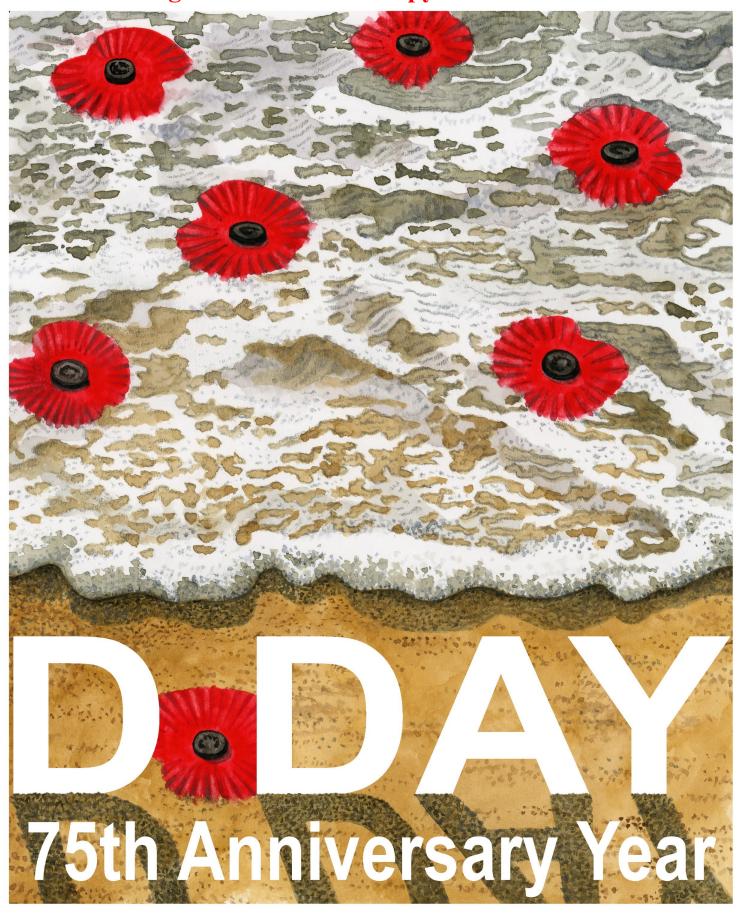
Inspire November 2019 Issue 32

The monthly publication for the Parish of Capel & Ockley Free of Charge - Please take a copy!



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This issue is kindly sponsored by

Kindred Spirits

We thank them for their very generous gift.

Please see article on Kindred Spirits on page 12

nspire 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.

Church Contacts:-

Vicar - Rev Liz Richardson The Vicarage, High Lea, 54 The Street, Capel. vicar@capelandockleychurch.org.uk

Churchwardens

Capel:

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

Ockley:

Shirley Dean-Webster 01403 822967 & Gill Christie churchwardens@capelandockleychurch.org.uk

Treasurers:

Capel Debbie von Bergen 07774 784008 treasurer@capelandockleychurch.org.uk

Ockley Helen Burt familleburt@gmail.com

01306 711671

Capel Organist & ChoirAnthea Smallwood 01306 711883Ockley OrganistAndrew Collings 01403 265794

Weekly Sheets & InSpire Editor

Suzanne Cole <u>editor@capelandockleychurch.org.uk</u>

01306 711449

Church website:

www.capelandockleychurch.org.uk

Webmaster: webmaster@capelandockleychurch.org.uk

Parish Eco ecoteam@capelandockleychurch.org.uk

Team

Rev Liz writes

'Darkness & Light'

Dear all,

Right: Rev Liz pictured with Pastor Mullins and his wife Shirley when they visited in September. See historical article on page 27.

So November and winter beckons once more. November that season of bonfires and fireworks, a tradition which stemmed from the failed gunpowder plot of 1605 of Guy Fawkes and his associates to blow up parliament. Quite strange really isn't it to celebrate or commemorate such a thing burning an effigy of Guy Fawkes (the Guy) on top of a bonfire. I used to love Bonfire night when I was a child and my father used to let fireworks off in our back garden every year. They were carefully planned of course but I am not sorry that fireworks are now more safely administered some distance away mainly in the sky and in organised displays. Who remembers those awful bangers and jumping jacks which could follow you round the garden?! It was always exciting though to see the winter garden lit up in wonderful colours as golden fountains of gunpowder transformed the remains of the old summer bedding into a magical wonderland. Personally we shall enjoy going to the wonderful display in Ockley organised by The Ockley Society each year!



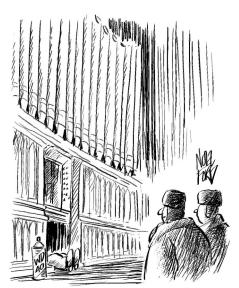
November is something of a season of remembrance though isn't it. This year the Royal British Legion are encouraging communities across Britain to come together, join together and remember together the service and sacrifice, friendship and collaboration of the men and women of Britain, the Commonwealth and Allied Nations who fought together 75 years ago. Allies from the Commonwealth and other nations had fought shoulder to shoulder with Britain since the start of the Second World War, but in 1944 this collaboration would result in victory in three critical battles; Monte Cassino, D-Day and Kohima and Imphal. It is incredible how even the smallest thing went towards defeating the enemy and realising too just how vital the work of those working in the secret war of spies, code breakers and analysts, apart from the work of the Resistance. All were key to the success of bringing war to an end. We will be remembering this service and sacrifice in our two Services of Remembrance on 10th November. The first one in the morning is at St Margaret's Ockley and the second one in the afternoon where we will be joined by our uniformed organisations at Capel. They are always such special services. It is worth remembering and celebrating too that many in our multicultural society today are indeed ancestors of these wonderful compatriots. Let us hope these occasions will help to bring unity to our nation today...

Before Remembrance Sunday takes place though, we celebrate All Saints and All Souls and remember those we have loved but who have died in our annual Service of remembrance for the bereaved at Capel church in the afternoon of Sunday 3rd November. Lists are available in church for you to add the name of someone you wish to remember when we read the names and light candles on the altar in memory of them. By the time we have read every name we are given, the altar is ablaze with light, again an act of remembrance but an act of transformation too.

Light is a great theme at this time of the year and at the end of the month; really the beginning of December on Advent Sunday we will be thinking about preparation for the Prince of Peace himself; Jesus Christ the Light of the World. Our Weald Team churches will come together for a special service of Advent music and readings at Capel this year. Advent is a wonderful time of darkness which is illuminated by the actions and words of the prophets, patriarchs and matriarchs, and the many ordinary people who God used to bring the Prince of Peace into the world. They all brought their light in their own way, guided and united by God to bring about his divine purposes.

So light and darkness this November as we travel into December helped by bonfires and fireworks, the sounds and echoes of war as we remember those who have died at our war memorials, the light of candles remembering our own loved ones, and the light of the Advent Candles in church each week which begins with the annual switching on of the Christmas tree lights which line our church path each year - a wonderful unifying event which brings our local community together. Let us remember too in worrying times that darkness never wins, that darkness is always overcome by the Light. So shine on!!

