

March 2020

Hosea 6:3 God will refresh us like spring rain

Isaiah 30:23 God will send rain to water the seeds you have planted

Psalm 147:8 God fills the sky with clouds and sends rain to the earth, so that the hills will be green with grass.

Zechariah 10:1 It is the Lord who sends rain clouds and showers, making the fields green for everyone.

Acts 14:17 God has shown kindness to you by giving you rain from heaven and crops in their seasons.

Psalm 65:9 God takes care of the earth and sends rain to help the soil grow all kinds of crops

InSpire Issue 36

The monthly publication for the Parish of Capel & Ockley
March 2020 - We mark the beginning of Lent,
celebrate Mothering Sunday, & Capel Teas return!

Free of charge - please take a copy!

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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.

This issue is kindly sponsored by

Irene Cole

In memory of Stan Cole
 1918 - 2012

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Team

I cannot believe that this is my ninth Easter in Capel and now in Capel and Ockley! How time flies. Having served in ministry for nearly twelve years I have been encouraged and supported by the Parochial Church Council, given permission by the Diocese and delighted to accept a three month sabbatical or as it is properly called 'Extended Study Leave'. This special time will run from Easter Monday through to the middle of July. It will be lovely to have three months in which to study and reflect on my ministry both past, present and future. We hope to catch up with old friends and places and to visit new ones. We are planning to tour round the west coast of Scotland with our caravan for some of the time and I hope to do some painting but please don't hold me to that! I have got lots of books lined up to read and so hopefully this time will refresh me and inspire me and Doug for the future. I expect like everything this time will also fly past but we shall miss our usual interaction with the parish but you may be assured that plans are in place for others to help with the running of the parish. Also we have visiting ministers, two of which have previously been incumbents here; Revds Bob Whittle and John Baxter, along with other popular clergy and ministers who are helping us out at St Margaret's and St John the Baptist.

While we are on sabbatical you will notice our friend and stonemason Shaun Williamson working on the north wall of the churchyard continuing our restoration project for which we now have funding for this next section which is wonderful. It is so exciting to see the wall restored and made fit for the future - a bit like me! Ha ha! The sabbatical will run from Easter Monday to the middle of July.

Anyway let's look to this month now and Lent continues with interesting Lent courses abounding everywhere. Barbara Steadman Allen at St Mary Magdalene, The Holmwood will be running a course based on the film 'The Greatest Showman' and the biblical letter to the Hebrews. How those fit together only Barbara knows but I have full confidence that this weekly hour will inform and inspire us all. Martin Gilpin at St Peter's Newdigate will be leading a Lent course on an important theme in our faith journeys 'When faith gets shaken'. This will take place in St Peter's Bell Tower followed by tea and cake. Discipleship Explored continues into this month as well at Newdigate which is getting great reviews. During this month and this season of Lent we will be pausing to decorate our churches with Spring flowers and to hand out our usual Mothering Sunday posies. Always such a poignant service, celebration but memories too as we remember our mothers or those who have 'mothered' us. The month ends as Holy Week begins and we welcome again our donkeys Dolly and Louis who will lead our procession from Bennetts Green to the church for our Palm Sunday service. Do come and join us! You will see all of these events and more in our Church calendar in this magazine but if you would like to have more information about Lent courses why not pop into church this month and pick up InSpire magazine or our latest weekly newsheet for more details or contact me.

Here's a thought - have you ever wondered whether if Jesus had been born in the early 20th century rather than 2000 years earlier he could easily have been a blues singer? As Bob Cranham our own 'blues man' and Cafe Church leader explains it seems that the parallels between his life and that of the average, itinerant blues man are uncannily similar! Sounds interesting doesn't it?! So if like me if you would like to know more come and join us at our second Cafe Church at The Crown pub on March 8th where Bob along with the band will be exploring the similarities, helped as usual by coffee and croissants hosted by Vanda, Gladys and their team. We can't wait! Talking of contemporary music we are looking forward to welcoming Pentangle's singer, Jacqui McShee who features in the next Cottage Concert this month. So all very exciting!

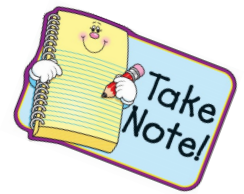
And if all of that is not exciting enough the Archbishop of Canterbury Justin Welby is visiting our diocese this month! He will be addressing the diocese at an event in Camberley and participating in many events during his two day visit. If you would like to know more then again please speak to me for more details.

With my love and prayers as ever

Rev Liz

CHURCH SERVICES & EVENTS FOR MARCH 2020

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SUNDAY	1st 8.00am 9.30am 10.30am	First Sunday of Lent Holy Communion (BCP) Matins at St Margaret's Ockley (<i>not Parish Communion as previously advertised last month</i>) Family Communion at Capel
TUESDAY	3rd 4.30 - 6.30pm	Youth Cafe Ockley Cricket Pavilion (Cafe for young people years 7-11)
WEDNESDAY	4th 9.45am 7.30 - 9pm	Daily Office in Capel church Discipleship Explored course at St Peters Newdigate
FRIDAY	6th 2.00pm	World Day of Prayer at St Margaret's Ockley Service to celebrate the World Day of Prayer followed by teas
SATURDAY	7th 8.00pm	Cottage Concert in Capel Church Pentangle's Jacqui McShee in concert
SUNDAY	8th 9.30am 10.30am	Second Sunday of Lent Holy Communion at St Margaret's Ockley Blues Cafe Church at The Crown Capel (not to be missed!)
TUESDAY	10th 4.30 - 6.30pm	Youth Cafe Ockley Cricket Pavilion (Cafe for young people years 7-11)
WEDNESDAY	11th 9.45am 7.30 - 9pm	Daily Office in Capel church Discipleship Explored course at St Peters Newdigate
SUNDAY	15th 8.00am 9.30am 10.30	Third Sunday of Lent Holy Communion (BCP) Matins at St Margaret's Ockley Parish communion at Capel
TUESDAY	17th 3.15pm 4.30 - 6.30	Messy Church at Capel Memorial Hall onwards and finishing at 5pm. Fun, craft and supper for all ages! Youth Cafe Ockley Cricket Pavilion (Cafe for young people years 7-11)
WEDNESDAY	18th 9.45am	Daily Office in Capel church
SUNDAY	22nd 8.00am 9.30am 10.30am 3 - 5pm	Mothering Sunday Holy Communion (BCP) at Capel Matins at St Margaret's Ockley All Age Parade Service at Capel Capel Teas begin once again!

**Capel Teas begin again on
Sunday 22nd March -
Mothering Sunday**



© The Dorking Advertiser

TUESDAY	24th 4.30 - 6.30	Youth Cafe Ockley Cricket Pavilion (Cafe for young people years 7-11)
WEDNESDAY	25th 9.45am	Daily Office in Capel church
SATURDAY	28th 2.30pm	Holy Baptism St John the Baptist Capel
SUNDAY	29th 9.30am 11am	Fifth Sunday of Lent Parish Communion at St Margaret's Ockley followed by..... Annual Parochial Church Meeting

APRIL

SATURDAY	4th	Working Party! See below.
SUNDAY	5th 8.00am 9.30am 10.30	Palm Sunday Holy Communion (BCP) Capel Matins at St Margaret's Ockley Palm Sunday Procession and Family Communion at Capel Procession with donkeys begins at 10.20am Bennetts Green.



Calling helpers!

We are holding a 'Working Party Day' (morning)
on **Saturday 4th April 9am—1pm**
at St John the Baptist, Capel

We are hoping to achieve a deep Spring Clean and
this to include window sills and monuments
together with the ever necessary bramble cutting!

There will be free coffee & croissants!

Hope you can join us!
Norman Ede



Working Party

**Saturday 4th April 9 am—1pm
at St John the Baptist Chapel**

See more details on page 5

From the Registers

St Margaret's Ockley

We mourn the loss of
Neville Leo Clifford-Jones

24th January 2020

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



David Silliman

David has been an active member of the
PCC, on the building Committee and
now on the cleaning rota too!

Thank you David for all you do!

Editor's Note: Please help me by giving me your
nominations from Chapel & Ockley as to who needs a
little thanks for everything they do! Let me know on
slc@ansford.me.uk

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!



TWO EXCITING DATES FOR YOUR DIARIES!

THE VICARAGE FETE 2020

This year's Chapel Vicarage Fete will be held on
Saturday 20th June 2020
12.00 until 3.00 pm
at a venue to be confirmed.

(Rev Liz is on sabbatical so we are not going to use
the Vicarage garden).

There will be lots to do, plenty of stalls and lots on
offer to eat and drink too!

