.

The Bible and the moon have a lot more history besides all that, though. Three hundred microfilmed King James Versions were carried on the Apollo 14 mission at the instigation of the Apollo Prayer League, 100 of which went down to the moon in the lunar module with astronaut Edgar Mitchell.

There's also a paper Bible still on the moon; it's on the dashboard of an abandoned lunar rover and was left there by Apollo 15 astronaut David Scott.

Author: Mark Woods, 20 July 2019

<https://www.biblesociety.org.uk/latest/news/>



In one of Liz's recent sermons she mentioned the parable of the good Samaritan. We all know it, but it brought back memories to me of St Stephen Walbrook in the City of London. I used to go there for Thursday Holy Communion at lunchtimes from the Bank. The rector was Chad Varah.

Chad was born in Lincolnshire, the eldest of nine children of Canon William Edward Varah, who was a Tractarian



and named him after St Chad, who, according to Bede, had founded a 7th century monastery nearby. He went to Keble College, Oxford, to study Philosophy, Politics and Economics (PPE). He was persuaded to study at Lincoln Theological College, where he was taught by the Revd Michael Ramsey, later Archbishop of Canterbury, and was ordained deacon 1935 and priest in 1936.

Early in his first position as a curate in Lincoln he conducted the funeral of a 14 year old girl who took her own life believing that she had no one to turn to. Eight years later he was appointed Rector of St Stephens Walbrook by the Grocers' Company and it was there that he started a confidential emergency service for people "in distress who need spiritual aid" to address the problems he saw around him. He said he was "a man willing to listen, with a base and an emergency telephone". At the time, suicide was illegal and many people who were in difficult situations and who felt suicidal were unable to talk to anyone about it without worrying about the consequences. He had a number of volunteers that used to talk to those that came to see him. The visitors were able to be honest and open whilst the volunteers did not offer advice or interrupt. He gradually noticed that he was seeing fewer and fewer, with many being directly helped by the volunteers. The church telephone, MANSion house 9000, received its first call on 2nd November 1953 and this is now the birthday of the Samaritans.

It was not known as the Samaritans at that stage, but Chad had a number of contacts in the press though his freelance work children's comics like The Eagle, Girl, Robin and Swift. He achieved publicity for the service by telling his contacts and The Daily Mirror gave it a name "Telephone Good Samaritans" and the name has stuck. He became known as the 'Director' and he continued to be in charge of many aspects of the service such as selecting and training volunteers until 1974. His involvement with Samaritans continued working on developing a network of international support services and in shaping the organisation. In the 1970s he wrote a six part BBC play about the work of the Samaritans called Nobody Understands Miranda. He broke with the Samaritans in 2004 when he felt the concentration had moved to emotional support rather than an emergency service for the suicidal.

He was not frightened by controversy. St Stephens is both a Wren church and Wren's local church. It is seen by many as his practice for St Paul's Cathedral with many architectural similarities. When the church was closed for repairs in 1978 for nine years he and his churchwarden Peter Palumbo commissioned and installed a large circular altar in travertine marble by Henry Moore without permission. This was finally approved by the Court of Ecclesiastical Causes Reserved in 1987. One of his sons made new modern pews for the church and the churchyard was turned into a garden. He was an early supporter of women priests, and also set up a charity to fight against female genital mutilation in 1992. He was patron of the Terrence Higgins Trust and of the Cult Information Centre. He refused to accept modern liturgies and preferred the Book of Common Prayer of 1928 which was never authorised. His services were designed to fit easily into a lunch hour, with a sung communion to a sixteenth century setting, sermon and light lunch.

He was made an honorary prebendary of St Paul's Cathedral in 1975. He retired as Rector of St Stephens in 2003, aged 92, by which time he was the oldest incumbent in the Church of England.

The Samaritans can be contacted on telephone 116 123 free of charge, jo@samaritans.org, at a local branch or by letter to Chris, Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING FK8 2SA.

Written by Stuart Cole

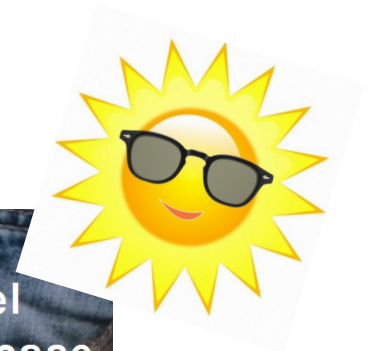
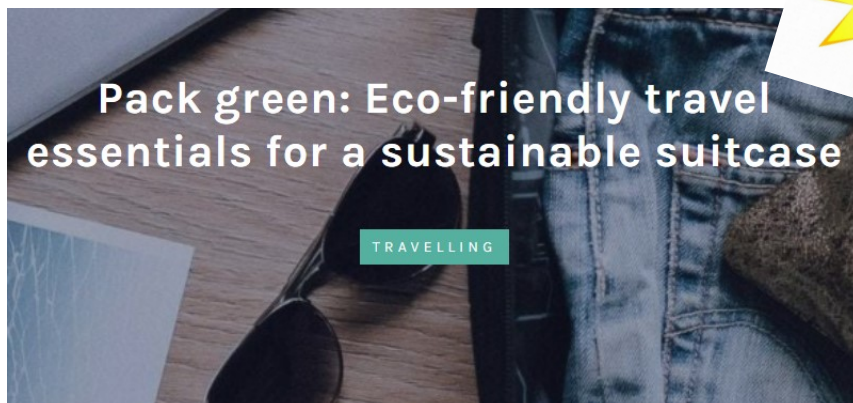
5 tips for reducing your carbon footprint:



1. ***Dial it down*** Moving your thermostat down in winter and up in summer could save about 2,000 pounds of carbon dioxide per year.
2. ***Turn it off*** Make it a habit to turn off the lights when you're leaving any room for 15 minutes or more.
3. ***Use cold water*** Using cold water can save up to 80 percent of the energy required to wash clothes.
4. ***Buy local*** It's been estimated that if we try to buy food locally, the country could save over £2 billion pounds in congestion and environmental costs.
5. ***Recycle*** We can leave out plastics, glass, paper and even textiles and small electrics to be collected for recycling. If you have questions about what you can recycle or how to do it, contact Mole Valley Council at 01306 885001.

