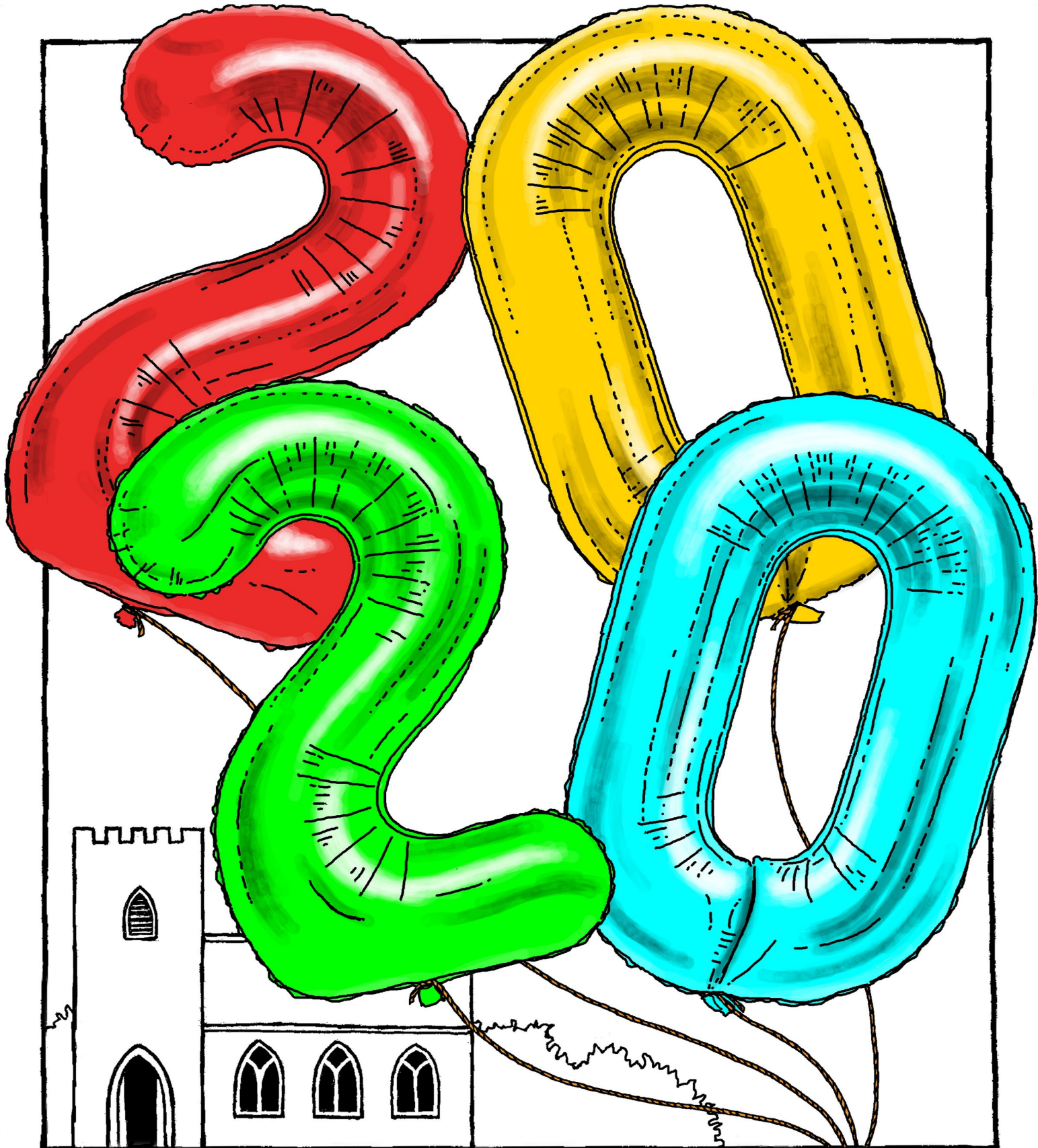


InSpire **Issue 34**

January 2020

The monthly publication
for the Parish of Capel & Ockley



Free of charge - please take a copy!

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*Wishing the Readers of Inspire
a very happy 2020!*

*** Want to be in this space?
You could be as an advertiser or sponsor *
If you would like to be involved, please speak to
Suzanne Cole or Debbie von Bergen**

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.

Church Contacts:-

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

Parish Pastoral Assistant: Sylvie Beckett Tel: 07711 849338

Churchwardens

Capel:

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

Ockley:

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

Treasurers:

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

Ockley Helen Burt helenmb0909@gmail.com
01306 711671

Capel Organist & Choir Anthea Smallwood 01306 711883

Ockley Organist Andrew Collings 01403 265794

Weekly Sheets & InSpire Editor

Suzanne Cole editor@capelandockleychurch.org.uk
01306 711449

Church website:

www.capelandockleychurch.org.uk

Webmaster: webmaster@capelandockleychurch.org.uk

Parish Eco ecoteam@capelandockleychurch.org.uk
Team

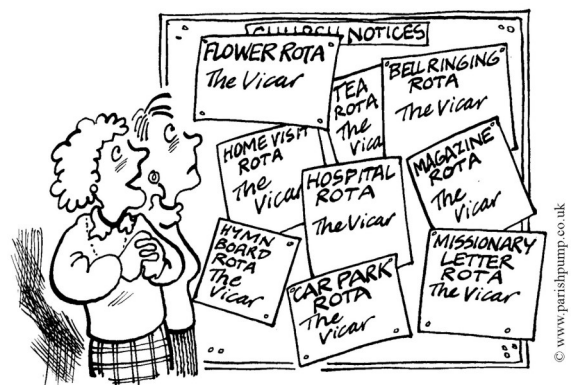
Dear all,

Happy New Year! As I write this early on a very dark December morning - or is it still night(?)! it feels hard to believe that yes, another year is about to finish and we begin again and enter 2020. In one sense we begin again at the start of the year, with our usual round, the familiarity of routine, the predictability or not of the seasons as our weather patterns seem to change. Perhaps new years' resolutions are made; ways to make our lives work better for us, for others, as our lives return to normal after the riches of the Christmas season. Yet in another sense we don't begin again because we are travelling on into the future, into the unknown, with a whole wealth of experience to take our bearings from as we negotiate the way ahead. For most of us our lives begun a long time ago now!

For some the new year will bring or has already brought about great changes. These may be exciting new things in which to engage ourselves with all sorts of new opportunities and we rejoice with you and wish you God speed! For others change will be far more difficult as circumstances dictate. Illness, bereavement, redundancy, to name but a few brings a very unwelcome knock to the door, and we need all our strength and the help of others to find a way through. Yes the world at times can seem very dark indeed, yet as we have just celebrated, we are not on our own in a Godless world, despite what we may think and I know that not everyone finds they can believe in this, which incidentally please feel free to discuss with me anytime! God became one of us through the birth of his Son Jesus Christ, Emmanuel, God with us, and promises to be with us always to the end of time. Extraordinary I know, but there it is.

The world could not hold him; it tried to but failed, yet God rose above and beyond this world, sending his Spirit to help and guide us as he gives us birth, life and of course death. So for some the world has had to let them go, to return home, to enter not another new year but to be born into an entirely new existence where certainly all things will be made new. It is of course a mystery, a wonderful mystery, one in which we are given glimpses of throughout our lives. This January is a wonderful time to really try to seek out those glimpses and shafts of light. We celebrate at the beginning of the month the Feast of the Epiphany which means 'revelation'. The Magi, brought gifts to the newly born King, travelling from the East, following that star! It was foretold that a king would be born for all people. And so it was.

Towards the end of the month we get ready for our annual Christingle service which we celebrate with Candlemas. An ancient celebration of candles, centuries old, which also marks what the church calls 'The Presentation of Christ at the Temple', where two faithful people, old Simeon and Anna, have both in their own way and perhaps not even knowing, waited to see the coming of the messiah. When the holy family bring the baby Jesus into the temple as tradition dictated, Simeon knows that his wish has been fulfilled. In our own 'temple' we celebrate all of that as we light our Christingle candles, with all the sweets and fruits and as a final look over our shoulder at Christmas, we ponder anew Jesus as the light of the world with a visiting speaker from The Children's Society.



...he's great at organising; but just not so good at delegating!

So as the morning light comes, the morning star has been born, another year begins, I pray that we will all find good health and happiness throughout this year in our wonderful communities. For those who grieve, know that others have passed this way too. For those who are struggling, there is help nearer than you think. Be assured of our support through prayer, friendship, hospitality in your parish of Capel and Ockley. Our doors are always open! So I wish you a very happy New Year and look forward with you to all that our lives and communities have to offer this 2020. I finish with the words of the ancient prayer The Nunc Dimitis, inspired by the words of Simeon.