We will be appealing for the loan of gazebos, party
tents and baked goodies for the cake stall nearer the
time! Thank you

CAPEL CHRISTMAS FAIR

The first Chapel Christmas Fair in aid of our
two Parish Churches and the
Motor Neurone Disease Association (MNDA)

will be held on
Saturday 14th November 2020
from 12.00 until 4.00 pm

in the Memorial Hall AND Parish Halls, Chapel

with lots of tempting stalls to choose from,
together with hot food and refreshments
and all in aid of good causes!

**Why not make it your Christmas shopping
event!**

ALLOTMENTS IN CAPEL

Plots are available at Temple Lane, a really beautiful location, where our plots are 5 x 12 metres, or half that if you want. We are a small group, run by members, and in 2020 we are celebrating being established for 10 years.

When our plots are not in use, we cover them, so a new person has an easier start – and March/April is a great time to start, to fully benefit from the growing season, not least because our well-drained site is relatively easy to weed and work.

Contact philip_partridge@btinternet.com or call/text 07813 829 326

SAFEGUARDING NOTICE

'The care and protection of children, young people and adults involved in Church activities is the responsibility of everyone who participates in the life of the church. If you are concerned that someone you know is at risk of, or is being abused, or presents a risk to others, please seek advice from a Safeguarding Adviser or if necessary report the matter to the Local Authority Social Care Services or the Police without delay.'

If you have any concerns contact our Safeguarding Officer 07732825908 leighdesouza@yahoo.com or Revd Liz Richardson 01306 711260 liz@hostmyserver.co.uk

This notice will appear each month in InSpire and the contact details for our Safeguarding Officer and the Diocesan Safeguarding Advisor Mr Ian Barry will be published in our weekly pew sheets.

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 Café. 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

NOTICE OF ANNUAL PAROCHIAL CHURCH MEETING

Parish of Capel and Ockley
The Annual Parochial Church Meeting will be held
in St Margaret's Church Ockley
on the 29th day of March 2020.



For election of parochial representatives of the laity as follows –

To the Deanery Synod one representatives.

To the Parochial Church Council:- Joy Harman, Norman Ede, Shirley Dean-Webster, Leigh Smith, Helen Burt, Deborah von Bergen, Suzanne Cole, Jessie Sutcliffe, Wendy Goddard, Andrew Carr, Gordon Lee Steere, David Silliman, Victor Steeden, Richard Williams as representatives.

For the appointment of the Independent Examiner or Auditor.

For the consideration of:

- (a) a report on changes to the Roll since the last annual parochial church meeting;
- (b) an Annual Report on the proceedings of the parochial church council and the activities of the parish generally;
- (c) the financial statements of the council for the year ending on the 31st December preceding the meeting;
- (d) the annual report on the fabric, goods and ornaments of the church or churches of the parish;
- (e) a report of the proceedings of the deanery synod; and
- (f) other matters of parochial or general Church interest.

In this Notice, 'parish' means an ecclesiastical parish.

Rev Liz Richardson

Signed Revd. Elizabeth Richardson
Minister of the parish

Palm waving

It was Palm Sunday, but five-year-old Jamie stayed at home with mum because of a bad cold. When his father and sisters returned, they were carrying several palm fronds. His sister explained: "People held them over Jesus' head as He walked by."

"That's not fair!" Jamie protested. "The one Sunday I don't go, and He shows up!"

On the hop

Q: What do you get when you cross the Easter Bunny with an over-stressed minister during Holy Week?

A: An Easter Basket Case

Laughter
is God's
blessing.

- Joseph Prince

SermonQuotes



Come and join us in St. Peter's Church Newdigate
for the '**Discipleship Explored**' Course

It will be held in Church on 8 Wednesday Evenings
in February & March 2020 - Starting 5th February 2020 7.30pm – 9pm
Come once, twice, to all 8 sessions, whatever suits!

Tea/Coffee/Cake/Light refreshments,
DVD presentation, Group discussion

It's for those:-

- ♦ - **who want to know what it means**
 - ♦ **to follow Jesus Christ**
- ♦ - **to make the most of their Christian lives**
- ♦ - **or to find out more about the Christian Faith.**

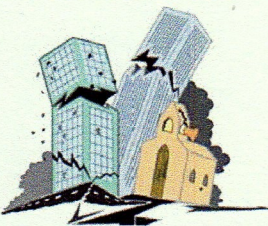
For more information, or to sign up please contact

Rev Andrew Coe

01306 631469

rector@stpetersnewdigate.org.uk

www.stpetersnewdigate.org.uk



When Faith gets Shaken

Lenten Bells - DVD and Discussion Group

Mondays in Lent 2.30 - 4pm
2nd, 9th, 16th, 23rd, 30th March and 6th April
In St Peter's Church, Bell Tower

*An opportunity to reflect on how we can
focus on God and keep going when our faith gets shaken.*
Topics include: God, where are You? Peace; Rethinking Courage;
Followed by Tea and Cake! Everyone welcome!
Come when you can.

For further information contact
Celia on 01306 631 440 or Martin on 01306 631485

Dear Readers,

It seems that the beginning of Spring may actually be around us! I've certainly never known a wetter winter and walking the dog has been like walking in deep sticky treacle with the depth of the mud in local fields!

We have much to look forward to as usual with another concert from Bob's Cottage Concerts with the talented Jacqui McShee of Pentangle performing for us in St John's on Saturday 7th March. We then have a 'Blues café church' in The Crown inn, Capel on Sunday 8th at 10.30am which promises to be a good one! There are two courses on offer from St Peter's in Newdigate—do see details on page 9. There are things for the younger people too with Messy Church on 17th March and our popular Youth Café on Tuesday afternoons in Ockley cricket pavilion.

Don't forget Mothering Sunday is on 22nd March with our Capel Teas beginning their 2020 season that day! There is information and some special prayers for Mothering Sunday on page 18 and 19. For many it is a day of celebrating motherhood, the Mums that have made our lives what they are today, but for many it can be a difficult day. Perhaps they have lost a child, either stillborn, later in childhood or adolescence or for many never have become a mother through no choice of their own. It is just as important that we remember them and the new Church of England prayer on page 19 which was published on The Diocese of Guildford's website remembers these women for whom Mothering Sunday is a sadly poignant day.

It is with great sadness that I write that we have now lost our dear friend Peter Ede, so soon after the loss of Mary. He bore his long illness with grace, courage and stoicism and of course humour! What will we do without Peter's wonderful witticisms, jokes and funny stories that kept us all entertained over the years? He will be much missed. I have now been in Capel for most of my adult life, coming here 30 years ago this year at the age of 25 when we got married and I feel honoured to have known the likes of Peter in my time here. To me he was and is quite simply 'Mr Capel'. The spirit of our village completely embodied in one who had spent his lifetime here and loved it deeply. Thank goodness he has left us a wonderful collection of local history memorabilia that people will look at and appreciate for years to come. May you rest in peace dear Peter now that you are reunited with your beloved Mary once again. But how we will miss you ...

Best wishes,

Suzanne

What God looks like

An infants teacher was observing her classroom of children while they drew. One little girl was working away furiously, and so she asked her what the drawing was. The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like."

Without missing a beat, the little girl replied, "They will in a minute."

© Parish Pump



"I think I've finally become fully accepted here. After 25 years, the villagers have stopped calling me, The new incumbent!"

Great News about the wall!

Dear all

You will be pleased to hear that we have received a donation of £500 (plus gift aid) from Alex Bone for the wall and a grant from the Surrey councillors Allocation fund of £1,055. This means we have now reached our target for the North wall and can start to fund the East wall. We will be raising money for the East section next which fronts the road. *If you feel you could make a donation to help this work, please make cheques payable to **Capel & Ockley PCC**.*

We have one grant application left with Gatwick who are not meeting until March, but I am delighted that our recent applications have been successful.

Stamp Collecting

A huge thank you to everyone who has dug out all their old stamps to give to the RNIB. I have just sent 2 large packages off to the charity who will be most grateful.

I thought we would continue to collect stamps throughout the year as everyone seems to have enjoyed doing it. I realise there won't be as many as at Christmas, but I will empty the boxes in both churches on a regular basis and send them off.

Two requests:

- ♦ For stamps that have been on envelopes, please trim so that there is no more than 1cm of paper around the stamp – I have done this for all those so far received.
- ♦ If you would like to donate stamp albums or first day covers RNIB are very happy to have them and I can arrange for postage paid labels and/or boxes for you to put them in, just contact me to arrange this.