All these tips and more available from our Parish website:-

<https://www.capelandockleychurch.org.uk/eco-page/>



As it's holiday season, why not check out some great ideas and tips on Pebble magazine's website:-

<https://pebblemag.com/magazine/travelling/eco-friendly-travel-essentials-for-a-sustainable-suitcase>

Did you know

Suncream

Normal, high street suncream might stop you burning but it isn't good for the ocean as it damages coral reefs. Chemicals found in it, like oxybenzone and octinoxate are toxic to coral eco-systems and all those snorkellers and swimmers who coat their bodies in suncream are inadvertently killing off the coral.

For this and much more information—go to Pebble's website.

<https://pebblemag.com/>



Editor: The Rev Paul Hardingham considers the benefits of a holiday.

Holy Days or Holidays?

Some porters were hired to carry a group's possessions on a trip through the jungle. The pace quickly increased until the head porter called a halt: 'We've come so far, so fast we need to take a break and allow our souls to catch up with our bodies!'

How often do we feel like this? July is a month when many of us take a break. Jesus and His disciples often took time to withdraw from the crowds: 'because so many people were coming and going that they did not even have a chance to eat, He said to them, 'Come with Me by yourselves to a quiet place and get some rest.' (Mark 6: 31,32).

Jesus saw how tired and stressed His disciples were and wanted to give them a break from their busy lives. He loved them and cared about their wellbeing. He longs to do the same with us, so we can restore the balance of work, rest and play in our lives. Going on holiday or taking time off gives us an opportunity of letting go the burdens of everyday life and renewing our rest in Him. This enables us to entrust Jesus with our issues and concerns, as we take time aside declare a holy day or holiday!

The story is told of the aged Apostle John playing with doves. A passing hunter expressed surprise at what a man as pious as John was doing. John pointed to the bow in the hunter's hand and asked him why he carried it with a loosened string. The hunter replied, 'it loses its strength unless it is given the chance to unbend'. John replied, 'why are you surprised that a servant of Christ should not relax to keep himself stronger for his work?'

Source: Parish Pump



Washed away

Holiday Fun!

A grandmother took her little grandson to the beach. They were having a good time until a huge wave came in and swept the boy out to sea! The grandmother fell on her knees and cried to the heavens: "Please, Lord, return my grandson! Please! PLEASE!"

Lo and behold, a wave swelled from the ocean and deposited the drenched child at her feet. She checked him over head to toe. He was fine! But the grandmother looked up to the heavens again and frowned: "He had a hat."

Old Benedictine Habit

A Benedictine monk was returning from a conference abroad and, as is customary, packed his monk's habit in a small case. Arriving at customs the officer asked: 'Anything to declare?' The monk replied: "Only an old Benedictine habit."

God in the Arts

The National Gallery at Trafalgar Square in London houses one of the finest collections of European paintings in the world, with some 2,300 works spanning the centuries. During this year we are journeying through the gallery to explore one of those treasures each month. By the Revd Michael Burgess.

‘The Ambassadors’ by Hans Holbein

“We can never know the secret of great art or music until we have learned to look and listen with a self-oblivious reverence.” Those words of Evelyn Underhill remind us that when we visit an art gallery, we are tempted to cram as much as we can into the experience. But then the value of what we see can easily remain at a superficial level.

This month’s painting in the National Gallery is a famous work by Hans Holbein: ‘The Ambassadors’ of 1533. Holbein was born in Germany, and then with the help of Erasmus gained the patronage of Henry VIII. Holbein has portrayed two young men: the one on the left wears sumptuous clothes, and the scholar on the right has become a bishop at just 25 years of age.



They are both learned men for we can see a variety of books and instruments between them. The upper table holds a celestial globe, a sundial and a quadrant to study the heavens above. On the lower table we see signs of this world – a globe, a hymn book, lute and flutes. All are beautifully portrayed against a background of rich damask. The two ambassadors are masters of heavenly and worldly knowledge: figures of wealth, education and authority.

But we need to look more closely. One of the strings on the lute is broken, and the strange shape at the front viewed at an angle is a skull. We see signs of life, but also signs of death. And then, just visible on the top left hand side, is a crucifix. It is virtually hidden and unseen, but with the eyes of faith a sign that gives meaning to the realities of life and death that dominate the canvas. The two globes turn on their pivots, and Holbein is perhaps saying that the lives of these two men move on the pivots of growth, achievement and death. And to what end? The crucifix proclaims an eternal life and salvation for all who look and see their Lord and Saviour.

Puzzle Solutions

CROSSWORD solution

ACROSS: 1, Amazed. 4, Others. 8, Peter. 9, Zebedee. 10, Accuser. 11, Endue. 12, Scripture. 17, Shrub. 19, Abashed. 21, Foolish. 22, Upset. 23, Loathe. 24, Lesser.

DOWN: 1, Appeal. 2, Attacks. 3, Earns. 5, Tableau. 6, Ended. 7, Shekel. 9, Zarephath. 13, Rubbish. 14, Ephesus. 15, Useful. 16, Editor. 18, Rhoda. 20, Abuse.

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

Medium Soduku solution

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

Wordsearch solution

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

Junior InSpire Bible Bite's Wordsearch

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

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