'Master, now you are dismissing your servant in peace, according to your word; for my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the Gentiles and for glory to your people Israel' (Luke 2.28-32)

With my love and prayers as ever,

Rev Liz

CHURCH SERVICES & EVENTS FOR JANUARY 2020

JANUARY 2020

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SUNDAY 5th **THE EPIPHANY**
8am Holy Communion BCP at Capel
9.30 Matins at St Margaret's Ockley
10.30 Family Communion at Capel



TUESDAY 7th
Youth Cafe

4.30 - 6.30 pm Ockley Cricket Pavilion (Cafe for young people years 7-11)

SUNDAY 12th Baptism of Christ
9.30 am Holy Communion at St Margaret's Ockley
10.30 am Cafe Church (Capel)

TUESDAY 14th
12.00 noon **Funeral of Mary Ede followed by reception in the Memorial hall**
4.30 - 6.30 pm **Youth Cafe** in Ockley Cricket Pavilion (Cafe for young people ages 11-16)

SATURDAY 18th **Women's Breakfast at Ockley Pavilion**
8.45 - 10.15am

SUNDAY 19th **Epiphany 2**
8.00 am Holy Communion BCP (Capel)
9.30 am Matins at St Margaret's Ockley
10.30 am Family communion at Capel

TUESDAY 21st **Messy Church at Capel Memorial Hall**
3.15 pm onwards and finishing at 5pm. Fun, craft and supper for all ages!

TUESDAY 21st **Youth Cafe**
4.30 - 6.30 pm Ockley Cricket Pavilion (Cafe for young people years 7-11)

SUNDAY 26th **Epiphany 3**
9.30 am Parish communion at St Margaret's Ockley

TUESDAY 28th **Youth Cafe**
4.30 - 6.30 pm Ockley Cricket Pavilion (Cafe for young people years 7-11)

FEBRUARY

SUNDAY 2nd **CANDLEMAS**
8.00 am Holy Communion BCP (Capel)
9.30 am Matins at St Margaret's Ockley
10.30 am **CHRISTINGLE Service** at St John the Baptist Capel with visiting speaker from The Childrens' Society.



Dear Readers,

I hope that everyone enjoyed the Christmas break. What a wonderful array of services we had on offer in December leading up to Christmas - from the Advent service to Nine Lessons and Carols, the Crib Service and the beautiful Midnight Mass which always seems timeless as we enjoy part of it by candle light. St John the Baptist church looked absolutely incredible with flowers and decorations in every perceivable place! A HUGE thanks to Joy and her team of arrangers - it takes time, patience, skill and dedication to create such beautiful creations. A thank you to the decorators of St Margaret's, Ockley too!



This letter is deliberately brief as my main message to you as we begin a new year (and indeed a new decade) is that the coming year brings you and those you love both health and happiness. I leave you with a new take on the Lord's Prayer for 2020.

All the best for 2020!

Best wishes,

Suzanne

The Lord's Prayer and you in 2020

I cannot pray 'our' if I am not in communion with fellow Christians.

I cannot pray 'Father' if I do not treat Him as such, on a daily basis.

I cannot pray 'Who are in Heaven' if all my interests are on earthly things.

I cannot pray 'hallowed by thy name' if I am not striving, with God's help, to be holy myself.

I cannot pray 'Thy Kingdom come' if I don't live as if I am within His kingdom now.

I cannot pray 'Thy Will be Done' if I am disobedient to His commands.

I cannot pray 'on earth as it is in Heaven' unless I am truly ready to give my life to God's service here and now.

I cannot pray 'give us this day our daily bread' if I am not also willing to work for it, and to share with my neighbour in need.

I cannot pray 'forgive us our trespasses as we forgive those who trespass against us' if I harbour a grudge against anyone.

I cannot pray 'lead us not into temptation' if I deliberately remain somewhere where I am likely to be tempted.

I cannot pray 'Thine is the Kingdom' if I live as if the world is my kingdom.

I cannot pray 'Thine is the power and the glory' if I am seeking power for myself and my own glory.

I cannot pray 'forever and ever' if all my attention is on daily affairs.

I cannot pray 'Amen', unless I honestly say, 'Cost what it may, this is my prayer.'



News from The Belfry

January 2020



You've heard of workouts with dumbbells, now try church bells!

Bells are the largest and loudest instrument in the world. They are also the perfect way to get gentle physical exercise and increase active living for people who are looking for alternatives to conventional sport.

Ringling is open to everyone, young and old, and with any level of existing fitness. Whilst bells can weigh up to 4,500kg most are much lighter and are rung using mainly technique rather than strength. The movement of bell ringing often helps many people to stay active longer and increase agility.

Research commissioned by The Churches Conservation Trust asked experts from fitness and training provider YMCAfit to observe the process of bell ringing. They found that bell ringing improves agility, co-ordination, reaction time, balance, muscle endurance and cardiovascular fitness.

Pulling a rope may look like hard work, but actually it's more about having good rhythm. You can improve your agility, co-ordination, and reaction time, by achieving the perfect rope pull. Stretching up tones core abdominal muscles and glutes for a tight stomach and pert bottom, and the downwards rope-pulling action improves your upper body strength whilst working biceps, quads and calves with minimal force.

The study also identified that as a gentle and inherently sociable pastime, bell-ringing was an ideal 'gateway' to improved fitness and healthy living. Bell ringing requires you to think and use your memory, which is great for keeping the mind as well as the body active. And the fact it's a social activity means it's an ideal way for everyone to feel part of a group and embedded in their own communities.

Interested? You can find out more at www.bellringing.org or better still, why not come along and see for yourself? 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

O come, O come, Emmanuel

Written by Stuart Cole

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For those that attended the team Advent Sunday service at St Johns, would have heard Alan Bullard's cantata "O Come, Emmanuel". It was written in 2012 for the Chapel Choir of Selwyn College Cambridge. It contains arrangements of traditional Advent carols, together with words and hymns, and running throughout it is the tune and words of O Come, O Come Emmanuel.

Although the setting sounds very old it is a relatively modern hymn. The original text was in Latin and is based upon the O Antiphons for Advent. These were originally a series of plainchant antiphons sung with the Magnificat at Vespers in the final days of Advent just before Christmas. They were translated by John Mason Neale and came to prominence when a version was used in Hymns Ancient and Modern in 1861. The O Antiphons were in existence in the eighth century and were paraphrased in English by Cynewulf as early as 800 AD. In 1710 O Come O Come Emmanuel was published in German and had numerous revisions until 1868. And it appears that it was originally from one of these versions that Neale translated in the 19th century.

The hymn only uses five of the original O Antiphons and rearranges their order. In some versions the remaining two O Antiphons have been added as "Come, O Wisdom" and "Come, King of Peoples".

The tune normally used is "Veni Emmanuel" and was first linked with the hymn in 1851 in an early Neale translation (where in place of 'O Come' he uses 'Draw nigh') published in the Hymnal Noted, In it the tune was said to be from a French Missal in the National Library, Lisbon. It is now believed to be from a 15th century manuscript in the National Library of France. In the manuscript there are a number of processional chants for burials, and this tune was the setting for

the text "Bone Jesu dulcis cunctis"; it is part of the responsory Libera me.



Neale was born in London on 24 January 1818 to a clergy family. He was named after the Puritan cleric and hymn writer John Mason who was an ancestor of his mother Susanna. He was educated at Sherborne School in Dorset, and Trinity College, Cambridge. At Cambridge he became interested in the Oxford Movement and architecture – particularly Gothic. He helped to found the Cambridge Camden Society which advocated for more ritual and religious decoration. He wrote and translated many hymns and poems as well as books on mediaeval and orthodox religion. His translations include many from Latin, Greek, Russian and Syrian. He was briefly incumbent of Crawley, and in 1846 he became warden of Sackville College, an almshouse at East Grinstead and remained there until his death in 1866. Neale was buried in St Swithun's churchyard, East Grinstead.

*O come, O come, Emmanuel,
And ransom captive Israel,
That mourns in lonely exile here,
Until the Son of God appear.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.*

*O come, Thou Rod of Jesse, free
Thine own from Satan's tyranny;
From depths of hell Thy people save,
And give them victory o'er the grave.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.*

*O come, Thou Dayspring, from on high,
And cheer us by Thy drawing nigh;
Disperse the gloomy clouds of night,
And death's dark shadows put to flight.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.*

*O come, Thou Key of David, come
And open wide our heav'nly home;
Make safe the way that leads on high,
And close the path to misery.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.*

*O come, Adonai, Lord of might,
Who to Thy tribes, on Sinai's height,
In ancient times didst give the law
In cloud and majesty and awe.
Rejoice! Rejoice! Emmanuel
Shall come to thee, O Israel.*



Thank you for your generosity this Christmas!