Debbie von Bergen

Request for Raffle Prizes for Vicarage Fete

We are sorry to start asking so early but we are already well underway with organising this year's Vicarage Fete on 20th June and would like to tell you what prizes we hope to offer! We would like to make up some hampers with the following themes ...

* **Food** * **Pamper Hamper** * **Garden** * **Dog/Cat**

Also, we would very much like to be able to offer prizes such as **meals at local pubs, a round of golf at a local club or other similarly enticing things ...!** The raffle is always a staple part of the Fete and raises a large amount of money, so we would be really grateful if you're able to contribute any prizes such as those suggested above - thank you!

Suzanne, Debbie & Helen
Fete Committee 2020





NEWS FROM THE BELFRY



The Pleasure of Ringing

Though not aware of it myself, it is apparently common knowledge amongst bellringers that Pilgrim's Progress, written 350 years ago, is an allegory of a man trying to master Bob Doubles, one of the first methods a ringer learns after mastering plain hunt. In fact our newest ringers are currently working on this method.

John Bunyan was a fanatical bellringer and supposedly coined the terms *Slough of Despond*, *Valley of Humiliation*, *Doubting Castle*, *Giant Despair* and *Mountain of Error* with method ringing in mind. This may give the impression that ringing is a tortuous affair but actually there is a great feeling of elation when you get it right. It does however take a lot of practice and like most things in life, the better the preparation the more likely you are to succeed. The fact that Bunyan was so keen is no surprise as there are always further challenges to meet in learning to ring more complex methods. Sadly, although hooked on ringing Bunyan felt compelled to give it up for religious reasons. He didn't believe it to be wicked but thought that God would find his enjoyment of it to be so. He was then tormented by the pleasure he was missing.

He also gave up other pleasures such as dancing and playing a forerunner of cricket and rounders after an epiphanic moment when a voice in his head said '*Wilt thou leave thy sins and go to heaven or have thy sins and go to hell?*'

Bunyan missed ringing so much that he continued to visit the bell tower to watch but then became obsessed with the thought that the bells would fall upon him and this is described in *Grace Abounding to the Chief of Sinners* in 1666.

If you would like to find out what is so compelling about ringing, please come along and have a go, under supervision, or contact me. 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

Editor: The Revd Michael Burgess begins a series on animals and birds as seen in art and Scripture... this will run throughout 2020. We will feature them in InSpire wherever possible.

'He gave us eyes to see them': woodcut from Cologne Bible of 1478

The RSPCA was the first national animal welfare society in the world and was founded in 1824 by an Anglican priest, the Revd Arthur Broome. He asked the question, 'Can the infliction of cruelty on any being which the Almighty has endued with feelings of pain and pleasure consist with genuine and true benevolence?'

This month we focus on the story of Balaam and his donkey in Numbers 22. Balaam has not heeded God's will, and as he journeys, an angel bars his way. Balaam cannot see the angel, but his donkey can. Three times the animal turns away. Three times he is beaten by his owner, and eventually the donkey asks, 'Why are you beating me when I have served you faithfully?' Balaam's eyes are opened: he sees the angel and his heart repents.

This story is captured in a vivid woodcut from the Cologne Bible of 1478. It was a translation into Low German and enhanced by colourful illustrations. We can see Balaam on his donkey in the countryside. He has raised his hand to strike, unaware that the donkey has seen the angel of God. As we look and ponder this story, we can remember that cruelty and abuse mark out life today with children, vulnerable adults, and all creatures great and small. The donkey calls us to think of how we treat creation around us.

Donkeys can be stubborn, but they are also signs of humility, patience and hard work. It might be Dapple with Sancho Panza in the story of Don Quixote, or Tim Moore travelling the camino with his donkey in 'Spanish Steps.' And in the Gospels, we recall the donkey in the Christmas story and the donkey that bore Jesus into Jerusalem on the first Palm Sunday. We celebrate that day next month: the humble donkey sharing in the triumph of that entry, just as he shares with all animals in the wonder of creation. G K Chesterton's poem reminds us that the donkey may be starved, scourged and derided, but he had that special hour of glory. 'There was a shout about my ears and palms before my feet.'

Source: Parish Pump





Why not try something different for Lent this year?

#LiveLent: Care for God's Creation

This Lent, we hope both adults and children might engage in God's plea for us to "Care for Creation". It is an opportunity for us to rebuild our relationship with our planet, and in turn with the God who is Lord of everything.

Archbishop Justin Welby & Archbishop John Sentamu

You can sign up to receive daily reflections by email or download an App for your mobile phone! Follow the link below for more information.

<https://www.churchofengland.org/our-faith/living-out-our-faith/lent-holy-week-and-easter/livelent-care-gods-creation>



See details of more Apps available from The Church of England on page 15!

<https://www.chpublishing.co.uk/apps>

Apps

Our user-friendly apps - now all available on Android as well as iOS - aim to make service planning, worship and liturgy easier than ever before.



Daily Prayer

Join the Church of England in prayer with daily services for Morning, Evening and Night Prayer.



Common Worship Lectionary

The official Church of England Bible readings for every day of the Church year.



Live Lent: Care for God's Creation

The Church of England's Lent campaign for 2020, helping you protect and care for creation.



Reflections for Daily Prayer

Make Bible study part of your daily routine with these reflections from leading Anglican writers, ministers and theologians.



Reflections on the Psalms

Explore all 150 Psalms with thoughtful commentaries from leading writers, including John Sentamu, John Pritchard and Paula Gooder.



Sunday Worship

Get instant access to each Sunday's Bible readings, Collects and post Communion prayers.



Thy Kingdom Come

Join in the exciting global wave of prayer between Ascension and Pentecost and build a rhythm of daily prayer.



Time to Pray

Create space in your day for prayer, praise and Bible reading with this simple daily service.

‘But in your hearts, revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect..’ 1 Peter 3:15

LENT cont..

‘And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.’ Micah 6:8

SUNDAY 1st

God of mercy and source of justice, pour on Your people such love and compassion that we cannot remain silent, we cannot tolerate injustice and poverty. During Lent, as Your grace fills our hearts, may we be stirred into action to demonstrate Your love for all the world and for all creatures that live and move on this earth.

INNER CLEANSING

‘Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.’ John 14:27

MONDAY 2nd

Father God, may Lent be a time of inward searching that makes us more able to look with compassion at the needs of the world.

TUESDAY 3rd

Forgive us Lord for our apathy, for our lack of courage to speak out. Forgive us when we walk past and don't offer help. Forgive us when we get it wrong.

WEDNESDAY 4th

Loving Father, we confess that we are afraid. We confess our hidden doubts and prejudices and our reluctance to be alongside those who are different from ourselves. We ask that You would lead us into action: give us strength to be a voice crying for justice and peace.

THURSDAY 5th

God of mercy and love let us serve You in our world. Let us not stand aside and tolerate lack of basic human resources, dehumanising practices, or the use of violence to disempower Your people. Give us strength to act and challenge hatred, and instead bring Your justice and mercy.

FRIDAY 6th

Merciful Father, in Your name we humbly ask that we may be a channel for Your peace and love. Forgive those things we have done which have caused You sadness, and those things we should have done that would have brought You joy. Bring us back to You. Lead us to the Cross and meet us there.

SATURDAY 7th

Lord, we confess we are not always eager to do Your will. We pray that You will help us to remember that the Holy Spirit can guide us in the right direction and strengthen our hearts. With a grateful heart, we acknowledge Your love and know that without You, we can do nothing.

SUNDAY 8th

Holy Spirit, when we are feeling proud, arrogant, beyond reproach, pleased with ourselves and self sufficient in our ways, remind us that for us You walked a road that took You to a cruel cross, and rose again to show us where we might look for rescue.

COMMUNITY

MONDAY 9th

Loving Father, we thank You for the social life of our villages and for all who organise the activities. May there always be inspiration, compassion, concern and joy in every activity.

TUESDAY 10th

Gracious Lord, we thank You for all those in our community who give their time helping others, following Your example. We especially think of those who visit people who are lonely or sick and for drivers who offer lifts to surgery or hospital.

WEDNESDAY 11th

Father God, help us in all our interactions with one another to have humble and gentle hearts. Grant us patience, bearing with one another in love.

THURSDAY 12th

Lord, enable our churches to do Your will. Make us outward looking; a community of peacemakers and bridge builders. Help us to pursue what makes for peace and for building one another up.

FRIDAY 13th

God of power and love, we pray for the safety of all pedestrians, cyclists, bikers and motorists who use the roads around our parishes. May they acknowledge and respect the beauty and peace of our country setting.