With my love and prayers,



"It's a devil to start on these damp November Sunday mornings – luckily we have a sidesman who works for the AA"

SUNDAY	3rd 8.00 am 9.30 am 10.30 am 3.00 pm 4-5pm	All Saints and All Souls Holy Communion BCP (Capel) Matins at St Margaret's Ockley Family Communion All Soul's Service of Comfort for the Bereaved followed by teas Capel Teas in church
TUESDAY	5th	Youth Cafe
SATURDAY	9th 9.30am 7.30pm	Parish Prayer half hour at St Margaret's Ockley Timeline Choir Concert at St John's Capel
SUNDAY	10 th 10.30 am 10.45 am 3.00 pm	Remembrance Sunday Cafe church (CAPEL) Service of Remembrance St Margaret's Ockley followed by refreshments in Ockley Village Hall Service of Remembrance St John the Baptist Capel
TUESDAY	12th 4.30 - 6.30 pm	Youth Café at Ockley Cricket Pavilion (Cafe for young people—School years 7-11)
SATURDAY	16th 10.00 am	Children's Society Coffee Morning 10.00 am—12.00 noon A wonderful Christmas shopping morning with coffee and cake at St John the Baptist Capel, all proceeds to The Children's Society.
SUNDAY	17th 8.00 am 9.30 am 10.30 am 3-5pm	Second Sunday before Advent Holy Communion BCP (Capel) Matins at St Margaret's Ockley Family Communion Capel Teas in church with Christmas puddings, preserves and craft items
TUESDAY	19th 4.30 - 6.30 pm	Youth Cafe Ockley Cricket Pavilion (Cafe for young people years 7-11)
SATURDAY	23rd 9.30am	Parish Prayer half hour at St John the Baptist, Capel
SUNDAY	24th 9.30 am 3-5pm	Christ the King Parish Communion at St Margaret's Ockley Capel Teas in church - all proceeds to CMS with Christmas puddings, preserves and craft items
TUESDAY	26th 4.30 - 6.30 pm	Youth Cafe Ockley Cricket Pavilion (Cafe for young people years 7-11)
SATURDAY	30th 9.30am 5.00 pm	CAPEL COMMUNITY CHRISTMAS TREES Seasonal refreshments while this year's lovely trees are decorated Grand switch on of lights and carol singing + the opportunity to have Supper at the Crown starting at 6.15pm (see page 8)

DECEMBER Page 5 **SUNDAY** 1st **Advent Sunday** 8.00 am Holy Communion BCP (Capel) 9.30 am Matins at St Margaret's Ockley 10.30 am **Family Communion** 3-5pm Capel Teas in church - all proceeds to CMS with Christmas puddings, preserves and craft items 6.00 pm Surrey Weald Team Advent Service Our Weald Team churches come together for an atmospheric service of Advent hymns and readings based on Alan Bullard's 'O Come, O come, Emmanuel. Followed by seasonal refreshments **TUESDAY** 3rd **CHRISTMAS MESSY CHURCH** 3.15 - 5pm Capel Memorial Hall - Lots of Christmas arts and crafts with a festive tea



Harvest Festival 2019

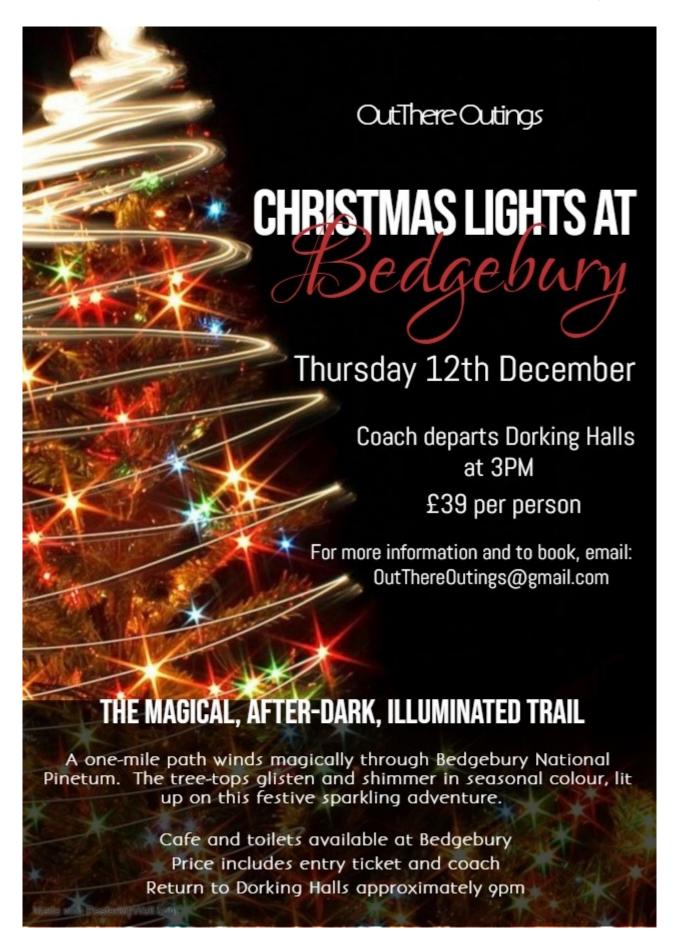




Just a snapshot of the beautiful floral displays at St John the Baptist, Capel



A huge thank you to Joy Harman and her wonderful team of flower arrangers for such a spectacular display. Photos courtesy of Debbie von Bergen.



Dear Readers,

Firstly, my apologies for the delay in this issue coming out! The printers were closed for a week and I was on holiday before that! The beautiful warmth and sunshine of our holiday in Croatia just 4 weeks ago, already seems a lifetime ago, now that we have put the clocks back and are experiencing some very autumnal weather!

What a lot we have going on in the Parish and our surroundings! We have concerts, coffee mornings, trips to Christmas lights on offer and so much more! We are so fortunate to have the 'choice' of such things. The highlight for me recently was to receive a new letter from our sponsored child in Mexico City. We began to sponsor her at the age of 12 and she is now 14. **Compassion UK**, the charity who organise the sponsorships have begun to send pictures of your sponsored child with any gifts you have bought them. To see Mayra looking so delighted with an item of new clothing and a table full of toiletries truly gave me great joy! To read her letters and know what those toiletries mean to her and her family and the difference it can make is to truly feel God at work in my life. The whole situation is one of blessing —both the child who benefits from sponsorship, but equally the joy of being able to truly do something worthwhile and actually make a difference to a child's life. For that, I feel very blessed to have found that opportunity. Many of you also sponsor children with Compassion UK and I am sure that you feel equally blessed. So when I worry about the commercialism of the approaching Christmas season and how it seems to get further and further away from the real meaning of Christmas, I will remind myself of our sponsored child's smiling face and just what simple gifts of things like toothpaste can mean if you do not have much.

Of course, it's not just children abroad that need our help and I shall be pleased to be hosting the **Children's Society Christmas coffee morning on Saturday 16th November 10-12 in St John the Baptist, Capel**. Please do join us if you can as it raises valuable funds for the society which helps children in need in the UK. As a church we have supported the society for over 30 years! **We will be selling refreshments, Christmas cards and wrapping paper, crackers and some of the Real Advent Calendars which include the true Christmas story AND 25 fairtrade chocolates!**

About the Children's Society: 'The Children's Society runs vital services that help this country's most vulnerable young people. Our life changing work is driven by the ideas and voices of young people. By listening, supporting and acting to change children's lives, The Children's Society brings hope to young people who are suffering, so that they can enjoy the bright futures every child deserves'

Our next fundraisers for the Society will be two Christingle celebrations, one in Ockley and one in Capel. Please see the back cover for details!

This weekend sees a lot in the church diary with a concert from the Leith Hill Timeline choir taking place at 7.30pm on Saturday 9th November and then Sunday 10th will see us observe our usual Remembrance commemorations. It's going to be a busy month as usual in the Parish of Capel & Ockley!

Best wishes.

Suzanne

Hold on

While out in the town, I saw an elderly couple holding hands while they were walking. As they approached, I commented on how romantic it was.

The man replied, "We have been holding hands when we go out in public for years. I have to. If I let go, she shops."

NEWS from the Pews

St Margaret's Bible Study Group

Held every fortnight on a Thursday at 2.00 pm

For further details, please contact Helen Burt for on 01306 711671 or helenmb0909@gmail.com

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.



'Village Teas'

at Ockley Village Hall

(formerly known as TLC)

Village Teas 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

After School "Youth Café"

Every Tuesday from 4.30-6.30pm, Ockley Cricket Pavilion will be open as a

Youth Cafe. This is a donations (i.e. no fixed prices for refreshments) cafe with drinks and snacks available for youngsters aged 11-16 (school years 7-11) who are invited to come and chill with friends or by themselves - there are a few newspapers and board games but really this is just like any other cafe only exclusively for youngsters!

Any queries please telephone Helen Burt on 01306 711671

email helenmb0909@gmail.com

NEW!

Saturday 30th November after the Christmas Tree lighting and carols

There is the opportunity to have supper in The Crown, Capel starting at 6.15pm

You can have a jacket potato and chilli for £7.00

Spaces are limited. Please contact The Crown to book.



NEWS from the Pews

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!