Thank all those who have so generously contributed to the hampers and the food bank, without their generosity many people, including those with small children, would not be able to enjoy all the things that most of us take for granted. It is sad that there is such a need but we thank God for the kindness of all those who wish to help .

Jessie Sutcliffe

Mary Ede's Funeral

will be held on
Tuesday 14th January 2020
at 12:00 noon
at St John the Baptist, Capel

Followed by a reception at
Capel Memorial Hall.

Any offers of food for the reception would be most welcome. Please speak to George Ede on 01306 713247
Thank you.

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.

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

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

'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

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!

From the Registers

We welcome into the family of the Church
Albemarle Winter James Hall
15th December 2019

We mourn the loss of
Baby Rose Cassar born sleeping
29th October 2019

Mary Jean Ede
13th December 2019

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



James Burt

for all the seen and unseen duties he performs on our behalf. There is not much that he and Helen don't do for our Parish so our thanks to them both and to James for taking on the role of the Team Leader of the new 'Open the Book' scheme.
THANK YOU JAMES!

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*

Communal Christmas card scheme & Stamp Collecting for RNIB

For a first time initiative, this went well and thank you to everyone who took part! Our thanks to Dineke and the Eco-Church team for displaying the communal cards in places that we were able to read the greetings!

In the meantime, **don't forget to collect your postage stamps** and bring them in to either St John the Baptist or St Margaret's where you will find collecting boxes. They are being collected in aid of RNIB (Royal National Institution for the Blind).

Thank you!
The Editor



Refreshment in the New Year!

Join **Guildford Diocese and Acorn Christian Healing Foundation** for what promises to be an excellent day of teaching, sharing, worship and healing prayer.

'Healing in the Steps of Jesus' **Guildford Diocesan Healing Conference 2020**

1st February 2020 10am – 4pm at Guildford Cathedral

Sharing with us over the day will be keynote speakers **Bishop James Newcome** (Bishop of Carlisle), and **Rev Paul Harcourt** (National Leader of New Wine), as well as professionals speaking on Emotional Wellbeing, Nurturing the Mental Health of Children and Young People, and Disability. The day concludes with a service of healing and prayer led by **Bishop Andrew Watson**.

Open to all wanting to explore the Christian healing ministry. Information and tickets can be found at www.acornchristian.org Refreshments are provided although please bring a packed lunch. Plenty of free, onsite parking.

Jenny Parsons PA to the Director and Stewardship Adviser, Parish Development & Evangelism Team
The Diocese of Guildford, Church of England

Courage, vision and leadership are found in the most unlikely of places.

Mary Slessor was born in December 1848 into a wretchedly poor family. Her father was an alcoholic who lost his job as a shoemaker. Mary was the second of seven children, and in 1859 they moved from Aberdeen into the fetid slums of Dundee. Her father and mother worked in the mills, and Mary joined them there when she turned 11.

When Mary's father and both brothers died of pneumonia, Mary's mother struggled on to keep Mary and her two sisters alive. By the time Mary was 14 she was doing a 12-hour day as a jute maker.

But life was not all drudgery. Mary's mother was a devout Christian who read the family Bible to her daughters, and also the *Missionary Record*, a monthly publication from the United Presbyterian Church. The stories of the missionaries captivated Mary. When she heard that David Livingstone, the great missionary explorer, had died, she decided that she would follow in his footsteps. She wanted to devote her life to taking the gospel to Africa. She was 25.

In August 1876 the Presbyterians sent her out to Calabar, Nigeria, an area where no European had ever yet set foot. With her red hair and blue eyes, Mary grabbed attention wherever she went, but despite recurring illness and constant danger, Mary settled happily among the tribes. She learned their traditions, quickly becoming fluent in their language, Efik. Soon she won the confidence of their tribal leaders. She taught their children and was soon determined to put an end to some of their barbaric practises, such as the killing of twins (whom they thought were evil).

Over the years Mary put an end to many witchcraft practises, and she adopted every twin child she found abandoned. And she talked endlessly about Jesus Christ, the passion of her life.

Mary was tough – she made long trips through the jungles and took canoes up remote rivers. When her shoes gave out, she went barefoot. Her great passion was to go to 'the regions beyond' with the Gospel. She thrived in places and among people who would have terrified most women in her day.

It has been written of her: 'Practically singlehanded she tamed and transformed three pagan communities in succession. It is a question if the career of any other woman missionary has been marked by so many strange adventures, daring feats, signal providences, and wonderful achievements.' (Dr Robert H. Glover, *The Progress of World-Wide Missions*.)

When in 1901 Southern Nigeria became a British Protectorate, Mary was appointed the first ever female Magistrate in the British Empire. She became a skilful diplomatic emissary.

She was known for saying: "It is not Mary Slessor, but God and our united prayers that have brought the blessings to Calabar. Christ shall have all the honour and glory for the multitudes saved."

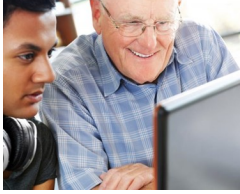
When she finally died of fever in January 1915 the native Christian girls and women wept bitterly: "Our mother is dead. Everybody's mother has left us."



Mary Slessor once wrote to a friend who had long prayed for her: "I have always said that I have no idea how or why God has carried me over so many funny and hard places, and made these hordes of people submit to me, or why the Government should have given me the privilege of a Magistrate among them, except in answer to prayer made at home for me. It is all beyond my comprehension."

Article source: Parish pump

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

AGE Mole Valley
Concern

Andrew Scott
Classical Guitar

Bob Cranham
Jazz Guitar

The Crown Supper Club
Saturday 11th January 2020 - 8pm

£25

Special 3-Course Menu **Candlelight** **Good Food Great Company**

The Crown, 98 The St, Capel, Dorking RH5 5JY 01306 713250

Email: gladys@thecrowncapel.co.uk
Early booking essential

Thank you!

Dear Liz and everyone
at St John the Baptist Capel,

Thank you so much for the very generous delivery of
Christmas presents delivered yesterday. All so carefully
wrapped and labelled - thank you so much.

The presents will be distributed at Christmas services and I
will explain where they had come from and why they had
been given and I know that they will be much appreciated
by those who received them.

Please pass the grateful thanks of everyone here to all the
donors! May God bless you all richly in the new year.

With all good wishes for Christmas and 2020

Revd Tim Jeffreys

Vicar: Christ Church Brixton Road

Dear Dorking and Village Churches

A massive thank you to you all for your amazing food
collections at Harvest this year. In total, together, you
donated an amazing 877.21Kgs of food, all of which will be
given out in the next 6 weeks to support families in our
community who struggle to buy enough food to feed
themselves this Christmas.

And for many of you, this is on top of weekly donations and
ongoing financial support for the foodbank. Thank you -
You have made a real difference this year.

Wishing you all a very Happy Christmas and peaceful New
Year.

Ali Studley

for Dorking Area Foodbank

The Capel
and Ockley
Pantomime
Co.



Proudly presents



by Michael Brennan

"The Snow Queen" is the story of a girl's devotion to her true love. It is based on a story
by Danish author Hans Christian Andersen.

The Snow Queen is determined to prolong winter. She and the Hobgoblin make an evil
mirror that reflects back only what's ugly and hateful, but when it shatters into millions of
tiny pieces the fragments blow in the wind and get into people's eyes and hearts so they
can see only the bad in everything and they become "cold like a lump of ice".

Two childhood friends, Kai and Gerda, live next door to each other. One winter's day, Kai is
struck by pieces of the shattered mirror and, now cold hearted, meets the Snow Queen
who steals him away. Gerda, with her true love for Kai, sets off and treks north, in her
quest to rescue him.

**It's behind you, an evil game show, a traditional winter festival,
magic, Dame and Silly Billy, family jokes and dancing;
this family pantomime will appeal to all.**

Performances:

(doors open 30 minutes before
hand, curtain up as shown below)

Capel: Friday 31st January: 8pm
Saturday 1st February 2pm
Saturday 1st February: 8pm
Ockley: Friday 7th February: 8pm
Saturday 8th February: 2pm
Saturday 8th February: 8pm

Adults £10, children under 16 £5

Box Office for Capel and Ockley: please call: 01306 628255

or email: [BoxOffice @CapelOckleyPanto.co.uk](mailto:BoxOffice@CapelOckleyPanto.co.uk)

Also available to collect and buy from the Inn on the Green, Ockley

**Capel and Ockley matinee Special Offer :
Adult tickets just £6 if accompanied by a child
(under 10 years of age) who enters for Free.**

It's Panto time again ... oh yes it is!