SATURDAY 14th

Father God, we want to strive to be a church that You want to bless. Help us to communicate such joy, such grace and such passion in our worship that we compel others to join the experience of praising You.

SUNDAY 15th

Loving Father, we pray for all members of our congregation that in their life and work they may advance Your kingdom and bear witness to Your love in their lives.

WOMEN

'The Lord is my light and my salvation - whom shall I fear? The Lord is the stronghold of my life - of whom shall I be afraid?' Psalm 27:1

MONDAY 16th

Heavenly Father, we lift up to You the women of our nation. Guide and direct them and help them to seek righteousness so that they are role models to the younger generation.

TUESDAY 17th

Father God, we pray for women around the world. May Your Holy Spirit reveal to them their value and their purpose. Help them in their daily lives to hunger and thirst for Your word.

WEDNESDAY 18th

Loving Father, we pray for women who must give birth in dangerous or squalid conditions and for women who are fearful because they do not have the resources to care for their children adequately.

THURSDAY 19th

Lord, give wisdom to all women who are leaders in business and in government. Help them to lead with integrity and be an example of You to others.

FRIDAY 20th

Father, we pray for all girls and young women who are struggling with discipline, the demands and the expectations of our society. May they know Your love and peace.

SATURDAY 21st

Merciful Father, we pray for women who may be suffering in secret. You know their hearts and what they are going through. Comfort them and give them strength and confidence to make them feel worthy.

SUNDAY 22nd

Dear Lord, on this special day, we give You thanks for mothers everywhere. We thank You for their tenderness, patience, love and care.

MEN

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

MONDAY 23rd

Heavenly Father, we lift up to You the men of our nation. Guide and direct them and help them to seek righteousness so that they are role models to the younger generation.

TUESDAY 24th

Father God, we pray for men around the world. May Your Holy Spirit reveal to them their value and their purpose. Help them in their daily lives to hunger and thirst for Your word.

WEDNESDAY 25th

Lord, give wisdom to all men who are leaders in business and in government. Help them to lead with integrity and be an example of You to others.

THURSDAY 26th

Loving Father, thank You for sending Jesus to come to us as a perfect example of a godly Man, a Man who demonstrated that godly living means to walk in spirit and truth in obedience to You, His Heavenly Father.

FRIDAY 27th

Father, we pray for all boys and young men who are struggling with discipline, the demands and the expectations of our society. May they know Your love and peace.

SATURDAY 28th

Heavenly Father, we pray for men everywhere who are on their own and struggling with the demands of daily living. Give them strength and confidence, we pray, to make them feel worthy.

SUNDAY 29th

Lord, we pray that whatever role men have in their lives, whether father, son, brother, uncle or husband, that they may discover and live out their God-given purpose, to pursue only the goals that will bring glory to You, our Saviour.

NEWNESS OF LIFE

'Because of the Lord's great love, we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.' Lamentations 3:22-23

MONDAY 30th

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

TUESDAY 31st

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

Mother Church, Mother Earth, Mother of the Gods - our human mothers - all of them have been part of the celebration of 'Mothering Sunday' - as the fourth Sunday in Lent is affectionately known. It has been celebrated in the UK since at least the 16th century.

In Roman times, great festivals were held every Spring to honour Cybele, Mother of all the Gods. Other pagan festivals in honour of Mother Earth were also celebrated. With the arrival of Christianity, the festival became one honouring Mother Church.

During the Middle Ages, young people apprenticed to craftsmen or working as 'live-in' servants were allowed only one holiday a year on which to visit their families - which is how 'Mothering Sunday' got its name. This special day became a day of family rejoicing, and the Lenten fast was broken. In some places the day was called Simnel Day, because of the sweet cakes called simnel cakes traditionally eaten on that day.

In recent years the holiday has changed and in many ways now resembles the American Mothers' Day, with families going out to Sunday lunch and generally celebrating their mother and trying to ensure she has a special day to remember!



Mothering Sunday falls on the fourth Sunday of Lent, this year on 10th March.

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

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A Prayer for Mothering Sunday

Loving God,
Thank you for mums and children
and for all the joy of family life.
Be with those who are grieving
because they have no mother;
Be close to those who are struggling
because they have no children;
Be near to those who are sad
because they are far apart from those they love.
Let your love be present in every home,
And help your church to have eyes to see
and ears to hear the needs of all who come.
We ask this in the name of Jesus Christ our Lord.
Amen.



This year, you can either buy special gifts for your mother from Mothers' Union, or else remember your mother by sending a gift to Mothers Union to help empower women around the world.
<https://www.mothersunion.org>

100th anniversary of Mothering Sunday

The Church of England is calling for a celebration of thanksgiving for mothers and motherhood to mark the centenary of Mothering Sunday

One hundred years after the campaign to re-establish Mothering Sunday was launched at Coddington in Nottinghamshire, the Bishop of Southwell and Nottingham, the Rt Revd Paul Butler, is calling for a celebration of thanksgiving for mothers and motherhood to mark the centenary.

Bishop Paul said: This diocese has a special connection with Mothering Sunday, going back to the initiative of Constance Penswick-Smith from one of our parishes who put the day on the national agenda again. Mothering is something we all need at times although it is something we can take for granted. This year I am especially aware of all those children and young people who do not have mothers or even fathers and are without the care and love of a family.



"We are asking parishes to focus on the work of Family Care - our local adoption and family support agency that gives practical help to children and young people. This special Mothering Sunday is an opportunity to think and pray for mothers and pray about how we can be a mother to someone who desperately needs care and love.

The Bishop of Southwell and Nottingham also urged people to celebrate mothering Sunday by posting prayers online at <http://www.prayoneforme.org/?paged=2> giving thanks for their mothers and remembering too those for whom the day is difficult due to bereavement or family breakdown.

In 1913 Constance Penswick-Smith (1878-1938), the daughter of the vicar of Coddington, Nottinghamshire, caught the vision to celebrate Mothering Sunday. Later in 1921 Constance wrote a booklet asking for a full revival of Mothering Sunday, eventually founding The Society for the Observance of Mothering Sunday and spending more than 25 years promoting the celebration of the festival. Thanks mainly to Constance's efforts, Mothering Sunday - which has its roots in the pre-Reformation Church - has been widely observed and re-established across the Church of England, and celebrated in wider society.

A new prayer for Mothering Sunday

Mothering God who loves us passionately, we thank you for this love

We thank you too for the love of mothers for their children everywhere

Where being a mother is hard, give wisdom and strength

Where it is a joy and delight, give hearts of thankfulness

For those for whom this day brings sadness because of the loss of a mother, or motherhood, bring comfort

And may the church as mother show forth your love to all

We pray in the name of Jesus of Nazareth, who knew the care of his mother Mary

Amen





Church of England launches energy rating tool for churches – as Synod considers new ‘net zero’

The Church of England is launching an energy rating system similar to those used for household appliances. The aim is to help monitor the carbon footprint of its almost 40,000 buildings, as General Synod has recently voted on a major new proposal to reach ‘net zero’ CO2 emissions.

The hope is for all parts of the Church of England, from parishes to national bodies, to aim for ambitious year-on-year reductions in emissions to reach ‘net zero’ by 2045 at the latest.

In a first step, parishes are being offered a new rating tool, which calculates their energy consumption. It will take into account factors including the type of power they use, whether they are on ‘green’ tariffs, the size of the building and usage.

The Bishop of Salisbury, Nicholas Holtam, the Church of England’s lead bishop for Environmental Affairs, said: “The Church of England has buildings in every architectural style and material from the past 1,500 years, posing some unique challenges when it comes to energy efficiency.

“However, churches are not museums; they are living buildings which serve their communities every day of the week, and being greener isn’t about doing less, it’s about equipping parishes to get smarter about energy consumption.

“Christians are called to safeguard God’s creation and sustain and renew the life of the earth. Faced with the reality of catastrophic climate change, which will affect the world’s most vulnerable people the soonest, radical and immediate action is our only option.”

A paper sent to Synod members before February’s General Synod also outlined the potential impacts of climate change directly affecting the Church. It warned parishes that, as impacts start to accelerate, more churches will need to be prepared to play missional roles in their communities, including offering sanctuary in extreme weather events, as was seen at the church of St Cuthbert, Fishlake, following flooding of the River Don last year.

Civil Partnerships for opposite-sex couples

Following the recent change in the law to extend civil partnerships to opposite-sex couples, the House of Bishops has agreed a pastoral statement. It is as follows:

In December 2005 the Civil Partnership Act came into force. For the first time it created a new institution that was not marriage, enabling two people of the same sex to acquire a new legal status by registering a civil partnership with each other. The House of Bishops prepared a statement in July 2005 to help the Church as it addressed the pastoral and other implications of the new legislation.