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

Anthea Smallwood

Where would our services be without music?
Anthea is always there, always raising the musical bar and always pushing the choir in the best possible way!

Of course she is also a wonderful organist and a major contributor to the church.

Thank you Anthea for all you do!

Kindly nominated by Andrew Forsyth

Editor's Note: 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

From the Registers

We welcome into the family of the church

John Rushton Kingwell

St John the Baptist Capel baptised 19th October 2019





Remembrance Services in our Parish this weekend

10.45 am Service of Remembrance at

St Margaret's Ockley

followed by refreshments in

Ockley Village Hall

3.00 pm Service of Remembrance

at St John the Baptist Capel

We will remember them ...

Kindly compiled by Belinda Kerry

'Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God.' 1 John 4:7

THE LITURGY OF THE SAINTS cont.. 'Put on the full armour of God so that you can take your stand against the devil's schemes.' Ephesians 6:11

FRIDAY 1st

Almighty God, give us grace so to follow Your saints in all virtuous and godly living, that we may come to experience the joy of loving You as they did through the same Jesus Christ our Lord.

SATURDAY 2nd

The prayer of St Ethelwold;

May God the Father bless us, may Christ take care of us, the Holy Ghost enlighten us all the days of our life. The Lord be our defender and keeper of body and soul, both now and for ever, to the ages of ages

SUNDAY 3rd

The Prayer of St Francis of Assisi;
O Divine Master, grant that I may not so much seek to be consoled as to console, not so much to be understood as to understand, not so much to be loved, as to love; for it is in giving that we

receive, it is in pardoning that we are pardoned, it is in dying that we awake to eternal life.

Pray every day this week for the Royal Family WAR AND PEACE

MONDAY 4th

Almighty God, kindle in the hearts of us all the true love of peace. Guide those who make decisions for the nations of the earth that, in tranquility, Your kingdom may go forward until the earth is filled with the knowledge of Your love.

TUESDAY 5th

God of us all, we pray for peace in Syria. May opposing groups lay down their arms to end the conflict. We pray for the millions of refugees who have fled their country. Guide them to places where they can find safety, peace and rest.

WEDNESDAY 6th

Merciful Father, we pray for a united world of tolerance and understanding among all people. We pray for an end to all wars and the alleviation of all suffering.

THURSDAY 7th

God of grace, we lift up to You all the boys and girls whose childhood has been affected by war. Father, we pray for healing, for peace and for the loving protection of their families.

FRIDAY 8th

God of Love, bring peace into the world by bringing Your peace into the hearts of us all. Help us to turn away from sin and to follow You in love and service.

SATURDAY 9th

Father God, remembering the conflicts of the past and the sacrifices which were made, we lift up to You our world where war is still a grim reality. Help us to renew our fight against cruelty, injustice, prejudice, tyranny and oppression.

SUNDAY 10th

God of Hope, increase our compassion, our generosity and our hospitality to all who live in conflict. Give us the gentleness of spirit and the courage to do all we can to end war and suffering. Establish among us a future where peace reigns, justice is done with mercy, and all are reconciled.

REMEMBRANCE AND GRIEF

'Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and staff they comfort me.' Psalm 23: 4

MONDAY 11th

Dear Lord, we are saddened at the thought of war, of the soldiers who must fight and all those who lose their lives through acts of aggression. Today we remember the wounded, the lost and those who are suffering as a result of war.

TUESDAY 12th

Heavenly Father, have mercy on those who mourn

and are filled with the pain of bereavement. You know our hearts and share our sorrows. Be near to us and teach us to fix our hope on You.

WEDNESDAY 13th

Eternal God, we entrust to You those times when suffering seems so senseless, life so fragile, war so unstoppable and death so permanent. Help us to understand that You are in all things; the tragic and the beautiful, the light and the darkness.

THURSDAY 14th

God of Power, strengthen and protect all men and women in Armed Forces and the Police. May they seek You; the guidance of Your Spirit, the knowledge of Your love and the assurance of Your presence.

FRIDAY 15th

God of Truth, we pray for those who grieve the loss of their loved ones through violent acts. May they sense Your love in the midst of hatred and sorrow and come to find the peace that passes all understanding.

SATURDAY 16th

Father God, we hold before You those men and women who have died in active service; in Syria, Afghanistan and elsewhere. Help us now to look to the future, share the love that Jesus taught us and to care for each other. Fill our hearts with the Holy Spirit to turn our hope into reality.

SUNDAY 17th

Loving Father, we pray for the divided peoples of this world that leaders and governments may use their resources and opportunities in the hope of reconciliation for the sake of future generations and to the glory of Your name.

Pray every day this week for those in Hospices THE TEN COMMANDMENTS

'Now all has been heard; here is the conclusion of the matter; fear God and keep his commandments, for this is the duty of all mankind. For God will bring every deed into judgement, including every hidden thing, whether it is good or evil.'

Ecclesiastes 12:13-14

MONDAY 18th

Lord God, Heavenly Father, You have commanded us to have no other gods. Keep us faithful to You alone, dethrone the idols in our life, and give us the grace to honour, love and trust You above all things.

TUESDAY 19th

Gracious Father, Your name is holy. Stop us from using it in unholy ways. We pray that our lives would bring You honour and may we always trust in the holy name of Jesus and use His name in prayer and praise.

WEDNESDAY 20th

Lord our Provider, in your goodness you have given us fathers and mothers to honour. Grant that by the help of Your Spirit all children may also grow to honour and love You. We pray for love, respect and obedience between children and their parents. Keep all families united, and strengthen them through Your word.

THURSDAY 21st

Lord of life, You have created the world and You give life to all people. Grant that by Your grace all may respect the sanctity of life. Let us do nothing to hurt or harm our neighbour in any way, but rather to be of help, especially in times of need.

FRIDAY 22nd

Loving Father, You have established the state of marriage and continue to bless it. Bless all who are married; enable them to remain faithful to their vows, and to be patient and forgiving.

SATURDAY 23rd

Saviour God, You are the giver and preserver of all good things. Help us to value honest work as Your gift and the means by which You bless our country. Give us joy as we serve others with unselfish hearts. Help us to use our extra time constructively and for the good of our communities.

SUNDAY 24th

Lord God our heavenly Father, in Jesus Christ you have shown Yourself to be for us and not against us. Help us to be loyal to our neighbours and do nothing to damage their reputation. Show us the log in our own eye when we find a speck in their eye and make us more ready to forgive than to judge.

MORE REMINDERS OF GOD'S LOVE FOR US

MONDAY 25th

'All the days ordained for me were written in your book before one of them came to be.' Psalm 139:16 Father, thank You that You have promised to walk before us, beside us and with us as our Lord, guide and friend. When we entrust our story to You, You promise eternal life.

TUESDAY 26th

'I, even I, am he who blots our your transgressions, for my sake, and remembers your sins no more.' Isaiah 43:25

Dear Lord, help us to believe in Your promise that when we ask You to forgive us, You do.. and then You remember our sins no more. Thank You Father.

WEDNESDAY 27th

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

Loving Father, we thank You for loving us lavishly. It is a love that knows know boundaries as the strings-attached love of this world but is a love that reaches into eternity.

THURSDAY 28th

'He gathers the lambs in his arms and carries them close to his heart.' Isaiah 40:11

Almighty God, when we are weighed down by the responsibilities and obligations of daily life, help us to turn to You because You love to comfort us and keep us close.

FRIDAY 29th

'Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God.... You are worth more than many sparrows.' Luke 12:6-7
Dear Lord, sometimes we feel worthless, so we thank You that You know and love the worth of us.

SATURDAY 30th

'The very hairs of your head are all numbered.' Luke 12:7

Precious Saviour, You know every little thing about us because You created us and You love us. We may see only flaws, but You don't. Thank You Father.



Editor's note:

A note from this month's sponsors of the November issue of InSpire. We thank them for their generosity.

Kindred Spirits Women's Ministry

A group of women from the churches in the old parish of Ockley, Okewood Hill and Forest Green got together about 6 years ago to form a Women's Ministry team. Our idea was to bring outreach, fellowship and ministry from our churches into the community by setting up a weekly café in the Ockley Cricket Pavilion and organising women's breakfast meetings with speakers four or five times a year. Our founder, Jenny Read, has since moved away from the area and our parish configuration has changed but the team (with a few changes) remains passionate and dedicated.