[Reflecting on 2019](#), we have so much to thank God for and we couldn't have done it without the dedication, prayers and generosity of our amazing supporters.

Thank you so much! Here's a short video to give you a taste of what you've helped to make possible this year:-
<https://youtu.be/sRtPJIS70yQ>



Bible Society is going to the RHS Chelsea Flower Show

The RHS Chelsea Flower Show is the most significant event in the gardening year – and Bible Society's going to be part of it.

Around 188,000 people actually visit the Show (held annually in May), but that's a tiny fraction of those who engage with it. Chelsea is a major cultural event, and millions see or hear some Chelsea coverage. That's why Bible Society is sponsoring a garden at the 2020 Show.

Our Psalm 23 Garden is created by multi-award-winning designer Sarah Eberle, who's bringing the famous text of 'The Lord is my shepherd' to life.

The well-known biblical text includes references to 'green pastures', 'still waters' and a homecoming at the end of a journey. Sarah Eberle's design conveys all of this.

We've been blessed to have been given a prime location, which means visitors to the Show will automatically gravitate to the garden. And while the text of the psalm is familiar to many people, seeing it brought to life in this dramatic way may be the first time many of them have really been challenged to think about what it means.

The Psalm 23 Garden itself will be a beautiful creation. But the end of the Show won't be the end of the project. The Garden will be re-created in the grounds of Winchester Hospice in Hampshire, where it will be a place of reflection and comfort for patients and their families.

And more than that, we're intending the Garden to have an ongoing national impact. We're encouraging schools, churches and community centres to use any spare land they have to create their own Psalm 23 Gardens based on Sarah Eberle's design. As gardeners consider the psalm, it's our prayer that they'll be drawn into engaging with the Bible — and with its author.

The [Psalm 23 Garden](#) website has resources, advice and stories to help you get started — and from January, we'll be adding more material as the start of the Show (19–23 May) draws nearer.

You can register for updates and follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

Please pray for this project, that God will use it to make his word come alive in people's hearts.

Author: Bible Society

'Let love and faithfulness never leave you; bind them round your neck, write them on the tablet of your heart. Then you will win favour and a good name in the sight of God and man' Proverbs 3:3-4
BUSINESS, WORK, EMPLOYMENT

WEDNESDAY 1st

Almighty God, as we rest today, may we reflect on the past year and thank You for all blessings. May we walk close by You this coming year making resolutions to bring praise to Your Holy name.

THURSDAY 2nd

Father God, be with those returning to their places of employment today so that others may sense Your presence. We pray that You will work through people in the workplace by the power of the Holy Spirit.

FRIDAY 3rd

Lord God, may You be glorified in places of business. We pray You will be Lord over everything that is said and done in offices and meeting rooms.

SATURDAY 4th

Holy Spirit, help us to depend on you wholly today. Renew our faith and fill us with Your love. We pray for those who find the thought of another year ahead difficult or painful for them in their job or personal life. Draw close and comfort them.

SUNDAY 5th

Dear God, thank You for all those who are in employment, for the work they do, for employers and co-workers. May each task be performed with diligence, patience and to the best of their ability.

Pray every day this week for people in your street
HOMES AND HOSPITALITY

'And everyone who has left houses...for my sake, will receive a hundred times as much in return and will inherit eternal life.' (Matthew 19:29)

MONDAY 6th

Loving Father, may we be thankful for our homes, for comfortable beds, for warmth, safety and shelter this winter. May we never be complacent or forget that many do not have such comforts.

TUESDAY 7th

God of Compassion, Your love for humanity was revealed in Jesus Your precious Son who began His life in a humble stable. We pray for those who cannot heat their homes this winter or who live in dwellings that have fallen into disrepair. Father, draw them near, bless them and give them comfort.

WEDNESDAY 8th

God of us all, bless the homeless this day and every day. Keep them from physical and emotional harm. Fill their hearts with hope for the future and comfort them as they walk a difficult path.

THURSDAY 9th

Lord Jesus, we especially pray for children who are homeless. They are so vulnerable when they have no safe place to call their own. Bless those who work to provide them and their families with food, shelter and friendship.

FRIDAY 10th

Lord of comfort and hope, help us to be God's hospitality in our lives. May we remember to listen, smile and offer a helping hand and comforting words whenever the opportunity arises.

SATURDAY 11th

Lord Jesus Christ, give us eyes to see the deepest needs of others just as You did. Give us hearts full of love for our neighbours as well as strangers that we meet ... just as You did.

SUNDAY 12th

Dear Lord, we may find it difficult to share our homes but Your word directs us to be generous. Guide us and help us to be hospitable whenever appropriate so that others may find our homes a place of solace and refuge.

THE PRAYERS OF SOLOMON

Adapted from 1 Kings 8:56-61

MONDAY 13th

Solomon prayed for God's presence; May the Lord our God always be with us to the end of our days and never leave us or forsake us.

TUESDAY 14th

Solomon prayed for the desire to do God's will in everything; May God turn our hearts to Him, to be fully committed to Him and to walk in obedience with Him all the days of our life.

WEDNESDAY 15th

Solomon prayed for the desire and ability to obey God's decrees and commands; Give us obedient hearts, Father, so that we may keep Your laws and obey Your commands.

THURSDAY 16th

Solomon prayed for help with each day's needs; Father, may the words of our prayers in the day and the night be heard by You and be pleasing to You. We pray that, if it is Your will, our prayers will be answered.

January Prayer Diary

Compiled by
 Belinda Kerry

FRIDAY 17th

Solomon prayed for the spread of God's Kingdom to the entire world;

God of Wisdom, may all the peoples of this world know that there is only one God and no other.

SATURDAY 18th

Father God, as we read our Bibles, may we be inspired by prophets and Holy, obedient men and women so that we may remain faithful to You and pray regularly for our friends, our family and our church.

SUNDAY 19th

Loving Father, we pray that You will be in control of our lives from start to finish. We confess any wrongdoings and ask for strength to resist temptations.

GRACE

'In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he has lavished on us.' Ephesians 1:7-8

MONDAY 20th

Dear Lord, we need Your daily grace. May we know You as the Shepherd of our lives and may our fears be dissolved by faith in You and through the power of Your love and grace.

TUESDAY 21st

Dear Lord, help us to love and manifest the spirit of love under all circumstances to all people. May our lives show glory to You, be a help to others and be rewarding to us.

WEDNESDAY 22nd

Father God, we praise and thank You that You are a God who understands the frailties and fears that we face in our daily lives. We ask You for Your abundant grace and never-failing strength, so that we may face life's difficulties with confidence knowing that Your grace is sufficient to deal with every eventuality.

THURSDAY 23rd

Giver of Wisdom, give us Your grace and Your strength to face all the issues we may encounter today, with a heart that is willing to pray, "Your will not mine be done."

FRIDAY 24th

Lord, thank You for providing for our daily needs and for the many blessings that You shower over each one of us with such abundance. Thank You for our daily food, our home, our health and the love that we share together. Thank You for Jesus, who died on the cross to pay the price for our sins and thank You for the indwelling Holy Spirit, who leads and guides and protects us day-by-day.

SATURDAY 25th

Father, forgive us for the times when we have neglected to keep Jesus central in our lives and for the times when we have not shown the love of Jesus to one another. As Your grace is available for us, keep us mindful of the need to grow in grace with others at home and in the wider world.

SUNDAY 26th

Dear God, give us the ability to live in this world without being affected by its critical spirit and give us the understanding and grace to love others as Christ has loved us, to consider the needs and desires of others and to value other people above ourselves even though we may face criticism.

HEALTH AND HEALING

'One of them, when he saw he was healed, came back praising God in a loud voice.'

Luke 17:15

MONDAY 27th

Lord Jesus, bless all who are unwell today. We pray for all who are struggling with long-term illness and sickness of body, mind or spirit. May You comfort them and bring Your healing touch.

TUESDAY 28th

Heavenly Father, we pray for those who have ailments that the doctors cannot diagnose or treat. Lord, You know exactly what is wrong and we pray that You would direct them toward the right treatment and enable it to be cured.

WEDNESDAY 29th

Loving Lord, we lift up to You, all who are currently in hospital. Be with them every moment of the day and night. Calm their fears and their worries as Jesus Christ promised to take all our burdens from us.

THURSDAY 30th

Caring Father, may our hospitals be caring and understanding environments. Be with the staff who attend their patients and we pray that both staff and patients are aware of Your presence every moment of their day.

FRIDAY 31st

Ever present and Merciful God, we thank You that we can call on You in times of trouble or illness or loneliness and know that You are always there to hear and answer, to heal, comfort and help. Lord,

Don't forget the 'Pray as you Go' website and downloadable App for prayers every day ... wherever you are.