At the time, Civil Partnerships were possible only for couples of the same sex. The government of the day had no intention of introducing same sex marriage, and so civil partnerships were offered as a complementary but distinct institution.

However, things changed with the introduction of same sex marriage by the Coalition government in 2013. This, for the first time, meant that a substantive gap emerged between the Church’s understanding of marriage and that of the State. The House of Bishops has issued separate guidance on same sex marriage (2014).

In June 2018, the Supreme Court ruled that the retention in law of Civil Partnerships solely for same-sex couples was incompatible with the Human Rights Convention. HMG has chosen to respond to this by making provision for Civil Partnerships to be opened to opposite sex couples.

HMG supported a Private Member’s Bill which included provision for the Civil Partnership Act 2004 to be amended. The Bill received Royal Assent on 26th March 2019, becoming the Civil Partnerships, Marriages and Deaths (Registration Etc.) Act 2019.

The House of Bishops is therefore issuing this new Pastoral Statement on Civil Partnerships to reflect the fact that Civil Partnerships are now open to both same sex and opposite-sex couples.

It has always been the position of the Church of England that marriage is a creation ordinance, a gift of God in creation and a means of His grace. Marriage, defined as a faithful, committed, permanent and legally sanctioned relationship between a man and a woman making a public commitment to each other, is central to the stability and health of human society. We believe that it continues to provide the best context for the raising of children, although it is not the only context that can be of benefit to children, especially where the alternative may be long periods in institutional care.

The Church of England's teaching is classically summarised in The Book of Common Prayer, where the marriage service lists the causes for which marriage was ordained, namely: 'for the procreation of children, ...for a remedy against sin [and].... for the mutual society, help, and comfort that the one ought to have of the other.'

In the light of this understanding the Church of England teaches that "sexual intercourse, as an expression of faithful intimacy, properly belongs within marriage exclusively" (Marriage: a teaching document of the House of Bishops, 1999). Sexual relationships outside heterosexual marriage are regarded as falling short of God's purposes for human beings.

The introduction of same sex marriage, through the Marriage (Same Sex Couples) Act 2013, has not changed the church's teaching on marriage or same sex relationships. A major study of this and other areas of human sexuality is underway (the Living in Love and Faith project). This work, which is expected to be completed in 2020, will then inform further deliberations of the House of Bishops. In the context, however, of the introduction of opposite sex as well as same sex civil partnerships, the teaching of the church on marriage remains unchanged.

New Christian heritage network will "reach thousands with a gospel message"

Church-based, actively Christian groups have teamed up to create a new network of Christian heritage tour operators.

The network includes operators of tours, exhibitions and resources in London, Norwich, Oxford, Cambridge, Harwich/Essex, Birmingham, Edinburgh and Lincolnshire-Nottinghamshire. It is at: www.christianheritagenetwork.org.uk

Major expansion of science education planned for ministry training

Grants to provide opportunities to learn about cutting-edge science for people training for the priesthood in the Church of England are to be made available as part of a £3.4 million project aimed at transforming the relationship between science and faith.

Theological colleges and courses will be encouraged to bid for funds to help integrate discussion on science-related subjects into existing theological studies in the latest phase of the *Equipping Christian Leadership in an Age of Science* (ECLAS) project.

Organisers hope that up to half of all people training for ordained ministry will eventually benefit from sessions where they have an opportunity to discuss topics such as Artificial Intelligence and the questions it raises for society. This will be funded by the project, run by the Universities of Durham and York in partnership with the Church of England.

Under the plans, the project will also provide more conferences for senior church leaders and clergy on areas of scientific interest.

The Bishop of Kingston, Richard Cheetham, said: "This project has transformative potential. I can see it contributing to the shaping of a future generation of church leaders who enjoy science and are unafraid of complexity, fully prepared to engage in conversation with the pressing questions raised by cutting edge research."

Real Easter Eggs celebrate their 10th birthday!



The Real Easter Egg campaign has been running since 2010 and involves thousands of churches, schools and groups. It crosses all denominations and offers individuals a simple way to share the Easter Story while supporting Fairtrade and charitable projects.



The idea began in 2008 when I was given a chocolate Easter Egg. On the side of the box it read: 'Easter is the festival of chocolate and loveliness'. I began to wonder – was it right for the manufacturer of an Easter egg to change the meaning of a religious festival in this way? Imagine the outcry if this had been done to Christmas.

I searched for an Easter egg which mentioned the Christian story of Easter. It became clear that out of the 80 million eggs on sale there was not a single manufacturer who was willing to mention the religious aspects of the festival. So, I started The Meaningful Chocolate Company to manufacture the UK's first 'Real Easter Egg'.

For it to be a 'Real Easter Egg', it had to reflect the Easter themes of hope and new life and do three things – have a copy of the Easter story in the box, be made from Fairtrade chocolate and support charitable causes.

The Real Easter Egg was launched in 2010. It was a struggle, as the supermarkets turned down the idea. It was left to churches and schools to place orders and fund the making of The Real Easter Egg.

Ten years on, more than a million eggs have been sold, with over 750,000 eggs sent through the post directly to customers. The rest have been sold through retailers and supermarkets.

Nearly £275,000 has been donated to charitable projects with Fairtrade Premium fees paid to farmers allowing them to buy everything from school-books and solar panels to providing fresh water.

For Easter 2020, there are five types of Real Easter Eggs available, all with new content. Each egg has an edition of the Easter story included. There is a new 24-page version in the Original and Dark eggs with activities, biblical text and a prize competition worth £200. There is a poster activity version of the Easter story in the Sharing Box and Fun Pack and a simple guide version in the Special Edition. Both the Original and Dark 2020 eggs are plastic-free and all our chocolate is Palm Oil free.



This year churches are encouraged to read more or order at www.realeasteregg.co.uk

The courage of Oscar Romero

An Archbishop was presiding at Mass when a hired gunman shot him in the back. That was 40 years ago this month. Archbishop Oscar Romero was the Roman Catholic primate of San Salvador, the capital of El Salvador: a small, populous country in South America with a history of political intrigue, violence and corruption.



The assassin, a professional hitman who has never been caught, was working for an extreme right-wing junta and its supporters, who felt threatened by Romero's sermons and his hugely popular radio broadcasts.

Oscar Romero was not a natural agitator. The emphasis of his ministry had been on personal holiness and he had been slow to draw attention to the unscrupulousness which pervaded his country, but when a socially active priest-friend was murdered, he felt he had to follow the same path. He highlighted the torture of prisoners, the censorship of the press, closure of schools and the plight of the poor.

In 1980 he criticised the United States for their support of the junta. In a sermon on 23rd March 1980 he ordered the army to stop killing people: "In the name of God, and in the name of this suffering people whose cries rise to heaven more loudly each day, I beg you, I implore you, I order you, in the name of God, stop the repression!" That was his death warrant.

The next evening, at Mass in a hospital chapel, Romero had finished his sermon and moved to the altar when a car stopped outside the open door. A gunman got out, aimed his rifle and fired. Romero died instantly. He had said, "As a Christian I do not believe in death without resurrection. If they kill me, I shall arise in the Salvadoran people."

Oscar Romero is commemorated as one of 10 Christian martyrs whose statues adorn the West front of Westminster Abbey. The day of his martyrdom, 30th March is remembered annually in the Anglican Lectionary, and by the United Nations because of its significance for human rights. In 1997 the Roman Catholic Church made him a Saint.

Did Oscar Romero mix religion with politics? He said, "I want to reaffirm that my sermons are not political. Naturally, they touch on politics, and they touch on the reality of the people, but their aim is to shed light and to tell you what it is that God wants."

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With Lent in mind

Faith brings a man empty to God, that he may be filled with the blessings of God. – *John Calvin*

Faith, to put it simply, is the conviction that God does not tell lies. – *Frank Retief*

Wherever there is genuine faith it must blossom into works. – *Joseph B Mayor*

Trust the past to the mercy of God, the present to His love, and the future to His providence. – *Augustine*

Putting our trust in God and depending on His intrinsic goodness frees us from the need to find explanations for everything. – *Frank Retief*

It is but right that our hearts should be on God when the heart of God is so much on us. – *Richard Baxter*

God wants us to be victors, not victims; to grow, not grovel; to soar, not sink; to overcome, not to be overwhelmed. – *William A Ward*

Deep in your heart it is not guidance you want so much as a guide. – *John White*

While all men seek after happiness, scarcely one in a hundred looks for it from God. – *John Calvin*

Speed reading may be a good thing, but it was never meant for the Bible. It takes calm, thoughtful, prayerful meditation on the Word to extract its deepest nourishment. – *Anon*

Too often we forget to thank God for answered prayer. Praise is the proper punctuation mark for an answered prayer. – *Anon*

General observations ...