The Pavilion Café is open every Wednesday morning from 9 to 12 (except for a break at Christmas) serving teas, coffee, a selection of home-made cakes and savouries, with bacon butties on the last Wednesday of the month. It is very well attended by regulars and newcomers, a social meeting place for friends, a gathering point for families and ideal location for getting parish business done. With donations from customers and a minimum of overheads, we have been pleased to support many charities both local and national.

Women's Breakfasts are also held in the Ockley Cricket Pavilion (being in the centre of the village with good parking!) on the third Saturday in January, May, July and October from 8.45am. For all who come, we aim to provide an atmosphere that is warm, friendly, welcoming and safe. We have had a variety of speakers from Christian charities, local churches, those with personal testimonies and those with inspirational messages. Food is important to us so the breakfasts are always delicious, greatly appreciated and with a variety of both hot and cold dishes! Once a year in Spring we team up with the Men's Ministry to organise a breakfast for all which is very well attended and is therefore held in the larger venue of Oakwood Village Hall.

For more information, please contact Belinda Kerry; Belinda.kerry@gmail.com, 01306 627386

We look forward to seeing you at the café and the breakfasts ... the next one is 18th January 2020!





BUILDING A FUTURE FOR CHILDREN IN KENYA:

The fascinating story of Oasis Kindergarten

A presentation given by the founders Susannah & Keith Dyde

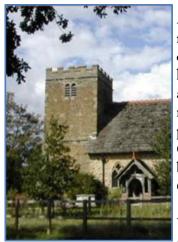
Friday 22nd November, 7pm Friends Meeting House, Capel



Please email lynnmyall@me.com to reserve your seat as spaces are strictly limited.

NEWS FROM THE BELFRY

Review of 2019



As this is the last article of the year we will look back and consider the main events of 2019. We rang for a few weddings and also a few funerals, on request, open and half-muffled according to the families' wishes. We have had a regular flow of visiting ringers, some on outings from other areas, others in specific practice groups where ringers of similar standards ring together for advancement. There are a number of these types of practices around now to help novice and more advanced ringers progress. Ockley hosted the Guild Striking Competition, won by the Newdigate band and there were six quarter peals rung during the year, all but one at Capel and three were by local ringers, conducted by Alexander.

We have also gained another couple of keen learners who are rapidly catching up with those from the previous year. There is a clear path of

progression when learning to ring, with some overlap: first, bell handling such that you can ring independently without a helper standing nearby, then bell control to keep the bell striking in the right place. By the time these skills are mastered the learner should be ringing in rounds and be able to follow simple call changes, and soon after ringing well enough to ring for church services.

It is at this point that ringing becomes more varied as Plain Hunting is introduced as a precursor to

ringing methods. In Plain Hunting the working bells all take turns to move from the front to the back; that is from first place to fifth, in a prearranged order. A lot of methods are based around the treble doing this while the other working bells do a variation and so the learner's first experience of ringing methods is to Plain Hunt on the treble.

Beyond this stage there are innumerable methods which follow set patterns, with variations called touches and it is up to the individual how far they want to progress.

If you would like to come and watch or have a go you are welcome to join us on a practice night. We meet every Wednesday, 7.45 pm to 9.15 pm, alternating between Ockley; first and third week of each month and Capel; second, fourth and fifth.



Christmas comes earlier every year and it seems too soon to say, but, best wishes to everyone for the festive period. Please note there will not be a practice on Christmas or New Year's Day though there will be ringing for the Christmas Services and for New Year's Eve.

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



Learn how to use your iPad / Tablet Smart Phone / Laptop/ Computer

If you are over 55 and live in the Mole Valley area, you can use Age Concern's computer courses based in either Dorking or Leatherhead.

The course runs once a week for 6-8 weeks. Topics covered will include: browsing on the internet, basic keyboard and mouse skills, using an iPad/ Tablet/Smart Phone/ Laptop, setting up and using your own email or Skype accounts and how to shop on the internet.



Before coming to the course, you must register your interest by telephoning 01306 899104 / 07442 017169 or by email: info@ageconcernmolevalley.org.uk

Registered Charity No 1111678



Bob Cranham will be playing with 'The BBC'(The British Bluescasting Corporation' at this event

Mike Piggott's Hot Club Trio concert at Capel church

Written by Debbie von Bergen

The third in a series of concerts took place at Capel church on 13 September. By now their reputation has spread far and wide so tickets were in demand and the church was full. This time we were treated to an exceptional jazz trio – Mike Piggott on violin with Peter Morgan double bass and Nils Solberg on guitar, showing us exactly what jazz is all about.

From the moment they started with the well known Gershwin number S' Wonderful (one of my favourite pieces) I was hooked. They went on to play many Django Reinhardt and Stephane Grappelli favourites including Sweet Georgia Brown, Nuages and my favourite Swing 42. From there they branched out into other famous tracks such as Dancy Dancy (John Hardy Quintet) and Topsy (Count Basie). You couldn't fail to be uplifted by the music, certainly by the end of the evening the audience were dancing in the aisles!

A highlight of the concert was Peter Morgan's double bass playing, I have never heard a double bass able to produce such high notes! Peter was able to make it really sing and the two of them opened our eyes to its far reaching capabilities in the right hands.

These concerts are a delight, they bring high quality music to our village and are now drawing a crowd of music lovers from far and wide. The next concert is on 9 November – Leith Hill Time Line Choir singing Melodic Dissent II. Beautiful but angry songs, medieval to modern, fighting injustice and putting the world to rights. Book your tickets now via Capel box office:-

https://www.capelboxoffice.co.uk/mc-events/melodic-dissent-ii-leith-hill-time-line-choir/?mc_id=5 More details of this forthcoming concert are on page 18

Health

Be careful about reading health books. You may die of a misprint. – Mark Twain

Tempted? Don't worry about avoiding temptation...as you grow older, it will avoid you. – *Winston Churchill*



With Remembrance in mind

Christ could not imagine people believing in His teaching of humility, love and universal brotherhood, quietly and deliberately organising the murder of their brother men. – *Leo Tolstoy (What I Believe, 1884)*

A great war leaves the country with three armies – an army of cripples, an army of mourners and an army of thieves. -Anon

The tragedy of war is that it uses man's best to do man's worst. – Anon

Miscellaneous

Do the maths ... count your blessings.

Faith is the ability to not panic.

The real problem concerning your leisure is how to keep other people from using it.

Source: Parish Pump



ORDER YOURS HERE

WWW REAL ADVENT COUK

If you would like to order one ... please sign up in your church. There will be a 'Sign up' ist available in both St John the Baptist and St Margaret's, Ockley.

We will then place a bulk order for church.

Any queries please speak to Suzanne Cole 01306 711449 or George Ede on 01306 713247

Melodic Dissent II with the Leith Hill Timeline Choir

Directed by Claire Robins

THIS SATURDAY 9th November at 7.30pm

"Folk songs versus injustice"

Venue: St John the Baptist, Capel

Tickets from Capel Box office: https://www.capelboxoffice.co.uk

£8.00 per person / Concessions £5.00



Lead us not...

I had been teaching my three-year old daughter the Lord's Prayer. For several evenings at bedtime, she would repeat after me the lines from the prayer. Finally, she decided to go solo. I listened with pride as she carefully enunciated each word, right up to the end of the prayer: "Lead us not into temptation," she prayed, "but deliver us some e-mail. Amen"



Church council

Regardless of how many items there are on the church council agenda, a meeting will take the same amount of time.

Sermons

The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible. - George Burns

Source: Parish Pump

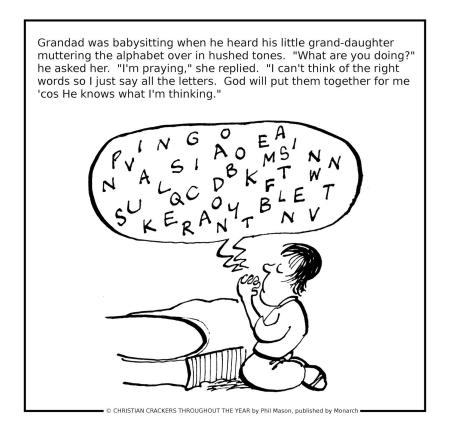
Would you like a trip to the Christmas Lights at Bedgebury Pinetum?