<https://pray-as-you-go.org/>



The **Leith Hill Timeline Choir** rehearse at Forest Green Village Hall on Tuesdays at 7:30pm. Anyone is welcome to join. We are a non-auditioned choir of people who like to sing English music from medieval to the modern, performing specially arranged pieces and traditional folk songs and some of the works of English composers.

Our website is <https://www.timelinesongs.org>

If you would like to come you are welcome to come for a free trial session in the new year. Please email claire@robinsmusicroom.com for further details.

Claire Robins

Treasurer's Note: Thank you to the Timeline Choir for their kind donation of £100 from the concert in November .

We thank them for their generosity and would like to thank Claire Robins and her choir for a truly wonderful evening.

Debbie von Bergen

Miscellaneous observations on daily life...

Experience is not always the kindest of teachers, but it is the best.

The greatest failure is the failure to try. – *William A Ward*

Dost thou love life? Then do not squander time, for that is the stuff life is made of. – *Benjamin Franklin*

Worry is like a treadmill – it wears you out and gets you nowhere.

Nothing is more powerful than hope. One little nibble will keep a person fishing all day.
– *H V Prochnow*

With Resolutions for the New Year in mind...

It is a good rule never to look into the face of man in the morning until you have looked into the face of God. – *CH Spurgeon*

God loves to be consulted. – *Charles Bridges*

The easiest person to deceive is one's own self. – *E Bulwer-Lytton*

Source: Parish Pump



Don't forget Sunday 2nd February 2020, we have our annual Christingle service at 10.30am in St John the Baptist, Capel. We have a guest speaker from the Society coming to join us at that service so we hope you can join us and hear all about the Children's Society's ongoing work around the UK.

WOULD YOU LIKE TO BE THE CHILDREN'S SOCIETY CO-ORDINATOR FOR OUR CHURCH GROUP?

After nearly 7 years of being the Church group representative, I have decided it is time to move on. Rita Ball did a wonderful job for approximately 30 years so I really am a 'lightweight' in comparison! I feel that I would personally like to do more fundraising for The Motor Neurone Disease Association as it has personally helped me throughout my father's illness and subsequent death. It hasn't felt appropriate to do that as well as support The Children's Society.



The main aspects of the role are:-

- ◆ **Co-ordinate the gathering in of houseboxes each year** (once a year). Count the contents and return to the box holders. The numbers of box holders has diminished significantly in recent years.
- ◆ **Co-ordinate the Christingle service preparations** and liaise with Rev Liz and the uniformed groups of guides & Scouts and their younger counterparts as they have traditionally been involved in collecting before the annual service. It is usually your role to order any resources but this is very straight forward as many are now available to download. But you do still need the components to make up the orange Christingles for the service.
- ◆ **Any other fundraising events you would like to put on!** The new one I introduced was an annual Coffee morning in November.

If you would like any more information on this role, please speak to either myself or Rev Liz.

Thank you

Suzanne Cole

slc@ansford.me.uk

Book Review

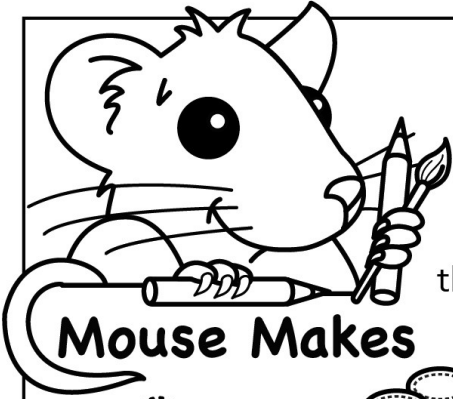
Twice-Rescued Child – the boy who fled the Nazis and found his life's purpose

By Thomas Graumann, SPCK, £11.99

Aged eight, Thomas Graumann boarded a train in Prague, Czechoslovakia, to embark on what he believed was a three-month holiday. "Go to Britain, learn English, and when the Germans leave, you can come home again," his mother assured him. Thomas knew his country had been taken over by the Germans and now was under Nazi control.

That was the last he would see of his mother and most of his Jewish family, who died in concentration camps. He had also never heard of Nicholas Winton, the hero who saved 669 children (Thomas was one of the last, #652), transporting them from Czechoslovakia to the UK to save their lives. This was Thomas' first rescue, aboard what became known as the Kindertransport.

His second came a year later when an evangelist from the Scottish village he was taken to for safety shared the good news of Jesus Christ with him. Saying a prayer on bent knee, Thomas' soul was rescued, and he soon dedicated himself to missionary service, which he fulfilled as an adult in the Philippines, eventually moving to the U.S.

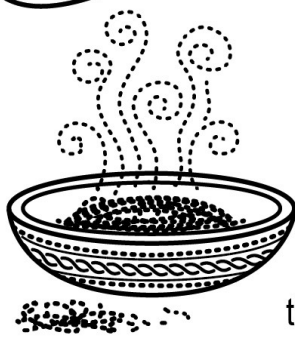


Mouse Makes

EPIPHANY is the time in the Church year that we remember when the 'wise men' or 'Magi' followed a star that led them to the Christ child Jesus. They bowed down and worshiped him and left *three* special gifts:



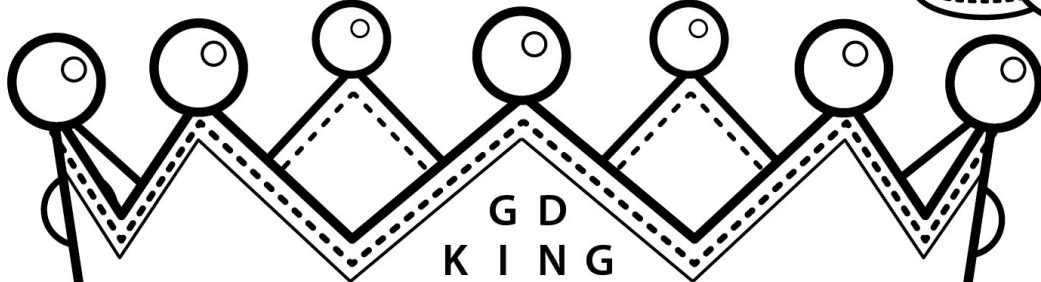
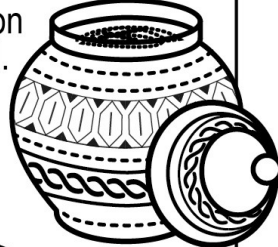
GOLD
A valuable metal. Reminds us that Jesus is **King of Kings**.



FRANKINCENSE
A sweet smelling incense used in the Temple to worship God. Reminds us that **Jesus is God**.



MYRRH
A fragrant spice put on a body before burial. Reminds us that Jesus was to die so that he could be our **Saviour**.



G D
K I N G

E	S	B	P	R	I	E	S	T	S	J	B	J	B	P	B
F	H	O	M	B	O	I	S	R	A	E	L	E	E	R	O
I	E	W	Y	R	W	A	W	C	H	R	I	S	T	O	R
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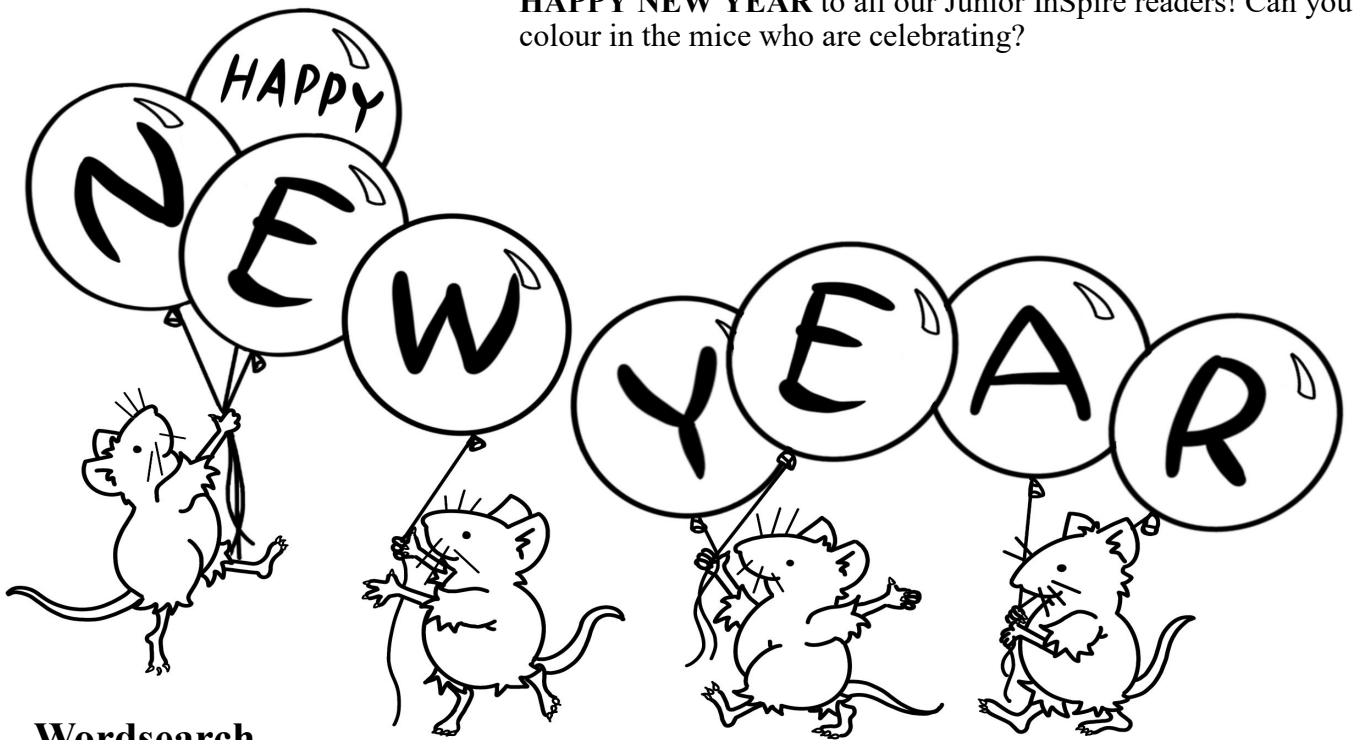
Can you find these words below in the word search?