Friendship doubles our joy and divides our grief. – *Anon*

The only safe rule is to give more than we can spare. Our charities should pinch and hamper us. If we live at the same level of affluence as other people who have our level of income, we are probably giving away too little. – *C S Lewis*

The rich are not always godly; but the godly are always rich. – *Anon*

Do what you can with what you have where you are. – *Theodore D Roosevelt*

There is none more lonely than the man who loves only himself. – *Abraham Ibn Esra*

The more you have to live FOR, the less you need to live ON. Those who make acquisitions their goal never have enough. – *Sydney Harris*

Nearly all men can stand adversity, but if you want to test a man's character, give him power. – *Abraham Lincoln*

Nature is wonderful. A million years ago she didn't know we were going to wear spectacles yet look at the way she placed our ears.

Sign in school hallway: Free Monday through Friday: knowledge. Bring your own container.



Thank you to everyone who came and supported us at the Christingle Service on 2nd February. We were lucky to welcome a volunteer speaker Yuna Kim who gave us an informed and interesting talk about the Society. I'm delighted to tell you that the congregation's collection that day totalled £160.00, the children's collecting candles that day totalled £75.34 and they have since given me some more candles which totalled £45.94. So that gives us a total of £281.28 which is a great result! My

The
Children's
Society

thanks to the leaders of the uniformed groups for supporting us once again with these collections.

I have now ceased to be the Rep for the church group and there is no-one in the position going forward. Housebox collection are down again this year, which has followed a trend over the last few years. Boxes to date gathered in total £202.16.

We will no longer be doing houseboxes in people's homes but individuals are welcome to continue to support the Society by Direct Debit if they so wish. If this is something you are interested in, please let me know as soon as possible and I will advise the Society.

In the meantime, I'm sure we will continue to support The Children's Society with our Christingle service and there may well be other ways we can do so too.

Thank you for your support over the last seven years!

Suzanne Cole

slc@ansford.me.uk

BOOK REVIEWS

Easter! Fun Things to Make and Do

By Christina Goodings, Lion Children, £6.99

Crammed with 50 crafts and creative ideas that are perfect for Spring and Easter. Each craft is accompanied by simple step-by-step illustrated instructions. Make divine decorations, Easter baskets, chirpy chicks, creative cards, and more!

Celtic Lent: 40 days of devotions to Easter

By David Cole, BRF, £8.99

This inspirational book takes the reader through the 40 days of Lent to the celebration of Easter through the eyes and beliefs of Celtic Christianity. Drawing on primary sources of pastoral letters, monastic rules and the theological teaching of the Celtic church, the author presents a different perspective on the cross of Christ and draws us to see our own life journeys with a new and transforming vision.

The Way of Benedict – Eight Blessings for Lent

By Laurentia Johns OSB, SPCK, £9.99

Our world badly needs Christ's light and peace. One way to bring these blessings to one another is to attend to our own hearts and to learn to live well. Living Lent well involves turning back to God to receive His blessing. In this deep and practical book, a guide for Lent and the rest of the year, Sr Laurentia distils the sixth-century Rule of St Benedict as a series of blessings. Closely based on Scripture, the Rule highlights that the whole of life has a Lenten character and points to a joyful eternity.

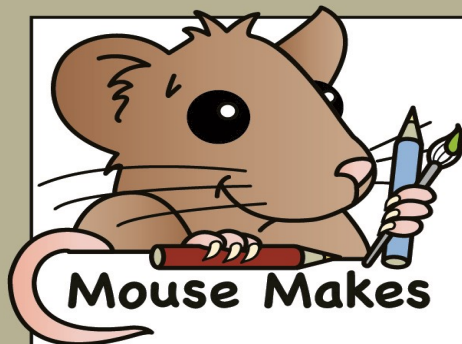
Soulful Nature – A spiritual field guide

By Brian Draper and Howard Green, Canterbury Press, £14.99

In our busy, pressured world, the natural world can be a powerful counter-balance, offering wisdom for the challenges, pain and dislocations of life as well as for beauty, wonder and healing. Soulful Nature encourages you to get outside and make deeper connections with creation and its creator. The authors chart walking journeys through rural landscapes and town streets over the course of a year, showing how the natural cycle of the changing seasons can awaken us to the rhythms of our own lives.



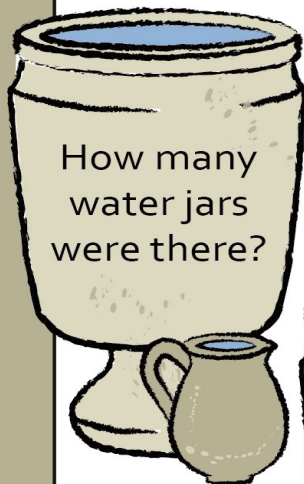
Source: Parish Pump



Mouse Makes

Jesus, his disciples and his mother Mary had been invited to a wedding. The wedding was to last a week, but too soon the wine had all been drunk.

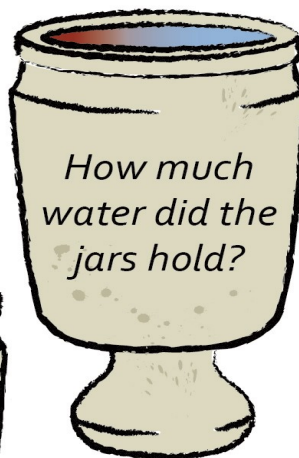
READ John 2:1-11 to find out what happened.



How many water jars were there?



What were the water jars made of?



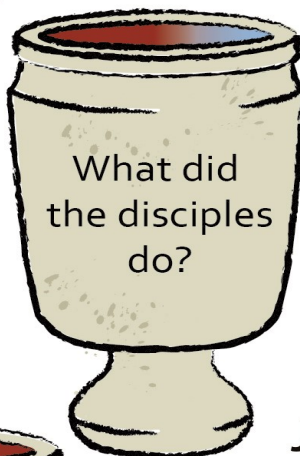
How much water did the jars hold?



Where was the wedding?



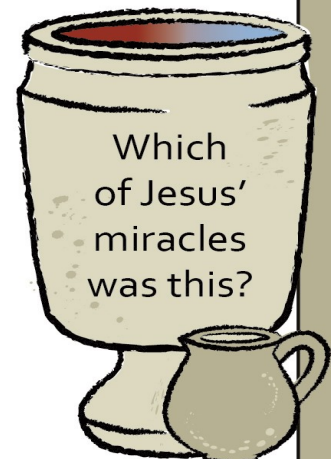
What were the water jars for?



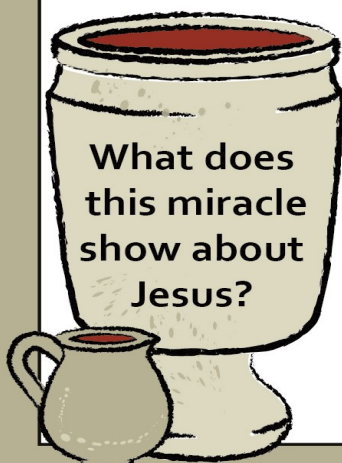
What did the disciples do?

What did the steward tell the bridegroom?

What had happened to the water when it was taken out?



Which of Jesus' miracles was this?



What does this miracle show about Jesus?

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

WEDDING • CANA • GALILEE • JESUS • MARY • DISCIPLES
SERVANTS • RAN • OUT • SIX • STONE • WATER • JARS
FILL • TOP • TASTE • TURNED • WINE • FIRST



MAD MARCH GALES

The month of March has a reputation for a wild and blustery start but usually changes to much milder weather before it ends ... as the old saying goes *'March comes in like a lion and goes out like a lamb'*.

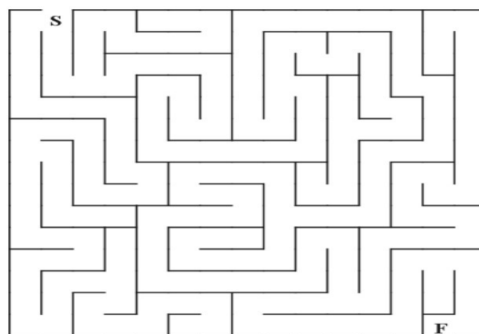
People's homes are flooded or big trees uprooted in high winds. Even if it doesn't happen to us we see the pictures of other people's suffering in the media.