Why not join us on a Christmas trip to Bedgebury Pinetum, near Goudhurst in Kent, to experience some supersized, outdoor Christmas tree magic. The National Pinetum at Bedgebury boasts a world-leading collection of conifers, the result of the Royal Botanic Gardens at Kew wanting to establish a new collection away from the industrial pollution of post-Victorian London. During the month of December the trees are illuminated after dark to glisten and sparkle with seasonal colour, with light installations rising high into the sky and flickering flames dancing in the scented Fire Garden. Hundreds of colourful boats are reflected on the surface of the lake, and there's a Grand Finale with jets of light dancing across the water in time to Christmas classics. You follow a one-mile trail through the trees, enjoying all the Christmassy atmosphere at a leisurely pace.

The trip will take place on Thursday 12th December 2019, with the coach leaving from Dorking Halls at 3pm, and returning at approximately 9pm. For more information, and to book a place, please email OutThereOutings@gmail.com. It would be lovely to get a group together for this festive adventure, providing a natural antidote to the usual Christmas madness. *Please contact us as early as possible* so we have an idea of numbers. The trip costs just £39 per person, and includes the return coach travel and entry to Bedgebury.

Ros Treliving





Page 20

It was 30 years ago this month, on 9th November 1989 that the fall of the Berlin Wall began. Over two million people from East Berlin visited the West in a celebration described as 'the greatest street party in the history of the world.' However, we are still living with walls, thinking of those dividing Gaza and Palestine from Israel. It's a strong human instinct to build walls to separate us from those we view as different and threatening.

Paul writes of how the death of Jesus has broken down the barrier between Jew and Gentile: 'His purpose was to create in Himself one new humanity out of the two, thus making peace, and in one body to reconcile both of them to God through the cross, by which He put to death their hostility.' (Ephesians 2:15-16).

Jesus is still in the business in breaking down the barriers between people of different gender, age, race and language, to bring them together in His church: 'There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.' (Galatians 3:28).

We can easily put up barriers with others, when we make assumptions about them, forgetting that they may be thinking the same things about us. We may want to avoid making ourselves vulnerable or appear needy. Yet Jesus can break down our defences and enable us to live openly and honestly with others. As His church, He invites us to be a community of risk takers, i.e. those who trust each other, handle our weaknesses and fears, and who encourage one another's strengths and gifts.

'A person who thinks only about building walls, wherever they may be, and not building bridges, is not Christian.' (Pope Francis).

The Two Minute Silence

Schoolgirls in 1918 were warned that they might never be married. So many prospective husbands had been killed in World War 1, that their chances could be slim. It's hard for us to imagine the slaughter. The total number of both civilian and military casualties is estimated at around 37 million people, ending only when the Armistice took effect on the eleventh hour of the eleventh day of the eleventh month in 1918.

The idea of a 'Two Minute Silence' originated in South Africa. The first minute was to be a time of thanksgiving for those who had returned alive, and the second minute was to remember the fallen. It was taken up by King George V, writing, "it is my desire and hope that at the hour when the Armistice came into force, there may be for the brief space of two minutes a complete suspension of all our normal activities."



It had an immediate impact. An observer wrote, "The whole World Stands to Attention. From the Indian jungles to Alaska, on the trains, on the ships at sea, in every part of the globe where a few British were gathered together, the Two-Minute pause was observed."

The Great War was said to be 'the war to end all wars'. But it wasn't. About three per cent of the world population were to die in World War 2. Today's 11th November commemoration, repeated on the nearest Sunday, now incorporates all wars.

The Royal British Legion describes the Act of Remembrance as a deeply personal act available to everyone, acknowledging the service and sacrifice of the Armed Forces and their families, across all conflicts.

In keeping the Two Minute Silence, many will long for the day when, in the words of the prophet Isaiah, "They shall not hurt nor destroy in all my holy mountain: for the earth shall be full of the knowledge of the Lord, as the waters cover the sea."

Source: Parish Pump



The real and most important casualty from pesticide use is the soil. Healthy soil is an extremely complex micro-universe teeming with life, untold and unnumbered. Science has not yet begun to define and categorise the estimated billions of bacterial life forms that exist in each handful of good, healthy soil, but this extraordinary world of life enables plants to grow and provides them with everything they need. Repeated pesticide use will rapidly destroy this micro-universe, turning fertile, healthy soil to dust. It is not possible to grow food in dust. Dust also tends not to stay around: it is removed by water run-off and wind. Pesticides will eventually degrade our soil to the point where it either disappears entirely or is infertile. That's when we will notice that using pesticides is not such a clever idea. It is hard for us to imagine a landscape with no or severely degraded soil, but such landscapes exist throughout the world, we just choose not to see them. Deserts are only the most extreme example.

Real organic farming is not just about the absence of pesticides and chemical fertilisers, it is really about soil health. The original pioneers of organic farming wanted to put as much back into the soil as each crop removed, from which the term "the circular economy" originated. This involves multiple strategies and all of them are sciences in their own rights. Soil contains minerals and elements vital for plant growth, specifically nitrogen, phosphorous and potassium. These elements are available in nature, but only in limited quantities and ensuring that our soil has enough of each is a real art. Good organic farming involves many levels of composting (including cattle manure), multi-cropping, bio-diversity with sufficient wood cover to provide moisture and the judicious application of other natural inputs.

Organic farming also understands that nature, generally, provides mechanisms for dealing with pests. Planting marigolds along the sides of small rice fields will deter certain types of rice eating pests, for example. And composted marigolds (and nettles) are good providers of nitrogen. Organic farmers understand what natural techniques can be used to fight which natural predators. The most committed organic farmers will introduce biodynamic techniques which involve composting techniques of unusual complexity, paying attention to lunar and sun cycles when planting and generally trying to adapt farming to natural rhythms.



"Good organic farming involves many levels of composting (including cattle manure), multi-cropping, bio-diversity with sufficient wood cover to provide moisture and the judicious application of other natural inputs."

It is helpful to think of conventional, pesticide driven farming as synthetic chemical farming: some go further and call it poison farming. Organic farming should be better framed as circular farming: it puts back what it takes out, and does not seek to wrest control of food production in a way that significantly changes the balances of nutrient and bacterial life in the ground. Organic standards vary – just like those for fair trade – and there are plenty of organic farm practices that do not adhere to the above description. At its worst, organic farming is nothing more than an absence of the most egregious use of pesticides and fertilisers. At its best, it will ensure we have healthy food to eat for generations to come.

If consumers want to avoid pesticides, they should eat food grown organically in their own gardens. If this is not an option, they should eat food grown locally and organically, and above all, in season. As a third choice, consuming any product that is **Organically certified is better than products grown conventionally**. Going direct to a farmer is always a better bet than buying in a supermarket.

At Traidcraft we have been helping producers convert to organic and bio-dynamic farm practices for 40 years. We have long understood that paying farmers more for their produce is one thing but ensuring that they have soil to grow their food in in a generation's time is a much better investment.

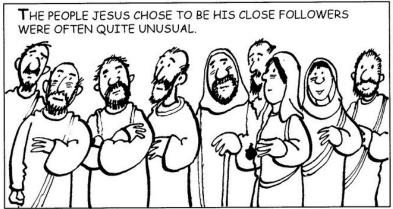


Maybe the best advice of all is not to go out walking in the countryside during the spraying season, which is when the poison is airborne and at its most potent. A tea farmer in Darjeeling once told me that spraying season on conventional farms was horrible – the snakes became markedly more aggressive as they writhed their way through the poison. Their skins were on

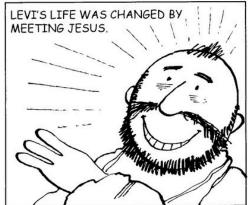
fire and would bite anything that moved. It was so much nicer, she reported, to pick teas, since their conversion to organic farming. The snakes were happier.