How did God warn the wise men?

READ
Matthew 2:1-12

- JESUS • BORN • BETHLEHEM • JUDEA • WISE • EAST • JERUSALEM • KING STAR • WORSHIP • HEROD • PRIESTS • CHRIST • PROPHECY • SHEPHERD ISRAEL • GO • FIND • LOOK • SAW • JOYFUL • MARY • BOWED • GIFTS GOLD • FRANKINCENSE • MYRRH • WARNING • DREAM

HAPPY NEW YEAR to all our Junior InSpire readers! Can you colour in the mice who are celebrating?



Wordsearch
Solution on page 34

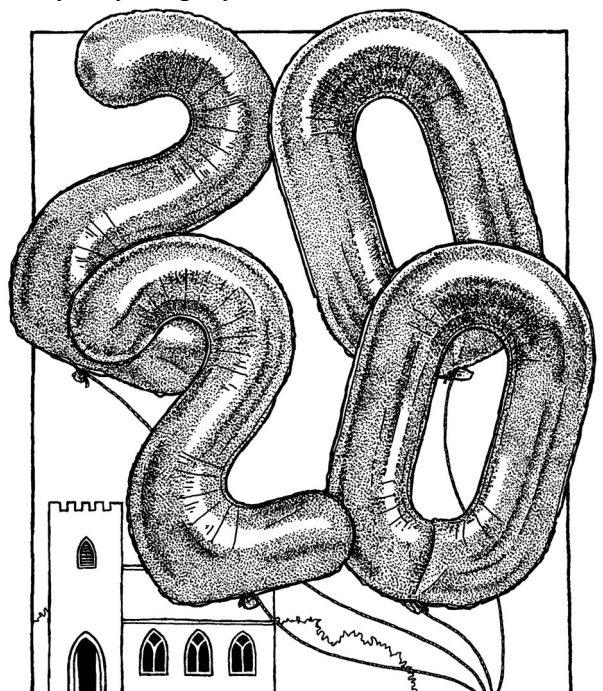
d	r	u	n	k	o	k	o	e	f	j	w
n	g	i	y	o	s	d	a	w	u	c	s
h	t	u	p	e	n	i	n	n	a	h	a
a	s	p	v	l	a	e	n	s	s	i	m
n	j	i	r	k	u	r	q	i	p	l	u
n	w	t	r	a	v	e	l	l	e	d	e
a	f	r	t	n	y	e	n	e	c	r	l
h	g	s	t	a	y	e	d	n	i	e	o
w	o	r	s	h	i	p	r	t	a	n	v
e	d	i	a	n	s	w	e	r	l	h	e
e	y	c	w	f	e	a	s	t	f	m	d
p	s	h	w	s	h	i	l	o	h	x	h

What would you like to do in 2020? Why not write some ideas down here

- 1).....
- 2).....
- 3).....
- 4).....
- 5).....

Now pray to God about them and at the end of the year see if any of your prayers were answered?

Israel	none	worship
prayer	weep	loved
children	God	silent
Elkanah	travelled	answer
wives	Peninnah	Samuel
year	Shiloh	feast
Eli	stayed	special
rich	Hannah	drunk



Editor: The Rev Paul Hardingham on the problem of evil.

Holocaust Memorial Day

Holocaust Memorial Day on 27th January marks the 75th anniversary of the liberation of the Auschwitz-Birkenau Concentration Camp. One of the disturbing questions that arises from the horrors of the Holocaust is 'where was God when the six million died?'

In his moving memoir, 'Night,' Eli Wiesel tells the story of an execution that the prisoners were forced to witness. Two men and a boy were made to stand on chairs with nooses around their necks. At the guards' signal, the chairs were kicked from beneath their feet. The men died instantly as the fall broke their necks, but the boy, flailed about, gasping for breath. Wiesel heard someone cry out, 'For God's sake, where is God?' In that moment, he heard a voice inside: 'Where is He? This is where: hanging here from this gallows.'

As we think of this boy dying on the gallows, we are reminded of another Jew, who suffered and died on a cross. As the crowd gathered around the cross, it was Jesus who posed the same question: 'My God, my God, why have you forsaken me?' (Matt 27:46).

Jesus became a human being, because God wanted to identify with His lost and suffering world. He willingly took upon Himself God's judgment for the sin of the world, as God turned away from the Son he loved: 'God made Him who had no sin to be sin for us, so that in Him we might become the righteousness of God' (2 Cor. 5:21).

So where was God when the six million died? The truth is that God is present in our suffering, to identify and suffer with us and to provide help, hope and meaning to those who suffer. Whatever we go through this New Year, let's not forget this truth!

Editor: By Tony Horsfall of Charis Training. More details at: www.charistraining.co.uk

Facing both ways

January gets its name from the Roman god Janus, the god of beginnings and transitions, of gates and doorways. Traditionally Janus had two faces, one looking to the past and one to the future. It reminds us that as we start a new year we can look back to the past with gratitude and to the future with expectation.

In his hymn, 'How good is the God we adore', Joseph Hart (1712-1768) speaks about God as our faithful, unchangeable friend and finishes with this beautiful thought: 'We'll praise Him for all that is past, and trust Him for all that's to come.' This seems to be a

good pasture to take as we enter 2020.

First, we can look back on the year that is gone and give thanks for all the blessings that we have experienced. Thankfulness is really a choice. None of us will have had a perfect year, and many of us will have had some dark days indeed, but if we look carefully enough, we will see that there were also many wonderful days and golden moments. Let's choose to focus on those and to

acknowledge the work of God in our lives. *For what are you grateful as you look back to 2019?*

Second, we can put our faith in God for all that is to come. None of us know the future. We will have our hopes and our dreams, and have made our plans for the year ahead, but no-one can guarantee they will come to pass. There will be surprises for sure, both good (we never expected that!) and bad (I didn't see that coming!). How wonderful then to have a God who knows the future and in whose hands we are safe, no matter what comes to pass. Let's choose to place our trust in Him as 2020 unfolds. *What are you most looking forward to as you peer ahead of you this year?*

What are you supposed to be doing?

Is there something that God may be asking of you?

Gladys Aylward was just a simple woman who did what she believed God called her to do. The old movie, 'The Inn of the Sixth Happiness' tells her life story. In 1920 she sailed to China, where eventually she opened a home for orphaned children, who'd been left to starve or wander the streets. She'd read the words in Isaiah: '...if you spend yourselves on behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday. The Lord will guide you always; He will satisfy your needs.' (Isaiah 58:10,11)

When the Japanese invaded China, Gladys was forced to flee. She ended up on the island of Formosa with more than 100 children to care for. Despite hardship and danger, she devoted herself to looking after them. Years later, when she was honoured for her work, she said: "I did not choose this. I was led into it by God. I'm not really more interested in children than I am in other people. But God gave me to understand that this is what He wanted me to do - so I did it!"

So, have you discovered yet what God has called you to do? Are you making plans towards it - this year?