There was a time when Jesus' friends were frightened because a fierce storm blew up while they were fishing. The disciples thought their boat was going to sink and they were very frightened. You can read about it in St Mark's Gospel, chapter 4, verses 35-39.

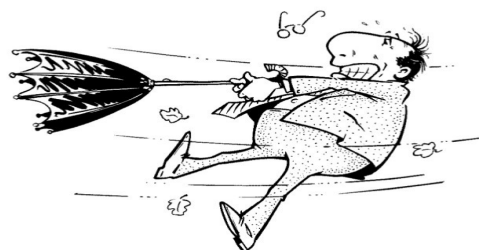
I get frightened when the wind blows so hard that the trees bend and the lights flicker but then I remember that Jesus is with us all the time. Just as He was with the disciples in the boat, He is with us when we are afraid. Jesus gives us hope, courage and strength.

SAFELY HOME

Can you find your way home through the maze of streets?



What did the north wind say to the east wind?
Let's play draughts



How easy is it for wind gusts to talk to each other?
It is a breeze.

What does a cloud wear under her raincoat?
Thunderwear!

LOVE LIFE
LIVE  **LENT**
TRANSFORM YOUR WORLD

Question: What do you call a chocolate bunny that was out in the sun too long?

Answer: A runny bunny!

We have an exciting new 'Green Fair' on Saturday 28th March at The Crown Inn, Capel. Do see the back page of this issue for full details!

In the meantime, we'd like to share some new tips with you ...



- ⇒ Put up nesting boxes for birds. Late winter is a good time to clean the boxes out so that they're ready for spring. Over the cold winter months they may provide vital shelter for groups of birds.
- ⇒ If you haven't already done so, start a compost heap. It will save you money on fertilizers and will be good for the environment. They're easier than you might think to set up. Visit this RHS page for more information: <https://www.rhs.org.uk/Advice/Profile?PID=444#section-3>



- ⇒ Some food can't be put into a normal composter but a food waste digester can take all your food waste. These can be obtained at reduced prices arranged by Surrey County Council. For further information see: <https://www.surreyep.org.uk/reduce-reuse-recycle/garden-waste/composting/food-waste-digesters/>
- ⇒ Cling film is a non-recyclable form of plastic. A really good alternative is to use beeswax wraps which hold their shape, stay put and are easily washable. UK made products can be found on the internet.

Don't forget Earth Hour too on Saturday 28th March 2020 starting at 8.30pm!



Thoughts for March

Are you a late bloomer?

Are you crossing life's milestones later than your grandparents and even parents did? Not to worry – you are not alone.

The office for National Statistics has recently revealed that for many of us, life's milestones are happening later. We are marrying, buying our first homes, becoming parents, divorcing, becoming grandparents, and retiring later than ever.

The average age for women to give birth in 1999 was 29 years; in 2018 it was 31.

The average age for a man to divorce in 1998 was 40.4; in 2018 it was 46.9.

The average age for retirement in women in 1999 was 60.8; in 2019 it was 64.3.

If you are older, here's a great bit of news: men and women aged 65-74 are happier than any other age group. (Those aged 40-50 are least happy.)

The soaring cost and changing tastes in funerals

Never mind living, soon it will be too expensive to die! The cost of funerals has reached record highs, with families now spending an average of £9,493 on a funeral. That is an increase of more than three per cent in just the past year. Only if you are really strict, and shop around, can you still find a very basic funeral for just under £4,500.

But it seems that more and more of us want extras. And they can be quirky! Seven out of ten funeral directors have reported requests ranging from a Disney-themed service, to an all-pink wedding-style ceremony. They have been asked to release balloons at the end of the service, or even doves. As for appropriate music, whereas once 'Abide with Me' was the favourite, these days it can be 'Another One Bites the Dust' by Queen.

As for getting your loved one to their final resting place, nowadays you needn't rely on the hearse; use a motorcycle and sidecar instead. Or, most spectacular of all, you can even choose to place the ashes of your loved one into a large firework, and blast them off, high up into the sky!

The research was done by the Competition and Markets Authority.

Garden trends for 2020

Page 29

What plans do you have for your garden this year? Probably you will slow down on the digging, and maybe try making some mud pies by your new bee hotel instead. These are among the predictions of The Royal Horticultural Society (RHS).

The RHS reports a growing desire among gardeners to keep their soil healthy by adopting a 'no dig' philosophy, which limits damage to soil structure and wildlife.

As for mud pies, the RHS hopes that more parents will tempt their children into the garden to enjoy themselves with simple fun, and also to enjoy the benefits of soil bacteria on their immune system.

And bee hotels? They are just one of many ways in which we can take positive steps towards helping nature. Gardens need to be a bit less tidy, with seed heads left for the birds to eat, fallen logs left for the hedgehogs and beetles to sleep in, and piles of dead grass and weeds for our woodlice and other small crawlies. Gardens also need simple ponds, and plants for pollinators. Clipped shrubs, manicured lawns and pesticides do not help nature at all.

As Guy Barter, RHS chief horticulturalist says: "There's a rising tide of concern about the environment.... In the garden at least we can have some control. Now we are all wildlife gardeners, helping songbirds, helping beetles and woodlice."

The age of English churchgoers keeps growing

The numbers of churchgoers in England who are under 45 will have shrunk from 44% in 2010 to 38% this year, 2020, and down to 31% by 2030, if present trends continue.

In England in 2005, 39% of churches had no-one attending under 11 years of age, 49% no-one attending between the ages of 11 and 14, and 59% no-one attending between the ages of 15 to 19. "Half the Church of England parishes had no work among young people in 2005," said an official Anglican publication. These figures are for Sunday attendance, so mid-week numbers are excluded.

The key issue is whether present trends will continue. Many teenagers left the church in the 1980s and many children under 15 in the 1990s. 20 or 30 years later there is a dire absence of those in their 30s and 40s, and no sign of younger replacements.

The need to reach out to young people is obvious and something that the church is increasingly taking on board in such initiatives as the young family orientated "Messy Church," the employment of Youth and Children's Workers, etc.

It was:

200 years ago, on 10th March 1820 that the Royal Astronomical Society was founded in Britain.

175 years ago, on 17th March 1845 that one Henry Jones, a baker from Bristol, was granted a patent for his invention of self-raising flour.

100 years ago, on 25th March 1920 that the British special constables known as the 'Black and Tans' arrived in Ireland to suppress revolution and target the IRA.

90 years ago, on 12th March 1930 that Indian political spiritual leader Mahatma Gandhi led 78 activists and followers on a 23-day 'salt march' to protest against a British tax on salt and British rule in India. On 5th April he reached the sea and made salt, breaking British law. On 4th May he was arrested and imprisoned.

80 years ago, on 18th March 1940 that Adolf Hitler and Benito Mussolini met at Brenner Pass in the Alps. The Italian dictator agreed to join Germany's war against France and Britain.

75 years ago, on 22nd March 1945 that the Arab League was founded (as the League of Arab States).

70 years ago, on 8th March 1950 that Volkswagen launched the Type 2/Transporter van – also known as the Camper, Bus, microbus or Kombi. It became the best-selling van in history, and early versions remain much-loved icons of the counterculture/hippie movement.

60 years ago, on 21st March 1960 that the Sharpeville Massacre, South Africa, took place. Police opened fire on a group of black anti-apartheid demonstrators, killing 69 and wounding 180.

50 years ago, on 5th March 1970 that the Treaty on the Non-Proliferation of Nuclear Weapons came into effect.

40 years ago, on 21st March 1980 that in the TV soap opera Dallas, the character J R Ewing was shot by an unseen assailant. This led to the famous catchphrase 'Who shot J.R.?' The answer (Kristin Shepard) was revealed that November.

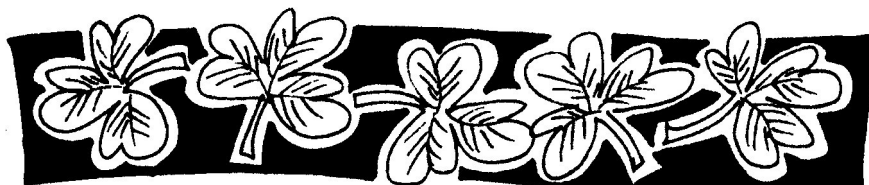
Also 40 years ago, on 24^h March 1980 that Oscar Romero, the Archbishop of San Salvador, was shot dead by a lone gunman as he celebrated Mass.

30 years ago, on 31st March 1990 that poll tax riots in London broke out. 200,000 protestors took to the streets and clashed with police. Violence and looting erupted, leading to the worst riots in the city for a century.