Junior InSpire

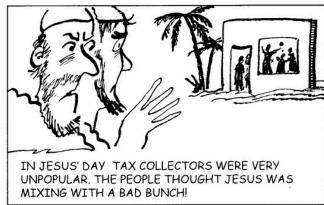






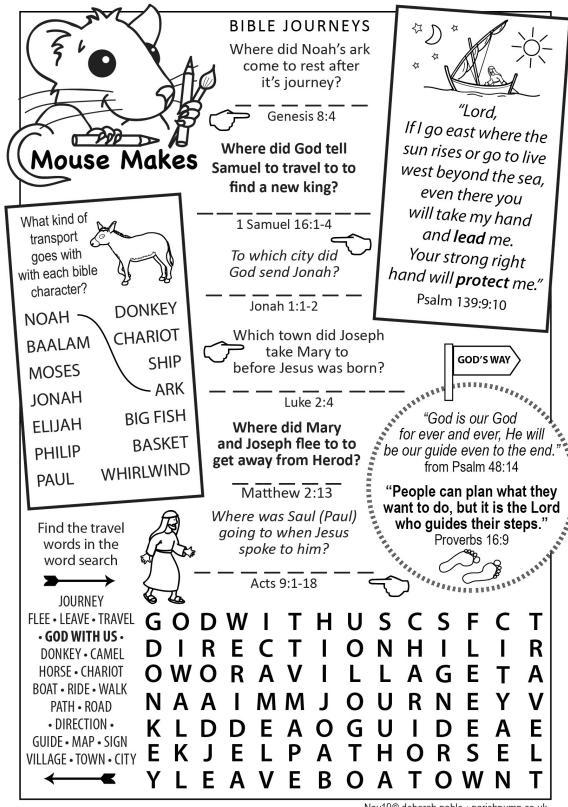














Capel Horticultural Society

Christmas Wreath Making

Thursday 12 December Capel Parish Hall 7.00 for 7.30pm

Yes, it's that time of the year again – so much to think about and never enough time in which to accomplish it all. Take an evening out and join us for mulled wine and mince pies and the opportunity to make a beautiful Christmas wreath.

Local florist, Vickie Edwards, will be showing us how to decorate ready prepared moss filled rings. She will also demonstrate some traditional and modern table decorations providing plenty of ideas for us to replicate at home.

All you need to bring is a pair of secateurs, although should you have some greenery from your garden or special decorations that you would like to include, bring these too.

The evening is always great fun. Vickie is terrific at helping those of us that need a little inspiration and you might even win a prize from our Christmas themed raffle.

Spaces are limited. To avoid disappointment book now. Tickets are £25.00 each which includes all materials, a glass of wine (or tea/coffee) and mince pies.

Contact Jane Major oldjoinery@gmail.com 01306 711170



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 for a 5-8km / 3 — 5miles run starting simple and seeing how we go! 4^{th} September, 2^{nd} 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 Chambre

20 years of opening the book celebrated

Date: 22 October 2019
Page 25

Editor's note: We are hoping to start our own Open the Book team in the New Year so it's great to read about the success story of the last 20 years!

Nearly 100 Open the Book storytellers from across the county gathered to celebrate two decades of Bible stories in schools recently.

For 20 years volunteer storytellers have been going into primary schools to dress up and act out the great stories of the Bible for pupils in ten minute assemblies.

Thirty children from eight local schools joined Bishop Jo and others at the Open the Book celebration held at St Andrew's church, Goldsworth Park, Woking. The children came dressed up as their favourite Open the Book character. Many of them shared what they enjoyed about having Open the Book come into their school. "I like it when I have a different way of thinking about bible stories", "when I get picked to take part", "when visitors act really well and are confident enough to speak in front of the whole school" and (most importantly) "the prayers at the end".

The national Head of Open the Book Julie Jeffries, and Bob Hartman, author of the Lion Storyteller Bible were at the session. Bob reminded the storytellers that Open the Book is all about, "sharing Bible stories with the next generation with playfulness and passion."



Bishop Jo recommissioned the storytellers before everyone had a slice of celebration cake.

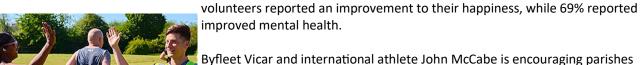
One volunteer wrote afterwards, "Our team members and school pupils had a really good time, felt very appreciated and enjoyed the delicious tea. Bob Hartman was a delight and inspirational. One team member particularly appreciated the opportunity to re-commit to the objectives of Open the Book and rededicate herself to the work." Here's to the next two decades!

Challenge to church congregations to get out and volunteer

Date: 21 October 2019 In the spirit of #FaithAndMentalHealth

Research conducted by Sheffield Hallam University has found that volunteering can have a bigger impact on health and wellbeing than running or walking. Commissioned by UK-based charity parkrun, the research found that participation in the weekly parkrun event does help people feel happier and healthier.

91% of 60,000 people surveyed spoke of a sense of personal achievement after participating in parkrun, 84% of



across the county to volunteer or even run parkrun on 14th December.

"People may be motivated by altruistic factors, but this research supports the belief that volunteering benefits the individual in a range of ways, as well as the community they are part of," says John. "By volunteering to help with local park run events on December 14 we can make it a community-blessing priority,

benefiting all those who take part."

parkun is the world's biggest physical activity movement, with over 400 free runs across the county.



Are you looking to give something a bit different this year?



The Bible Society has gifts for all occasions to help bring the Bible's message to people around the world.

To get started, just follow these three simple steps:

- 1. Choose your charity gift
- 2. Select to send either an email or to receive a beautiful blank card for you to personalise and post on

Follow the online instructions to complete your gift purchase

Every charity gift you choose will make a life-changing difference.

BAIBULO La Ana

A children's Bible

You can provide children's Bibles to Sunday schools across Malawi, so children can understand the Bible stories and grow in their faith.

£5.00

The examples shown here are just a few of the gifts available.

You can find out more at:-\

https://www.biblesociety.org.uk/get-involved/donate/charity-gifts/





Original Planters: Guilford, Connecticut, USA 1639

We were delighted to welcome Pastor Mike Mullins and his wife Shirley in September to a special service at St Margaret's, Ockley. Rev Mike wanted to see St Margaret's for himself as his descendent the Rev Henry Whitfield left Surrey in 1639, bound for the new world.

The first settlers of Guilford, Connecticut, USA came to America as passengers on the Saint John*. The company of settlers on the Saint John was led by the Reverend Henry Whitfield who had been Rector of St Margaret's at Ockley, Surrey since 1616.

They sailed from England on 20th May 1639 under the command of a Captain Richard Russell, and arrived at New Haven (then Quinnipiac), Connecticut, between the 10th and 15th July 1639.

Whilst still at sea, the settlers organised a single communal plantation; this was outlined in a document now known as the 'Plantation Covenant'. It was signed by twenty five men.

Guilford, CT Plantation Covenant

We whose names are herein written, intending by God's gracious permission, to plant ourselves in New England, and if it may be in the southerly part, about Quinpisac (Quinnipiac, later named New Haven), we do faithfully promise each for ourselves and families and those that belong to us, that we will, the Lord assisting us, sit down and join ourselves together in one entire plantation and to be helpful to the other in any common work, according to every man's ability and as need shall require, and we promise not to desert or leave each other on the plantation but with the consent of the rest, or the greater part of the company, who have entered into this engagement.

As for our gathering together into a church way and the choice officers and members to be joined together in that way, we do refer ourselves until such time as it shall please God to settle us in our plantation.

In witness whereof we subscribe our hands, this first day of June 1639.

Robert Bickell/Richell	Abraham Crittenden	John Housingsoe	John Mepham	Wm.Plane
John Bishop	Wm. Crittenden	Thomas Joanes	Thomas Naish	John Stone
Francis Bushnell	Henry Doude	John Jurden	William Noble	Wm. Stone
Francis Chatfield	William Dudley	Henry Kingstone	John Norton	Richard Sutridge
Thomas Cooke	John Hoadley	Wm Leete	John Parmarly	Henry Whitfield

Further Guilford settlers came to New Haven in a second ship in July 1639.

^{*}It seems very apt with our united Parish that having left St Margaret's, Rev Henry sailed on a ship called 'Saint John'!