Enjoy each day as it comes

Is your diary for 2020 already filling up? That is fine, but also bear in mind what has been called 'the sacrament of the present moment.'

That is what the 17th century French Jesuit and spiritual writer Pere Jean-Pierre de Caussade called it. He wrote: The present moment holds infinite riches, but you will only enjoy them to the extent of your faith and love. The will of God is manifest in each moment, an immense ocean which the heart only fathoms in so far as it overflows with faith, trust and love."

So this year, try and live your life a day at a time. You can't change the past, yesterday is history; and you can't live in the future, tomorrow is mystery. The present is really all you have.

When Jesus spoke about God, He always spoke about Him being where we are, in the here and now. He is our Father, our vine, our Shepherd, and His Spirit wants to walk with us each day.

How older people can boost brain power

If you are a pensioner, and you spend two hours a day learning new skills, you can reverse any cognitive decline by the equivalent of up to 30 years.

That is the conclusion of researchers at the University of California Riverside. They found that pensioners who practised a new language, or attended drawing classes, boosted their memory and reasoning. The good effect on 58 to 86-year-olds could be seen within six weeks.

Furthermore, it was found that the older people could also maintain their new abilities while learning multiple new skills. As one scientist explained: "The message is older adults can learn multiple new skills at the same time, and doing so may improve their cognitive functioning."

Book Review

Source: Parish Pump

After Prayer – New Sonnets and other poems By Malcolm Guite, Canterbury Press, £10.99

This major new poetry collection from bestselling poet and priest Malcolm Guite features more than 70 new and previously unpublished works. At the heart of this collection is a sequence of 27 sonnets written in response to George Herbert's exquisite sonnet 'Prayer', each one describing prayer in an arresting metaphor such as 'the church's banquet', 'reversed thunder', 'the Milky Way', 'the bird of paradise' and 'something understood'.

After Prayer also offers 45 more widely ranging new poems, including a sonnet sequence on the seven heavens.

Garden recycling project needs your old tools!

Page 21

Too cold for gardening? Time to sort out the tool shed! The Tools Shed project collects old unwanted and broken garden hand tools and repairs them in prison workshops. The lovely refurbished tools are then donated free of charge to local schools and community gardening groups.

We're asking local residents to help us by doing a New Year clear out and bringing any old unwanted garden tools to one of our local collecting points at recycling centres and garden centres in Lancashire, Edinburgh, London, Surrey, Lincolnshire, and across the South West. From there they will be taken to local prisons and refurbished, as part of the prisoners' skills development and retraining programmes.

Organised by The Conservation Foundation, in partnership with local prisons, *Tools Shed* will repair all kinds and conditions of gardening hand tools and find them good homes with community gardening projects and primary schools across the UK.

All local community gardening groups and schools are invited to apply for free refurbished tools via our community giveaways. Just register on our website and we'll notify you when our next giveaway is due.

"Clear out your garden sheds and find a good new home for all the forgotten rakes, forks, spades, hoes and trowels that have been gathering dust for years," says The Conservation Foundation. "And at the same time help support community gardening in your local area, reduce waste and provide practical skills for prisoners."



Please note: only non-bladed garden tools can be accepted – rakes, forks, spades, trowels etc – we are unable to accept workshop tools, shears or other bladed tools, or power tools.

For more information, visit

www.conservationfoundation.co.uk/tools Or email alisonwillis@conservationfoundation.co.uk, or call 0207 591 3111

We live in one world where the homeless are our collective responsibility, the Revd Dr Barbara Glasson said in a recent visit to Whitechapel Mission in London. The mission serves about 300 breakfasts each day to the homeless.

Whitechapel Mission, in the heart of the East End of London, recently celebrated its 143rd anniversary. Open every day, the Mission served 108,398 breakfasts in the last year, with the help of 5, 200 volunteers.

Dr Barbara Glasson said: “We are really proud of the mission which is very much part of our Methodist heritage and our family.”

Tony Miller, Centre Manager for the past 40 years said, “The Mission opens its doors each day at 6am prompt for guests who can take a shower, choose some fresh clothes to wear, feel the warmth of the welcome and eat a hearty breakfast. Once the guests are warm, clean and fed they can access other facilities including mobile phone charging, and get help with combating addiction, receive dentistry and other health care provision, and debt counselling.”

This year 5,698 people have used the Mission’s services which also include support in getting housed and back to work.

Speaking about causes of homelessness, Dr Glasson said, “The vulnerabilities that lead to homelessness are well known to us. Relationship breakdown, debt, addictions, mental ill-health. These are the things that disrupt human well-being and lead to chaotic lives and cyclical and destructive patterns of behaviour.”

Dr Glasson said: “There are not two Britains, North and South are part of the same country; there are not two Londons, rich and poor, there are not two societies, there is only one world.”

Record numbers of visitors and worshippers flock to England's cathedrals

In 2018 England’s cathedrals witnessed their highest Easter congregation numbers in recent years, while visitor numbers increased by a million on the previous year, according to recently published statistics.

Cathedrals reported nearly ten million visitors in 2018, an increase of over 10 per cent on the previous year. There were additionally over a million visitors to Westminster Abbey.

The major Christian festivals remain at the heart of congregational growth, with 58,000 people attending a cathedral at Easter and 95,000 during Holy Week – the highest numbers recorded for a decade, with Easter attendance up nearly 10,000 since 2008.

Meanwhile numbers at Christmas and Advent services rose five per cent on the previous year, to reach 750,000 in 2018. There were 133,000 people worshipping in cathedrals on Christmas Eve and Christmas Day – second only to the previous year’s record high.

Cathedrals reported a total of 37,000 people worshipping each week in the year 2018, marking an increase of around 14 per cent over the past ten years. Around one in five cathedral worshippers was under the age of 16, also an increase on the previous year.

Attendance at midweek services, including choral evensong, grew 34 per cent in the ten years to 2018, with nearly 19,000 attending each week. More people attended midweek services than on Sunday for only the second time since records began.

Music in Cathedrals continues to flourish, with 2,000 full-time choristers and 1,800 voluntary choir members.

Cathedrals also welcomed the highest ever number of children and young people for educational events. In 2018, 340,000 young people from nursery through to 18+ attended events at cathedrals and at Westminster Abbey.

Third Estates Commissioner, Dr Eve Poole, who leads the Church of England’s Cathedrals Support Group, said: “We know from countless anecdotes that many who visit as tourists encounter something deeper, and cathedrals have been imaginative in creating more opportunities for people from all walks of life to cross their thresholds.

This year, 2020, will see new pilgrimage routes opened-up as part of Year Cathedrals: Year of Pilgrimage, a project in collaboration between the British Pilgrimage Trust and the Association of English Cathedrals. The initiative will ensure there is a one-day pilgrimage route for every Church of England Cathedral, in addition to a group of six new trails in the north east.



Relationships, Sex and Health Education – now a Charter from C of E

The Church of England has published a Charter and resources to support schools in delivering Relationships, Sex and Health Education (RSHE).

The Charter features eight commitments which all schools, Church of England and others, can sign-up to prior to the new guidelines becoming law in autumn 2020.

The Church of England's lead Bishop for Education, Stephen Conway said in April 2019 that RSHE would require a shared duty of care between parents and schools, with the contents of the curriculum discussed and clearly communicated in advance.

To enable this, a skeleton agenda for parents' meetings has also been published, together with a framework for school staff discussion, a policy template and activities and prayers.

The eight commitments include delivering the curriculum as a professional and identifiable part of Personal, Social and Health Education (PSHE), building resilience of pupils, promoting healthy relationships, using honest and medically accurate information, meeting individual requirements including special educational needs and disabilities (SEND) and seeking pupils' views to make teaching relevant to their lives.

Launching the resources Stephen Conway, who is Bishop of Ely and the Church's lead Bishop for Education, said: "We are very pleased to be offering this Charter and companion resources which can help all schools foster an inclusive and faith-sensitive approach to Relationships, Sex and Health Education.

"While delivery of these topics has not been without contention in recent months, children are increasingly at risk of exposure to pornography and other damaging online and real-world interactions, and we must commit to teaching this vital part of the curriculum in a way which affords dignity and shows respect to all.

"It is our ambition that these resources will give primary schools in particular the confidence to develop an age-appropriate sex education provision in partnership with parents, guardians and carers, while recognising this is a decision for each school to make.

"As all schools must uphold the protected characteristics of the Equalities Act, this Charter is not just for Church of England Schools, but can be of value to any school as it seeks to be clear and intentional about a faith-sensitive approach to Relationships and Sex Education.