25 years ago, on 20th March 1995 that a terrorist group released sarin nerve gas on the Tokyo underground, killing 12 people and injuring over 5,000.

15 years ago, on 11th March 2005 that the Nintendo DS portable video games console was released in Europe.

Also 15 years ago, on 26th March 2005 that the science fiction TV series *Doctor Who* returned after a 16-year break.



Funding InSpire for 2020

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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 page 3)***

SAMPLE 7cm x 7cm advert

***The opportunity to
have your
colour logo
included in your
advert***



Text

Web address:

Contact details: 12345



A 7 x 7 cm advert would cost £10.00 per month or £100.00 per year (saving £20.00 over 12 issues)

Crossword Clues & Answers

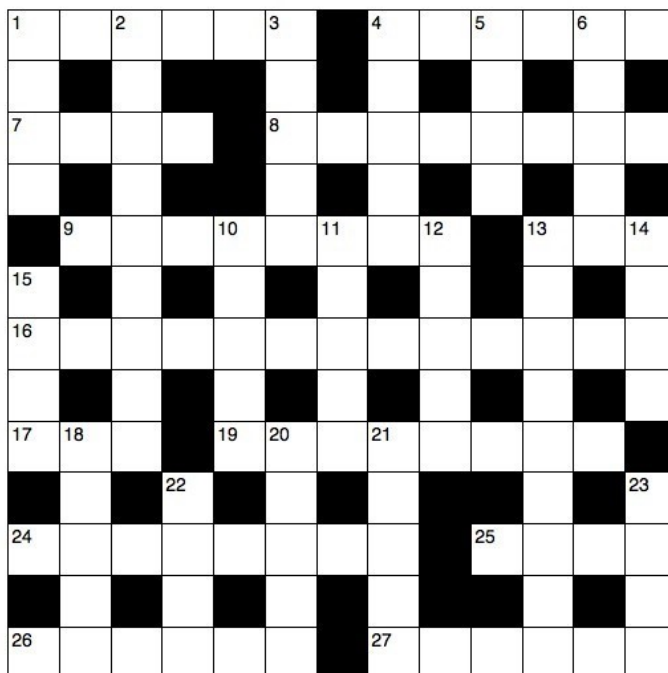
CLUES

Across

- 1 The earth is one (6)
 4 'On a hill far away stood an old — cross' (6)
 7 'I am the — vine and my Father is the gardener' (John 15:1) (4)
 8 The Caesar who was Roman Emperor at the time of Jesus' birth(Luke 2:1) (8)
 9 'Your — should be the same as that of Christ Jesus'(Philippians 2:5) (8)
 13 Jesus said that no one would put a lighted lamp under this(Luke 8:16) (3)
 16 Involvement (1 Corinthians 10:16) (13)
 17 Armed conflict (2 Chronicles 15:19) (3)
 19 Where the Gaderene pigs were feeding (Mark 5:11) (8)
 20 What jeering youths called Elisha on the road to Bethel (2 Kings 2:23) (8)
 25 The Venerable — , eighth-century Jarrow ecclesiastical scholar (4)
 26 8 Across issued a decree that this should take place (Luke 2:1) (6)
 27 Come into prominence (Deuteronomy 13:13) (6)

Down

- 1 Where some of the seed scattered by the sower fell (Matthew 13:4) (4)
 2 Sexually immoral person whom God will judge (Hebrews 13:4) (9)
 3 Gospel leaflet (5)
 4 Physical state of the boy brought to Jesus for healing (Mark 9:18)
 5 Tugs (anag.) (4)
 6 To put forth (5)
 10 Nationality associated with St Patrick (5)
 11 Leader of the descendants of Kohath (1 Chronicles 15:5) (5)
 12 'After this, his brother came out, with his hand grasping — heel' (Genesis 25:26) (5)
 13 At Dothan the Lord struck the Arameans with — at Elisha'srequest (2 Kings 6:18) (9)
 14 'Peter, before the cock crows today, you will — three times that you know me' (Luke22:34) (4)
 15 Spit out (Psalm 59:7) (4)
 18 'When I — , I am still with you' (Psalm 139:18) (5)
 20 Concepts (Acts 17:20) (5)
 21 Thyatira's dealer in purple cloth (Acts 16:14) (5)
 22 Does (anag.) (4)
 23 The second set of seven cows in Pharaoh's dream were this (Genesis 41:19) (4)



Lent lasts for 40 days. Sundays in Lent are 'oases'; as Sunday is never a day of fasting, but a weekly celebration of the resurrection of Jesus. Christians have used Lent as their '40 days in the wilderness', when they set aside the indulgences of life and instead look inward, seeking spiritual renewal and growth. Lent looks towards the Cross and the Empty Tomb, with the assurance of redemption and new life in Christ. The daffodils in our gardens are golden trumpets to proclaim the wonderful message of Easter! The English word for Lent is not at all religious; it is an abbreviation of the Old English word 'lencten', or 'lengthen'. At last winter is over, and the days are getting longer...

Lent	Weekly	Indulgences	Cross
Forty	Celebration	Inward	Empty
Days	Resurrection	Spiritual	Tomb
Sundays	Jesus	Renewal	Redemption
Fasting	Wilderness	Growth	Daffodils
			Lencten

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

Wordsearch

Medium Level Soduku

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

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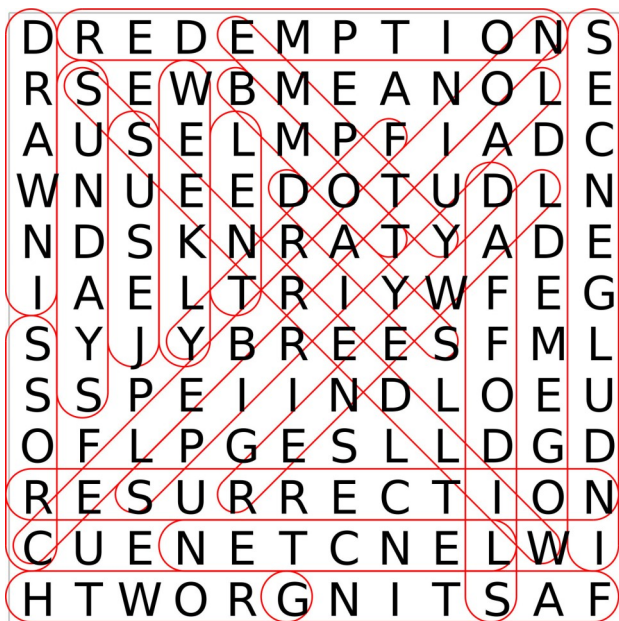
Puzzle Solutions

CROSSWORD ANSWERS

ACROSS: 1, Planet. 4, Rugged. 7, True. 8, Augustus. 9, Attitude. 13, Bed. 16, Participation. 17, War. 19, Hillside. 24, Baldhead. 25, Bede. 26, Census. 27, Arisen.

DOWN: 1, Path. 2, Adulterer. 3, Tract. 4, Rigid. 5, Gust. 6, Exude. 10, Irish. 11, Uriel. 12, Esau's. 13, Blindness. 14, Deny. 15, Spew. 18, Awake. 20, Ideas. 21, Lydia. 22, Odes. 23, Lean.

Wordsearch solution



Crossword solution



Medium Soduku solution

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



Saturday 7th March

Cottage Concerts &
St. John's, Capel
present



Pentangle's
Jacqui
McShee
In Concert

with Kevin Dempsey & Mike Piggott

Saturday 7th March 2020 ~ 8pm

St. John's Church, The Street, Capel, Surrey.

RH5 5JY

Tickets £15 from
www.capelboxoffice.co.uk

Come to our 'Green Fair' **on Saturday 28th March 2020, 12-3pm** **at The Crown Inn, Capel**

We hope you can join us at The Crown Inn, Capel, for a showcase of local produce and crafts, and for information and advice about ways to reduce our ecological footprint.

Locally sourced food and crafts include:

- **Etherley Farm**
- **New Street Butchers**
- **Hill House Farm**
- **Capel Creations - beaded jewellery made from reclaimed materials**

Information and advice on caring for our world from:

- **A Rocha UK**
- **Mole Valley District Council**
- **SES Water**
- **Surrey Wildlife Trust**
- **Water Aid**

And we're adding more up until the day!

Don't forget Earth Hour

The date for the Green Fair isn't random: it's timed to coincide with Earth Hour, one of the world's largest grassroots movements for the environment. Turn off your lights from 8:30-9:30pm to show your support for nature.



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/inspire-magazine