As we approach Christmas ... a seasonal tip from Eco Church

'Greeting cards: reduce, re-use, recycle'



The weather has changed and Christmas season is around the corner. When buying your greeting cards please consider cards without a plastic

wrapper as offered by the National Trust and others. Alternatively buy bulk to reduce packaging. Choosing Forest Stewardship Council (FSC*) certified cards ensures the paper used has been sustainably and ethically produced. Cards without glitter and plastic decorations can be recycled easily by the recipient and buying from local artists saves carbon miles.



After Christmas consider saving the cards you received and making your own cards and gift tags for next year. Otherwise remove all non-recyclable material before recycling the paper as usual.'

Communal Christmas card scheme

Every year many of us buy loads of Christmas cards and write to all our family, friends, acquaintances, neighbours, colleagues etc to wish them a merry Christmas and a happy New Year. Some enjoy the job of writing cards but, listening to the conversations, many more find it a chore. There is also quite an environmental price to be paid for all those cards: paper is produced from wood and not all trees that are used are grown with regard for our planet. Most cards come in single use plastic, at best in multi-packs but often individually wrapped.

As an ECO church initiative, we would like to try out something new that will also help decorate our church: a communal Christmas card scheme. This year, instead of each of us writing cards for many of our fellow churchgoers we suggest we all write one card to the whole congregation. We will display the cards in a creative way in our churches and we can all look at the cards and see what good wishes have been sent to each of us.

Please check our ECO tip for this month (above) for guidance on how to deal with this and other Christmas cards in a sustainable way.

It would be very fitting if all who take part would consider making a contribution to a charity of a value similar to the amount saved by sending fewer cards. This could be Tree-Aid, our own PCC or another deserving cause of your choice. Please don't go so far though as to not send a card to someone who is looking forward to receiving a Christmas greeting in their loneliness.

Phil, Margaret, Judy, James, Donna & Dineke aka ecoteam@capelandockleychurch.co.uk

Both the above articles for Eco Church are written by Dineke van den Bogerd



Bishops call for respect on all sides amid Brexit debate

The bishops of the Church of England have issued a call for respect on all sides amid growing acrimony over the debate on Britain's withdrawal from the EU.

A joint statement issued on behalf of the Church of England's College of Bishops calls for a new tone of listening and respect in debates and describes the use of language in some cases as "unacceptable".

It calls for the 2016 referendum to be honoured and for the rule of law and impartiality of the courts to be upheld.

It adds: "We should speak to others with respect. And we should also listen. We should do this especially with the poor, with the marginalised, and with those whose voices are often not heard in our national conversation.

"We should not denigrate, patronise or ignore the honest views of fellow citizens, but seek to respect their opinions, their participation in society, and their votes."

Bishop welcomes PM's Special Envoy for Freedom of Religion or Belief

The Bishop of Leeds, Nick Baines, the Church of England's Lead Bishop for Foreign Affairs, has welcomed the appointment of Rehman Chishti MP as the Prime Minister's Special Envoy for Freedom of Religion or Belief, succeeding Lord Ahmad of Wimbledon.

Bishop Nick said: "Everyone has an inherent right to profess any faith or none, yet across the world people continue to be imprisoned or killed for what they believe.

"Given the fundamental importance of this issue we have long called for the Prime Minister's Special Envoy to be made a dedicated role and we are pleased that this step has now been taken."

Ministry statistics published

The number of female clergy in the Church of England continues to rise with more women than men entering training for ordained ministry for the second year running, according to recently published statistics.

More women, 54%, than men began training for ordained ministry in 2018, for the second year running. Just under a third, or 30%, of the estimated 20,000 active clergy in the Church of England were female compared to 27% in 2014, according to Ministry Statistics for 2018.

The report also shows the proportion of senior posts such as dean or bishop occupied by women rose from 23 per cent to 25 per cent over the last year. The figures do not take into account six new appointments of female bishops this year, bringing the total so far to 24.

The proportion of people identifying as from black, Asian and minority ethnic backgrounds starting training for ordained ministry in the Church of England rose to 8% in 2018, compared to 4% in 2016.

Around a third, or 33%, of people beginning their training last year were under 35 years old and more than half, or 53%, were under 45.

Meanwhile the number of men and women ordained as deacon rose from 485 in 2016 to 535 in 2019.

The figures have been released as the Church of England seeks to fulfil a key target of a 50% increase in the number of candidates for ordination as part of its programme of Renewal and Reform.

Mandy Ford, Interim Director of the Ministry Division of the Church of England, said: "I am thankful for the hard work and prayers of the parishes and dioceses in helping us to increase the numbers of people coming forward for ordained ministry, a key aim of the Renewal and Reform programme."

Source: Parish Pump

A VIEW FROM THE WINGS!



The Anglican Church has many and varied ways of raising funds but perhaps none more so than recent events for the combined parish of Capel and Ockley.

A Murder Mystery play entitled "BARBECUESRMURDER" is perhaps not the most appropriate vehicle for such a fund raising exercise, but then again murder is almost as old as the Bible, as not that far removed from shades of Cane and Abel and all that that involved, and a barbecue is only a camp fire on stilts, so perhaps it is not so out of date or obscure!

Mystery Plays are meant to be somewhat light hearted but there is always a more serious and deep side. They identify life in a community surrounding a local event, usually of charitable status and involving the local population

and their committees with etiquette (or lack of) - a combination of individual personalities and relationships, always very diverse, sometimes united (or otherwise!) but generally trying to come together for the satisfaction of a good cause.

Whichever way you look at it, and there are many, these theatrical performances are designed not only to entertain and highlight the good feeling within, but to tax the mind and brain and work the powers of deduction from without.

This year's production was part of a continuing sequence written by Clare Jones, directed by Yvonne Featherstone and acted out by the theatrical volunteers of Capel and Ockley, and a more diverse bunch you could not wish to find! Previous productions have centred around the Vicarage and the Cricket Pavilion so the Village Hall was a "natural" progression!

The play centres around the committee who are trying to organise not only a barbecue but combine it with a treasure hunt. Anyone involved in either of these, will know that weather plays a huge and important ingredient, and the wide variation in age groups doesn't help either!

The script twisted through the various on-goings within the community and within the committee and involving many outside all of these. Much was very amusing and illuminating and culminating for numerous reasons in the murder.

Nobody at either performance guessed who the murderer was. I'm not sure whether this reflects on the Oscar winning performances of the cast or the convoluted and devious script!

The organisation of such an event in real life is huge, encompassing the many facets as enacted out in the play, so huge thanks to all who contributed to great fun on the night.

As emphasised before proceedings, any resemblance to the living was purely unintentional / accidental / incidental / coincidental (or just unfortunate!) but I'm sure we each have our favourites!

If you missed this year's presentation, then why not put yourself forward for the next one – you never know it could be you who ends up having dun-it!

The Critic.

Editor: My thanks to our Theatre Critic Extraordinaire Mr Andrew Forsyth!

George's story - Chapter 3

Well, September and October have been busy months in my continuing rehabilitation but also a time of good progress.

I have been attending weekly physiotherapy sessions with a Neuro-Physiotherapist in Godalming. She has focussed on my balancing and walking and I have now dispensed with the crutches and progressed onto one stick.

I walk around the house unaided and continue to expand my repertoire of domestic tasks. I can stand and balance more confidently for longer periods; which means that several of the mobility aids I was provided with are now surplus to requirements.

Norman and I try and go to the gym a couple of times a week. I concentrate on building strength and stamina whilst Norman does his far more energetic workouts!

In September we returned both boys to their respective school and university to resume their studies. Our focus was then our 2 week cruise! It was a wonderful time of relaxing, sunshine, fresh air, gym, pool, food, drink and some beautiful shore excursions sampling the delights of Madeira, 4 of the Canary Islands, Cadiz and Lisbon. Just what we needed!

Soon after our return from holiday I attended a driving assessment at the Queen Elizabeth Foundation's Mobility Centre in Carshalton. After 2.5 hours with an Occupational Therapist and a Driving Assessor inside the centre and out on the road I was given the go ahead to return to driving, albeit an automatic car rather than a manual. Great news, and a significant move towards independence.