The Charter and companion resources, published by the Church of England's Education Department, can be downloaded from the Church of England website. <https://www.churchofengland.org/more/>

100 years of serving Wales

The Church in Wales is preparing to celebrate 100 years of serving Wales as it enters its centenary year.

In 1920, the Church in Wales became an independent part of the Anglican Communion after centuries of being part of the Church of England. The process was known as 'disestablishment' as it broke the link between Welsh churches and the state with the historic Welsh Church Act.

Events being held to mark the anniversary include celebration services in all six of the Church's cathedrals on June 7 and a visit by the Archbishop of Canterbury in April. A Centenary Appeal has also been launched which aims to raise £100,000 for two charities over the next five years.

The Archbishop of Wales, John Davies, said, "2020 is our centenary as a province of the Anglican Communion. We will be celebrating this landmark birthday throughout the year in churches and communities across Wales, and I invite everyone to join in giving thanks and praise for the fellowship we have shared over the years."

The Provincial Secretary, Simon Lloyd, said, "The Church in Wales is involved in community life in all parts of Wales – in cities, towns, villages and hamlets, in both of our languages, amongst people of all ages. We welcome everyone. The centenary is an opportunity to share our story and our life together with our friends, our neighbours and our nation."

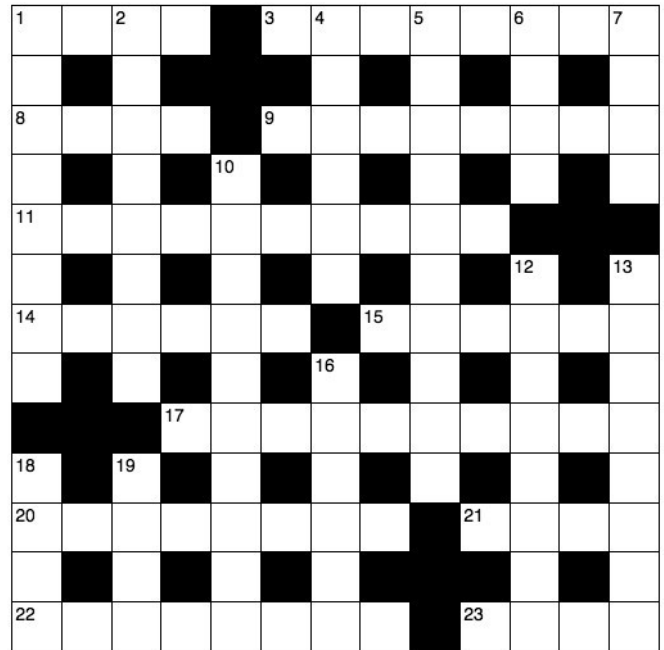
Crossword Clues & Answers

Across

- 1 'Again Peter denied it, and at that moment a — began to crow' (John 18:27) (4)
 3 Fetters (Job 33:11) (8)
 8 Perform on a musical instrument (1 Samuel 16:23) (4)
 9 Paul describes it as 'the third heaven' (2 Corinthians 12:2-4) (8)
 11 Loyally (Deuteronomy 11:13) (10)
 14 Hens? Me? (anag.) (6)
 15 Not visible (Matthew 6:6) (6)
 17 Predicted site of the final great battle (Revelation 16:16) (10)
 20 Jacob's youngest son (Genesis 35:18) (8)
 21 One of Zophar's eleven sons (1 Chronicles 7:36) (4)
 22 For example, London, Paris, Rome (8)
 23 United Society for the Propagation of the Gospel (1,1,1,1)

Down

- 1 Favourite church activity: Fellowship round a — — — (3,2,3)
 2 Divinely bestowed powers or talents (8)
 4 Pile together (1 Thessalonians 2:16) (4,2)
 5 Comanded to justify (John 8:13) (10)
 6 Timothy's grandmother (2 Timothy 1:5) (4)
 7 Killed (Psalm 78:34) (4)
 10 One of Graham Kendrick's best-known songs, — — King (3,7)
 12 Indecency (Mark 7:22) (8)
 13 Unceasing (Jeremiah 15:18) (8)
 16 He prophesied 'the abomination that causes desolation' (Matthew 24:15) (6)
 18 British Board of Film Classification (1,1,1,1)
 19 Pans (anag.) (4)



Miscellaneous observations on our Christian pilgrimage...

Conduct is an unspoken sermon. — *Henri Amiel*

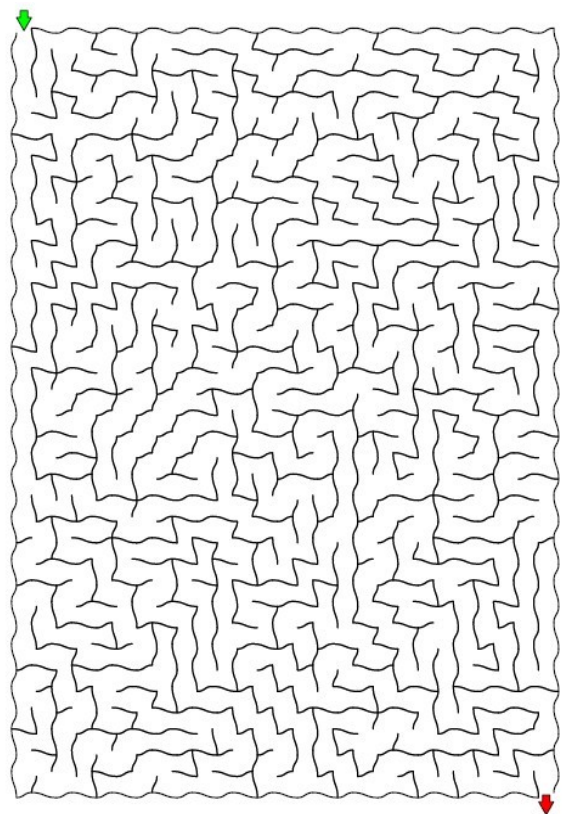
No amount of falls will really undo us if we keep picking ourselves up each time. — *CS Lewis*

Though our feelings for (God) come and go, His love for us does not. It is not wearied by our sins, or our indifference; and, therefore, it is quite relentless in its determination that we shall be cured of those sins, at whatever cost to us, at whatever cost to Him. — *CS Lewis*.

In helping others, we benefit ourselves; we heal our own wounds in binding up those of others. — *Ambrose*

Don't talk about the *cold* hand of death. It is the hand of Christ. — *Mary Slessor*

Source: *Parish Pump*



January's Maze Challenge!

Epiphany

'Where is the one who has been born king of the Jews? We saw his star in the east and have come to worship him.' So Matthew tells of the coming of the Magi, or Wise Men, to Bethlehem. Did they come from Arabia Felix – nowadays southern Arabia? How many came? No one knows, but by the 6th century they were named Gaspar, Melchior, and Balthasar. Why gold, frankincense and myrrh? Gold stands for kingship: Jesus was King of the Jews. Frankincense stands for divinity; Jesus was to be worshipped. Myrrh stands for death and burial; Jesus would become a sacrifice and die for his people. The Wise Men were the very first Gentiles ever to worship Jesus. Isaiah foresaw this response to Jesus: 'Nations will come to your light, and kings to the brightness of your dawn.' The Magi wanted to worship Jesus; Herod wanted to kill him.

- | | | | | |
|---------|-------|----------|--------------|-----------|
| King | magi | Epiphany | Balthasar | Isaiah |
| Jews | wise | Arabia | Gold | nations |
| star | men | Felix | Frankincense | Herod |
| east | baby | Gaspar | myrrh | kill |
| worship | Jesus | Melchior | kingship | Bethlehem |

Wordsearch

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

Medium Level Sudoku

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

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Puzzle Solutions

ACROSS: 1, Cock. 3, Shackles. 8, Play. 9, Paradise. 11, Faithfully. 14, Enmesh. 15, Unseen. 17, Armageddon. 20, Benjamin. 21, Beri. 22, Capitals. 23, USPG.

DOWN: 1, Cup of tea. 2, Charisma. 4, Heap up. 5, Challenged. 6, Lois. 7, Slew. 10, The Servant. 12, Lewdness. 13, Unending. 16, Daniel. 18, BBFC. 19, Snap.

Wordsearch solution



Crossword solution



Medium Sudoku solution

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



"Given the state of our heating system, your name seemed rather appropriate."

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?

NB: 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)

SAMPLE 7cm x 7cm advert

The opportunity to have your colour logo included in your advert



Text

Web address:

Contact details: 12345



A NEW YEAR

- * Renewed Hope
- * New Opportunities
- * New Adventures
- * New Ways to Give and Love.

May this be
your best year ever!



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.

If you would like to receive *InSpire* by email, you can subscribe to InSpire via the church website:-
www.capelandockleychurch.org.uk