I have recently had OT and physio assessments back at The Poplars in Epsom. The OT will focus on looking at when and how I might return to work. The physio has various ideas to develop my core stability, balance and strength with 2-3 sessions input per week.

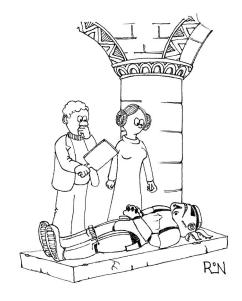
It is good to be out and about seeing friendly faces around the parish and getting back to more normality, including helping to organise the annual Nativity Service in Capel on 15th December! I look forward to seeing you all there!

ReligionOuotes.info

Thanks for your continued love and prayers,

George Ede 25/10/19

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



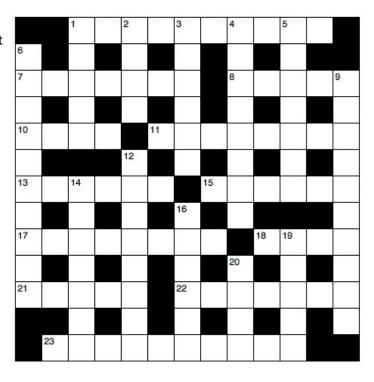
He'd fought in the wars, but the guide didn't say which ones

Puzzles Pages

Crossword Clues & Answers

Across

- 1 He was replaced as king of Judah by his uncle Mattaniah (2 Kings 24:17) (10)
- 7 'Let us fix our eyes on Jesus... who for the joy set before him the cross' (Hebrews 12:2) (7)
- 8 Relieved (5)
- 10 Impetuous (Acts 19:36) (4)
- 11 Surprised and alarmed (Luke 24:37) (8)
- 13 'It is for a camel to go through the eye of a needle than for the rich to enter the kingdom of God' (Mark 10:25) (6)
- 15 Directions for the conduct of a church service (6)
- 17 One of the acts of the sinful nature (Galatians 5:19) (8)
- 18 and 20 Down 'She began to wet his with her tears. Then she wiped them with her ' (Luke 7:38) (4,4)
- 21 'We will all be changed, in a flash, in the twinkling of an -, the last trumpet' (1 Corinthians 15:51–52) (3,2)
- 22 'But he replied, "Lord, I am go with you to prison and to death" (Luke 22:33) (5,2)
- 23 Third person of the Trinity (2 Corinthians 13:14) (4,6)



Down

- 1 He betrayed Jesus (Matthew 27:3) (5)
- 2 Paul's assurance to the Philippian jailer: 'Don't yourself! We are all here!' (Acts 16:28) (4)
- 3 'Fear God and keep his commandments, for this the whole of man' (Ecclesiastes 12:13) (2,4)
- 4 The sort of giver God loves (2 Corinthians 9:7) (8)
- 5 Sun rail (anag.) (7)
- 6 Naboth, the ill-fated vineyard owner, was one (1 Kings 21:1) (10)
- 9 Paul said of young widows, 'When their sensual desires overcome their to Christ, they want to marry' (1 Timothy 5:11) (10)
- 12 This was how Joseph of Arimathea practised his discipleship 'because he feared the Jews' (John 19:38) (8)
- 14 Mop ruse (anag.) (7)
- 16 Foment (Philippians 1:17) (4,2)
- 19 Where Joseph and Mary escaped to with the baby Jesus (Matthew 2:14) (5)
- 20 See 18 Across

Wordsearch Clues and Answers

War and remembrance

This year marks the 75th anniversary of the D-Day Landings, when the Allied Forces of Britain, America, Canada, and France attacked the German forces on the coast of Normandy, France. The Allies' victory became the turning point for World War II in Europe.

This year also marks the 100th anniversary of the first Armistice Day (now Remembrance Day). It was in 1919 that King George V had issued a proclamation calling for a two-minute silence at 11:00am on 11th November, to remember the members of the armed forces who lost their lives in the line of duty.

Dday Britain
Landings America
Allied Canada
armed France
Forces German

Coast Two
Normandy Armistice
Victory King
World George
War Remembrance

Minute Silence Lost Lives duty

Α	Т	I	С	S	Ε	S	С	U		Α	С	Ε
L	N	Α	M	R	Ε	G	R	0	E	_	_	Α
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M	D	Ε	Μ	L	G	Ε	Α	U	Τ	S	٧	N
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T	Α	F		M	R	В	0	D	N	R		V
	W	C	L	Α	S	R	N	D	Α	R	F	0
L	Α	0	E	N	Y	Α		Ε	D	Y		D
L	S	Ε	Ν	D	В	Ν	R	E	Α	U	0	Y
T	-	I	C	Y	G	C	0	M	R	L	Τ	L
L	1	٧	Ε	S	S	Ε	C	R	0	F	0	Y

Medium Level Soduku

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





...his constant droning from the pulpit is really getting on my nerves!

Puzzle Solutions

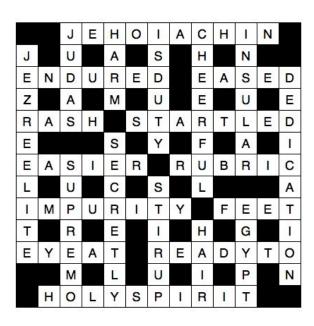
ACROSS: 1, Jehoiachin. 7, Endured. 8, Eased. 10, Rash. 11, Startled. 13, Easier. 15, Rubric. 17, Impurity. 18, Feet. 21, Eye at. 22, Ready to. 23, Holy Spirit.

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

Wordsearch solution



Crossword solution



Medium Soduku solution

Junior InSpire Bible Bite's Wordsearch

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b	f	i	S	\bigcirc	g	Z	٧	b	b	u	0
Z	e		S	†	0	n	e	e	r	a	W
n	p	r	α	j	0	þ	р	†	e	S	e
У	a	S	†	R	d		S	†	а	k	9
р	r	а	У	ì	n	9	n	e	d	j	9
n	e	i	g	h	b	0	u	r	y	n	i
S	n	а	k	e	j	p	C	\bigvee	j	g	٧
g	†	S	У	þ	b	ę	d	(k)	S	f	e
i	S	þ	r	0	n	n	e/	w	<u>_</u> ,	p	n
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S	d	S	h	а	m	e	d	d	r	e	j

Funding InSpire for 2020

In order to save our Parish the printing costs of InSpire, this year we have two options ...

Sponsorship or advertisements

Sponsorship If anyone would like to continue (or begin!) sponsoring an issue of InSpire for 2020, please do let Suzanne or Debbie von Bergen know?

Would you like to advertise in future issues of InSpire?

We are going to be seeking carefully chosen advertisers, but in the meantime, would you or someone you know like to advertise in a future issue of InSpire?

There will be no obligation to advertise every month.

We are aiming to keep the cost of adverts as reasonable as possible, whilst offering an advert that can feature a colour logo amongst other things.

Currently box sizes will be as follows:-

7cm x 7cm (approximately a sixth of a page) £10.00 per month or £100.00 per annum Half page ad approx. 17.5cm w x 13 cm deep £20.00 per month or £200.00 per annum Inside back cover (in colour) whole page: £30.00 per month or £300.00 per annum Back page of selected issues (NOT June or December) £50.00 per month

This gives any advertisers the opportunity to reach a new audience of readers and we very much hope to increase the circulation as we move forward.

We are particularly keen to support local businesses wherever possible.

If you or anyone else you know would be interested in advertising, please contact Suzanne Cole or Debbie von Bergen.

(Contact details on the inside front cover)





Children's Society Coffee Morning

on Saturday 16th November 2019 10.00 am to 12.00 noon

at St John the Baptist, Capel

Our annual fundraising morning with refreshments, the chance to socialise with friends and buy Christmas cards, wrapping paper and other goods which help to raise money for The Children's Society which we support as a church.

There will also be a raffle!

We hope to see you there!



Our next events in aid of The Children's Society are:
Christingle Event on Sunday 8th December 4-4.30pm

in Ockley Pavilion



Christingle Service at St John the Baptist, Capel Sunday 2nd February 2020 with Guest speaker from The Children's Society.

Your contributions would be most welcome and any copy for this publication should be sent to Suzanne Cole editor@capelandockleychurch.org.uk

By 25th of each month please.